

Outcome Studies Measuring the Effectiveness of the ASAP IOP Program - 2014-2015

Outcome studies are regularly conducted to measure the effectiveness of the ASAP Intensive Outpatient Program. These Outcome Studies are also used to identify potential program improvements as part of the ASAP CQI (Continuous Quality Improvement) process.

The current Outcome Study was conducted during 2014-2015. Ninety seven (N=97) families were assessed using both a pre-treatment and a post-treatment time frame. 15 questions that were specifically designed to measure IOP effectiveness were utilized.

All 15 questions were answered according to the following scale:

1	2	3	4	5	
Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A

Results are as follows:

My son or daughter can currently:

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
1. <u>Handle daily life OK</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating= 4.0 Post-test rating=2.1 Positive Improvement of 1.9

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
2. <u>Get along with other family members</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating= 3.5 Post-test rating=2.1 Positive Improvement of 1.3

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
3. <u>Get along with friends and other people</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating= 2.6 Post-test rating=1.6 Positive Improvement of 1.0

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
4. <u>Do all right in school and/or work</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.8 Post-Test rating=2.9 Positive Improvement of 0.9

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	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
5. <u>Cope when things go wrong</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.6 Post-Test rating=2.5 Positive Improvement of 1.1

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
6. <u>Feel satisfied with his/her family life</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.2 Post-Test rating=2.0 Positive Improvement of 1.2

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
7. <u>Treat family members with respect</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.9 Post-Test rating=2.8 Positive Improvement of 1.1

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
8. <u>Enjoy extracurricular activities</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=2.8 Post-Test rating=2.0 Positive Improvement of .8

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Regarding my son or daughter's substance use:

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
9. <u>His/her substance use is out of control</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=2.1 Post-Test rating=4.1 Positive Improvement of 2.0

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
10. <u>We see signs of continuing use</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.3 Post-Test rating=4.1 Positive Improvement of 0.8

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
11. <u>We are confident he/she is no longer using any addictive substances</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=3.9 Post-Test rating=2.2 Positive Improvement of 1.7

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
12. <u>I think he/she is being honest with us</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=4.5 Post-Test rating=2.9 Positive Improvement of 1.6

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
13. <u>He/she hangs around with too many friends who use drugs or alcohol</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=1.8 Post-Test rating=3.2 Positive Improvement of 1.4

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	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
14. Our family life is currently suffering as a result of his/her drug use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre-Test rating=2.2 Post-Test rating=3.3 Positive Improvement of 1.1

	1	2	3	4	5	
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	N/A
15. I am confident that he/she will remain free from use of addictive substances						

Pre-Test rating=3.5 Post-Test rating=2.5 Positive Improvement of 1.0

Results and Conclusions

15 out of 15 (100%) measures showed statistically significant positive improvement. These results demonstrate the success of the ASAP Intensive Outpatient Program.

The ASAP CQI program continues to commit to utilize these same 15 questions to allow for longitudinal assessment of change over time.

As always, subjective Feedback provided by teens and parents will also continue to be utilized to identify possible IOP program improvements.

Multiple measures such as these utilized above are more accurate than any single measure. But for parents wishing to hear a single measure of what percentage of teens remain clean, that number is this: 71.8% of teens that

completed or graduated from the ASAP Program during this time period were reported to be clean one year following the conclusion of treatment.

We hasten to add, whenever interpreting outcomes, that the largest single contributing factor in the outcome of teen substance abuse treatment at ASAP is *the follow through of the parents*. ASAP always provides very direct and concrete and specific treatment recommendations to parents regarding the behavior management and lifestyle changes that must be made in the home and in the life of the teen for that teen to stay clean. Of course, those parents that best follow through with our treatment recommendations are the parents that enjoy the most positive outcomes.

ASAP Program Staff