

INTERIM 6-MONTH OUTCOMES FROM OREGON'S ADDICTION TREATMENT FOLLOW-UP STUDY



Research Brief
January 5, 2010

"They saved my life. [It's] an awesome place. I would advocate for it in a heartbeat."

Study participant

Between intake and 6 month follow-up

Substance use in the past 30 days dropped by...

- ↓ 93% for amphetamine use
- ↓ 83% for heroin use
- ↓ 78% for cannabis use
- ↓ 71% for prescription drug abuse

Other positive outcomes

- ↓ 72% drop in arrests in the past 30 days
- ↑ 32% reported increase in full- or part-time employment
- ↑ 25% (\$160) increase in median income
- ↑ 22% increase in those reporting clean and sober friends

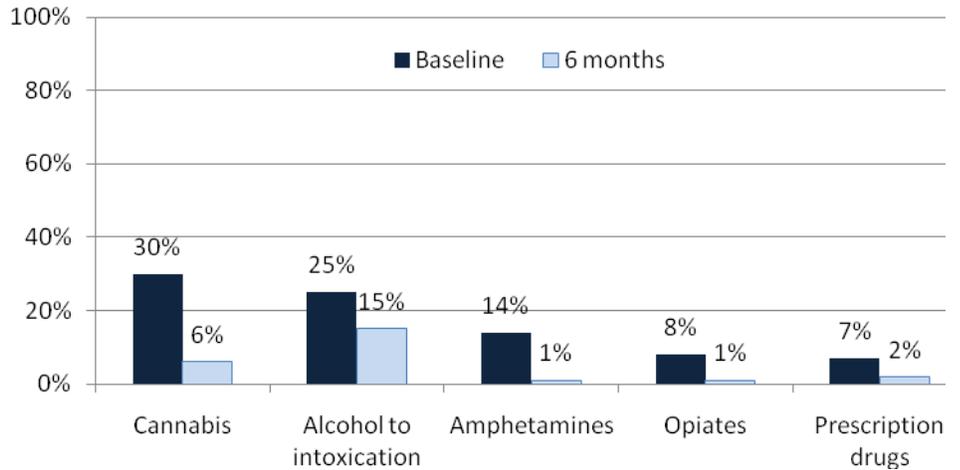
RESULTS: STUDY PARTICIPANTS IMPROVED IN ALMOST EVERY CATEGORY

Last year in Oregon, more than 54,000 adults obtained publicly funded alcohol or drug treatment. In order to learn more about the ways that treatment benefits Oregonians and their communities, the Oregon Health Authority asked NPC Research to measure treatment outcomes over time and across a range of categories. The results are impressive: at the six-month mark, arrests and reported drug and alcohol use had dropped sharply, while positive indicators in employment and mental health had increased for most participants.

The bottom line

Six months after treatment enrollment, 89% of study participants reported abstinence from drug use. 76% reported abstinence from alcohol.

Figure 1. Percentage of Study Participants Using Selected Substances in the Past 30 Days at Intake and 6 Months



"The program gave me the focus and structure to help me become a part of the community. They have given me hope for living freely after being in prison. They give you... the tools you need to live independently."

Study participant

The full report is available on request.



Participant Characteristics

- Average age was 37 years
- 61% were male
- 81% identified as White, 13% Latino, 9% AI/AN, 7% Black

Medical Health History

- 47% of study participants reported having a chronic medical condition
- One fifth reported lifetime mental health issues serious enough to require hospitalization

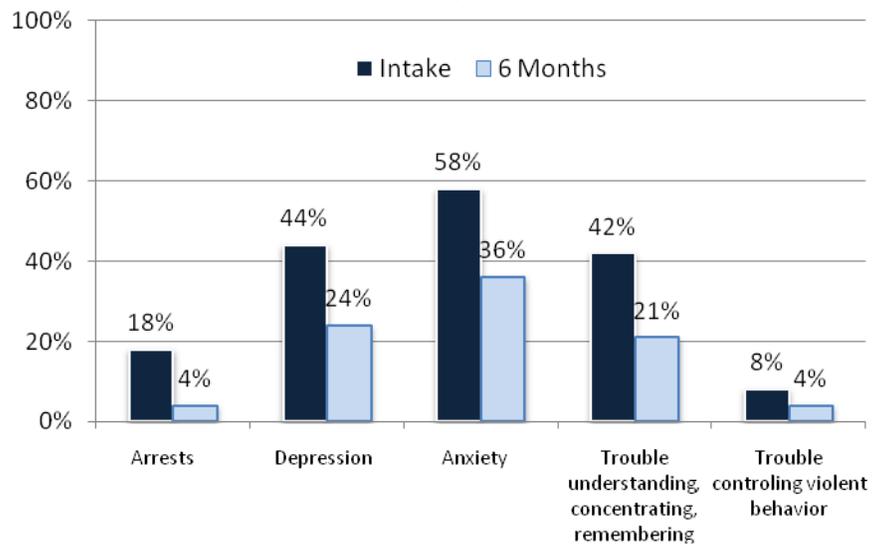
Substance Use History

- Alcohol was the substance of choice for over half (53%) the sample at intake, while 19% reported using amphetamines
- 72% reported using tobacco on a daily basis

Criminal Justice Involvement

- 70% of participants reported past incarceration
- 61% of participants had at least one previous DUI conviction
- 28% were currently enrolled in some kind of treatment court at baseline

Figure 2. Percentage of Study Participants Reporting Selected Outcomes in the Past 30 Days at Intake and 6 Months



Mental health improvements from baseline to 6 months (past 30 days):

- 60% decrease in reports of serious thoughts of **suicide**,
- 50% decrease in trouble **understanding, concentrating or remembering**,
- 45% decrease in reports of serious **depression**,
- 38% decrease in participant reports of serious **anxiety**,
- 5-day (21%) decrease in the number of days that study participants experienced any mental health issues.

What participants need to succeed:

- **Transportation** options to and from treatment. Participants identified this as one of the least satisfying aspects of their treatment experience.
- 55% of people using **medication-assisted therapy** for their substance use said they could not afford the medications.

“There is a sliding fee scale. If they didn't help me with the fees I wouldn't have been able to do it. It relieved stress and allowed me to focus on the program.”
Study participant

The full report is available on request.