



PROGRAM EVALUATION ANNUAL REPORT

April 2011



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Executive Summary

“Do not change a thing”. #53071

This is the annual update of a longitudinal evaluations effort conducted by Herbert & Louis, LLC, an independent evaluation company, for calendar year 2010. The findings discussed in this report confirm and reinforce positive findings reported in past evaluations.

Previous reports have compared current year findings primarily with all previous year findings noting only statistically significant change from year to year. Although this type of analysis is useful, it tends to dampen emerging trends for historical documentation. To better enable the documentation of subtle trends year over year, this report consists of a detailed comparison of current year data with past year data.

In general, findings for this current year remain remarkably consistent with findings previously reported confirming a mature, consistent experience for guests.

- The total number of guest enrolling during the period and reported to the evaluation team was 459. The average age of guests remained stable at 39.4 years with males being significantly younger (38.4 years) than females (40.9).
- Caucasian/White guests continued to comprise a predominant proportion of the guest population (95.6%) although there was an increase in guests indicating Latino, Native American, and Asian.
- Marital status of guests remained stable with 44.5% reporting as single and 28.8% married.
- The level of education remained very high with approximately 45% of the guests reporting a baccalaureate or higher degree.
- Unemployment remained relatively high (36.5%) but was down from 43.9% last year. Full-time employment was up very slightly to 30.4%.
- Approximately 54% of the guests reported an annual household income of \$50,000 or more and 18.9% reported less than \$20,000.
- Alcohol remained the most predominant substance used (86.6%) but was down slightly from last year as were all other drugs.
- Guests continued to report strong negative effects of alcohol and drugs on their lives even though there was a slight drift downward in utilization of most of the key service components prior to registration (outpatient, residential, emergency room).

- Guest satisfaction remained extremely high at departure with 98.6% of the guests demonstrating a willingness to recommend the experience to others up slightly from last year.
- Statistically significant improvements were found across all key indicators at the time of departure including relationships, quality of life, physical health, and ability to effectively handle problems.
- At six month follow-up 68.8% reported abstinence from the time of registration and 61.6% so reported at twelve month follow-up, up slightly from last year.
- Prior guests continued to report significant improvement in all of the key indicators as reported for departure.
- The impact of sober housing continued to suggest very positive results. Guests who utilized sober housing were more likely to be abstinent at 12-month follow-up, more likely to report higher quality of life, and more likely to be employed even though, at registration, they were more likely to be unemployed than guests who did not utilize sober housing.

Table of Contents

Executive Summary	i
Table of Contents	iii
Introduction	1
Registration Demographics	2
Satisfaction at Time of Departure	13
Findings at Six-Month Follow-Up	18
Findings at Twelve-Month Follow-Up	22
The Impact of Sober Housing	26
Summary & Conclusions	28

Introduction

This report is an annual update for the period of January 1, 2010 through December 31, 2010 of an evaluation project that was started in early 2001. The report provides previous year data comparisons for critical indicators.

At the time of registration, all guests are requested to complete a registration survey comprised of several domains including general demographics (i.e., age, gender, income, etc.), substance use, prior year health care access, prior year involvement in the legal system, mutual help participation, employment, and quality of life. This registration survey contains 53 questions consisting of checklists and Likert-type response scales with which respondents can indicate their level of agreement with statements (i.e., very great extent, great extent, some extent, little extent, or very little extent.)

Guests are requested to complete a satisfaction survey at the time of departure from The Retreat. This 23-question survey contains 20 questions with Likert-type scales covering the domains of satisfaction of facilities, assistance received, critical life-relationships, quality of life, and willingness to recommend The Retreat to others. The final three questions are open-ended seeking responses regarding the most helpful and least helpful experiences during their stay as well as requesting suggestions or comments for program improvement.

All guests are also invited by Retreat staff at the time of registration to participate in the longitudinal follow-up at six and twelve months following their departure. Those who volunteer for this element of the program evaluation complete an informed consent to participate form and provide contact information to the evaluator. At six and twelve months post departure, guests are contacted to complete the survey. Contact is with a first class mailing of the survey first attempted by the contractor with up to two US Postal Service First

Class mailings. If the instruments are not returned, the evaluator then attempts telephone contact up to five times during different times and on different days. Failing this attempt, a contact person, identified by the guest, is contacted in an attempt to locate the guest. For the report period, the six-month follow-up completion rate was 68.5% and the 12-month follow-up completion rate was 60.4% which are considered to be very good for the level of funding for the follow-up.

For the most part, the follow-up survey is a mirror of both the registration and departure satisfaction surveys containing the same questions; the form also includes additional questions regarding current drug use compared to drug use prior to their stay at The Retreat.

As with all annual reports, this should be considered an interim report of the key findings to date and viewed as dynamic with the expectation that changes over time will be seen. The report contains a discussion of the guest demographics, findings at departure, the impact of sober housing on recovery rates, as well as outcomes at six and twelve months.

This report is different than previous reports in that it reports previous year to current year instead of reporting current year compared to all previous years.

Registration Demographics

The current year average age of guests, although somewhat older than last year, was not significantly different at 39.4 years.

Table 1. Age and Gender						
	Previous year			Current Year		
	n	Age	sd	n	Age	sd
All	427	38.7	12.9	426	39.4	12.7
Males	277	37.4	12.9	261	38.4	12.7
Females	149	41.1	12.6	165	40.9	12.5

As previously reported, males continued to be significantly¹ more likely to be younger than females, although the actual average difference was small. The ratio of females to males remained stable to that reported for last year. (Table 1)

The guests of The Retreat have remained predominantly Caucasian with 95.6% of the current sample so reporting. There was an increase in Latino guest from 0.2% last year to 1.4% this year, but the sample precludes meaningful statistical analysis. (Table 2)

Table 2. Race/Ethnicity (In Percent)		
	Previous Year	Current Year
Caucasian	96.9	95.6
Latino	0.2	1.4
Native American	0.4	0.7
Asian	0.2	0.5
Black/African American	0.4	0.2
Other/Not Reported	1.9	1.9

Of the guests registering during the current period, the largest portion (44.5%) were reported as single (never married) followed in frequency by married (28.8%), divorced (17.0%), separated (6.4%), living as married (2.2%), and widowed (1.1%).

Table 3. Marital Status (In Percent)		
	Previous Year	Current Year
Single	44.9	44.5
Married	29.5	28.8
Divorced	14.3	17.0
Separated	6.0	6.4
Living as Married	4.1	2.2
Widowed	1.2	1.1

Distributions were statistically similar to previous year's numbers with just some minor shifting. (Table 3)

The education level of guests remained relatively high.

Table 4. Education (In Percent)		
	Previous Year	Current Year
Education		
Not Completed HS Graduate	1.5	1.8
HS Graduate	9.0	11.7
Some College/Trade School	45.5	41.7
College Graduate	29.5	28.0
Post-graduate Course Work	5.6	4.9
Post-graduate Degree	9.0	11.9

¹ p < .05

Approximately 44.8% reported having a college baccalaureate or higher degree and another 41.7% with some college. The distribution of individuals with only a high school or less education was slightly more than last year. These changes were statistically inconsequential. (Table 4)

The employment status of guests at the time of registration remained relatively stable compared with the previous year except for a statistically significant shift away from

Table 5. Employment Status (In Percent)		
	Previous Year	Current Year
Status		
Full-time	29.2	30.4
Part-time	6.9	9.8
Irregular	5.4	5.8
Homemaker	5.6	5.6
Student	4.4	5.6
Retired	4.7	6.3
Unemployed	43.9	36.5

unemployment.² Approximately 36.5% were unemployed, 30.4% working full-time, 9.8% working part-time, 5.8% working irregular hours. (Table 5)

Last year 16.6% reported being self-employed and this year

18.5% so reported.

Table 6. Income (In Percent)		
	Previous Year	Current Year
Dollars (in thousands)		
< 20	16.6	18.9
20 to 29.9	6.9	8.3
30 to 39.9	8.2	9.2
40 to 49.9	9.7	9.4
> 50	58.7	54.2

Approximately 54.2% of the guests reported earning an annual income of \$50,000 or more down slightly from last year. Nearly 19% reported earning less than \$20,000 up slightly from last year. The remainder of guests' income remained

relatively evenly separated among the other income categories (Table 6)

² Chi square p < .01

Of the employment indicators, there was a significant increase in the number of guest not reporting a promotion in the past year (71.7% compared to 58.7% last year). This is most likely associated with the higher rate of unemployed being reported. All other indicators remained relatively stable when compared to last year. (Table 7)

Question	Never		One Time		Two Times		Three Times		More Than Three Times	
	Last Year	Current Year	Last Year	Current Year	Last Year	Current Year	Last Year	Current Year	Last Year	Current Year
Promoted	58.7	71.7	15.2	12.9	8.3	5.0	1.2	1.8	6.6	8.6
Took a New Job	72.0	73.7	14.1	14.2	5.1	4.6	3.4	3.3	5.4	4.2
Fired From Job	74.7	75.6	15.9	16.4	5.1	4.9	2.3	0.4	2.0	2.7
On Job Accident	93.4	92.5	4.8	6.0	1.0	1.5	0.0	0.0	0.8	0.0
Filed Work Comp Claim	94.7	93.8	4.8	5.5	0.3	0.7	0.3	0.0	0.0	0.0
Filed Grievance	98.7	98.0	1.3	2.0	0.0	0.0	0.0	0.0	0.0	0.0
Formal Disciplinary Action	76.8	80.3	13.6	12.2	5.8	3.5	1.0	2.2	2.9	1.8

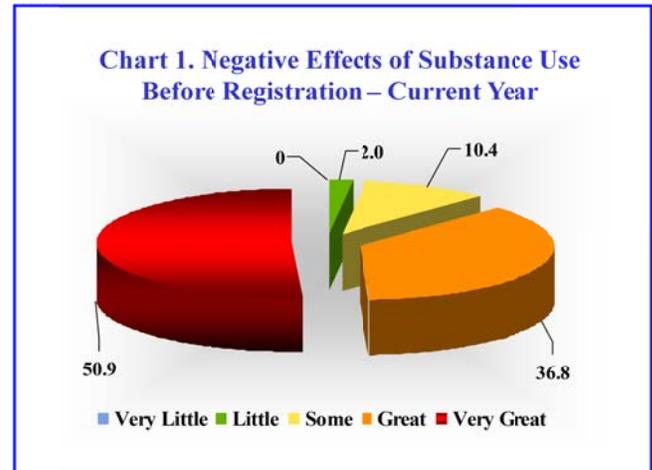
The survey provides a question for respondents to indicate *all* the substances they have used in the past 12 months prior to registration. (Table 8) Last year it was reported there had been an across-the-board shift towards reporting fewer substances in general and the trend continued this year. It is still unclear from the data what the cause of this might be, but it could suggest subtle changes in the population being served, or availability of drugs.

	Previous Year	Current Year		Previous Year	Current Year
Substance			Substance		
Alcohol	89.4	86.6	Meth/amphetamines	16.4	13.0
Prescription	39.8	33.5	Crack	16.1	13.0
Marijuana/Hash	39.0	36.3	Hallucinogens	14.5	14.3
Cocaine (Powder)	31.8	25.1	Heroin	13.5	12.6

Other Opiates	23.6	19.4	Other Stimulants	8.7	8.1
Illegal Rx	21.0	17.2	Inhalants	6.7	4.8
Over the Counter	19.5	16.3	Other Substances	4.1	4.0
Sedatives	17.8	13.2			

Nearly 88% of the respondents reported a great or very great negative impact on their lives from the substance use. Over the years, this critical marker has shifted slightly and after being somewhat down last year is now slightly up from 86.3%. (Chart 1)

This year slightly more guests reported no utilization of detoxification services in the year prior to registration. However, nearly the same distribution of guests report two or more detox episodes this year as previously reported. (Table 9)



	Previous Year	Current Year
Number of Times	%	%
None	45.6	49.4
One Time	28.2	24.7
Two Times	13.5	13.8
Three Times	6.4	6.2
More than Three Times	6.4	5.9

The number of outpatient treatment episodes reported during the 12 months prior to registering at The Retreat was interesting when compared to last year. Fewer guests reported any prior outpatient episodes while those reporting two or more episodes

increased slightly although none of the changes were statistically significant. (Table 10)

The number of guests reporting admissions to residential care in the previous twelve months prior to registration continued to drop another approximate 6% from that reported last year. Although not statistically significant, this continuing change is suggestive of a somewhat less treatment sophisticated population possibly engaging in assistance at The Retreat prior to attempting traditionally more expensive medical model programs. (Table 11)

Approximately 20.3% reported being hospitalized once during the 12 months prior to registration for care relating to substance dependency and 19.6% reported two

	Previous Year	Current Year
Number of Times	%	%
None	65.2	66.2
One Time	24.7	20.6
Two Times	6.2	7.7
Three Times	1.7	3.4
More than Three Times	2.2	2.2

	Previous Year	Current Year
Number of Times	%	%
None	49.4	55.8
One Time	28.5	23.9
Two Times	10.2	10.9
Three Times	5.1	3.6
More than Three Times	6.8	5.8

	Previous Year	Current Year
Number of Times	%	%
None	58.6	60.0
One Time	20.8	20.3
Two Times	9.1	8.9
Three Times	3.9	4.5
More than Three Times	7.6	6.2

or more times in which they were hospitalized. Although the number of guests accessing medical hospitalizations for treatment of substance use problems continues to decrease, the change is not statistically significant. (Table 12)

**Table 13. Other Service Utilization
(Past 12 Months)**

Question	None		One Time		Two Times		Three Times		More Than Three Times	
	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year
Hospitalization (Physical Problem)	77.6	78.7	14.5	13.6	3.8	4.5	2.0	0.9	2.0	2.2
Emergency Room	54.1	51.2	22.4	26.9	11.0	12.7	6.6	3.1	5.9	6.0
Hospitalization (Mental Problem)	87.7	90.0	8.7	7.4	2.3	1.1	0.8	1.1	0.5	1.1

Utilization for other services, such as general hospital care for problems other than those related to substance abuse, emergency room visits, and hospitalization remained high when compared to the general population within this age group. Approximately 21.34% had been hospitalized at least once for physical problems, 49.8% had been to an emergency room at least once, and 10.0% had been hospitalized for a mental illness. This is slightly down from last year except for emergency room visits. (Table 13)

Guests were also frequent users of counselor or therapist services with nearly 62.7% reporting at least one visit to a counselor, therapist, or psychiatrist and 12.7% reporting more than 20 visits during the 12 months prior to registration. Generally, outpatient visits were down as with nearly all the other utilization indicators although the number involved in apparently longer term care was up from 9.4% reported last year to 12.7% this year. (Table 14)

Table 14. Treatment History Counselor/Therapist Visits (Past 12 Months)		
	Previous Year	Current Year
Number of Visits	%	%
None	34.6	37.3
One to Five	33.3	30.4
Six to Ten	13.5	10.0
Eleven to Twenty	9.2	9.6
More than Twenty	9.4	12.7

Overall, participation in self-help activities was down very slightly when compared to last year. Speculating, this may be related to guests having slightly less contact with formal treatment interventions and the propensity of those traditional interventions to refer heavily to self-help. (Table 15)

Question	> 3 Per Week		2-3 Per Week		1 Per Week		1 Per Month		< 1 or None Per Month	
	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year
Attend AA/Self-Help	15.4	17.7	20.1	17.9	12.7	10.8	7.4	7.9	44.3	45.7
Contact Sponsor	12.0	11.7	8.8	10.0	12.4	9.5	6.6	5.1	60.3	63.8
Spouse Attend Self Help	2.5	1.2	2.0	2.2	7.9	6.2	4.1	4.0	82.4	85.4
Prayer/Meditation	33.3	26.6	10.4	14.7	11.2	12.6	7.3	4.3	37.9	41.8

As reported last year, approximately 7.7% of this year’s guests indicated they had spent time in a half-way house averaging a stay of 387.5 days (up significantly from the 130.6 days reported last year). Approximately 14.3% reported living in a sober house with an average stay of 245.7 days (up significantly from the 135.8 days reported last year).

There was a very slight tendency for current year guests to report more legal involvement with alcohol and drug related crimes over last year. Approximately 3.3% more current year guests indicated they had been arrested at least once in the prior 12 months for driving under the influence. Arrests for alcohol/drug related crimes, other than driving while intoxicated, were up 3.1%. Arrests for possession were up 2.7% and arrests for all other crimes were up 1%. The number of current year guests who had been incarcerated in the previous 12 months was up only 0.9%. None of these changes were statistically significant. (Table 16)

**Table 16. Legal Involvement
(Past 12 Months)**

Question	None		One Time		Two Times		Three Times		More Than Three Times	
	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year	Past Year	Current Year
Driving While Intoxicated	82.0	78.3	13.2	16.4	2.8	3.8	1.3	1.1	0.8	0.4
Arrested A/D Related Crime	85.2	82.1	9.9	10.6	2.3	4.0	1.8	1.8	0.8	1.5
Arrested for Possession	95.2	92.3	3.1	5.5	1.3	1.1	0.3	0.9	0.3	0.2
Arrested for Other Offenses	91.0	90.0	6.1	6.4	1.3	2.0	0.5	0.4	1.0	1.1
Incarcerated	75.5	74.6	15.6	18.1	4.8	4.0	2.6	2.0	1.5	1.3

Nearly 55% of the current year quest reported little or very little satisfaction with their overall quality of life while only 11.6% reported great, or very great, satisfaction. These finding are a very slight, but insignificant, improvement over those reported last year.

(Chart 2)



In addition to the general satisfaction with life question, the survey asked respondents to quantify the extent to which they were satisfied with key social relationships representing social connectedness. As can be seen below, the guests reported varying levels of satisfaction with their key relationships. For the most part, guests continue to report the highest levels of satisfaction with the relationship with their children and the lowest levels of satisfaction with their Higher Power followed by their relationship with AA or 12-Step Fellowships, and their Spouse/Significant Other. There were only very minor differences between current year and past year data. (Chart 3)

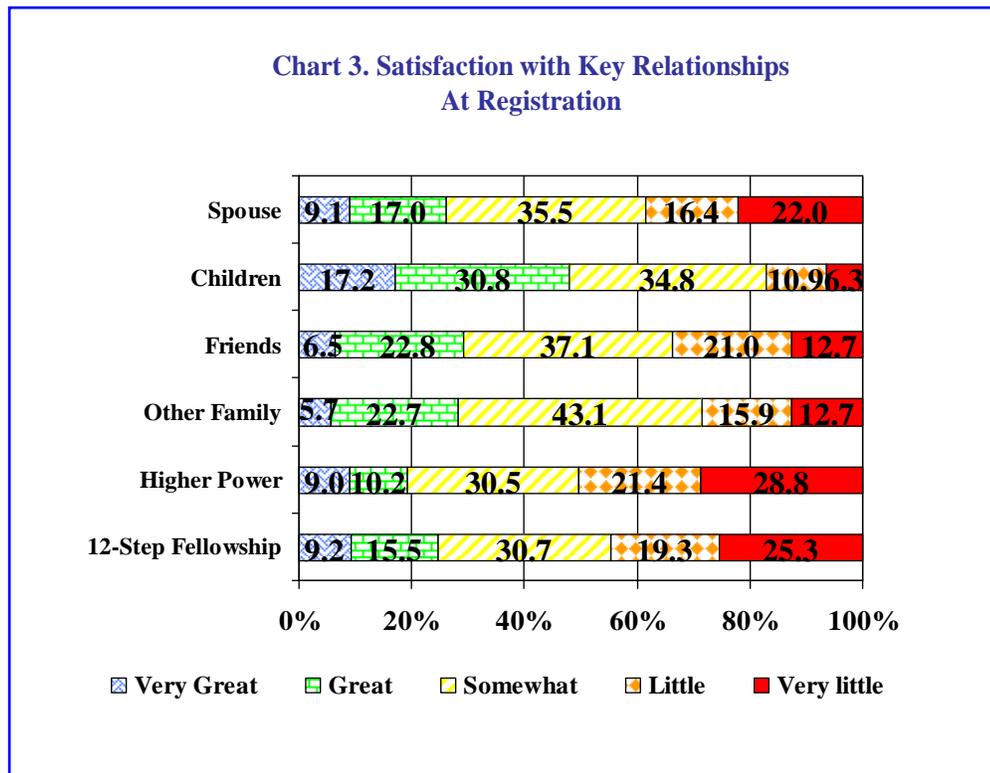
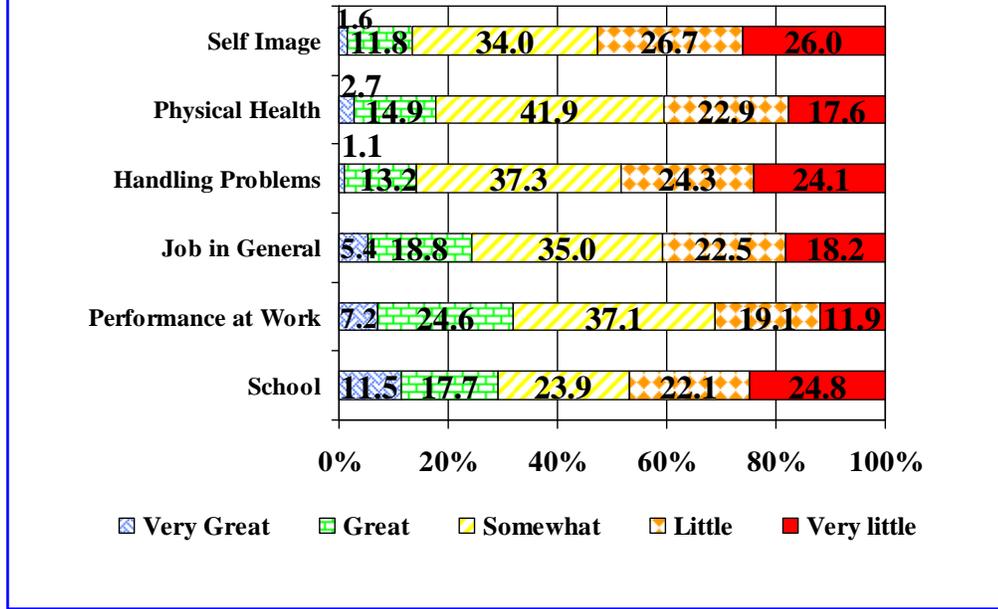


Chart 4. Satisfaction – Other Key Indicators At Registration



Six additional questions are asked that pertain to other key life satisfaction indicators including self-image, physical health, ability to effectively handle problems, job in general, performance at work, and performance at school.³ Again, the current year sample closely mirrored the previous year sample with only some statistically insignificant fluctuations. (Chart 4)

The final baseline quality of life indicator is the identification of the person with whom the guest talks to about

	Past Year	Current Year
Relationship	%	%
Friend	27.3	26.0
Spouse/Significant Other	22.4	24.1
Parent	14.3	12.7
Counselor	10.9	11.0
Did not Talk to Anyone	9.4	10.6
12-Step Sponsor	9.5	9.7
Other	2.8	3.8
Child	1.7	1.1
Priest, Minister, Rabbi	1.8	1.0

³ For those attending school in the past 12 months – approximately 24% of the guests responded to this question.

personal problems. Guests were most likely to report talking with a friend about personal problems followed by spouse/SO and a parent. Approximately 10.6% of the current year guests indicated they were completely socially disconnected in that they had no one to talk with prior to registering at The Retreat. There were only very slight differences between the years. (Table 17)

Approximately 17% of the current year sample reported very great satisfaction with this relationship, 31.7% great satisfaction, 38.1% some, 9.4% little, and 3.8% very little satisfaction. Again there was some minor shifting in the distribution from previous year responses, but nothing of statistical significance.

Satisfaction at Time of Departure

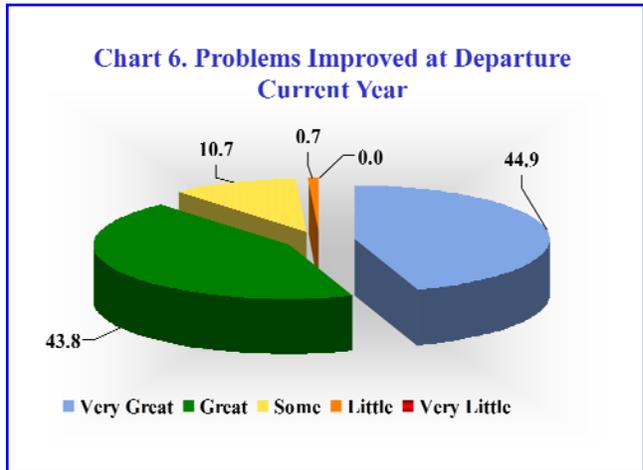
“[I had the] realization that things could be changed for the better, and that there is a way to do it that is workable. #53085

One of the more important global measurements for quality control and improvement at the time of departure is a guest’s expressed willingness to refer others to The Retreat. A normal rule of thumb expectation is that a minimum of



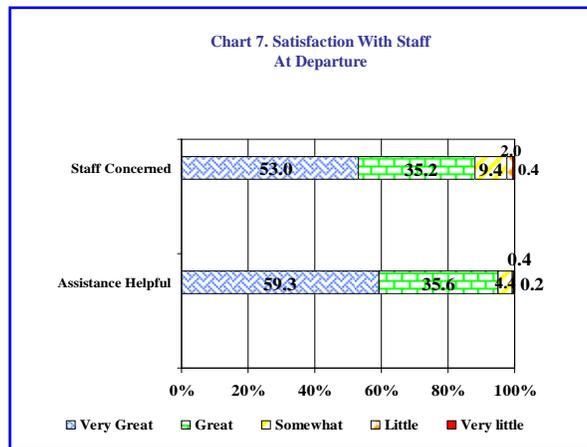
85% of the respondents will indicate a favorable response to the question regarding willingness to refer. Of the sample of 459 departing guests participating a remarkable 98.6% reported they were willing to refer others to The Retreat to a very great extent or great extent. The current year was even slightly higher than the 96.5% previously reported. (Chart 5)

Approximately 88.7% of the guests indicated a positive response to the question “the problems that brought me to The Retreat have improved;” this is slightly up from last year yet consistent with the data previously reported. (Chart 6)



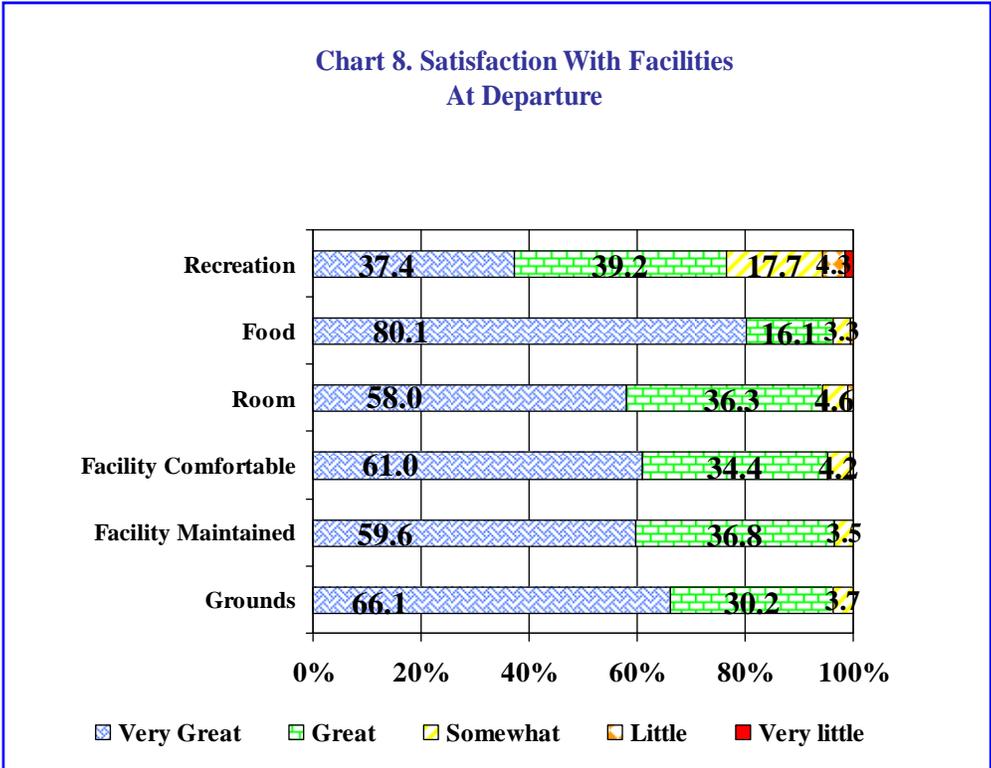
In response to the question

regarding the current year guests’ perception of the helpfulness of the assistance received while at The Retreat, 94.9%



responded positively. A somewhat similar distribution was found in responses from current guests regarding The Retreat staffs’ “concern for them” with approximately 88.2% of the guests responding positively. It was somewhat puzzling, nonetheless, to see 11.6% either neutral or negative regarding this question. (Chart 7)

The satisfaction survey also contained a sub-domain relating to guests' satisfaction with the facility, facility grounds, individual accommodations, recreation facilities, and food services. Guest satisfaction in this sub-domain remained very strong and food services at The Retreat continue



The Retreat continue to rate much higher than at other residential programs the evaluation team has worked with. (Chart 8)

As mentioned above, the departure satisfaction survey contained three open-ended questions focusing on what were “most helpful,” “least helpful,” and “other suggestions.” These key indicators are monitored and reported monthly to staff and have been remarkably stable since the inception of the evaluation effort.

Approximately 91.2% of the guests made notations on the departure satisfaction survey for what was most helpful. As has been consistently reported, there was a wide variety of activities identified suggesting a rich programming format with something important for nearly everyone. Especially noteworthy was the identification by staff as being most helpful suggesting a high level of personal connectedness with approximately 38% so noting along with 21% indicating volunteers and guest speakers as the most helpful. Big Book study and

discussions was also frequently mentioned by approximately 38% of the guests. The spiritual aspects of the program, including Spiritual Blocks, were noted by approximately 25% of the guests. This was followed by meditation (21.1%), meetings and groups (18.9% each), and Twelve Step work (17.5%).

It was clear to the evaluation team, that simply reading and entering the comments made by guests provided a sense of calmness, peacefulness, and unity to the reader:

“[The] atmosphere, staff’s caring tone, guest engagement, spiritual emphasis, chores & lack of clinical thinking...”#56805

As with last year, about two thirds of the guests made a comment in response to the least helpful aspect of their stay. Importantly, there were no trends noted in this data for the year and seemed again to bear more on personal preferences or personal perspectives. For example, the most frequently cited least helpful aspect related to the redundancy of the Big Book worksheets for 10.4% of the guests. A scheduled Saturday event was noted by 9.1% as not being helpful of their stay along with meditation noted by 6.3%. None of the other topics exceeded 5% of the comments.

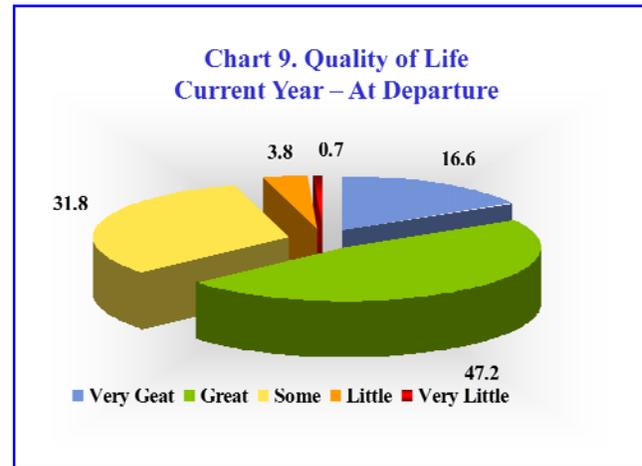
“Most beneficial 30 days I have experienced. I leave inspired, hopeful, with direction and desire to live.” #53091

Approximately 61% of the departing clients provided feedback in response to “other suggestions.” These continue to demonstrate a variety of personal preferences which were not possible to consolidate into general themes and, as with the “least helpful” responses did not indicate any developing trends.

A statistically significant⁴ level of improvement was again found across all expected outcome indicators from registration to departure including the overall quality of life. (Chart

9)

Importantly, a statistical comparison of pre and post treatment responses to satisfaction with relationships with spouse, children, friends, other family members, and a Higher Power revealed statistically



significant improvements for both the previous and current year data. Significant improvements were also reported in guests' self-image, physical health, and ability to effectively handle problems. (Table 18)⁵

Table 18. Key Quality of Life Indicators Significant Changes at Departure	
Indicator	Level Of Confidence
Relationship with Spouse/SO	p < .01
Relationship with Children	p < .01
Relationship with Friends	p < .01
Relationship with Other Family	p < .01
Higher Power	p < .01
AA or 12-Step Fellowship	p < .01
Self-image	p < .01
Physical Health	p < .01
Ability to Effectively Handle Problems	p < .01
Overall Quality of Life	p < .01

⁴ ANOVA p < .01

⁵ These changes are based on individually matched pre and post response scores.

Findings at Six-Month Follow-Up

At the six-month follow-up, current year data suggested a slight, non-significant decrease in use with 68.8% reporting no use, 24.8% less use, and 2.8% reporting same level of use as before registration, and

balancing the decreases is a non-

significant increase in those reporting

more use (3.7%). (Chart 10) Of those

who used, 25.0% indicated they had used

once, stopped, and then remained

abstinent and another 22.2% reported they

had used two or more times, but had been abstinent for the past 30 days prior to completing

the survey. Approximately 25.7%

indicated they had used two or more times

and had been abstinent for the past 60

days, and 27.82% reported they had used

“more or less continuously” since

departure from The Retreat approximately

six months prior. This year’s data

suggested only slight fluctuation from that

previously reported.

For those who reported using at

six-month follow-up, the primary single substance of choice was alcohol (27.2% down from

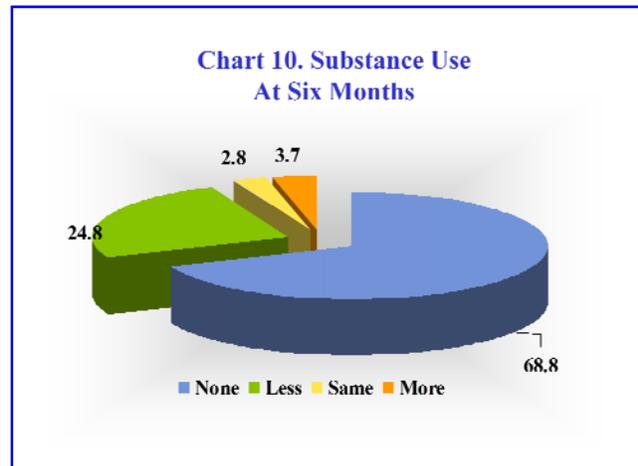


Table 19. Primary Drug At Six-Month (In Percent)

	Previous Year	Current Year
Drug		
Alcohol	34.6	27.2
Sedatives/Tranq.	2.7	2.6
Marijuana/Hash	0.9	1.8
Cocaine/Crack	5.0	0.9
Heroin	1.4	0.9
Illegal Prescription	0.9	0.9
Amphetamines	0.9	0.0
No single drug	46.4	59.6
Other	8.1	6.1

34.6%) followed by sedatives (2.6%). Nearly 60% reported no one drug as their primary drug of choice, up from last year. (Table 19)

Overall quality of life was reported by 56.6% to be much improved and by 35.8% as improved at six months. There was some shifting towards a more positive rating this year, but not statistically significant. (Chart 11)



At six-month post departure follow-up, guests continued to report statistically significant⁶ improvement in all the key quality of life indicators including relationships with spouse or significant other, children, friends, and other family. They also reported greater

Table 20. Key Quality of Life Indicators Significant Changes Registration to Six-Month Follow-Up		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Relationship with Spouse/SO	p < .01	p < .01
Relationship with Children	p < .01	p < .01
Relationship with Friends	p < .01	p < .01
Relationship with Other Family	p < .01	p < .01
Higher Power	p < .01	p < .01
AA or 12-Step Fellowship	p < .01	p < .01
Self-image	p < .01	p < .01
Physical Health	p < .01	p < .01
Ability to Effectively Handle Problems	p < .01	p < .01
Overall Quality of Life	p < .01	p < .01

satisfaction in their relationship with their Higher Power and the 12-Step Fellowship.

Critically, they reported significant improvement in their self-image, ability to effectively handle problems, and the overall quality of their life, including physical health. (Table 20)

⁶ ANOVA p < .01

As has been consistently reported in previous findings, the previous year data at six months after leaving The Retreat saw past guests reporting significant decreases in detoxifications, medical hospitalizations related to substance use, and emergency room visits. (Table 21)

Table 21. Treatment Utilization Registration to Six Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Detoxification	ns	p < .01
Outpatient A&D Treatment	ns	ns
Residential A&D Treatment	ns	ns
Medical Hospitalizations re: A&D	ns	p < .05
Visits with Counselor or Therapist	ns	ns
Medical Hospitalizations Other	ns	ns
Emergency Room Care	ns	p < .05
Hospitalization for Emotional/Mental	ns	ns

Current year findings also continued to demonstrate

Table 22. 12-Step Participation Registration to Six Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Attended Meetings	p < .01	p < .01
Contact with Sponsor	p < .01	p < .01
Spouse/SO Participation	p < .05	ns
Prayer/Meditation	p < .01	p < .01

significant increases in attendance at 12-Step meetings, contact with a sponsor, participation in prayer and/or meditation. (Table 22)

Six-month follow-up did not demonstrate significant differences in DWI arrests or other legal problems when compared with registration data except for a significant

Table 23. Legal Issues Registration to six Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Arrested for DWI	ns	ns
Arrested for A&D Related Offense	ns	ns
Arrested for Possession	ns	ns
Other Arrests	ns	ns
Incarcerations	ns	p < .05

decrease in incarcerations.

These findings were similar to last year's report and are a result of

Table 24. Employment Issues Registration to Six Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Filed Worker's Compensation Claim	ns	ns
Been Fired	ns	ns
On the Job Accidents	ns	ns
Filed Grievances	ns	ns
Received Formal Disciplinary Action	ns	ns
Been Promoted	ns	ns
Started a new job	.ns	p < .01

comparatively low incidences of legal issues at registration. (Table 23)

As reported last year, six-month data

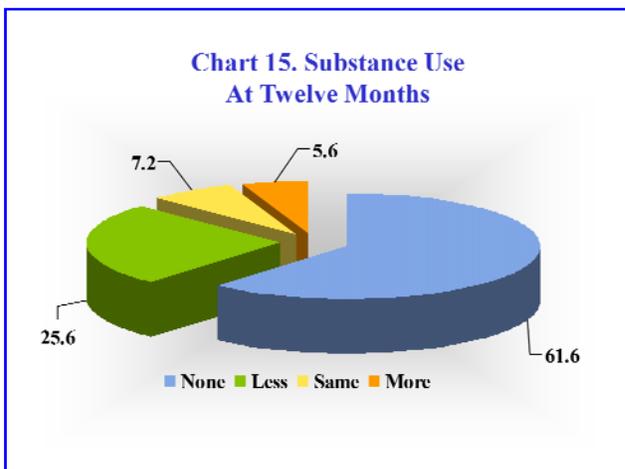
revealed no significant changes in employment issues from registration to the six-month follow-up. However, the frequencies of starting a new job experienced a significant change. (Table 24)

It is common for there to be a tendency for individuals to be slightly less



positive about an experience the more time has elapsed since that experience. Nonetheless, an extremely strong 99.1% of the participants at six-month follow-up reported they would very likely or likely recommend The Retreat to others. This finding was consistent with previous reports, albeit somewhat higher than previously reported. (Chart 14)

Findings at Twelve-Month Follow-Up



At twelve-month follow-up 61.6% of past guests indicated that they had not used substances since departing The Retreat, while 25.6% indicated that although they used, they used to a lesser degree than before enrolling. This finding is somewhat more positive than that

reported last year, but is not statistically significant. (Chart 15)

	Past Years	Current Year
Used Once and Stopped	23.1	16.3
Used ≥ 2 With Abstinence > 30 Days	14.3	22.4
Used ≥ 2 With Abstinence > 60 Days	31.9	40.8
Used More or Less Continuously	30.8	20.4

Overall, of those *who used*, when compared to last year, somewhat fewer used once and stopped as well as fewer used continuously. These fluctuations were not

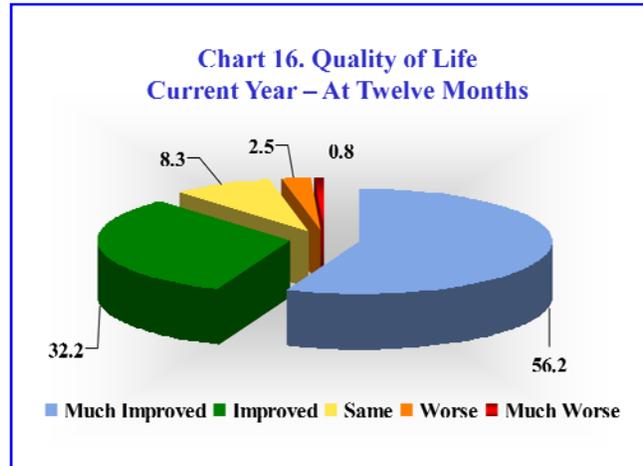
significant. (Table 25)

For those guests in the current 12-month follow-up, alcohol, again, was the most frequently cited primary substance used during a relapse although its use dipped from that

reported last year. There was also other, very minor, shifting among the substances between this year and last towards more poly-drug use and less reported use of cocaine as the primary substance of choice. (Table 26)

	Past Years	Current Year
Alcohol	39.9	31.3
Cocaine	4.1	2.3
Illegal Prescription drugs	0.0	2.3
Heroin	1.0	1.5
Sedatives/Tranquilizers	0.0	1.5
Amphetamines	0.5	1.5
Marijuana/Hash	2.1	0.8
Other	3.7	4.6
No one substance	48.7	54.2

Improvement in the overall quality of life was reported as much improved by 56.2% and improved 32.2%. The combined positive response (88.4%) was slightly more positive than the 86.6% previously reported. (Chart 16)



At 12-month post departure follow-up, guests continued to report statistically significant⁷ improvement in all the key quality of life indicators including relationships with spouse or significant other, children, friends, and other family. They also reported greater satisfaction in their relationship with their Higher Power and the 12-Step Fellowship. Critically, they reported significant improvement in their self-image, ability to effectively handle problems, and the overall quality of their life, including physical health. (Table 27)

⁷ ANOVA p < .01

Health care service utilization exhibited some differences from those previously reported, but are most likely due to differences in baseline (pre-registration utilization) than to any influence of the services received. These included reductions in detoxification and increases in visits with a counselor or therapist in the year following departure. (Table 28)

Table 27. Key Quality of Life Indicators Significant Changes Registration to 12-Month Follow-Up		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Relationship with Spouse/SO	p < .01	p < .01
Relationship with Children	p < .01	p < .01
Relationship with Friends	p < .01	p < .01
Relationship with Other Family	p < .01	p < .01
Higher Power	p < .01	p < .01
AA or 12-Step Fellowship	p < .01	p < .01
Self-image	p < .01	p < .01
Physical Health	p < .01	p < .01
Ability to Effectively Handle Problems	p < .01	p < .01
Overall Quality of Life	p < .01	p < .01

Table 28. Treatment Utilization Registration to 12 Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Detoxification	ns	p < .05
Outpatient A&D Treatment	ns	ns
Residential A&D Treatment	p < .05	ns
Medical Hospitalizations re: A&D	p < .05	ns
Visits with Counselor or Therapist	ns	p < .05
Medical Hospitalizations Other	ns	ns
Emergency Room Care	ns	ns
Hospitalization for Emotional/Mental	ns	ns

As has been consistently reported, participation with 12-Step fellowship activities increased significantly following the stay at The Retreat across previous and current year data.

(Table 29)

None of the legal system indicators were reported in sufficient quantity at registration for statistical analysis, so these continue to not be good overall indicators for this population.

(Table 30)

As with legal issues, employment problems were not frequently reported by many guests.

Table 29. 12-Step Participation Registration to 12 Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Attended Meetings	p < .01	p < .01
Contact with Sponsor	p < .05	p < .01
Spouse/SO Participation	ns	ns
Prayer/Meditation	p < .01	p < .01

Table 30. Legal Issues Registration to 12 Months		
Indicator	Level Of Confidence	
	Previous Year	Current Year
Arrested for DWI	ns	ns
Arrested for A&D Related Offense	ns	ns
Arrested for Possession	ns	ns
Other Arrests	ns	ns
Incarcerations	ns	ns

Table 31. Employment Issues Registration to Six Months		
Indicator	Level Of Confidence	
	Previous Years	Current Year
Filed Worker's Compensation Claim	ns	ns
Been Fired	ns	ns
On the Job Accidents	ns	ns
Filed Grievances	ns	ns
Received Formal Disciplinary Action	ns	ns
Been Promoted	ns	p < .05
Started a new job	ns	ns

Consequently, statistically significant changes have been difficult except for promotions as demonstrated in this year's sample. (Table 31)



Current year's sample level of satisfaction remained high at 12-month follow-up as has been previously reported. Guests' willingness to recommend The Retreat to others, even at twelve-month follow-up, remained extremely positive. Approximately 94.6% of the respondents indicated agreement to a very great, or great, extent

with the question regarding referring others in need of help to The Retreat. Again, these are very high levels of satisfaction. (Chart 17)

Over the past twelve months since departure, 71.1% of the prior guests reported improvement in the problems that initially brought them to The Retreat as improving to a very great extent. Another 16.4% reported improvement to a great extent. This finding is somewhat more positive than that previously reported but is not statistically significant.

The Impact of Sober Housing

This section of the report is devoted to an updated analysis of the findings comparing those guests who accessed Retreat sober housing (SH) following their stay at The Retreat. For the baseline, data from a sample of 2,952 registrations (representing 2,699 unique guests) was employed. For this report an updated list was used to identify more recent participants in

SH. This sample was smaller than that previously reported (n=206), but it is felt provides a better perspective of most recent outcomes.

Baseline Characteristics

There were statistically significant differences in several demographic characteristics, consistent with previous reports, between guests who have accessed SH and those who have not (NSH). SH participants were more likely to be younger⁸ overall than NSH guests (30.4 years compared to 39.8 years). Interestingly, it appears that the average age of those entering SH is getting younger than previously reported. SH participants were also more likely to be male, single, not working full-time, and not have an income over \$30,000 than the NSH cohort.⁹ Education was no different than the NSH cohort.

As reported last year, guests who went on to utilize SH were significantly¹⁰ more likely to report illegal drug use as their primary choice than NSH guests prior to registration. Conversely, NSH guests were more likely¹¹ to report alcohol use. The data supported the finding reported two years ago that SH guests reported that the use of alcohol and/or drugs negatively affected their lives to a significantly greater degree than NSH guests.¹² SH guests reported no difference in the overall quality of life than NSH guests at registration as has been previously reported.

Findings at 12-Month Follow-Up

At 12-month follow-up the SH cohort was significantly more likely to be employed full-time than the NSH cohort. Nonetheless, the SH cohort's annual family gross income remained significantly more likely to be below \$30,000 than the NSH.

⁸ t. test $p < .01$

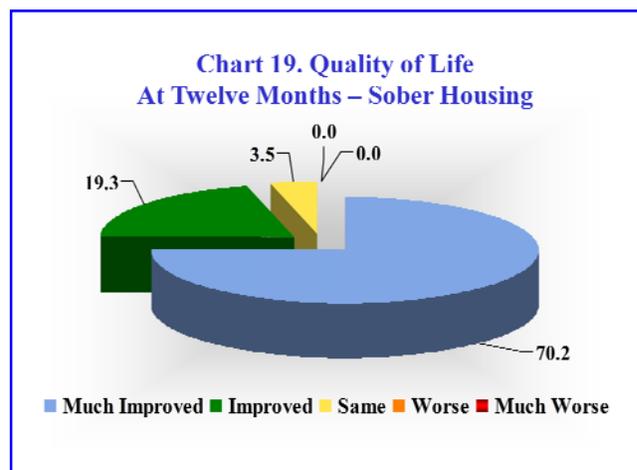
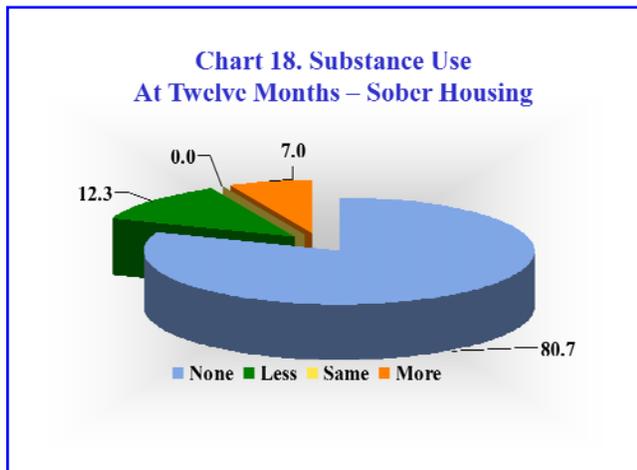
⁹ All $p < .01$

¹⁰ chi square $p < .01$

¹¹ chi square $p < .01$

¹² t test $p < .05$

The SH cohort was also more likely to report less effect of substance use on their lives than NSH¹³ and more likely to report abstinence since departing the retreat than the NSH.¹⁴ The SH cohort was also more likely to report a higher overall quality of life than the NSH.¹⁵



Summary & Conclusions

As has consistently been reported, The Retreat data continues to be some of the strongest, most compelling data the evaluation team has seen encompassing over 40,000 admissions in a variety of recovery and treatment settings in the past two decades. It continues to be clear the benefits garnered by participating in The Retreat’s recovery activities have a very positive benefit for guests. Significant changes realized by the time guests depart The Retreat are enduring to six and twelve months post departure.

One of the more remarkable qualitative findings is the sense of peace and tranquility that emerges from reading the guests’ written comments at the time of departure. Although

¹³ chi square $p < .05$

¹⁴ chi square $p < .01$

¹⁵ chi square $p < .01$

guests continue to note things that can be improved upon, these do not have a noticeable impact on either guest satisfaction or on outcomes.

As with all interim reports of on-going program evaluations of this type there are two caveats. First, due to necessary and appropriate funding restrictions, it should be assumed that some of the individuals who could not be contacted for follow-up were not doing as well as those who were contacted. Second, as this is an on-going effort, fluctuations in the findings should be expected from year to year. Nonetheless, monthly reporting of key satisfaction and outcome data continue to be provided and monitored for trends.

Findings from the Sober Housing cohort continue to be very compelling as well with current findings exceeding those results previously reported.