



Summary of context and background for  
research on treatment process model at TCU

# Background for Treatment Process Research

D. Dwayne Simpson  
and Colleagues  
Texas Christian University

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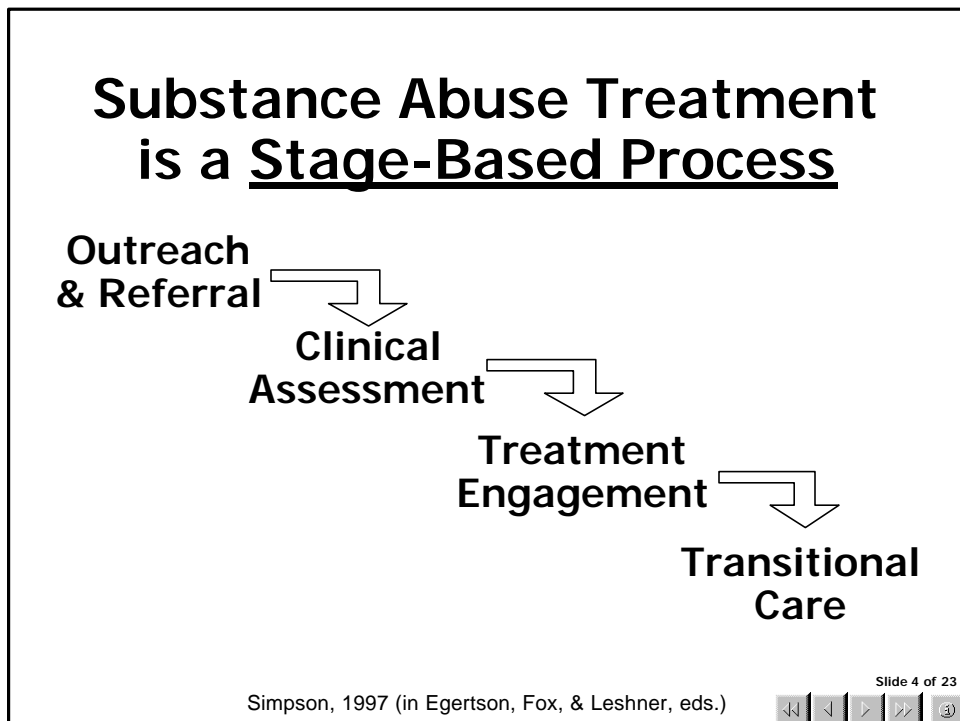
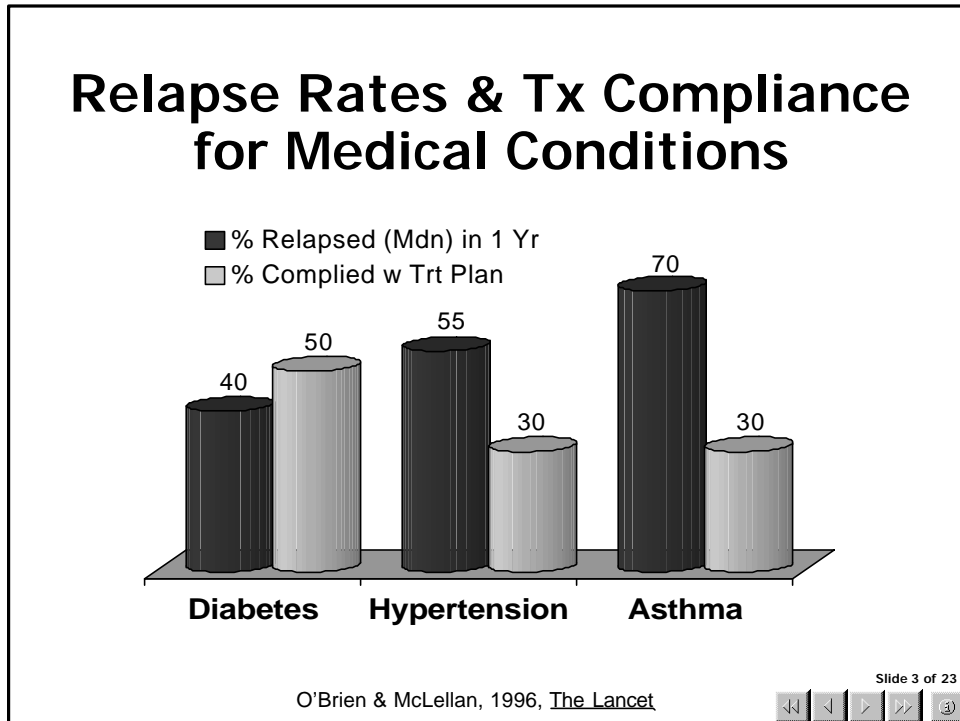
## Addiction

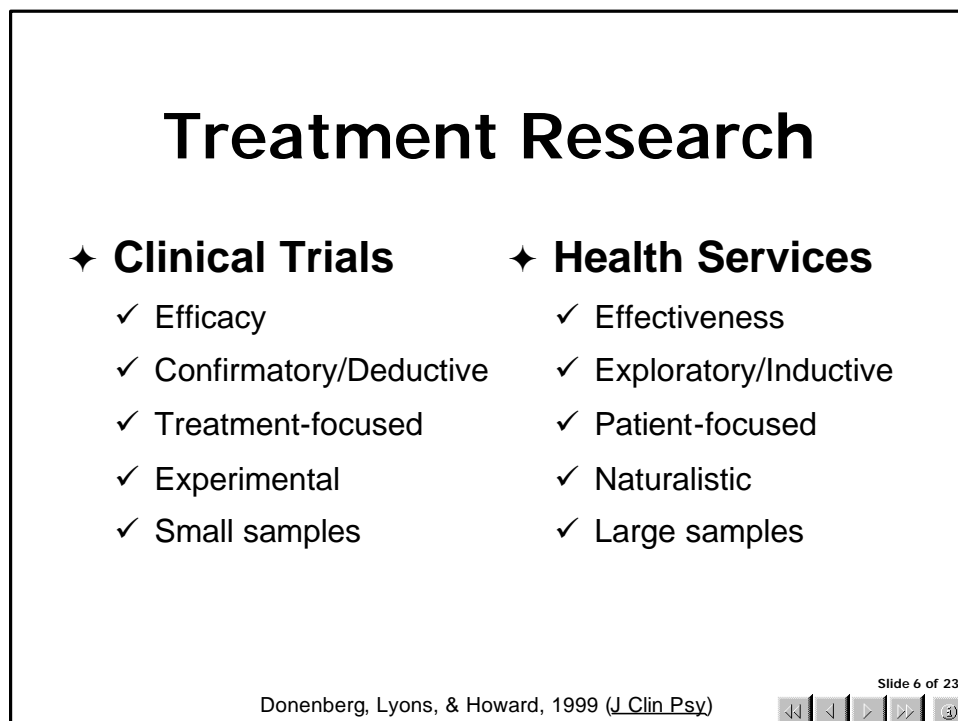
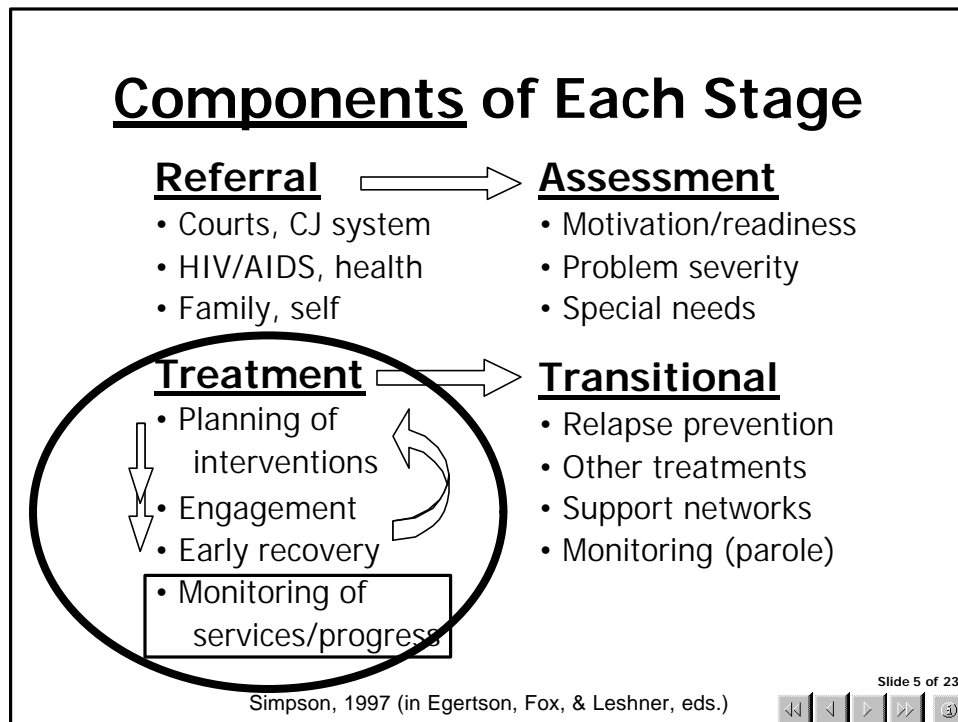
A chronic but  
treatable condition

But “relapses” are common --  
like some medical problems!

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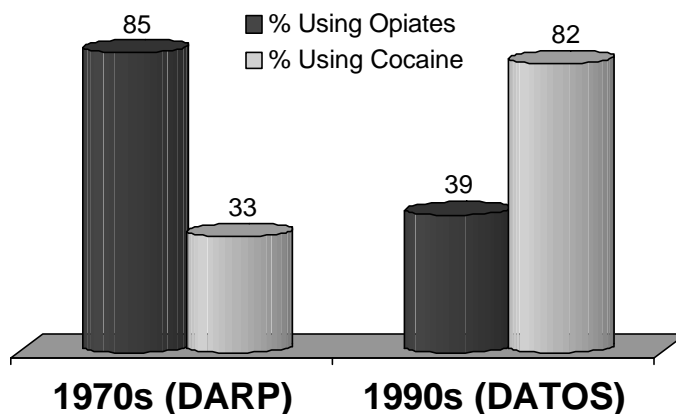
## “Naturalistic” Evaluations

- ◆ Treatment in real world settings
  - ◆ Influences on recovery process
  - ◆ Test new clinical advancements
  - ◆ Funding decisions by policy-makers
  - ◆ Address system changes over time
- ✓ Patterns of drug use (new trends)
  - ✓ Treatment services & resources

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## Changes in Drug Use Patterns alters Treatment Systems



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# DARP

## Drug Abuse Reporting Program

First National Evaluation of Treatment Effectiveness

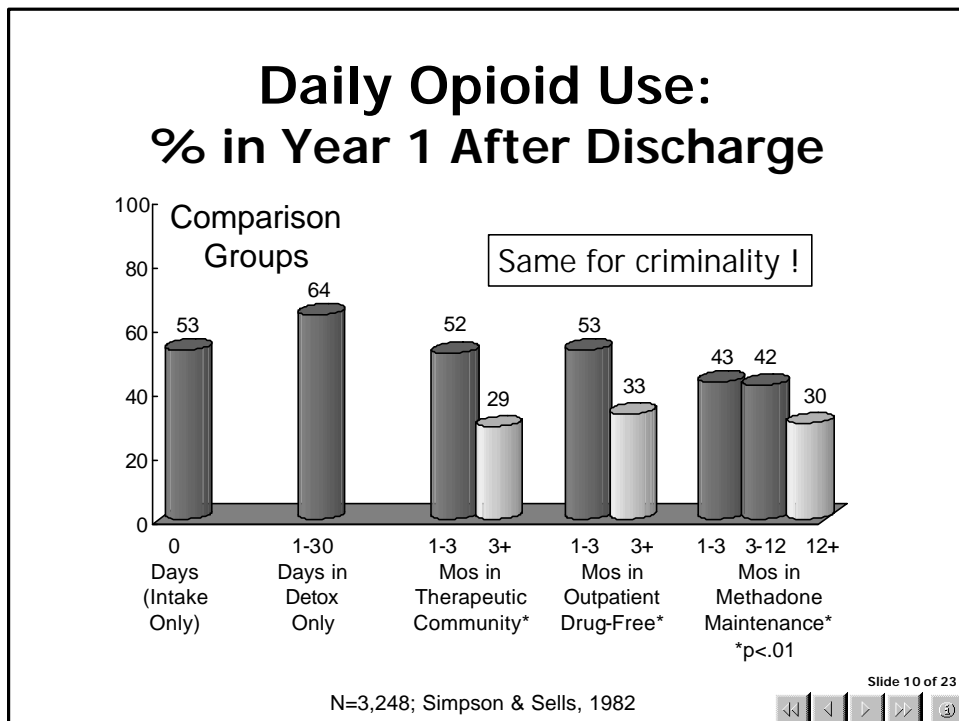
**Funded by the  
National  
Institute on  
Drug Abuse**

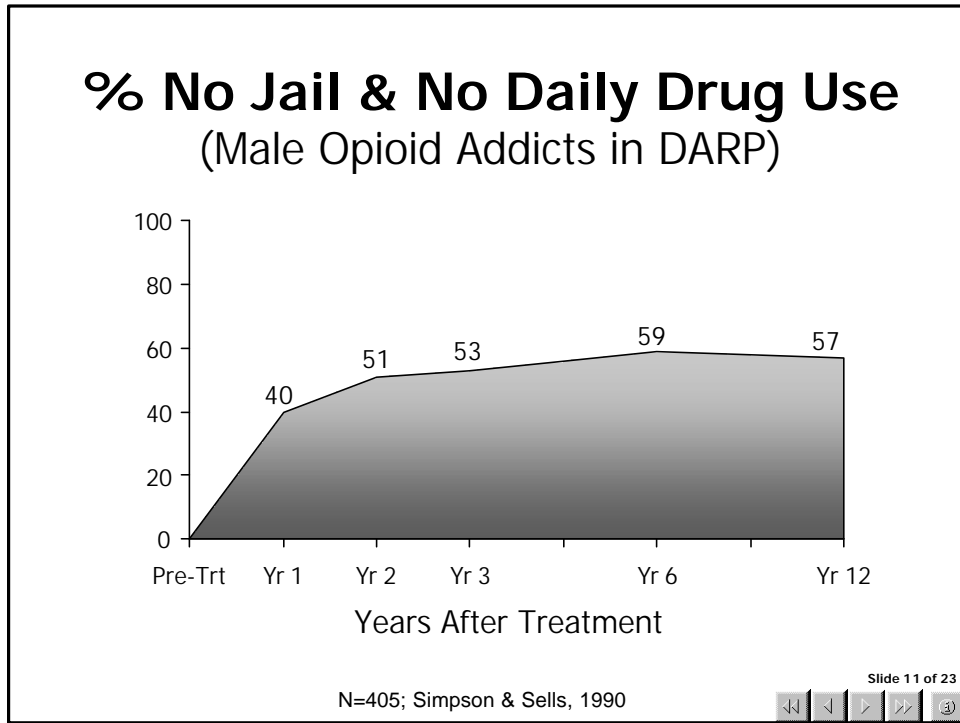


**1969-73**  
35 Cities  
139 Programs  
~44,000 Patients  
All treatment types  
Follow-ups: 1,3,6,12 Yrs

Sells, Simpson, Demaree, & Joe  
6 books & 150 papers published (funded 1970-1990)

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# ***DATOS***

## Drug Abuse Treatment Outcome Studies

Third National Evaluation of Treatment Effectiveness

**Funded by the  
National  
Institute on  
Drug Abuse**



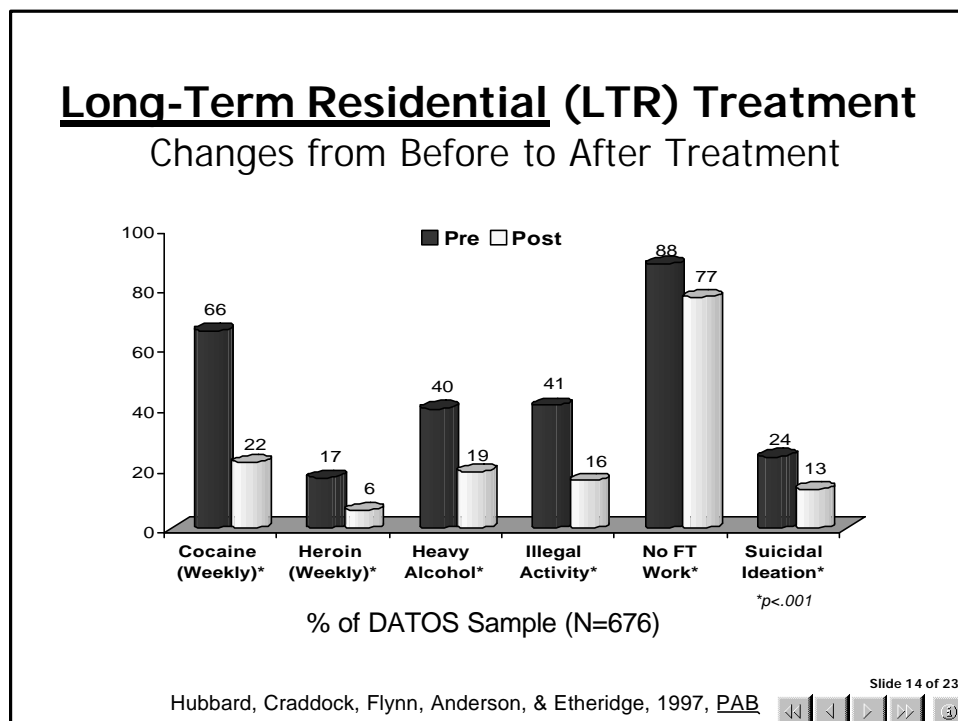
**1991-93**  
11 Cities  
96 Programs  
~10,000 Patients  
All treatment types  
Follow-up: 1 & 5 Yrs

**60 Studies Published (or In Press) –**  
*Psychology of Addictive Behaviors* (Dec 97)  
*Drug and Alcohol Dependence* (Dec 99)  
*Archives of General Psychiatry* (June 99; In press)  
*Journal of Adolescent Research* (In press)

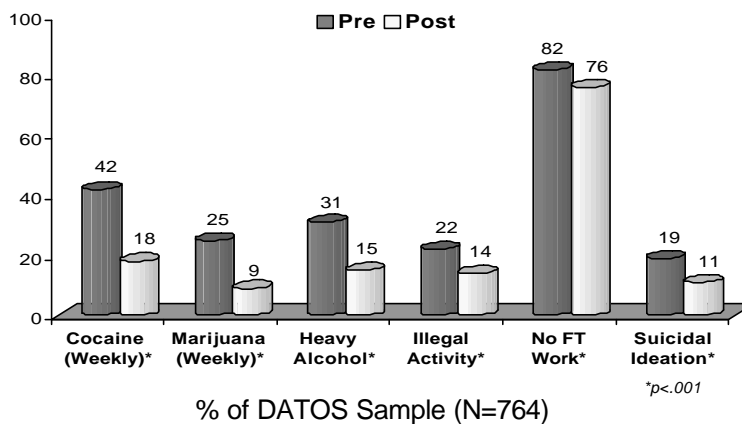
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<p><b>Home Page</b></p> <p><a href="#"><u>About DATOS</u></a></p> <p><a href="#"><u>Background</u></a></p> <p><a href="#"><u>Highlights</u></a></p> <p><a href="#"><u>Special Topics</u></a></p> <p><a href="#"><u>Publications</u></a></p> <p><a href="#"><u>Web Posters</u></a></p> <p><a href="#"><u>What's New</u></a></p> <p> </p> <p><a href="#"><u>CONTENT</u></a></p>	<p style="text-align: center;"><b>News and Features</b></p> <p>Sets of <b>graphic summary charts</b> can be downloaded in MS PowerPoint® files.</p> <p>Get <b>abstracts and charts</b> from major DATOS outcome studies, published in --</p> <ul style="list-style-type: none"> <li>• <i>Psychology of Addictive Behav.</i></li> <li>• <i>Drug and Alcohol Dependence</i></li> <li>• <i>Archives of General Psychiatry</i></li> </ul> <div style="text-align: center; border: 2px solid black; padding: 5px; margin-top: 10px;"> <p><b>www.datos.org</b></p> </div>	<div style="text-align: center;"> </div> <p><b>Selected Studies</b></p> <ul style="list-style-type: none"> <li><a href="#"><u>1-Year Outcomes</u></a></li> <li><a href="#"><u>Treatment Services &amp; Process</u></a></li> <li><a href="#"><u>Cocaine Treatment</u></a></li> </ul> <p><b>Selected Web Posters</b></p> <ul style="list-style-type: none"> <li><a href="#"><u>Adolescent Studies</u></a></li> <li><a href="#"><u>Cost Benefits of MM Treatment</u></a></li> <li><a href="#"><u>Readiness for Treatment</u></a></li> </ul>
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## Outpatient Drug-Free (ODF) Treatment Changes from Before to After Treatment

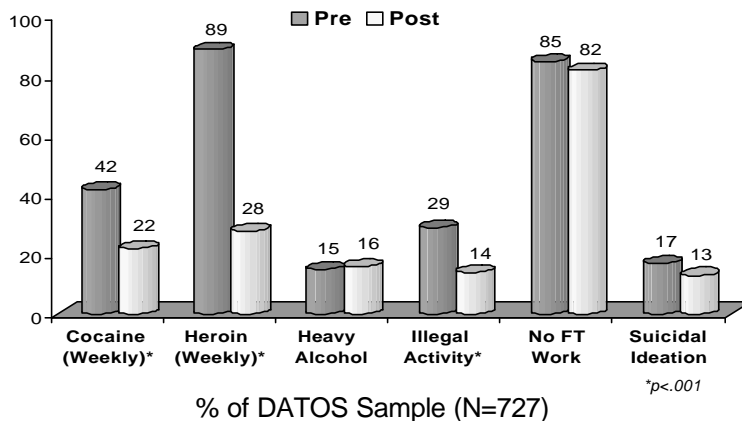


Hubbard, Craddock, Flynn, Anderson, & Etheridge, 1997, PAB

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## Outpatient Methadone Treatment (OMT) Changes from Before to After Treatment



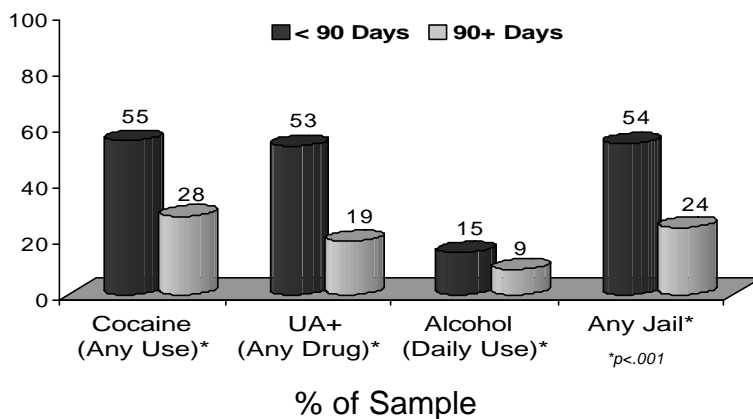
Hubbard, Craddock, Flynn, Anderson, & Etheridge, 1997, PAB

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## Comparison of Year 1 Outcomes by Length of Stay in LTR



N=342; Simpson, Joe, & Brown, 1997, PAB

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## Retention Predicts Outcomes

### ◆ Findings Consistent from National Studies

- 1970s (44,000 admissions in DARP)
- 1980s (11,000 admissions in TOPS)
- 1990s (10,000 admissions in DATOS)
- Also in England's NTORS (1990s)!

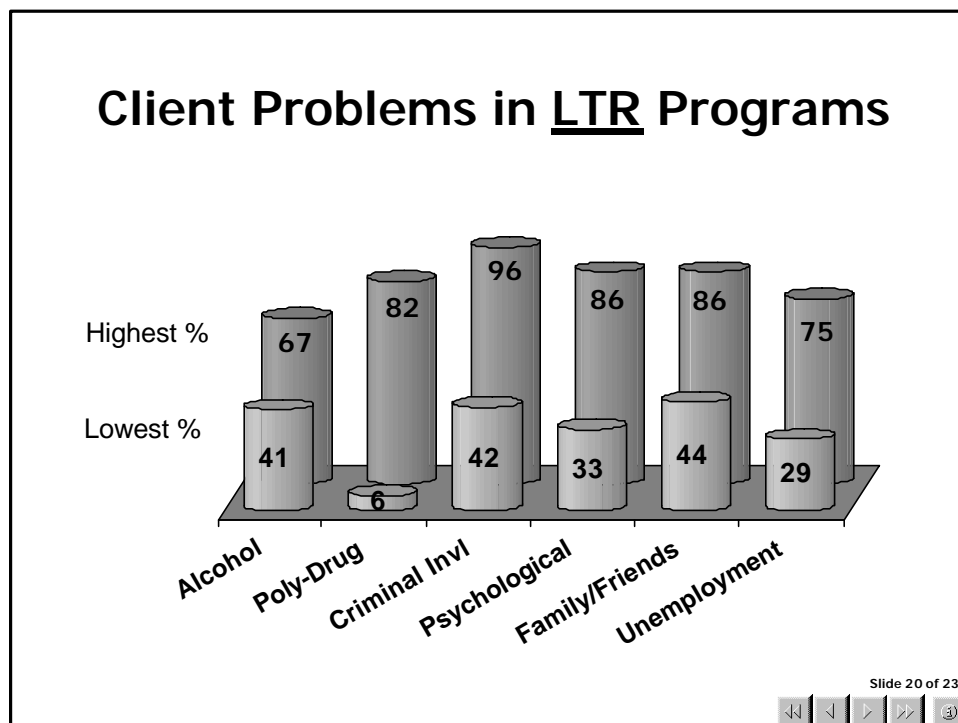
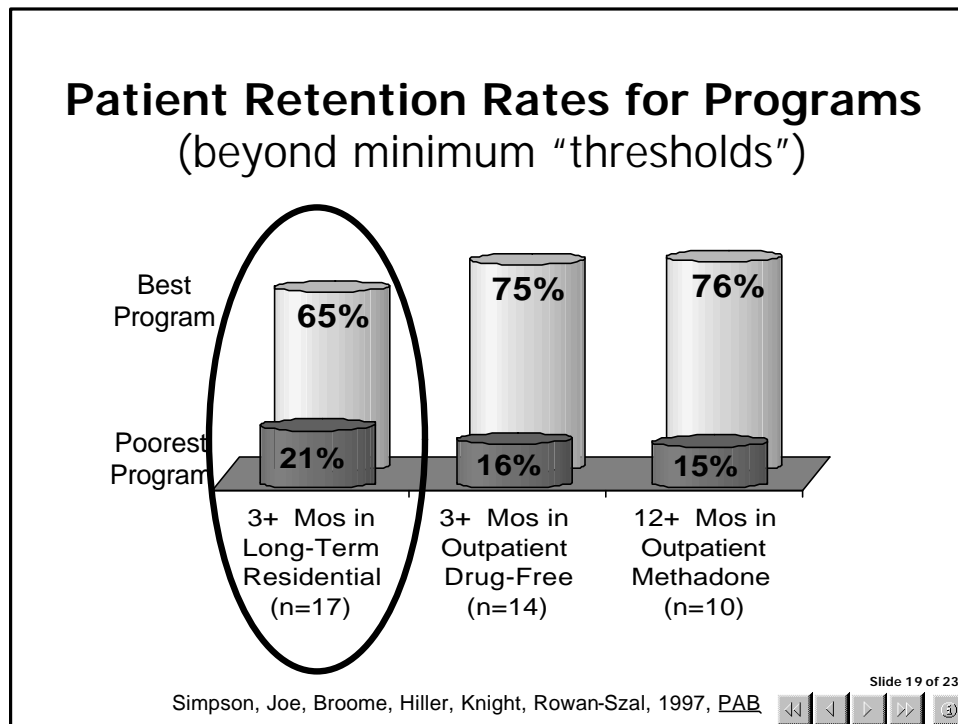
### ◆ Conclusions from Major Reviews

- Institute of Medicine ('90, '96, & '98)

**THE "BLACK BOX" OF TREATMENT?**

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## Programs with Lower Retention had more "troubled" caseloads!

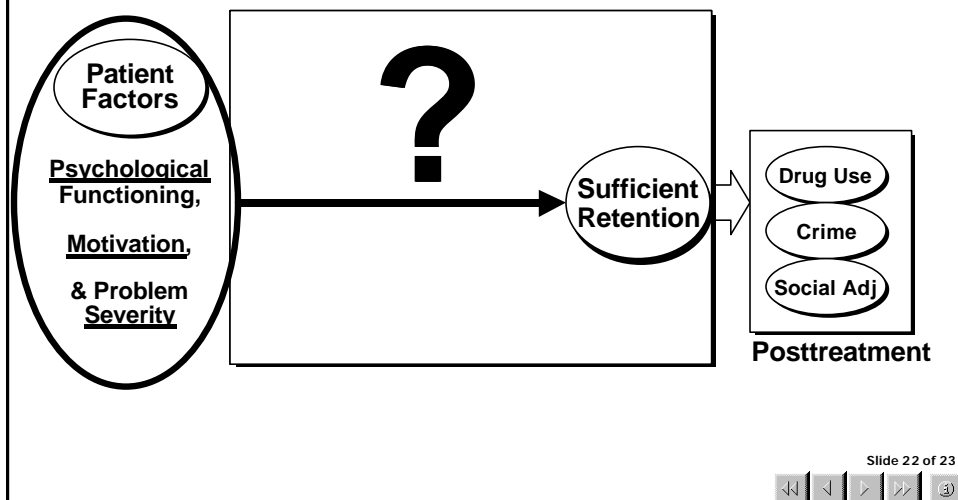
### Admissions to these programs had --

- ✓ More cocaine & alcohol problems
- ✓ More time in previous treatments
- ✓ More psychological problems

**But these patient problems *did not* explain all program differences in retention rates!**

Simpson, Joe, Broome, Hiller, Knight, Rowan-Szal, 1997, PAB Slide 21 of 23

## Elements of a "Model" for Treatment Process?



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## Conclusions

- ◆ **Treatment reduces drug use & crime**
  - ✓ Problem severity & retention of patients
  - ✓ Setting, program functioning, & staff skills
- ◆ **Treatment programs are different**
  - ✓ Types of patients served
  - ✓ Engagement & retention of patients
  - ✓ Readiness for change & resources available
- ◆ **Pressing issues for treatment field**
  - ✓ “Treatment process” (quality & performance)
  - ✓ “Technology transfer” (research-to-practice)

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