



## Studies on Effectiveness of Treatment

### National Treatment Improvement Evaluation Study (NTIES)<sup>1</sup>

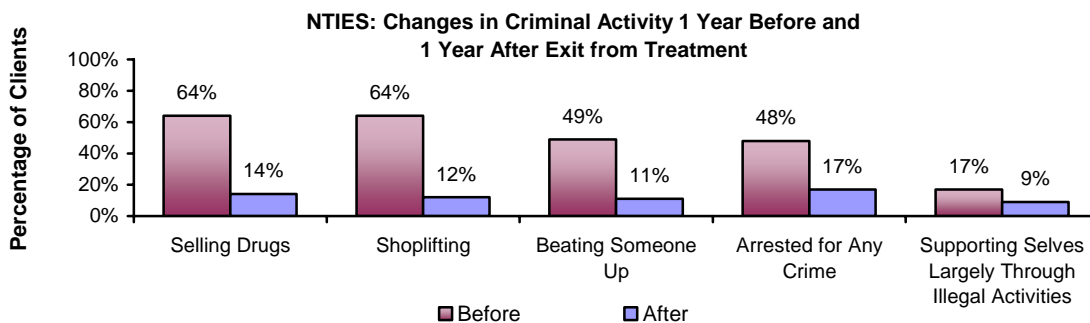
The National Treatment Improvement Evaluation Study (NTIES) was a Congressionally mandated 5-year study of the impact of drug and alcohol treatment on thousands of clients in hundreds of treatment units that receive federal support. The following outcome information was gathered from 4,411 clients from across the country from 1992-1997. One year following treatment, clients reported increases in employment and income, decreases in homelessness, improvements in mental and physical health, decreases in criminal activity, and decreases in behaviors that put them at risk for HIV/AIDS. *The following outcomes compare rates 1 year before treatment to 1 year following treatment.*

#### Drug Use

- The percentage of clients using their “primary drug” (the drug that led them to treatment) declined 48%, from 73% to 38%.
- The percentage of clients using crack declined 51%, from 50% to 25%.
- The percentage of clients using cocaine declined 55%, from 40% to 18%.
- The percentage of clients using heroin declined 47%, from 24% to 13%.

#### Criminal Activity

- The percentage of clients engaging in criminal activity significantly decreased.



#### Employment, Income, and Housing

- The percentage of clients who were employed increased 19%, from 51% to 60%.
- The percentage of clients who received welfare decreased 11%, from 40% to 35%.
- The percentage of clients who were homeless during the past year fell 43%, from 19% to 11%.

#### Mental and Physical Health

- The percentage of clients who had alcohol/drug-related medical visits declined 53%, from 25% to 12%.

- The percentage of clients who reported inpatient mental health visits decreased by 28%, from 7% to 5%.

### High-Risk Sexual Behaviors

- The percentage of clients who had sex for money or drugs declined by 56%, from 17% to 7%, and the number who had sex with an injection drug user declined by 51%, from 13% to 6%.
- The percentage of clients who had heterosexual sex with more than 1 partner and did not always use a condom declined by 35%, from 44% to 29%. The percentage of clients who had homosexual sex with more than 1 partner and did not always use a condom declined by 57%, from 1.4% to 0.6%.

### **Drug Abuse Treatment Outcome Study (DATOS)**

The Drug Abuse Treatment Outcome Study (DATOS) was a federal initiative designed to study the impact of different drug treatment modalities (outpatient treatment, long-term residential treatment, outpatient methadone treatment, and short-term inpatient treatment) on adult clients receiving substance abuse treatment in 11 representative U.S. cities. The following information was gathered from 2,966 clients between 1991 and 1993. Results demonstrate drastic reductions in drug use at 12 months post-treatment.

- Overall, major outcome indicators for drug use, illegal activities, and psychological distress were each reduced on average by about half.<sup>2</sup>
- The percentage of clients receiving long-term residential treatment who reported regular cocaine use dropped from 66% in the year before treatment to 22% in the year after treatment. The same downward trend occurred among clients receiving outpatient treatment (from 42% to 18%), short-term inpatient treatment (from 67% to 21%), and methadone maintenance treatment (from 42% to 22%).<sup>3</sup>
- The large decreases in cocaine use in the first year after treatment were sustained over a 5-year follow-up period, with 25% reporting regular use.<sup>4</sup>
- Even 12 years later, treatment was associated with reduced cocaine use and longer periods of abstinence.<sup>5</sup>

### **Illinois Statewide Treatment Outcomes Project (ISTOP)<sup>6</sup>**

The state-funded Illinois Statewide Treatment Outcomes Project (ISTOP) evaluated almost 2,000 clients in residential rehabilitation, intensive outpatient, outpatient, and methadone maintenance treatment programs from 1998 to 2000. The research consisted of baseline interviews and six-month post-treatment telephone interviews. *The following outcomes compare baseline rates to 6-month post-treatment telephone interviews.*

### Substance Use

- The percentage of clients who had used alcohol in the month before the interview decreased 49% after treatment from, 59% to 30%.
- The percentage of clients using marijuana decreased 80%, from 30% to 6%.
- The percentage of clients using cocaine decreased 84%, from 37% to 6%.

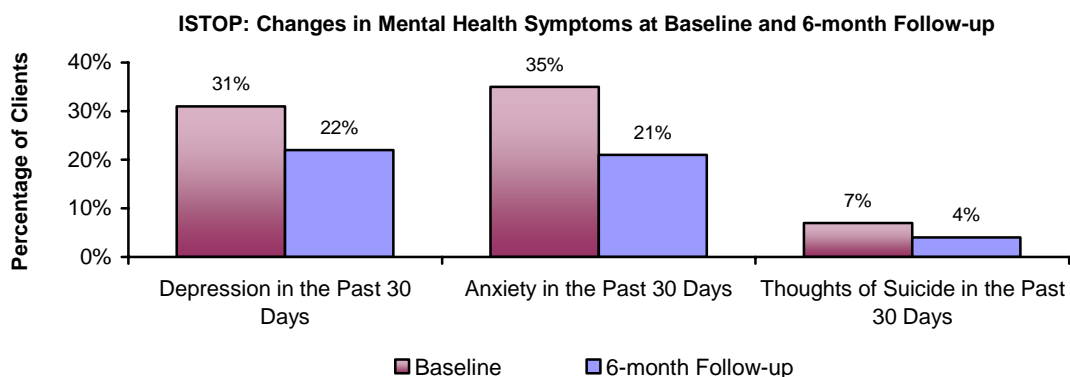
- The percentage of clients using heroin use decreased 75%, from 24% to 6%.
- Among clients in methadone maintenance treatment, the percentage using heroin in the previous month decreased 73%, from 92% to 25%.

### Employment

- The average number of days for which clients were paid for working in the previous 30 days increased from 7 days to 11 days.
- The percentage of clients reporting employment problems in the previous 30 days improved, decreasing 36%, from 47% to 30%.

### Mental Health

- There was an overall reduction in symptoms of mental health symptoms, and clients were less likely to report serious depression, serious anxiety, and thoughts of suicide.



### Family and Social Relationships

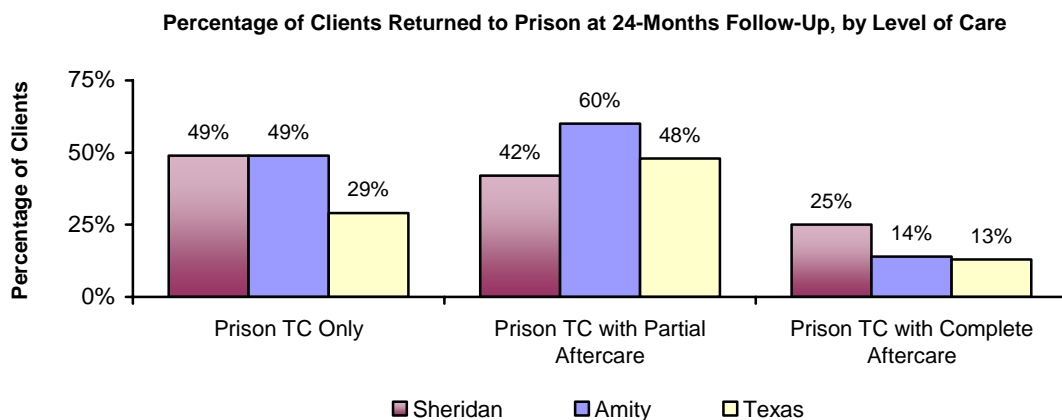
- The percentage of clients reporting serious conflict with family members decreased 24%, from 29% to 22%.
- The percentage of clients reporting serious conflict with others decreased 70%, from 23% to 7%.

## **Studies on In-Prison and Post-Prison Treatment and Supportive Services**

Some states have instituted prison-based substance abuse treatment along with community aftercare in an effort to reduce recidivism among prisoners with substance use disorders. These include programs in California (the Amity program), Delaware (the Key-Crest program), and Texas (a prison-based treatment program). In Illinois, the Sheridan prison program has been designated as a fully dedicated prison therapeutic community (TC). The Illinois, Texas, and California programs have all showed significant reductions in recidivism when compared with national averages.

- Approximately 62% of Sheridan parolees,<sup>7</sup> 77% of Amity parolees,<sup>8</sup> and 80% of Texas parolees<sup>9</sup> were still in the community (had not returned to prison) 2 years after release.

- Parolees in these 3 programs who successfully completed at least 1 episode of treatment in the community were even less likely to return to prison. The figure below compares return-to-prison status after 2 years by program and aftercare completion.<sup>10</sup>



- Clients in the Key-Crest program who received 12-15 months of treatment in prison and an additional 6 months of treatment and job training in the community were much more likely than the comparison group to be drug-free and arrest-free 18 months after release than offenders who received prison-based treatment alone (76% vs. 30% and 71% vs. 48%, respectively).<sup>11</sup>
- Improvements among clients were sustained at 3-year follow-up: 43% of clients were arrest-free and 23% were still drug-free, compared to 30% and 6% of the comparison group, respectively.<sup>12</sup>

<sup>1</sup> Support for the study was provided by the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT). Center for Substance Abuse Treatment. (1997). The National Treatment Improvement Evaluation Study. Publication #F027. Retrieved June 19, 2008, from <http://ncadi.samhsa.gov/govstudy/f027/>.

<sup>2</sup> The studies were initiated by the National Institute on Drug Abuse (NIDA) to evaluate drug abuse treatment outcomes and emerging treatment issues in the U.S. Hubbard, R. L., Craddock, S. G., Flynn P. M., Anderson, J., and Etheridge, R. M. (1997). Overview of 1-year follow-up outcomes in the Drug Abuse Treatment Outcome Study (DATOS). *Psychology of Addictive Behaviors*, 11(4): 261-278. Retrieved June 20, 2008, from <http://www.datos.org/adults/adults-1yrout.html>.

<sup>3</sup> Hubbard, R. L., et al. (1997).

<sup>4</sup> Simpson, D. D., Joe, G.W., and Broome, K. M. (2002). A national 5-year follow-up of treatment outcomes for cocaine dependence. *Archives of General Psychiatry*, 59:538-544. Retrieved June 20, 2008, from <http://www.datos.org/adults/adults-5yrout.html>.

<sup>5</sup> Hser, Y., Stark, M. E., Paredes, A., Huang, D., Anglin, M. D., and Rawson, R. (2006). A 12-year follow-up of a treated cocaine-dependent sample. *Journal of Substance Abuse Treatment*, 30(3), 219-226.

<sup>6</sup> Illinois Department of Human Services [IDHS], Office of Alcoholism & Substance Abuse [OASA]. (2001). The Effectiveness of Substance Abuse Treatment in Illinois: Results of the Illinois Statewide Treatment Outcomes Project. Retrieved June 20, 2008, from <http://www.dhs.state.il.us/oasa/Documents/oasaesati.pdf>.

<sup>7</sup> Jantz, I. (2006) Sheridan Recidivism Comparison. Unpublished report, TASC. Inc.

<sup>8</sup> Wexler, H. K., DeLeon, G., Thomas, G., Kressel, D., and Peters, J. (1999). The Amity prison TC evaluation: Reincarnation outcomes. *Criminal Justice and Behavior*, 26(2), 147-167.

<sup>9</sup> Knight, K., Simpson, D. D., and Hiller, M. L. (1999). Three-year reincarceration outcomes for in-prison therapeutic community treatment in Texas. *The Prison Journal*, 79(3), 337-351.

<sup>10</sup> Jantz, 2006; Wexler et al, 1999; and Knight et al, 1999.

<sup>11</sup> Inciardi, J. A. (1996). A Corrections-Based Continuum of Effective Drug Abuse Treatment. Research Preview. Washington, D.C.:National Institute of Justice, U.S. Department of Justice, Office of Justice Programs.

<sup>12</sup> Martin, S. S., Butzin, C. A., Saum, C. A., and Inciardi, J. A. (1999). Three-year outcomes of therapeutic community treatment for drug-involved offenders in Delaware: From prison to work release to aftercare. *The Prison Journal*, Vol. 79 No. 3, p. 294-320.