

ORIGINS BEHAVIORAL HEALTHCARE

2020 Retrospective
Outcomes Study

April 16, 2020



ORIGINS
BEHAVIORAL HEALTHCARE

OUR MISSION LEADS TO REAL RESULTS

“We exist to provide a clear path to a life of healing and restoration.”

Our outcomes demonstrate that healing is possible. We independently surveyed three years' worth of our alumni, and the findings confirmed what we have observed for years—that Origins' treatment works.

BACKGROUND

RESEARCH TEAM:

John Dyben, DHSc, Origins Behavioral HealthCare

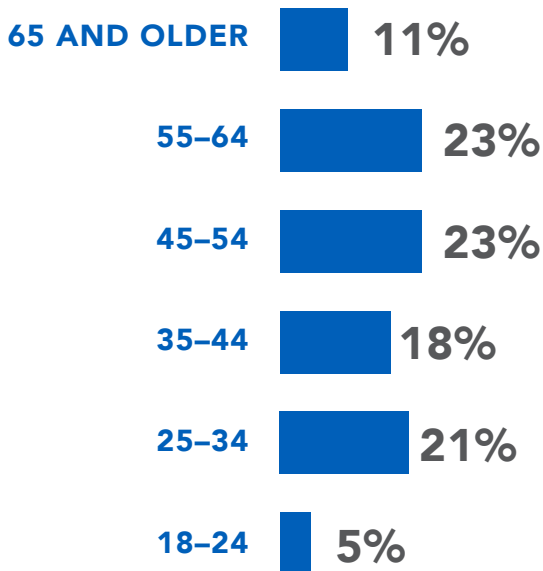
Megan Davidson, PhD, OMNI Institute

Jason Wheeler, PhD, OMNI Institute

“The OMNI Institute is a 501c(3) nonprofit social science consultancy that accelerates positive social change by supporting the public, nonprofit, and philanthropic sectors with integrated research and evaluation, capacity building, and data utilization services.”
(www.omni.org)

For this study, Origins partnered with the OMNI Institute, which provided consultation and external oversight to the design, implementation, and reporting of results. OMNI Institute previously worked with the National Association of Addiction Treatment Providers (NAATP) to complete a multi-program outcomes study, and they were instrumental in the design of the NAATP Outcomes Measurement Toolkit. We are grateful for their guidance and oversight of this project.

PARTICIPANTS DEMOGRAPHICS



Most participants were between **25 and 64 years** of age

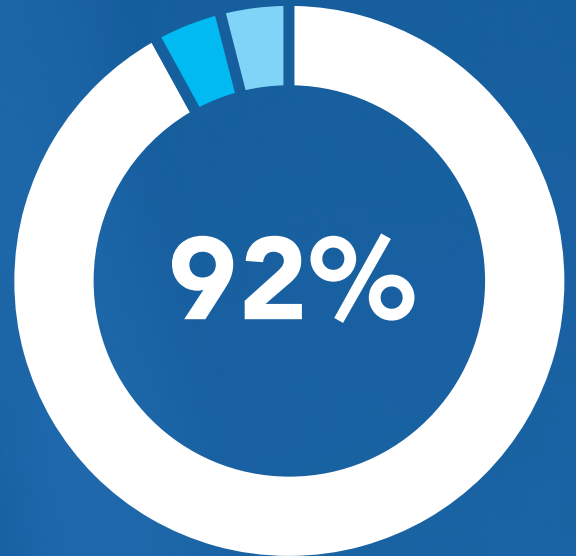
52% of participants identified as **male**

3 participants identified as "other" or preferred not to answer

47%

52%

PARTICIPANTS DEMOGRAPHICS



The vast majority of participants (**92%**) identified **White** as their race or ethnicity

- White 92%
- Hispanic, Latino or Spanish origin 3%
- Other race 3%

3 participants preferred not to identify race/ethnicity

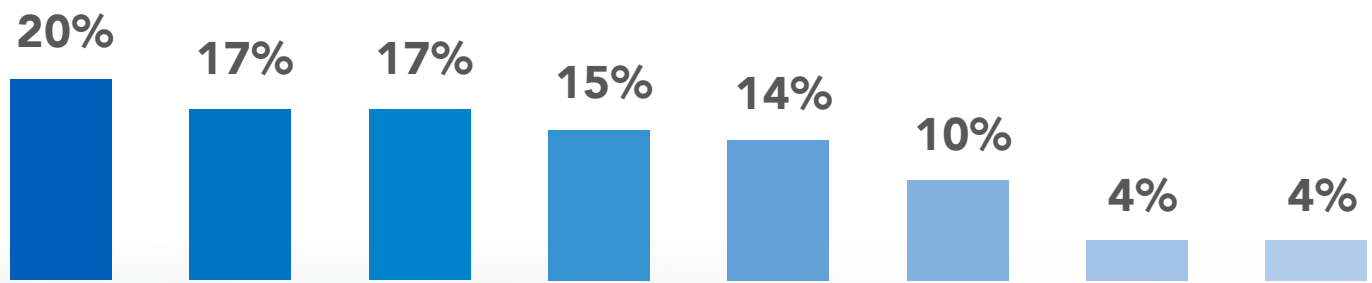
PARTICIPANT TREATMENT EXPERIENCES

The majority of participants had been out of treatment for **over 6 months**



PARTICIPANT TREATMENT EXPERIENCES

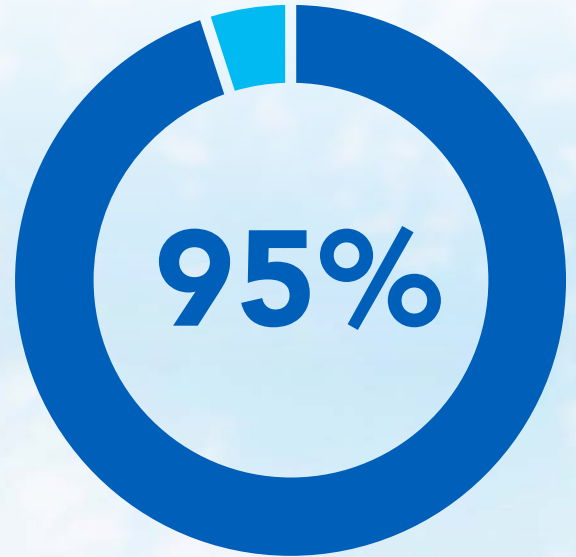
Our survey included participants from **all programs**



- Origins Recovery Center
- Hanley Center – Older Adult Unit
- Hanley Center – Women’s Unit
- Hanley Center – Men’s Unit
- Hannah’s House
- Headwaters
- Transitions
- Gate Lodge

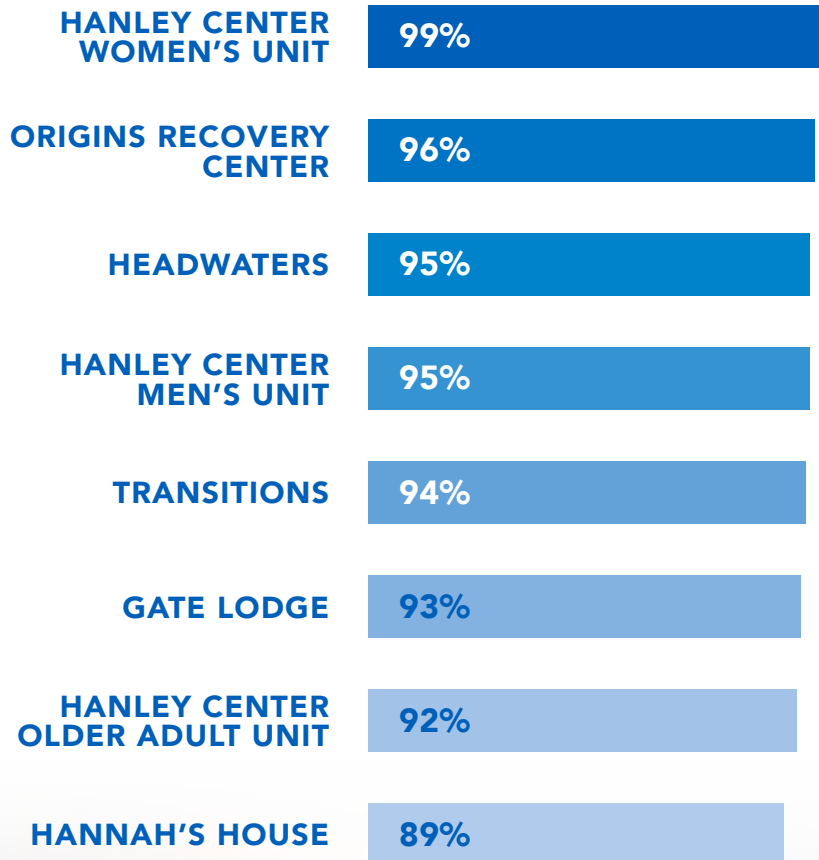


PARTICIPANT TREATMENT EXPERIENCES



Across all programs, 95% of participants reported **completing treatment in full**

PARTICIPANT TREATMENT EXPERIENCES

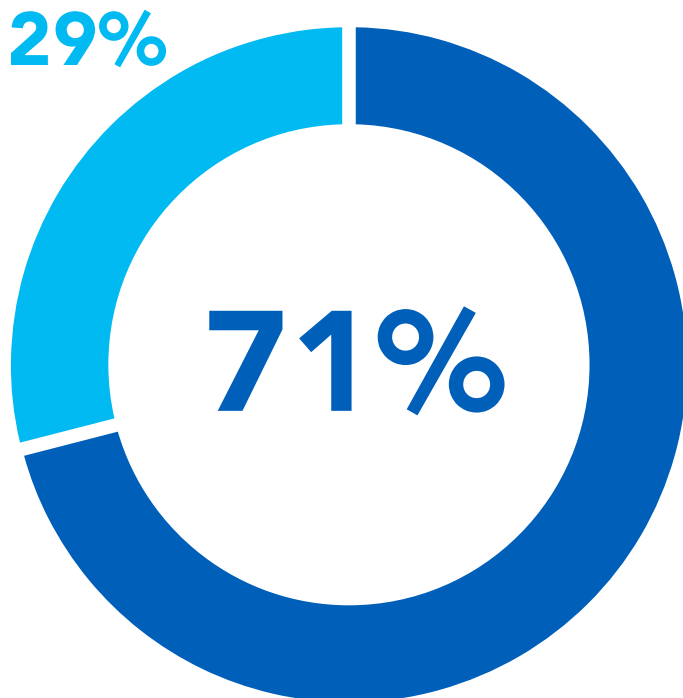
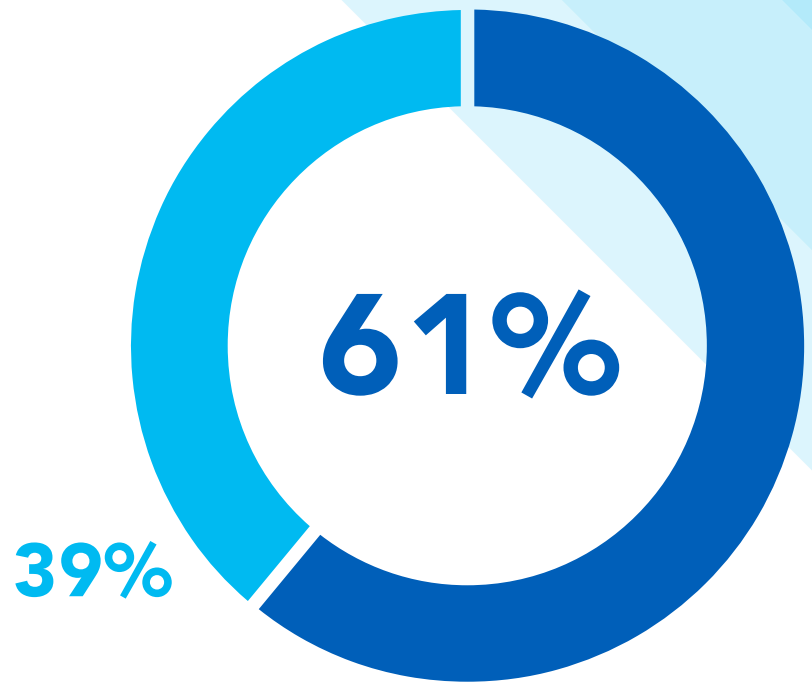


Nearly all participants completed treatment in full within each program



PARTICIPANT TREATMENT EXPERIENCES

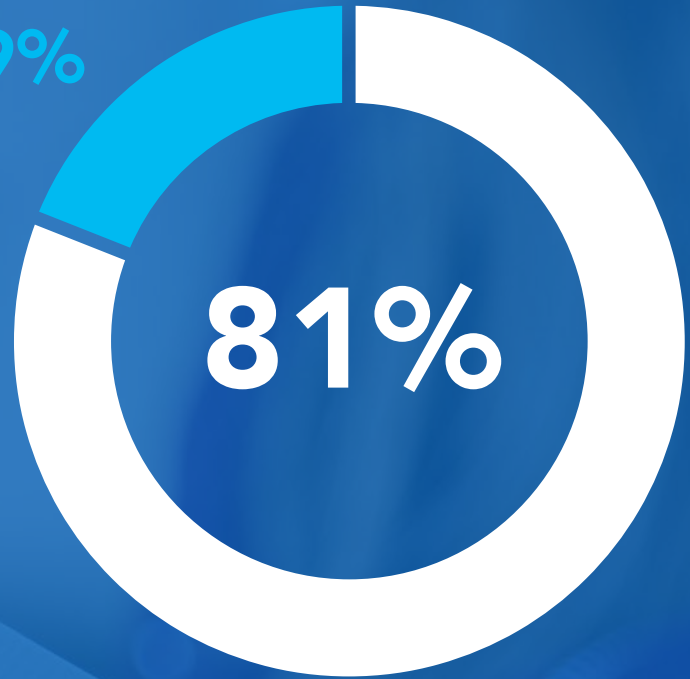
Most (**61%**) had family members participate in the family program



Most (**71%**) participants followed all treatment recommendations

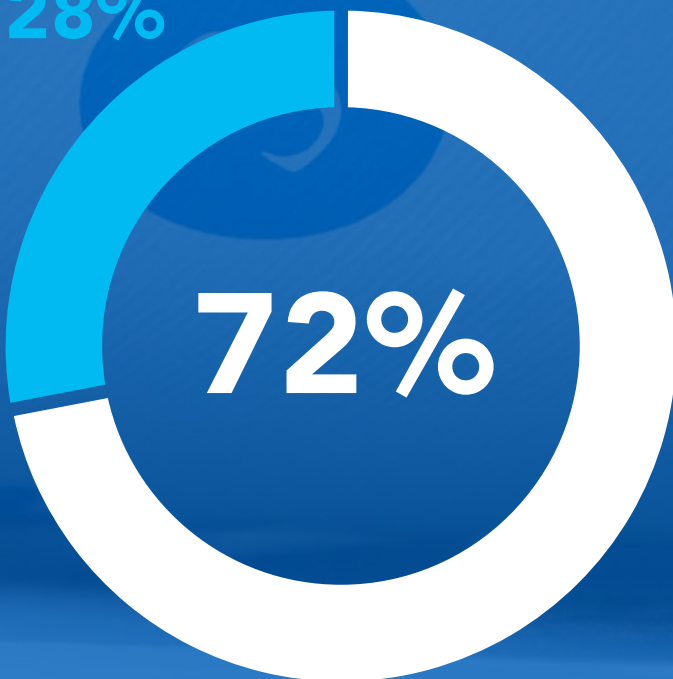
OUTCOMES: USE OF MOOD ALTERING SUBSTANCES

19%



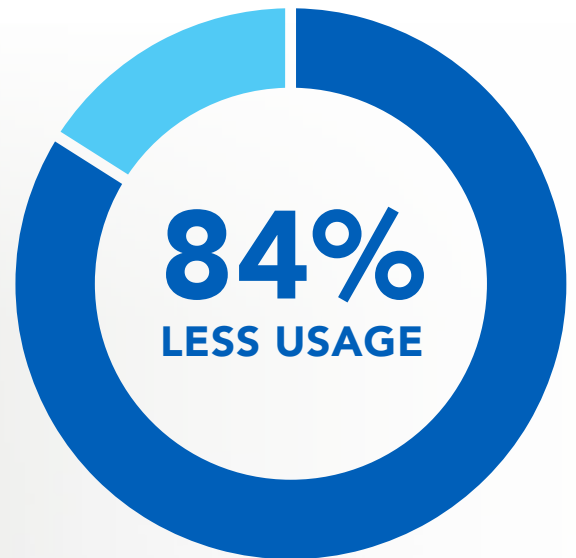
Most participants reported being **abstinent** from substance use in the 30 days prior to the survey

28%



Most participants reported being **abstinent** from substance use since leaving treatment

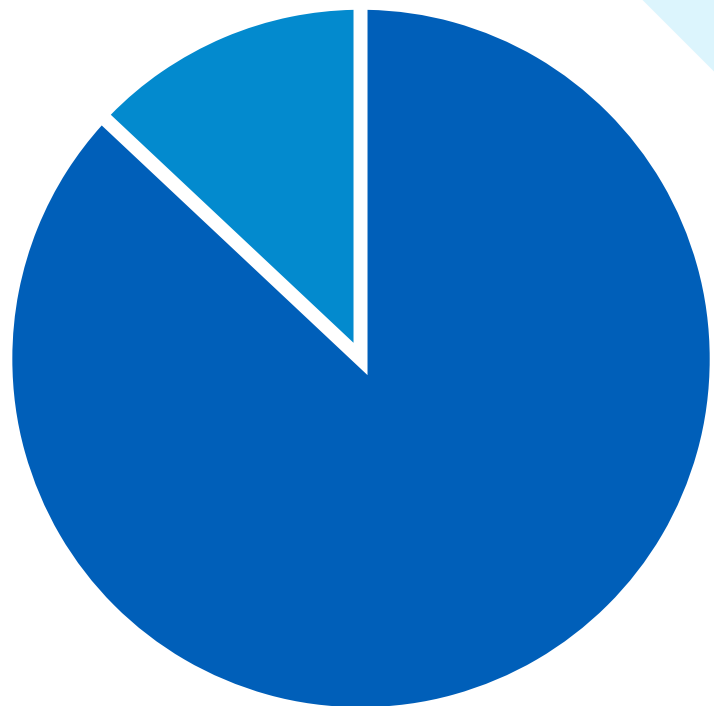
OUTCOMES: USE OF MOOD ALTERING SUBSTANCES



Of those who reported using substances, **84%** described their usage **as less than** when they went to treatment

OUTCOMES: RETURN TO TREATMENT

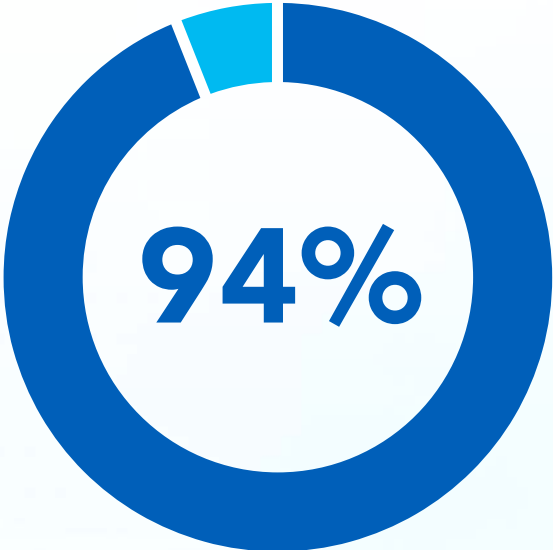
Since their last treatment experience, most participants (**87%**) reported **not returning** to treatment due to relapse



Have you had to return to treatment due to relapse?

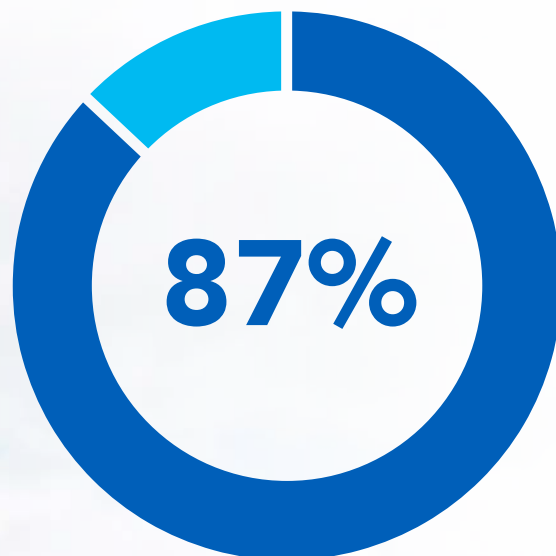
- No: 87%
- Yes: 13%

OUTCOMES: KEY INDICATORS



94% said their overall **quality of life had improved** since treatment

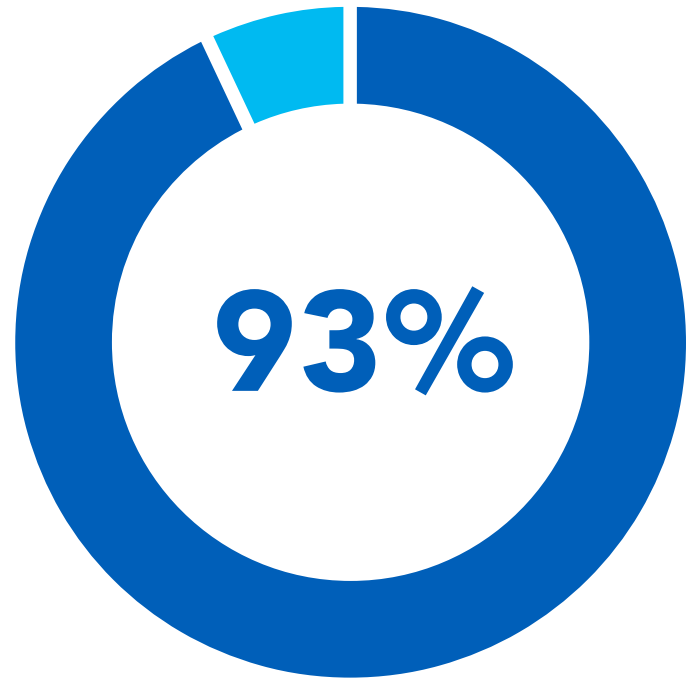
OUTCOMES: KEY INDICATORS



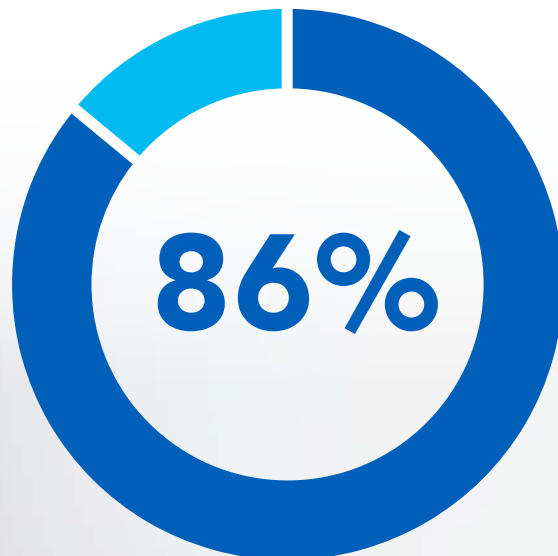
87% said their **physical health had improved** since treatment

OUTCOMES: KEY INDICATORS

93% said the **relationships** with the people most important to them **had improved**

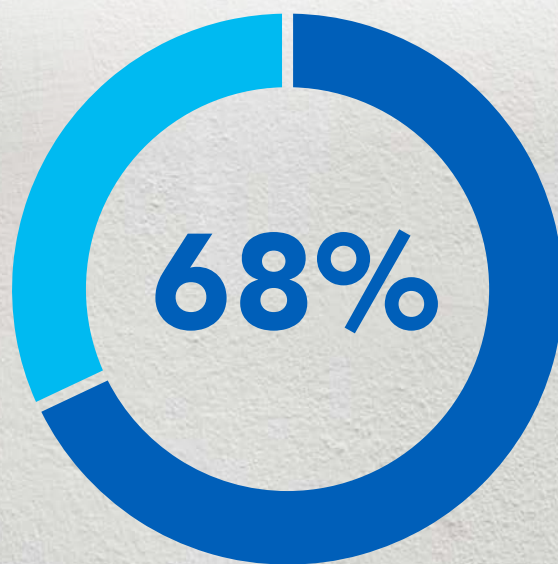


OUTCOMES: 12-STEP INVOLVEMENT



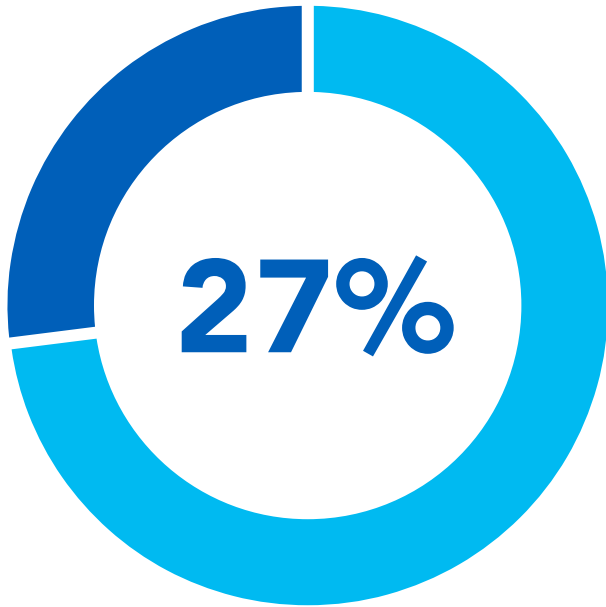
Most (**86%**) participated in **12-Step Fellowship program(s)** since leaving treatment

OUTCOMES: 12-STEP INVOLVEMENT



68% reported
having a sponsor

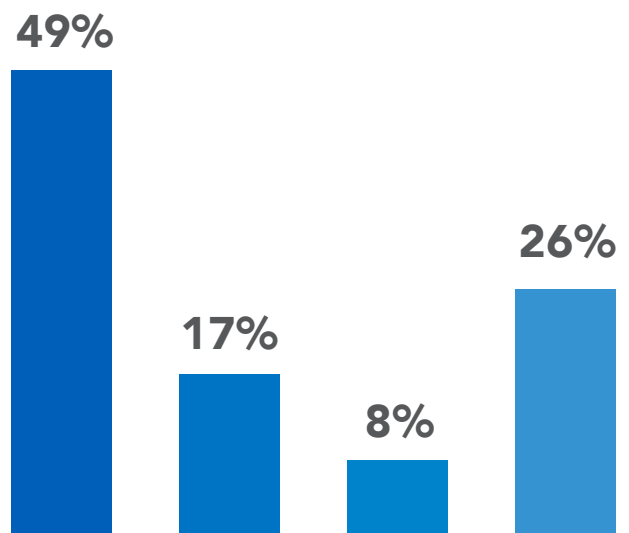
OUTCOMES: 12-STEP INVOLVEMENT



27% reported **sponsoring others**

49% attended 12-Step Fellowship meetings (AA, NA, etc.) **at least once a week** in the past three months

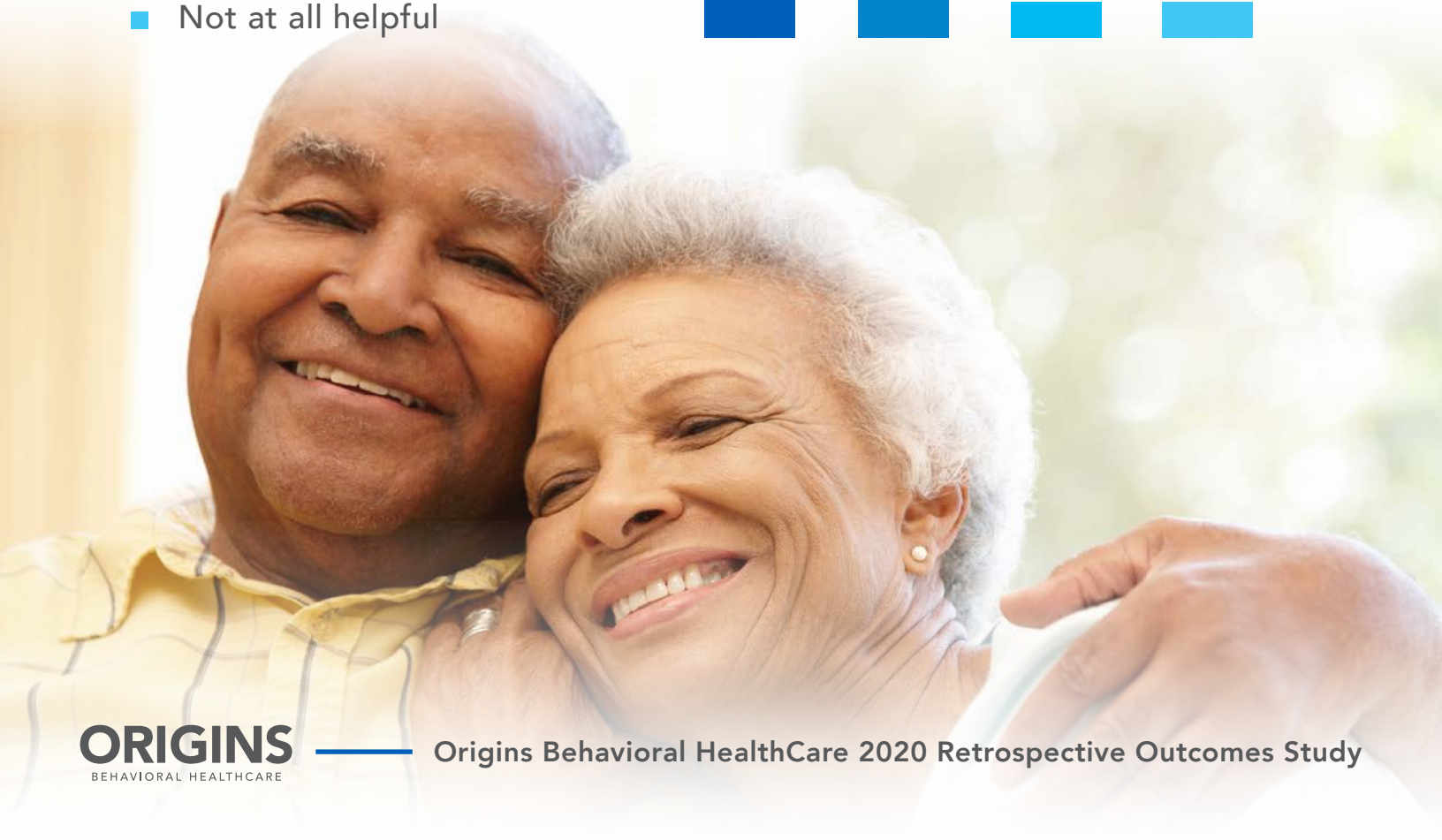
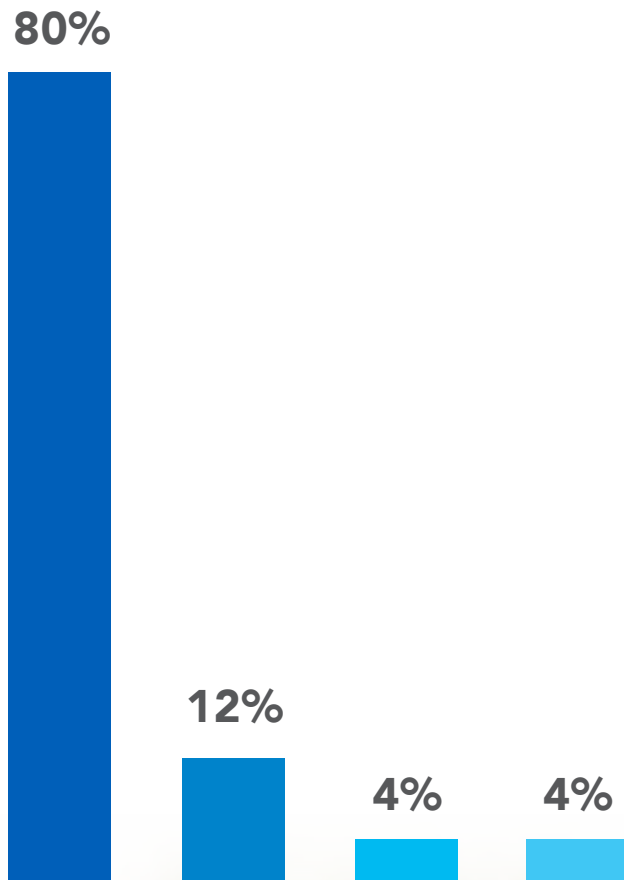
- At least once a week
- Several times a month
- Once a month or less
- Never attended



OUTCOMES: HELPFULNESS

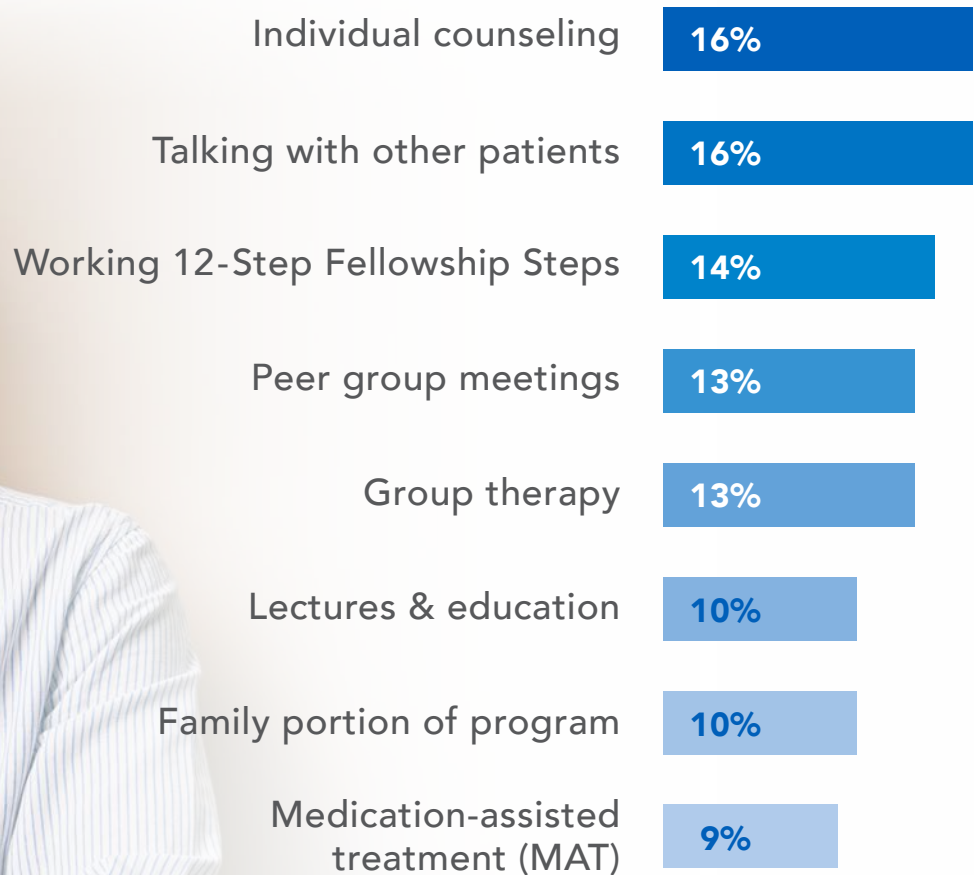
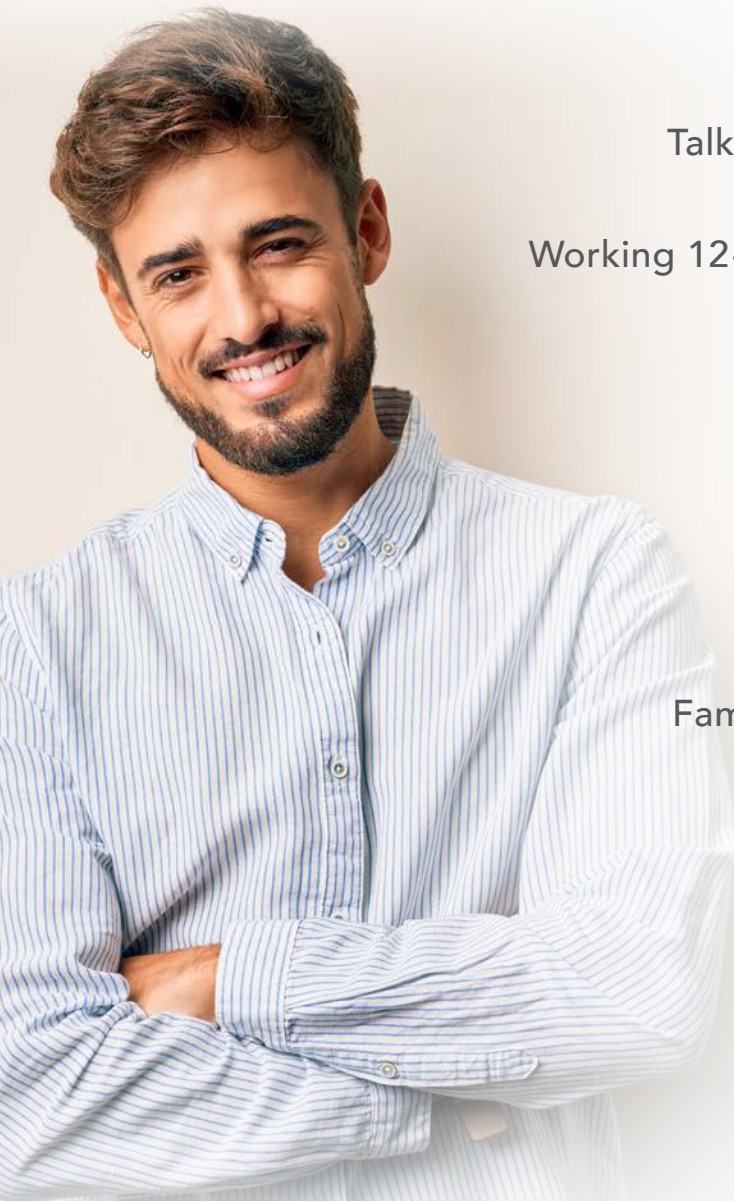
The vast majority of participants (80%) rated the overall program as **very helpful**

- Very helpful
- Somewhat helpful
- A little helpful
- Not at all helpful



OUTCOMES: HELPFULNESS

Across components, participants rated **individual counseling** and **talking with other patients** as the most helpful



STUDY DESIGN

- ★ Retrospective study with Origins' treatment program alumni using self-report data collected from computer surveys
- ★ **Emailed unique invitations to all 2017-2020 alumni for whom we had valid email addresses**
- ★ Alumni provided their consent to take the survey, and were informed that their answers would remain confidential
- ★ **As an incentive, all alumni who completed the survey were invited to enter a drawing for one of thirty \$20 Amazon gift cards**
- ★ 5 reminder emails sent during the month to unfinished respondents
- ★ **426 participants started the survey. 389 participants reached the final question in the survey**
- ★ Except for identifying which program the alumni participated in, participants were not required to answer survey questions. The number of respondents for each question ranged from 314 to 389
- ★ **Overall response rate of 20.8% and individual question response rates in the range of 16.8% to 21% with one outlier sub-question with a rate of 15.8%**

INITIAL CORRELATIONS

- ★ There is a positive correlation between following all treatment recommendations and reporting sustained abstinence after treatment.
- ★ **There is a positive correlation between following all aftercare recommendations and reporting sustained abstinence after treatment.**
- ★ There is a positive correlation between reporting sustained abstinence and reporting significant improvement (“much better”) in physical health, quality of most important relationships, and overall quality of life.
- ★ **There is no statistically significant correlation between how long someone has been out of treatment and report of use since treatment.**

This data presents evidence that patients who sustain abstinence after treatment report better health, better relationships, and better overall quality of life compared to those who do not. Relatedly, patients who follow treatment and aftercare recommendations are more likely to report sustained abstinence after treatment. This seems to be true regardless of how long a person has been out of treatment.

**Statistical significance for these correlations is $p < .001$*

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