

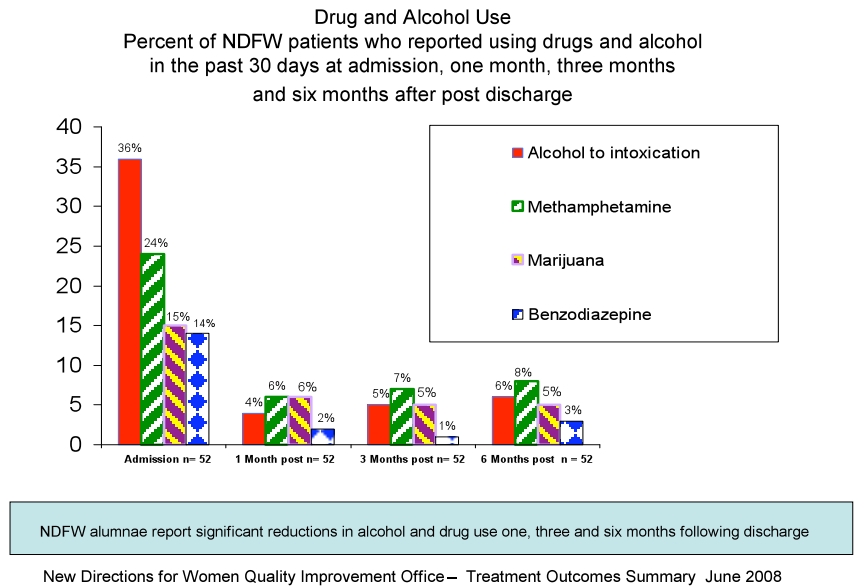
New Directions for Women  
Quality Improvement Office  
Treatment Outcome Summary  
July 2008

Summary of findings from patient follow-up surveys conducted through June 2008

Follow-up interviews are routinely conducted with patients who successfully discharge at four data collection points: admission (baseline), one month, three months and six months post-discharge. Follow-up interviews have been ongoing since July 2006 and the cumulative data base is analyzed annually to determine how patients are progressing with their recovery following treatment at New Directions for Women. This report summarizes follow-up surveys completed between July 2006 and June 2008. In that 24 month period, one or more post discharge interviews were completed with more than 87 discharged patients. Of that number 52 (60 percent) completed surveys at each of four data collection points (i.e., upon admission, one month following discharge, three months following discharge, and six months following discharge.) Patients who failed to complete surveys at each of the four data collection points are excluded from the analyses to ensure the integrity of the repeated measurements design and data results. This report presents the major findings in three main categories below.

**Category I: Alcohol and Drug Use Following Discharge**

Figure 1

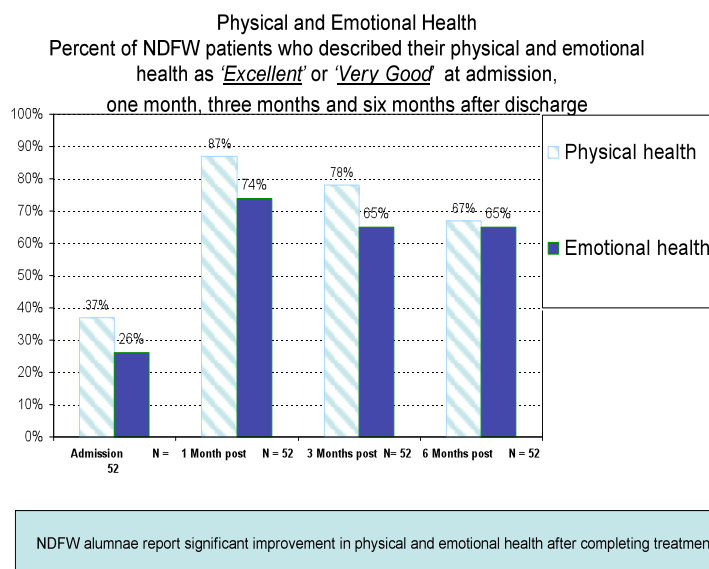


Between admission and six months after discharge, the percentage of patients who report using alcohol or drugs decreases substantially. Thirty-six percent report using alcohol to intoxication at intake; six month post discharge only 6 percent reported using alcohol to

intoxication – a 83 percent reduction. Similarly, the percentage of respondents who report using methamphetamine dropped substantially from 24 percent at admission to 8 percent six months after discharge. The same was observed for marijuana use (15 percent at admission to 5 percent six months post discharge). Reported benzodiazepine use also dropped substantially.

## Category II: Physical and Emotional Health

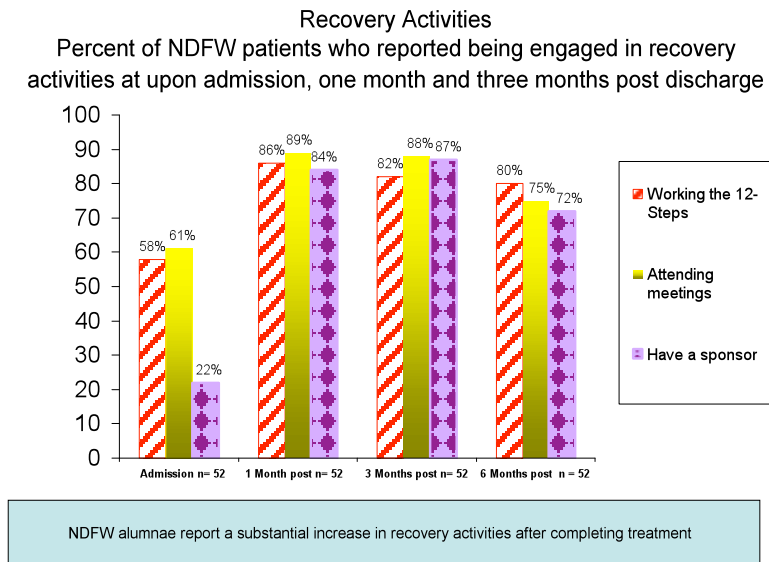
Figure 2



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The percentage of patients who report their physical and emotional health as excellent or very good increased substantially between intake and six months after discharge. Upon admission, only 37 percent of patients said their physical health was excellent or very good. Six months after discharge, the proportion increased to sixty seven percent who felt their physical health was excellent or very good. Similarly, upon admission, only 26 percent rated their emotion health as excellent of very good compared to 65 percent six months following discharge who rated their emotional health excellent of very good. See Figure 2.

### Category III Recovery Activities After Discharge



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Six months after discharge, 80 percent of discharged NDFW patients report working the 12-Step program compared to only 58 percent who responded similarly upon admission. Six months after discharge, the majority of those interviewed said they were attending meetings (75 percent) and working with a sponsor (72 percent).

Limitations of the analyses.

While the repeated measures design provides a rather robust analysis of the efficacy of treatment outcomes, several limitations of the design must be taken into consideration when interpreting the data. First, the data is entirely self report and opens the results to questions of validity. The second limitation is the number of patients not included in the analyses because they could not be contacted or because they terminated treatment prior to completion. This limitation raises questions about how representative the obtained sample is of the total number of patients treated.

These limitations notwithstanding, the results of NDFW’s follow-up study are consistent with similar outcomes reported by the Center for Substance Abuse Treatment (CSAT) through its national treatment improvement and other follow-up studies. For patients who engage the treatment program, successfully complete the recommended course of treatment, and develop and use a relapse prevention plan treatment outcomes are more likely to be positive and sustained.