



PROGRAM EVALUATION ANNUAL REPORT

April 2012



Thomas L. Moore, PhD
HERBERT & LOUIS LLC
PO Box 304
Wilsonville, Oregon 97070-0304
(503) 685-6100
admin@herblou.com
www.herblou.com

Abstract

This is the annual update of a longitudinal evaluations effort conducted by Herbert & Louis, LLC, an independent evaluation company, for calendar year 2011. The findings discussed in this report confirm and reinforce positive findings reported in past evaluations.

This report compares current year findings with past year and all previous years' data from 2001 to 2009. Guest satisfaction for the residential and non-residential programs continued to be exceeding strong with 96.1% endorsing their willingness to recommend The Retreat to others. Some fluctuations in demographic characteristics were noted, none of significant importance. Changing patterns of substances used emerged, such as increases in opiate use including heroin. The changes reported last year now look more like an anomaly as current year findings, for the most part, are similar to all previous year findings.

Clear demographic differences emerged when comparing residential and non-residential participants. Those in the non-residential program were significantly more likely to be older, married, and a greater distribution in the highest income brackets. Inferences gleaned from the data suggest that those participating in the non-residential program had less severity related to substance use than those in the residential program confirming appropriate use of the less intense venue.

Importantly, significant positive changes were found from registration to departure and from registration to six and twelve-month follow-up. These changes were across all important recovery variables. As well, approximately 65% at six-months and 58.9% at twelve-months reported abstinence since departure.

Participation in The Retreat's sober housing continued to provide evidence that the resource was effective. Those participating in sober housing were more likely to be younger, single, and unemployed – recipes for characteristically difficulty recoveries. Nonetheless, at follow-up, their rates of abstinence were similar to those who were older, married, and employed.

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Introduction

This report is an annual update for the period of January 1, 2011 through December 31, 2011 of an evaluation project that was started in early 2001. The report provides previous year data comparisons for critical indicators. This year's report also contains findings from the non-residential program (including the elder program) that are presented in their own section of the report.

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 substance use compared to substance 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.

Residential

Registration Demographics

The average age of guests this year was 38.6 years, statistically the same as last year and all previous years. Males continued to be younger than females ($p < .05$) as has been previously reported. The gender mix ratio has remained relatively constant at approximately $65\% \pm$ males across all years.

Table 1. Age and Gender			
	n	mean	sd
2011			
All	436	38.6	13.5
Males	281	37.7	13.5
Females	154	40.2	13.3
2010			
All	426	39.4	12.7
Males	261	38.4	12.7
Females	165	40.9	12.5
Previous Years			
All	2529	38.9	11.9
Males	1646	38.0	11.9
Females	861	40.6	11.8

Table 2. Race/Ethnicity (In Percent)			
	2011	2010	Previous
Caucasian	94.3	95.6	93.8
Native American	1.6	0.7	0.2
Black/African American	1.1	0.2	0.5
Latino	0.7	1.4	0.6
Asian	0.2	0.5	0.4
Other/Not Reported	2.1	1.9	4.4

Although there has been some minor shifting of the reported race/ethnicity of guests across all years these fluctuations have not been statistically

significant. Approximately 94% ± of the guests continue to be reported as White/Caucasian followed by 1.6% Native American, 1.1% Black/African American, 0.7% Latino/Hispanic.

Table 3. Marital Status (In Percent)			
	2011	2010	Previous
Single	49.5	44.5	43.7
Married	25.9	28.8	27.6
Divorced	15.2	17.0	19.4
Separated	6.1	6.4	5.4
Living as Married	2.3	2.2	2.6
Widowed	1.1	1.1	1.3

The largest distribution of guests remained to be single – never married (49.5%) increasing slightly over all previous years. Those reporting as married or divorced dipped slightly from all previous years, but not significantly so.

Full-time employment decreased slightly this year from 30.4% to 28.2%. Part-time employment increased slightly from 9.8% to 11.7%. Those reported being unemployed remained essentially the same as last year and slightly less than all previous years.

Approximately 18.2% of the current year guests, compared to 18.9% of all years reported being self-employed.

	2011	2010	Previous
Full-time	28.2	30.4	32.0
Part-time	11.7	9.8	6.4
Irregular	5.9	5.8	5.4
Homemaker	4.4	5.6	5.3
Student	5.1	5.6	4.7
Retired	8.7	6.3	4.5
Unemployed	36.0	36.5	41.7

	2011	2010	Previous
Not Completed HS Graduate	1.9	1.8	2.3
HS Graduate	11.1	11.7	11.1
Some College/Trade School	46.5	41.7	44.7
College Graduate	25.8	28.0	25.8
Post-graduate Course Work	5.2	4.9	5.8
Post-graduate Degree	9.4	11.9	10.2

The level of education of guests enrolling this year remained relatively high with a slight increase of those with some college or trade school (46.5%) with a subsequent slight shift away from having a college degree (25.8%) or having a post-graduate degree (9.4%).

The majority of guests (59.5%) reported coming from a household with an annual income range of \$50,000 or more. The second largest group was those reporting an income of less than \$20,000 (17.4). Although there was an increase in

	2011	2010	Previous
(Thousands of Dollars)			
< 20	17.4	18.9	17.7
20 to 29.9	7.3	8.3	7.7
30 to 39.9	8.1	9.2	9.7
40 to 49.9	7.7	9.4	9.0
> 50	59.5	54.2	55.9

the number of guests reporting higher incomes, this difference was not statistically significant.

Although Table 7, on the following page, is rather “busy,” it provides a presentation of the frequency with which enrolling guests report key employment related activities often seen as cost/benefit indicators relating to the increased readiness for employment following recovery from addictions. Across the years there have mostly been minor fluctuations in the frequency with which guests have responded to the questions. Occasionally, as reported last year, statistically significant shifts have occurred. Nonetheless, this year none of the changes reached statistical significance.

A slight increase in the number of guests reporting being promoted in the year was seen along with a slight increase in the number of guests taking a new position when compared to the previous year. However, these indicators were still less than what has been seen for all previous years, again, as discussed in the previous report, most likely an impact of the continuing poor economic situation across the country.

**Table 7. Job Related Indicators
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Promoted	68.8	71.7	67.5	17.8	12.9	16.1	4.5	5.0	7.7	3.7	1.8	2.3	5.2	8.6	6.4
Took a New Job	69.3	73.7	67.8	17.5	14.2	17.3	6.8	4.6	6.3	0.9	3.3	2.6	5.5	4.2	5.9
Fired From Job	74.3	75.6	71.1	18.2	16.4	19.8	4.4	4.9	4.9	1.0	0.4	1.9	2.1	2.7	2.2
On Job Accident	95.8	92.5	92.4	2.9	6.0	5.6	0.8	1.5	1.1	0.0	0.0	0.3	0.4	0.0	0.6
Filed Work Comp Claim	93.3	93.8	94.5	6.5	5.5	4.9	0.2	0.7	0.3	0.0	0.0	0.0	0.0	0.0	0.2
Filed Grievance	98.3	98.0	98.4	1.5	2.0	1.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0
Formal Disciplinary Action	78.3	80.3	78.4	14.3	12.2	12.5	3.8	3.5	5.3	1.7	2.2	1.4	1.9	1.8	2.3

On the job accidents were less likely to be reported this year than all previous years but the number of quests reporting formal disciplinary action increased slightly. These indicators are correlated with post-departure response in the outcomes section of the report.

On the enrollment survey, guests are asked to indicate all the substances they have use in the past 12 months. Over the years, preference of substances used has seen regional trends. These trends are important to monitor as techniques to recover from various substances, especially those involved with stereotypically strong sub-cultures can influence mid- to long-term recovery as the individual breaks away from the subculture.

Table 8. Substances Used Prior to Registration (In Percent)

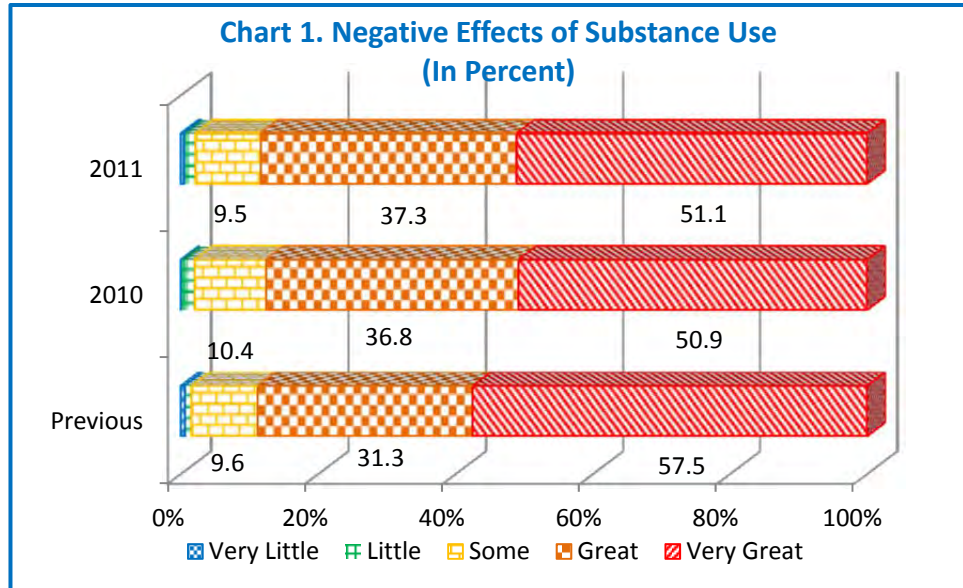
	2011	2010	Previous
Alcohol	94.2	86.6	92.3
Prescription	37.4	33.5	38.2
Marijuana/Hash	43.0	36.3	42.8
Cocaine (Powder)	32.2	25.1	39.0
Other Opiates	27.3	19.4	22.2
Illegal Rx	26.7	17.2	20.7
Over the Counter	19.8	16.3	20.0
Sedatives	17.5	13.2	20.2
Meth/amphetamines	18.2	13.0	19.3
Crack	16.3	13.0	24.5
Hallucinogens	17.5	14.3	18.6
Heroin	16.9	12.6	13.8
Other Stimulants	9.6	8.1	10.4
Inhalants	6.7	4.8	7.7
Other Substances	6.5	4.0	5.8

Last year the report discussed a general decrease in the reported use of substances. For the most part, it appears that finding was an anomaly. As this year there was a jump from 19.4% to 27.3% in the use of other opiates reported by guests as well as a jump in the reported use of heroin from 12.6% to 16.9% year over year. Alcohol use also saw a noteworthy increase over last year. Nearly all categories of substances saw an increase this year. Data and experience continue to reinforce the notion that polysubstance use is the norm for today’s addict.

Guests continue to strongly endorse the question regarding the negative effects that substance use has had on their lives. Approximately 88.4% reported that the impact was “great” or “very great” for them. This distribution has remained stable across all years of the evaluation effort.

As an aside, the evaluation team works with several programs serving high risk individuals primarily referred to treatment programs by the criminal justice system. These

individuals tend to report considerably less negative impact on their lives from substance use



than do Retreat guests. This is counter-intuitive in that they, in turn, have high drop out and re-arrest rates along with other poor outcomes. It is hypothesized that Retreat guests, by-and-large, have a more realistic perspective of the negative consequence of their substance use and therefore have stronger motivation to improve their situation.

Table 9. Detoxification Episodes (In Percent)

	2011	2010	Previous
None	46.1	49.4	48.1
One Time	31.5	24.7	25.4
Two Times	11.8	13.8	13.1
Three Times	5.1	6.2	6.3
More than Three Times	5.5	5.9	7.1

Table 10. Outpatient Episodes (In Percent)

	2011	2010	Previous
None	62.8	66.2	62.4
One Time	25.8	20.6	24.8
Two Times	6.1	7.7	7.4
Three Times	2.1	3.4	2.0
More than Three Times	3.2	2.2	3.5

Approximately 53.9% of this year's guests reported accessing detoxification services in the past 12 months prior to enrollment. This is slightly up from all previous years and single episodes were also somewhat more likely than in previous years.

The number of outpatient episodes in the past 12 months returned to levels very close to all previous years after some slight fluctuation reported last year with approximately 37.2% of the guests report at least one outpatient episode.

**Table 11. Residential A&D Episodes
(In Percent)**

	2011	2010	Previous
None	47.9	55.8	46.4
One Time	28.3	23.9	26.6
Two Times	11.5	10.9	12.8
Three Times	4.5	3.6	6.4
More than Three Times	7.9	5.8	7.7

**Table 12. Hospitalizations A&D Related
(In Percent)**

	2011	2010	Previous
None	57.1	60.0	58.9
One Time	19.9	20.3	20.6
Two Times	11.4	8.9	9.1
Three Times	3.8	4.5	4.3
More than Three Times	7.8	6.2	7.1

The number of guests reporting substance related residential treatment in the past 12 months prior to enrollment increased from 44.2% last year to 52.1% this year. This year's findings closely follow all previous year findings but again suggest that last year experience an anomaly relating to the guests treatment utilization.

Similarly, guests' utilization of medical hospitalizations for substance related issues increased over last year but more closely compares to all previous years' findings.

The number of guests seeing individual therapists in the 12 months prior to registration remained relatively stable with that previously reported and with all previous years.

There has been a slight trend for incoming guests to report using more

**Table 13. Therapist Visits
(In Percent)**

	2011	2010	Previous
None	37.7	37.3	34.4
One to Five	27.8	30.4	28.9
Six to Ten	14.0	10.0	12.3
Eleven to Twenty	9.3	9.6	10.3
More than Twenty	11.2	12.7	14.1

hospitalization for non-substance related problems than in previous years and slightly more

emergency room visits. There have been minor fluctuations in the number of visits reported but no significant trends. Attendance at Mutual Help groups in the previous 12 months has trended slightly down across all years as prayer or meditation.

**Table 14. Other Service Utilization
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Hospitalization (Physical Problem)	74.8	78.7	79.0	16.0	13.6	12.3	5.9	4.5	4.2	1.1	0.9	1.5	2.3	2.2	2.9
Emergency Room Hospitalization	51.9	51.2	53.7	22.8	26.9	24.0	14.0	12.7	10.4	4.2	3.1	5.2	7.1	6.0	6.7
Hospitalization (Mental Problem)	84.1	90.0	86.5	11.2	7.4	8.7	2.7	1.1	2.9	1.1	1.1	0.8	0.8	1.1	1.0

**Table 15. AA/NA Participation
(In Percent)**

	> 3 / Week			2 to 3 / Week			1 / Week			1 / Month			< 1 / Month/None		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Attend AA/NA	17.9	17.7	19.2	18.4	17.9	18.9	9.2	10.8	13.1	6.6	7.9	7.4	47.9	45.7	41.3
Contact Sponsor	11.1	11.7	12.1	9.0	10.0	9.7	11.6	9.5	12.4	5.1	5.1	6.6	63.2	63.8	59.2
Spouse/SO Attend Mutual Help	3.6	1.2	2.9	2.9	2.2	3.1	6.8	6.2	7.1	3.6	4.0	4.0	83.0	85.4	83.0
Prayer/Meditation	23.5	26.6	28.6	12.1	14.7	14.1	15.3	12.6	11.9	7.0	4.3	7.1	42.1	41.8	38.2

Approximately seven percent of enrolling guests reported residing in a halfway house in the 12 months prior to registration. The average number of days spent in a halfway house in the past 12 months was 71.5 days. Utilization of a halfway house has remained relatively constant in regards to the percent of clients and the number of days across all years.

Table 16. Halfway House (In Days)			
	n	mean	sd
2011	35	71.5	74.0
2010	23	68.5	60.0
Previous Years	235	86.7	71.9

Table 17. Sober House (In Days)			
	n	mean	sd
2011	61	91.8	83.9
2010	54	92.3	77.6
Previous Years	333	108.1	99.5

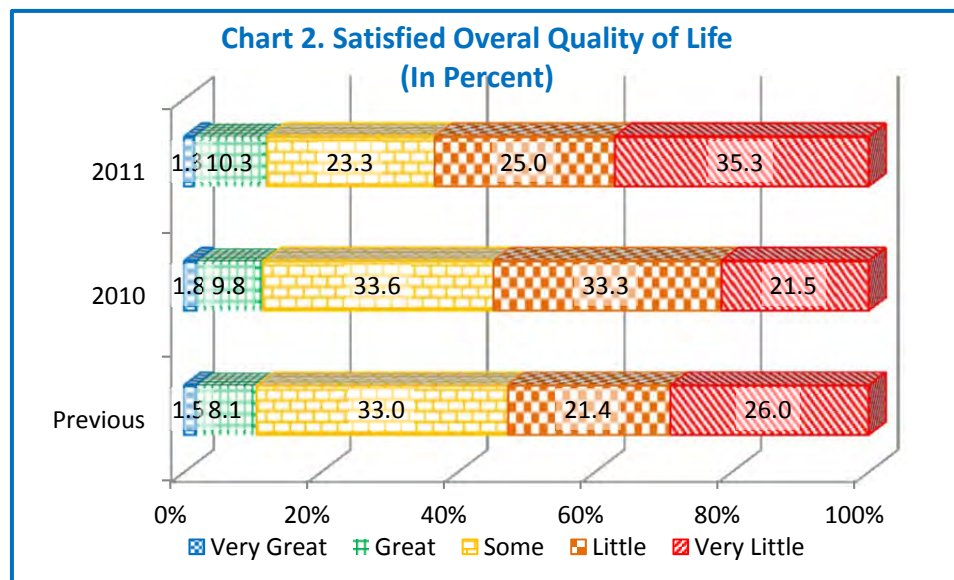
Similarly, use of a sober house has also remained relatively stable across all years with approximately 13% of guests reporting, on average, from 90 to 110 days.

This year, somewhat fewer (18.8% compared with 21.7%) guests reporting having received a driving while intoxicated citation in the past year, or in all previous years. The other key criminal justice system involvement indicators regarding arrests for possession, other non-substance related arrests, and times incarcerated remained stable except for a very weak trend in the reduction in the number of guest reporting being incarcerated prior to registration.

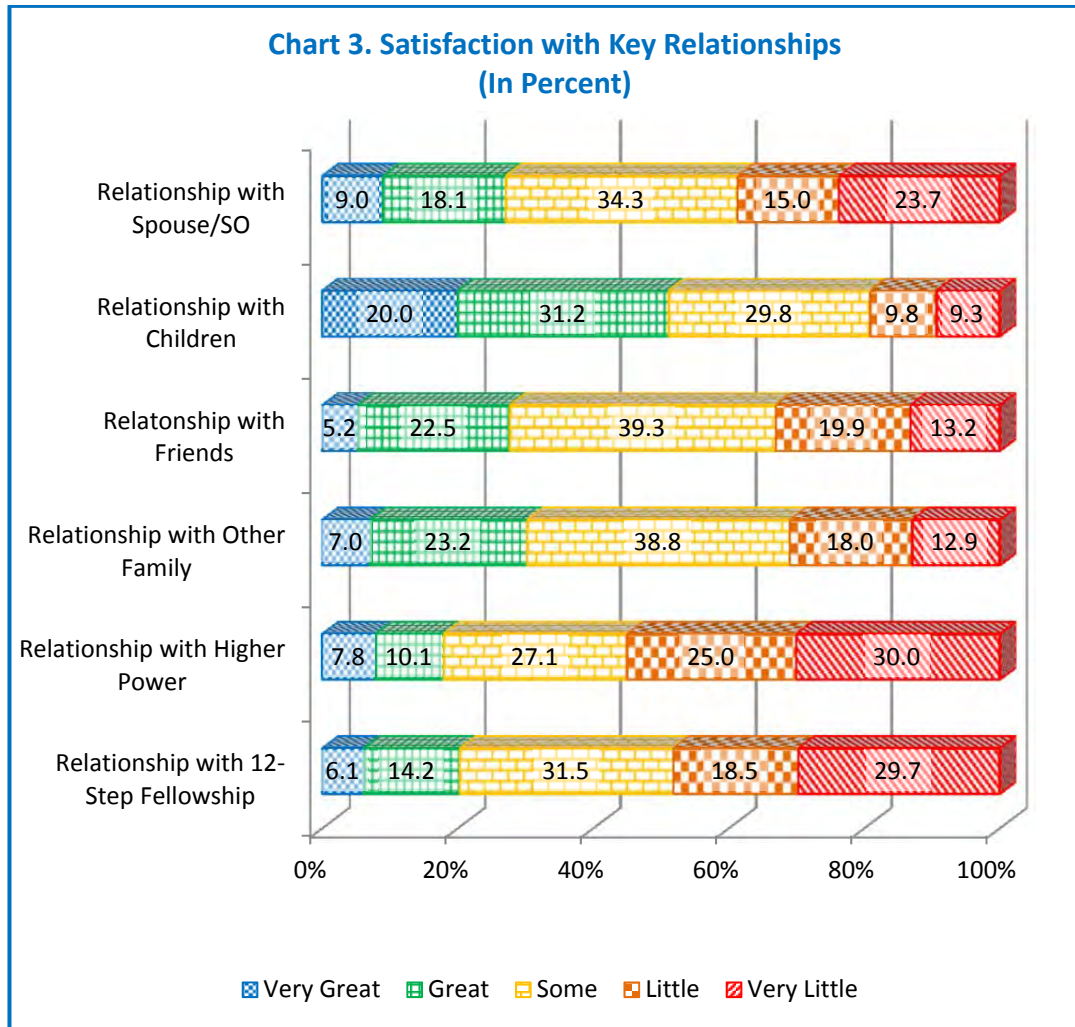
**Table 18. Job Related Indicators
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Driving While Intoxicated	81.2	78.3	78.3	14.4	16.4	15.6	3.3	3.8	3.4	0.6	1.1	1.4	0.4	0.4	1.3
Arrested A/D Related Crime	81.9	82.1	81.0	10.3	10.6	11.8	3.6	4.0	3.6	1.7	1.8	1.6	2.5	1.5	2.0
Arrested for Possession	92.7	92.3	92.8	5.8	5.5	5.2	0.4	1.1	1.4	0.6	0.9	0.3	0.4	0.2	0.3
Arrested for Other Offenses	90.4	90.0	87.2	6.1	6.4	8.0	1.5	2.0	2.3	0.6	0.4		1.5	1.1	1.8
Incarcerated	76.3	74.6	72.2	14.9	18.1	18.3	5.7	4.0	5.4	1.3	2.0	1.7	1.9	1.3	2.3

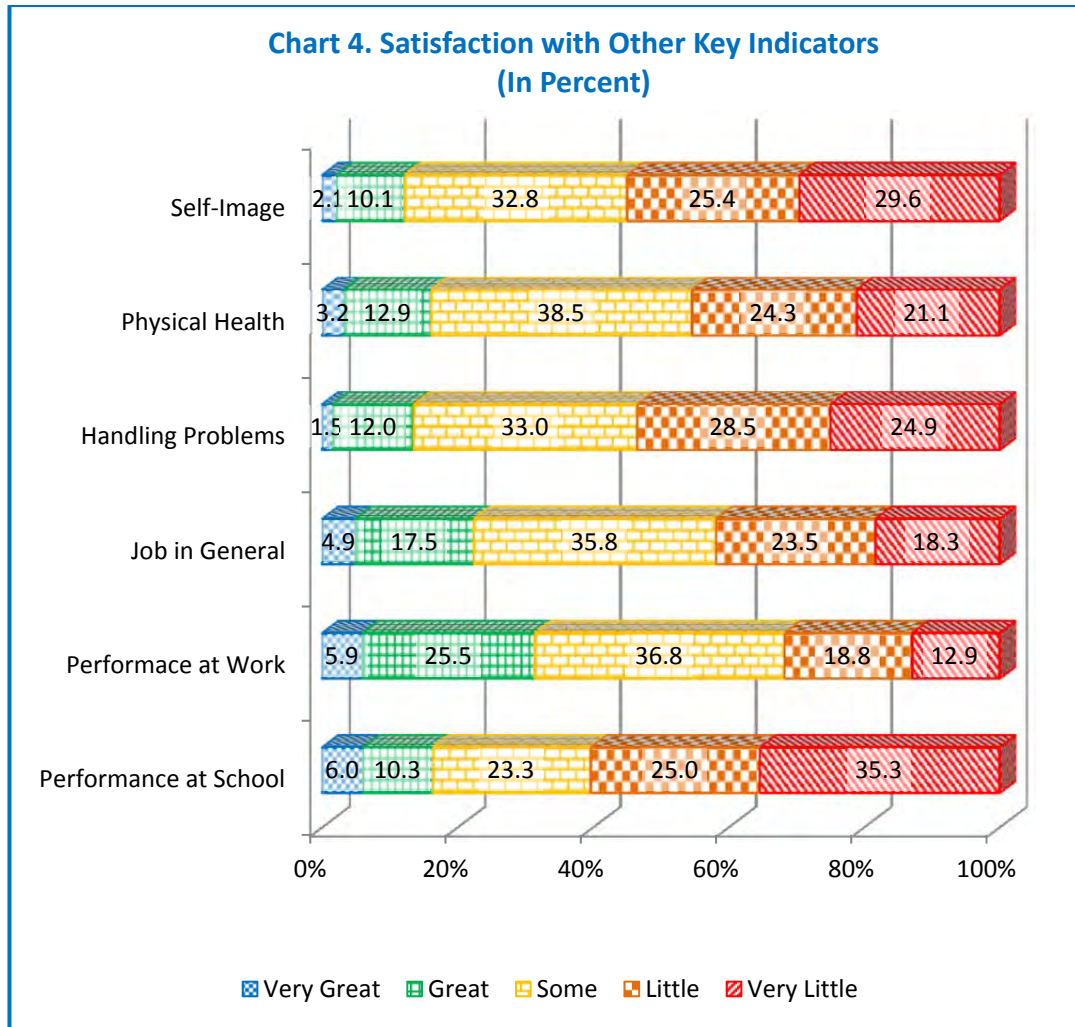
**Chart 2. Satisfied Overall Quality of Life
(In Percent)**



Approximately 60.3% of the guest reported experiencing “little” or “very little” overall satisfaction with their quality of life. This is down up 54.8% reported last year and significantly ($p < .01$) up from the 47.4% reported in all previous years.

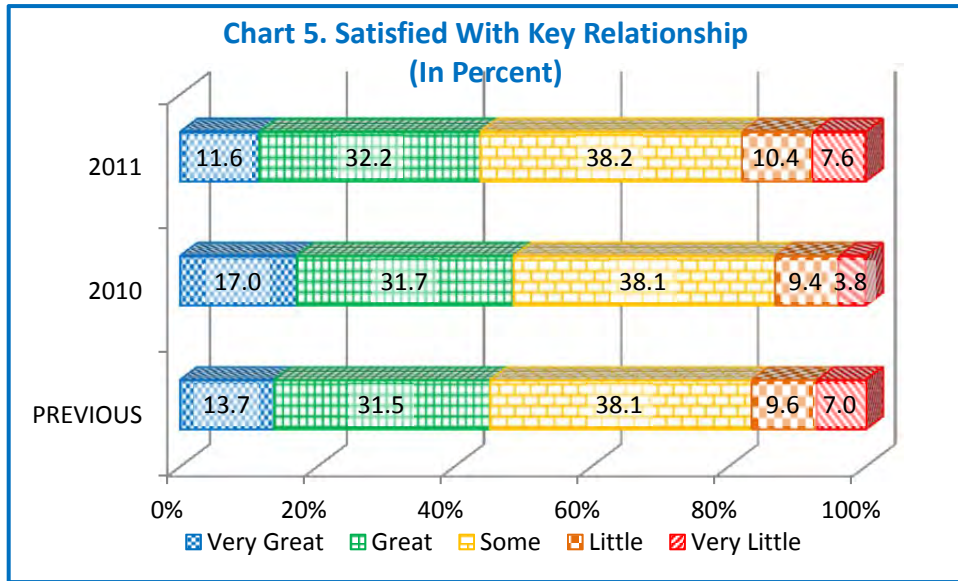


Guests continue to report low levels of satisfaction with key relationships in their lives. Only about one-quarter of the guests reported “great” or “very great” satisfaction with their spouse or significant other. As has been previously reported, the relationship with their children appears to have suffered less than all other relationships with 51.2% so reporting this year. These findings are statistically similar to those previously reported.



Similarly, guest satisfaction with other key indicators remains problematic with 55% reporting little satisfaction with their self-image, the manner in which they handle problems and for those few enrolled in school, satisfaction with their performance regarding education.

Interestingly, in response to the question regarding guests' satisfaction with the person with whom they talk most often about personal problems, satisfaction levels improved somewhat with 43.8% reporting positive satisfaction with that relationship.



**Table 19. Talk With Most Often Prior to Registration
(In Percent)**

	2011	2010	Previous
Friend	25.7	26.0	26.7
Spouse/Significant Other	24.6	24.1	22.4
Parent	14.5	12.7	10.9
Counselor	10.8	11.0	12.0
12-Step Sponsor	10.1	9.7	11.0
Did not Talk to Anyone	8.8	10.6	10.1
Child	1.9	1.1	1.5
Priest, Minister, Rabbi	0.9	1.0	1.7
Other	2.8	3.8	3.6

Across all years there has been, as expected, little change in the distribution of individuals indicated to whom the guests primarily talk with regarding personal problems prior to registration. Nonetheless, there has been a weak increasing trend in reporting

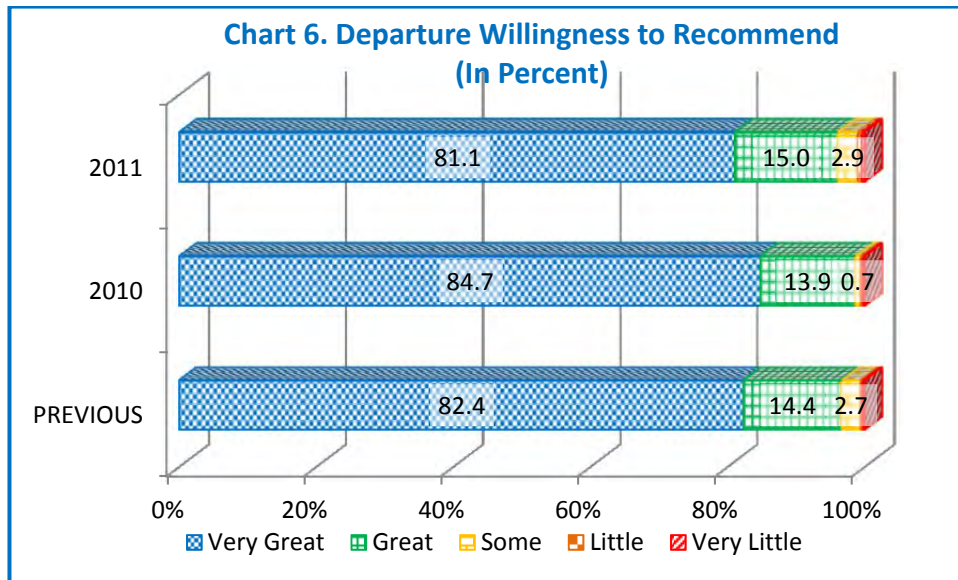
speaking with a parent and a weak decreasing trend in speaking with a counselor or not talking with anyone.

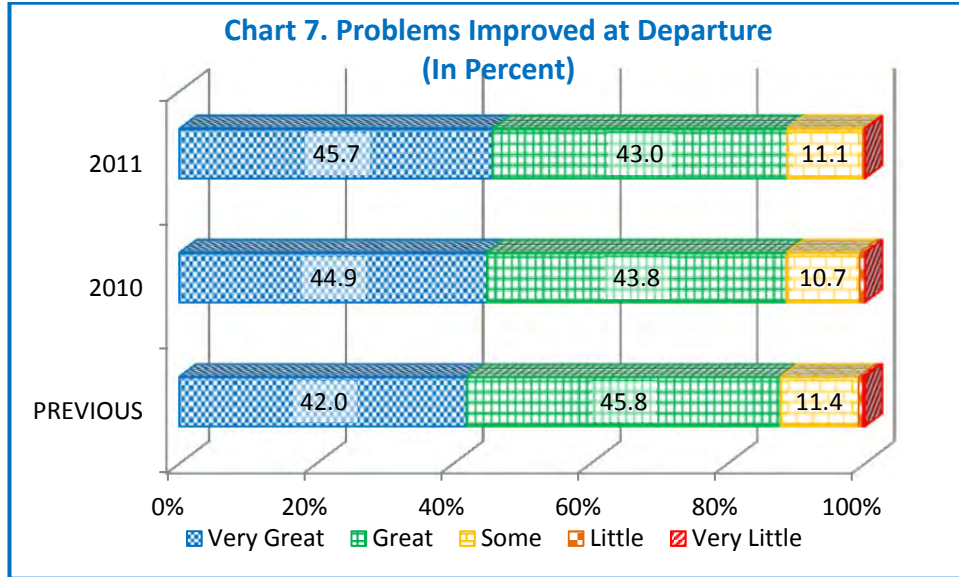
Satisfaction at Time of Departure

“Thoroughly enjoyed my experience. I got healing, info and tools for life, understanding and insight.”

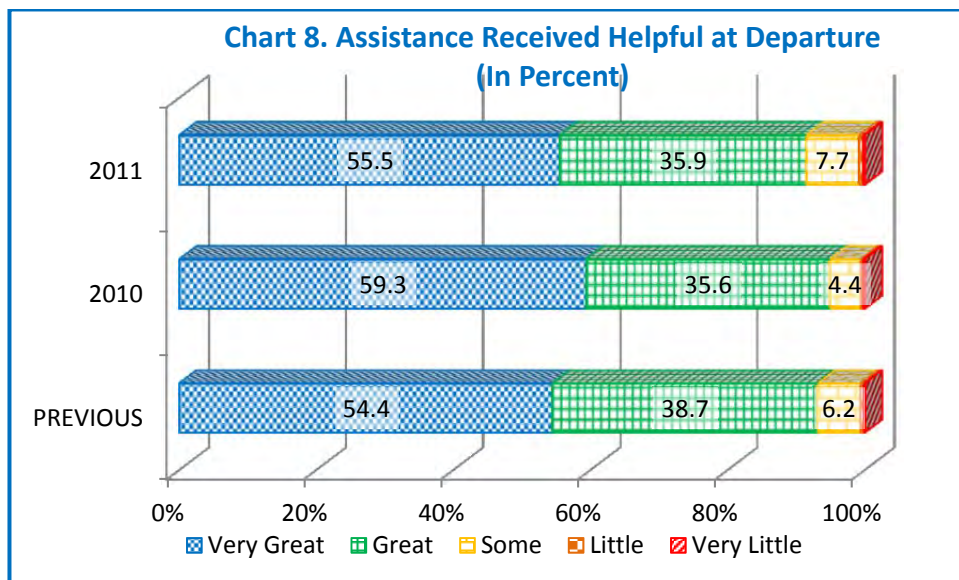
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One of the more important global measurements for quality control and improvement at the time of departure is a guest’s expressed willingness to refer others to The Retreat. A normal rule of thumb expectation is that a minimum of 85% of the respondents will indicate a favorable response (“great” and “very great”) to the question regarding willingness to refer. Of the sample of 486 departing guests participating, a remarkable 96.1% reported they were willing to refer others to The Retreat to a “very great” and “great” extent. Although this is down slightly from 98.6% reported last year it is still very strong and consistent with all previous years.



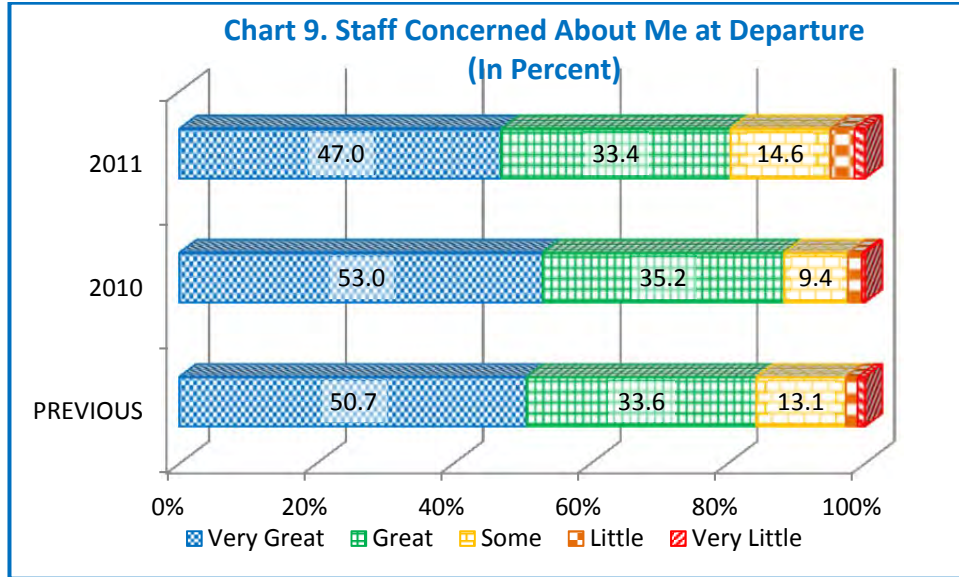


Exactly the same distribution (88.7%) of responses to “very great” and “great” were reported this year as last in response to the question regarding the extent to which the problems that brought them to The Retreat had improved. The consistently high levels of strong endorsement of this question is quite remarkable, especially when considering that only approximately 0.2% indicated “little” or “very little.”

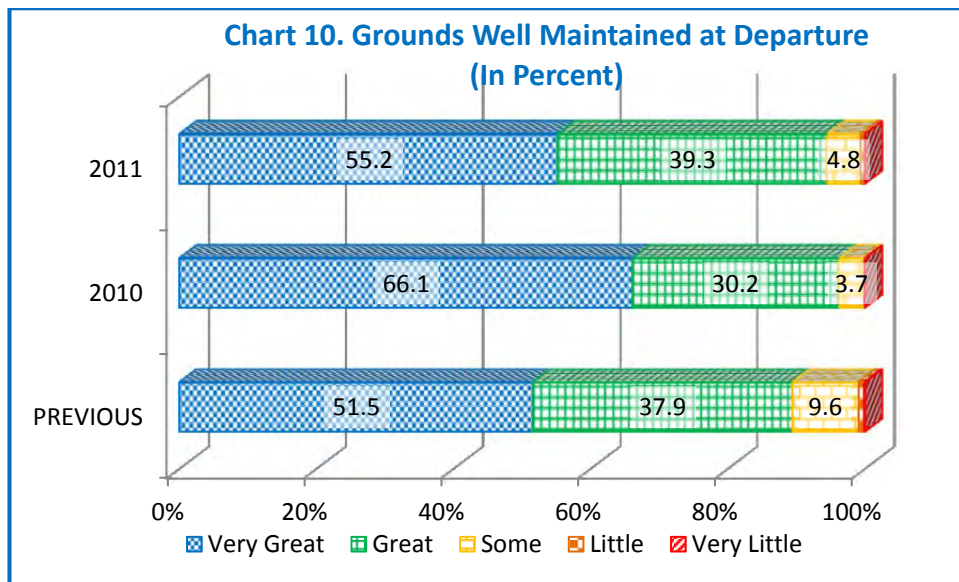


A slight decrease in endorsement of the question regarding the helpfulness of

assistance received during their stay was seen this year from 94.9% to 91.4%.

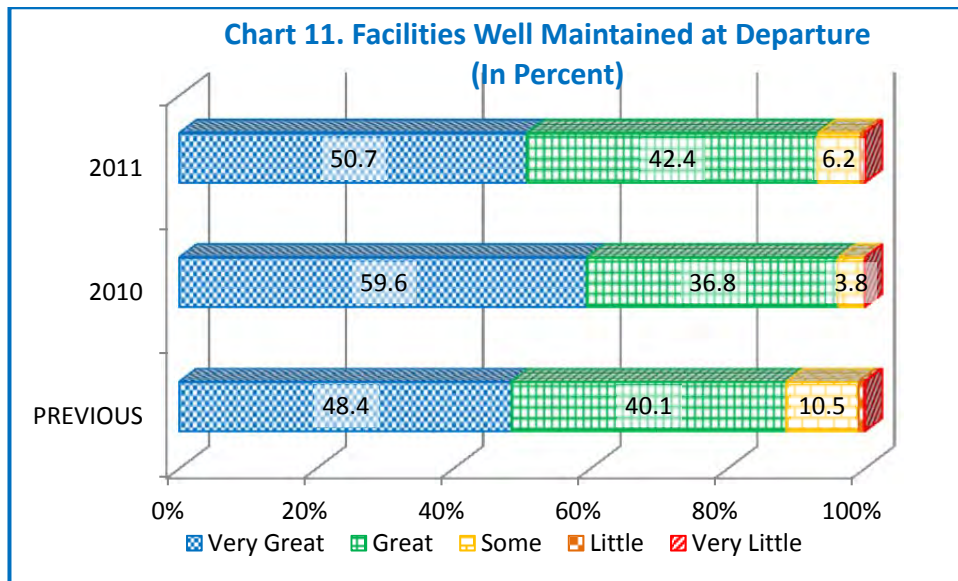


Similarly, there was also a decrease from to 80.4% from 88.2% last year in their positive endorsement of the level of concern about them exhibited by staff. This was a statistically significant ($p < .05$) decrease from all previous years.

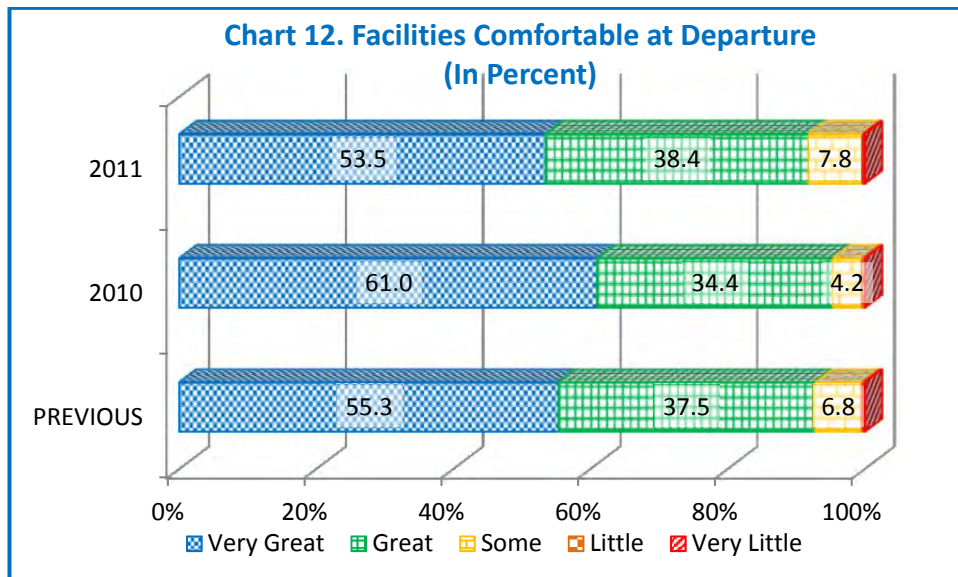


The year's responses to the question regarding the maintenance saw a statistically significant ($p < .01$) improvement from 89.4% to 94.5% this year over all previous years. It should be noted that there was a large shift in the number of guests responding "very great"

over last year but it appears that last year was the anomaly with 66.1% responding “very great.”

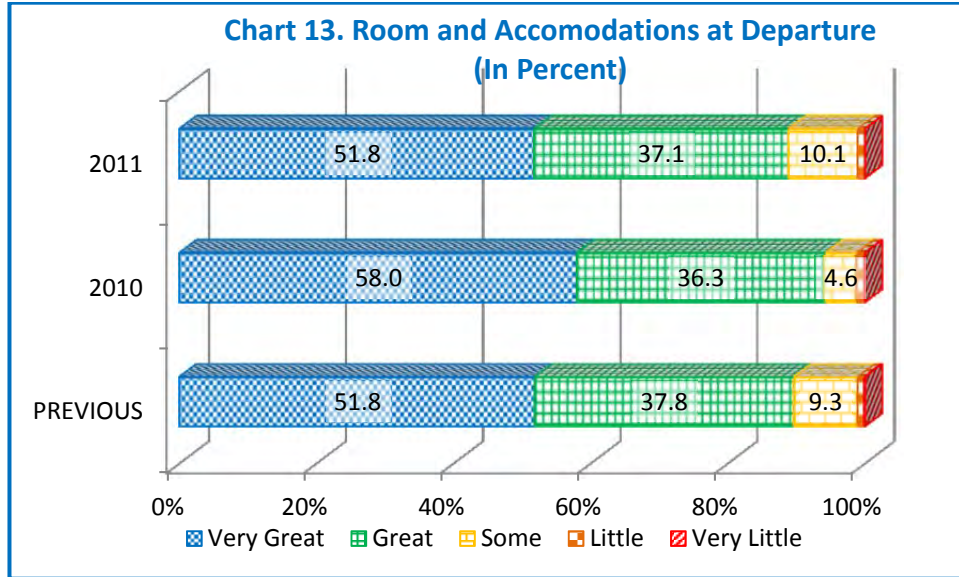


Following a similar year over year pattern, the guests’ responses regarding facilities maintenance were slightly less positive than last year but statistically ($p < .01$) more positive over all previous years.

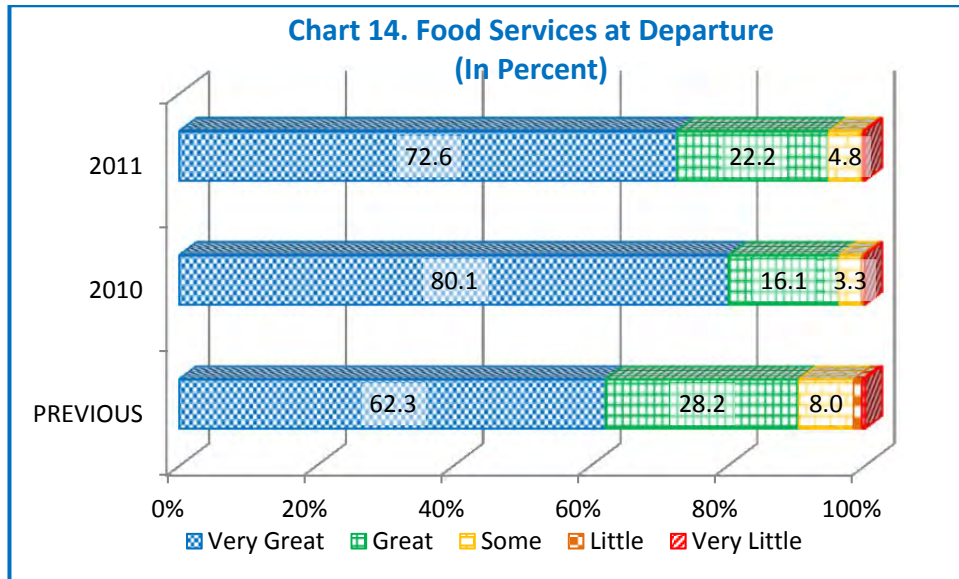


In regards to the comfortableness of the facilities, guests responded somewhat less positive this year than last year (91.9%) but statistically similar to the responses recorded

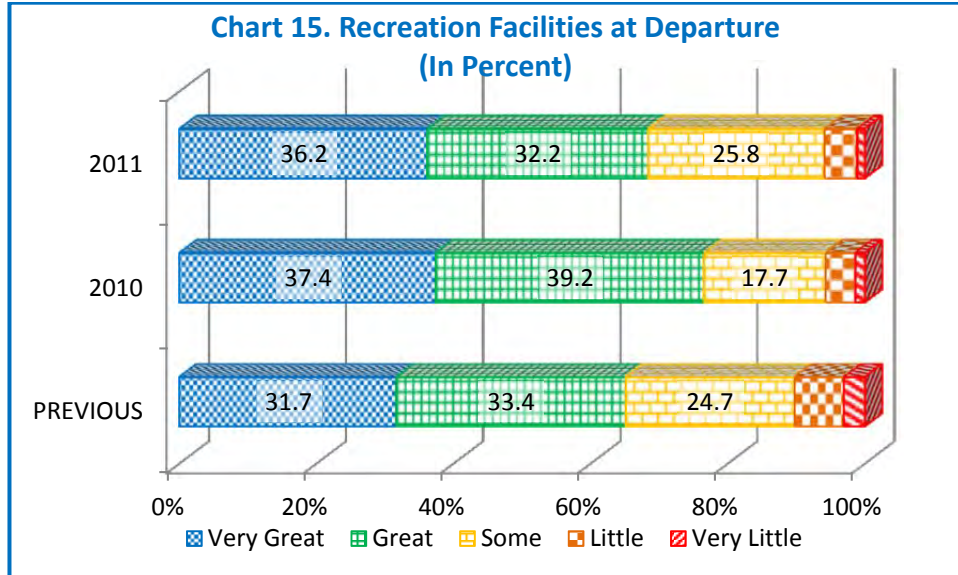
from all previous years (82.8%).



This year 89.6% of guests positively endorsed the question regarding their room and other accommodations. This distribution was statistically similar to last year and all previous years.



Guests' satisfaction with food services was significantly ($p < .01$) more positive this year (94.8%) than all previous years (90.5%) but statistically similar to last year's positive distribution (96.2%)



Satisfaction with the recreation facilities this year (68.4%) was significantly ($p < .01$) less positive than last year (76.6%) but statistically the same as all previous years (65.1%).

“I won't forget this experience. The Retreat is a special place that I was blessed with. On my way with recovery!”

#60296

**Table 20. Key Recovery Indicators at Departure
ANOVA**

	2011	2010	Previous
Relationship with Spouse/SO	$p < .01$	$p < .01$	$p < .01$
Relationship with Children	$p < .01$	$p < .01$	$p < .01$
Relationship with Friends	$p < .01$	$p < .01$	$p < .01$
Relationship with Other Family	$p < .01$	$p < .01$	$p < .01$
Higher Power	$p < .01$	$p < .01$	$p < .01$
AA or 12-Step Fellowship	$p < .01$	$p < .01$	$p < .01$
Self-image	$p < .01$	$p < .01$	$p < .01$
Physical Health	$p < .01$	$p < .01$	$p < .01$
Ability to Effectively Handle Problems	$p < .01$	$p < .01$	$p < .01$
Job in General	$p < .01$	$p < .01$	$p < .01$
School	$p < .01$	$p < .01$	$p < .01$
Overall Quality of Life	$p < .01$	$p < .01$	$p < .01$

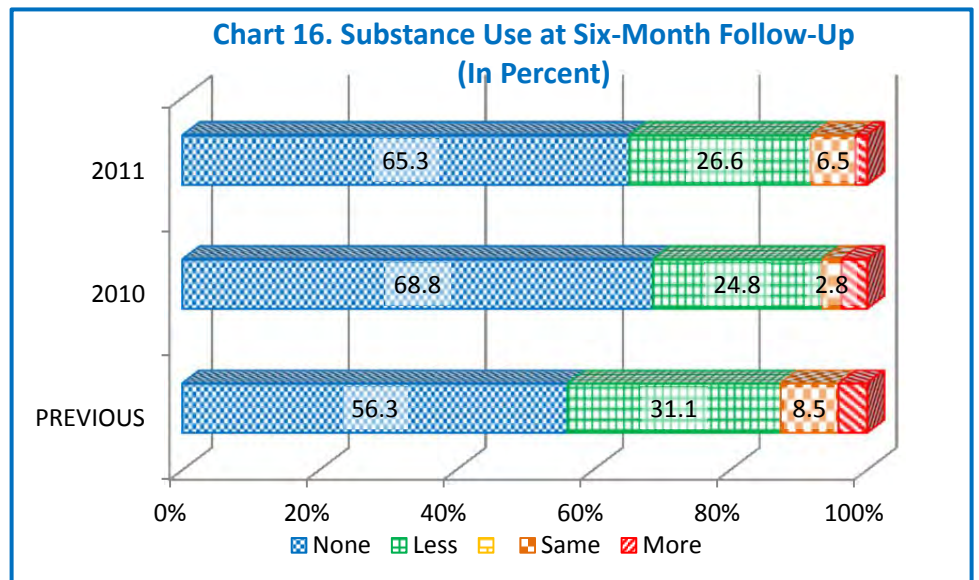
As has consistently been reported, an analysis of variance (ANOVA) between guests' scoring of the key quality of life indicators at registration and then again at departure demonstrates significant positive improvement across all indicator and across all years. This finding is quite remarkable.

Normally this report provides a summary analysis of the qualitative comments guests provide on their departure survey in response to what was the most helpful, least helpful, and suggestions to improve the experience. These comments are monitored by the evaluation team on a monthly basis and an analysis of the current year's guest comments again revealed no trends. In departing from the regular report format, the individual guest comments for the year are contained in the appendices for staff to review to possibly obtain a richer appreciation of their guests' comments in their own words.

“Great place, learned a lot, would recommend it highly!”
#59121

Findings at Six-Month Follow-Up

At six-month follow-up 65.3% of the past guests reported no use of substances since departure and another 26.6% reported using,



but using less than before registration. These findings are not significantly different than last or all previous years.

Of those who reported use, 31.8% reported using once and stopping while another 20.5% reported using two or more times with periods of abstinence of longer than 30 days.

Alcohol (33.6%) continued to be the most frequently identified substance for those who used following departure from The Retreat. This frequency was up slightly from last year and down approximately 6.4% from previous years, but not significantly so.

Use of prescription meds increased 5.8% and over-the-counter meds were up 8% over last year, but again these were not a statistically significant increase.

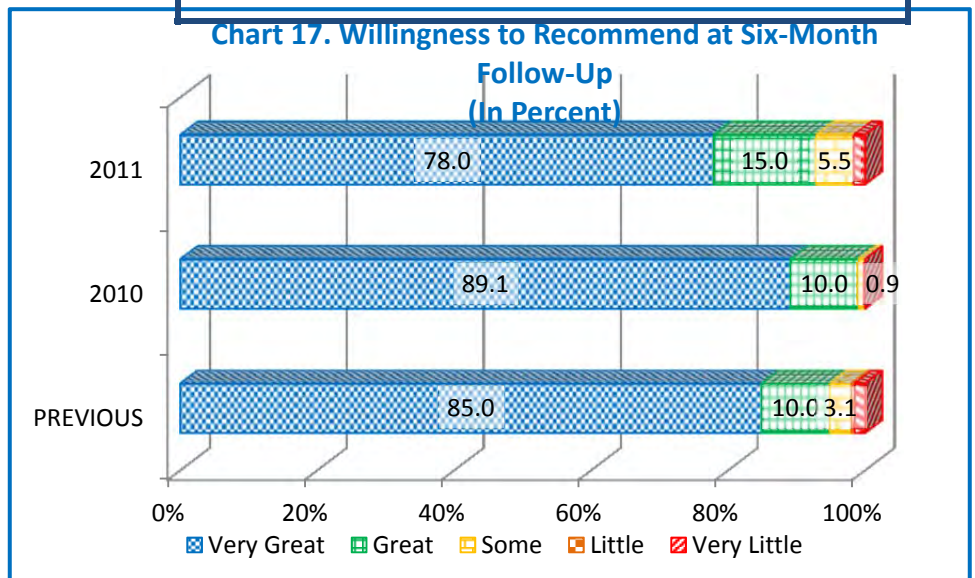
Past guests remained quite positive at six-month follow-up with 93% willing to recommend the Retreat to others. It was not

possible to test the statistical significance of this year's results when compared to last year due

Table 21. Substances Used at Six-Month Follow-up (In Percent)

	2011	2010	Previous
Alcohol	33.6	30.7	40.0
Prescription Meds	17.2	11.4	12.4
Over-the-Counter	14.1	6.1	9.1
Marijuana/Hashish	8.6	4.4	8.1
Cocaine	3.1	4.4	7.9
Heroin	3.1	2.6	2.5
Other Opiates	3.1	2.6	2.4
Meth/amphetamines	3.1	1.8	3.1
Illegal Prescription Meds	3.1	0.9	2.8
Crack	2.3	3.5	5.6
Other Stimulants	2.3	1.8	1.6
Sedatives/Tranquilizers	1.6	2.6	2.2
Hallucinogens	0.8	2.6	2.3
Inhalants	0.8	0.9	0.8
Other Substances	0.8	0.9	1.0

Chart 17. Willingness to Recommend at Six-Month Follow-Up (In Percent)



to the tiny distribution of responses on the dissatisfied end of the continuum last year, although it is reasonable to say that the willingness to recommend was less positive this year. It was also clearly less

Table 22. Key Recovery Indicators at Six-Months (ANOVA)			
	2011	2010	Previous
Relationship with Spouse/SO	p < .01	p < .01	p < .01
Relationship with Children	p < .01	p < .01	p < .01
Relationship with Friends	p < .01	p < .01	p < .01
Relationship with Other Family	p < .01	p < .01	p < .01
Higher Power	p < .01	p < .01	p < .01
AA or 12-Step Fellowship	p < .01	p < .01	p < .01
Self-image	p < .01	p < .01	p < .01
Physical Health	p < .01	p < .01	p < .01
Ability to Effectively Handle Problems	p < .01	p < .01	p < .01
Job in General	p < .01	p < .01	p < .01
School	p < .05	p < .05	p < .01
Overall Quality of Life	p < .01	p < .05	p < .01

positive than all previous years, but failed to reach the level of statistical significance used as a cut-off ($p < .05$).

At six-month follow-up, previous guests continued to report statistically significant (level of confidence as indicated in the table) improvement across all of the key recovery relationship indicators.

Table 23. Key Service Utilization at Six-Months (ANOVA)			
	2011	2010	Previous
Detox Center			p < .01
Outpatient A&D			
Inpatient A&D			
Hospitalization A&D			
Attend Fellowship Meetings	p < .01	p < .01	p < .01
Contact Sponsor	p < .01	p < .01	p < .01
Spouse/SO Attend	p < .05	p < .01	p < .01
Fellowship Service Work			
Prayer/Meditation	p < .01	p < .01	p < .01
Sponsored Someone			
Hospitalization Other			
ER Visits			p < .01
Hospitalization MH			
Non-Res/Outpatient Visits			
Arrests (Any Type)			
Incarceration			p < .05
Work/Employment Issues			p < .05
Started New Job			p < .01

As would be expected, and as consistently reported previously, past guests continued to report significant

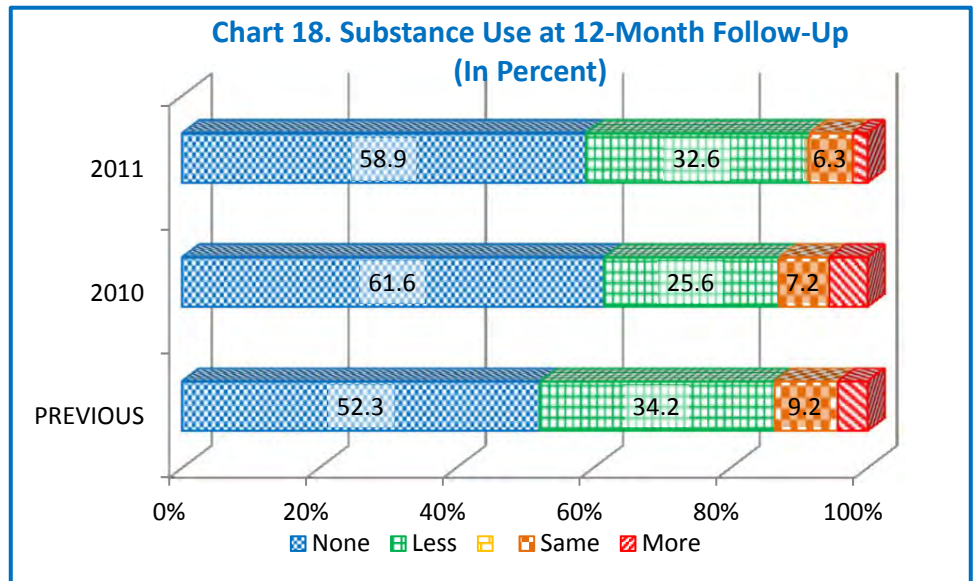
improvement in Fellowship involvement including meeting attendance and contact with a sponsor. They also report significant improvement in regards to their spouse/significant other attending Fellowship activities as well as increased use of prayer or meditation practices. For all previous years, significant improvement in the reduction of emergency room visits and number of times incarcerated was found along with an increase in the number of quests reporting starting a new job.

Again, it needs to be stressed that the lack of statistically significant changes for many of these indicators is a function of the very small number of guests who report utilizing these services at registration and at follow-up.

Findings at Twelve-Month Follow-Up

At twelve-month follow-up, approximately 58.9% of previous guests reported abstinence since departing the Retreat. Another 32.6% reported using less than before registration.

Approximately 9.2% reported using about the same and 4.3% reported using more than before registration. These rates of utilization are



not statistically different across all years.

For those who used, 29.7% reported this year using once and stopping, 24.3% reported using two or more times but with periods of abstinence 30 days or longer 27.0% reported

using two or more times, but being sober for the past 60 days.

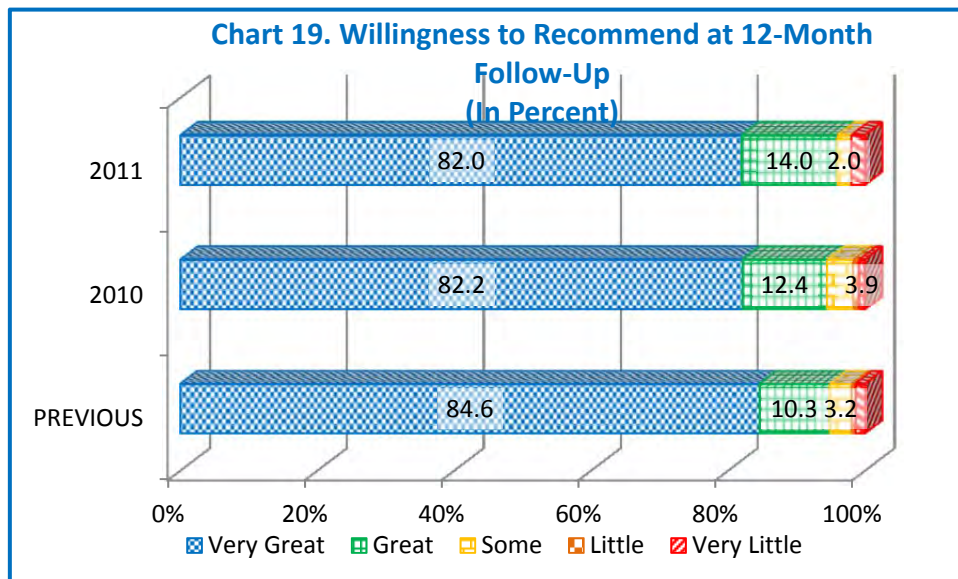
Approximately 18.9% reported using more or less constantly since departure.

Substances used at twelve-month follow-up patterned generally similar to those reported at six-month follow-up with alcohol (38.0%) being the most frequently cited followed by prescription med and over-the-counter medications.

Table 24. Substances Used at 12-Month Follow-Up (In Percent)

	2011	2010	Previous
Alcohol	38.0	38.9	42.3
Prescription Meds	16.0	12.2	11.1
Over-the-Counter	7.0	7.6	7.0
Marijuana/Hashish	6.0	9.2	9.7
Heroin	5.0	1.5	2.8
Sedatives/Tranquilizers	4.0	3.1	2.5
Cocaine	3.0	7.6	7.5
Illegal Prescription Meds	3.0	6.1	2.9
Crack	2.0	2.3	6.4
Hallucinogens	2.0	2.3	1.7
Other Opiates	2.0	4.6	3.1
Inhalants	1.0	2.3	0.8
Meth/amphetamines	1.0	4.6	2.9
Other Stimulants	0	1.5	1.3
Other Substances	0	0.8	1.0

The use of heroin increased from 1.5% last year to 5.0% this year as cocaine use decreased.



Willingness to recommend the Retreat to others remained very strong at twelve-months with 96% reporting “very great” or “great” willingness to recommend. These rates have remained

Table 25. Key Recovery Indicators at 12-Months (ANOVA)				
		2011	2010	Previous
	Relationship with Spouse/SO	p < .01	p < .01	p < .01
	Relationship with Children	p < .01	p < .01	p < .01
	Relationship with Friends	p < .01	p < .01	p < .01
	Relationship with Other Family	p < .01	p < .01	p < .01
	Higher Power	p < .01	p < .01	p < .01
	AA or 12-Step Fellowship	p < .01	p < .01	p < .01
	Self-image	p < .01	p < .01	p < .01
	Physical Health	p < .01	p < .01	p < .01
	Ability to Effectively Handle Problems	p < .01	p < .01	p < .01
	Job in General	p < .01	p < .01	p < .01
	School	ns	ns	p < .01
	Overall Quality of Life	p < .01	p < .01	p < .01

relatively constant across all years.

Statistically significant improvement remained at twelve-month post departure across all significant recovery indicators except for responses to “school,” which again was precluded by very small numbers of past quests responding to the question.

Table 26. Key Service Utilization at 12-Months (ANOVA)				
		2011	2010	Previous
	Detox Center			p < .05
	Outpatient A&D			
	Inpatient A&D			
	Hospitalization A&D			
	Attend Fellowship Meetings	p < .01	p < .01	p < .01
	Contact Sponsor	p < .01	p < .01	p < .01
	Spouse/SO Attend	ns	p < .01	p < .01
	Fellowship Service Work			
	Prayer/Meditation	p < .01	p < .01	p < .01
	Sponsored Someone			
	Hospitalization Other			
	ER Visits			p < .01
	Hospitalization MH			
	Non-Res/Outpatient Visits			
	Arrests (Any Type)			
	Incarceration			p < .05
	Work/Employment Issues			p < .05
	Started New Job			

Statistically significant improvements in key services

and recovery activities patterned very similarly to the six-month sample. The only notable

exception was that participation of spouse/significant other did not experience an increase over that activity as reported by guests at registration.

Non-Residential Program

	n	mean	sd
2011			
All	65	44.5	13.8
Males	37	44.3	14.6
Females	28	44.8	12.6
2010			
All	32	43.8	10.1
Males	18	42.6	10.2
Females	14	45.2	9.8
Previous Years			
All	26	40.7	10.6
Males	16	38.5	8.4
Females	9	46.3	11.6

The average age of participants in the non-residential (NRP) program this year was 44.5 years.

Although the average ages have increased, there were no statistically significant differences across years.

Nonetheless, these participants were significantly ($p < .01$) older than the residential guests.

It should be noted that the Retreat notified the evaluation team of 11 enrollments in the non-residential elder program during the report period. Because this sample size is so small its data has been folded in with

the NRP.

	2011	2010	Previous
Caucasian	97.3	NR	96.0
Native American	1.4		
Black/African American			
Latino	1.4		4.0
Asian			
Other/Not Reported			

Approximately 26.2% of the NRP participants indicated they had previously participated in the Retreat residential program this year. This was true for only 12.5% for 2010.

NRP participants were primarily Caucasian/White with only a very small

representation of Native American and Latino/Hispanic this year. (Race/Ethnicity data was not reported for 2010.)

Table 29. Marital Status NRP (In Percent)			
	2011	2010	Previous
Married	42.4	46.7	50.0
Single	27.1	30.0	25.0
Divorced	20.3	13.3	25.0
Separated	5.1	10.0	0
Widowed	1.7	0	0
Living as Married	3.4	0	0

There were no statistical differences in the distribution of participants by marital status across all years. Significantly, the NRP is catering more to married participants than the residential program.

There has been a change in the reported employment status of NRP

Table 30. Employment Status NRP (In Percent)			
	2011	2010	Previous
Full-time	48.2	55.2	58.8
Part-time	7.1	13.8	0
Irregular	10.7	10.3	0
Homemaker	1.8	0	0
Student	3.6	3.4	5.9
Retired	12.5	6.9	5.9
Unemployed	16.1	10.3	29.4

participants across all years; however, this is most likely due to an increasingly larger sample each year.

When comparing employment status to the residential program, it is clear that this program is significantly more likely to be catering to those employed as to those who are unemployed – as is the case in the residential program.

From the data received, it is clear that the education level of NRP participants is

Table 31. Education NRP (In Percent)				
	2011	2010	Previous	
Not Completed HS Graduate	0	0	0	
HS Graduate	8.6	6.9	5.9	
Some College/Trade School	34.5	34.5	41.2	
College Graduate	32.8	34.5	17.6	
Post-graduate Course Work	8.6	6.9	0	
Post-graduate Degree	15.5	17.2	35.3	

significantly higher than the education level of the residential program with over half having achieved a college degree.

Again the differences in the distribution across years are attributed to the growing sample

size of participants.

Table 32. Income Range NRP (In Percent)			
	2011	2010	Previous
(Thousands of Dollars)			
< 20	10.5	6.9	6.3
20 to 29.9	12.3	6.9	0
30 to 39.9	10.5	6.9	6.3
40 to 49.9	7.0	6.9	25.0
> 50	59.6	72.4	62.5

As would be expected with the higher education levels, the average family gross income is somewhat less likely to be in the below \$20,000 level than that of the residential guests. Interestingly though, the income

distribution for the NRP participants this year is very similar to that of the residential guests. It is hypothesized that if the above \$50,000 category was further subdivided more defining differences would be seen.

**Table 33. Job Related Indicators
NRP
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Promoted	64.4	86.2	93.8	6.9	6.9	0	5.1	0	6.3	3.4	0	0	10.2	6.9	0
Took a New Job	64.4	75.9	82.4	23.7	13.8	11.8	8.5	6.9	0	3.4	3.4	0	0	0	5.9
Fired From Job	81.7	86.2	94.1	16.7	13.8	5.9	1.7	0	0	0	0	0	0	0	0
On Job Accident	98.3	93.3	94.1	1.7	3.3	5.9	0	3.3	0	0	0	0	0	0	0
Filed Work Comp Claim	98.3	100	100	1.7	0	0	0	0	0	0	0	0	0	0	0
Filed Grievance	98.3	100	100	1.7	0	0	0	0	0	0	0	0	0	0	0
Formal Disciplinary Action	88.3	93.3	94.1	6.7	0	5.9	1.7	0	0	1.7	0	0	0	0	0

The distribution of responses to the employment related questions by the NRP participants is not statistically dissimilar to those by the residential guest. As well, the across years differences are not significant.

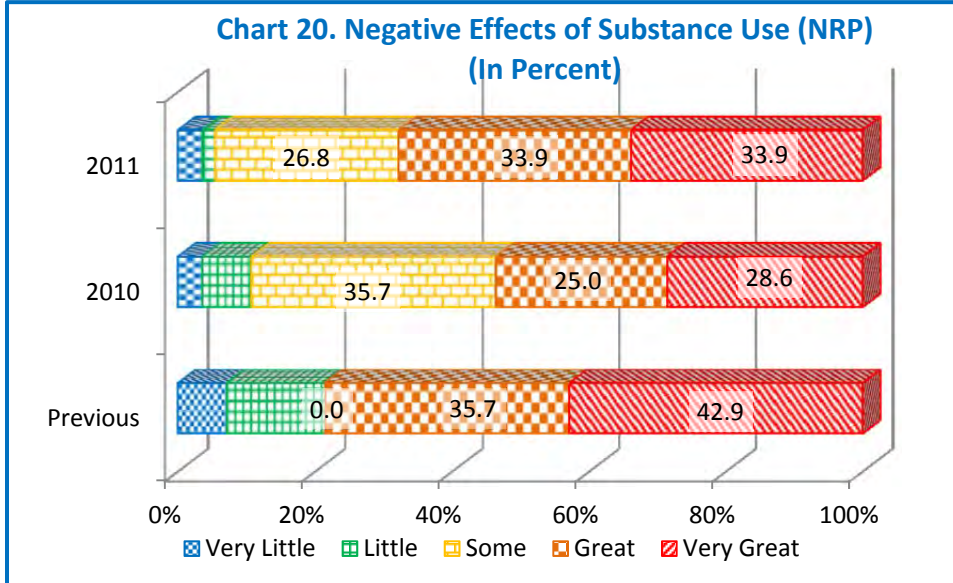
Table 34. Substances Used at Six-Month Follow-up NRP (In Percent)

	2011	2010	Previous
Alcohol	98.3	97.6	100
Marijuana/Hashish	31.7	36.7	17.6
Prescription Meds	23.3	23.3	23.5
Cocaine	21.7	23.3	17.6
Hallucinogens	16.7	3.7	11.8
Crack	13.3	3.3	0
Over-the-Counter	10.0	3.3	5.9
Other Opiates	8.3	16.7	11.8
Other Stimulants	8.3	3.3	5.9
Sedatives/Tranquilizers	8.3	13.3	0
Illegal Prescription Meds	8.3	6.7	0
Meth/amphetamines	6.7	6.7	11.8
Heroin	5.0	6.7	0
Inhalants	0	6.7	5.9
Other Substances	0	3.3	5.9

Generally speaking, NRP participants tend to report lower frequencies of substances used than do the residential guests at enrollment. This is a situation where a statistical finding could be inferred to be correlative to less overall severity as discussed in more detail below.

Approximately 67.8% of the current year NRP participants

Chart 20. Negative Effects of Substance Use (NRP) (In Percent)



reported the negative impact of substance use on their lives as “great” and “very great.” A significantly ($p < .01$) larger

distribution of the residential guests (88.4%) so reported, again supporting the notion that participants in the NRP are appropriately less severe in their substance use than the residential guests.

Table 35. Detoxification Episodes NRP (In Percent)			
	2011	2010	Previous
None	69.5	60.0	88.2
One Time	22.0	26.7	5.9
Two Times	1.7	6.7	5.9
Three Times	1.7	3.3	0
More than Three Times	5.1	3.3	0

Table 36. Outpatient Episodes NRP (In Percent)			
	2011	2010	Previous
None	71.2	73.3	70.6
One Time	20.3	16.7	29.4
Two Times	6.8	3.3	0
Three Times	0	6.7	0
More than Three Times	1.7	0	0

Table 37. Residential A&D Episodes NRP (In Percent)			
	2011	2010	Previous
None	52.5	60.0	58.8
One Time	27.1	20.0	35.3
Two Times	13.6	13.3	5.9
Three Times	0	3.3	0
More than Three Times	6.8	3.3	0

Table 38. Hospitalizations A&D Related NRP (In Percent)			
	2011	2010	Previous
None	77.2	73.3	82.4
One Time	8.8	10.0	17.6
Two Times	3.5	3.3	0
Three Times	5.3	6.7	0
More than Three Times	5.3	6.7	0

Continuing with the hypothesis that the NRP participants are less severe than the residential guests, it would be expected that they would report fewer episodes of detoxification prior to registering for the program. In fact, they are significantly ($p < .01$) less likely to report utilizing detox in the 12 months prior to registering.

Although the use of prior outpatient treatment is lower for the NRP participants (28.8% compared to 37.2%), the difference is not statistically significant.

This was true also for the reported prior use of residential A&D treatment but the NRP participants were significantly ($p .01$) less likely to report being hospitalized for A&D related

conditions than the residential clients (22.8% compared to 42.9% reported using such services).

	2011	2010	Previous
None	40.0	20.0	47.1
One to Five	18.3	33.3	0
Six to Ten	15.0	23.3	23.5
Eleven to Twenty	13.3	10.0	11.8
More than Twenty	13.3	13.3	17.6

It appears that 2010 was an anomaly for the number of NRP participants reporting seeing a therapist (80.0%). This year's distribution of 60.0% seeing a therapist is quite similar to the residential guests reporting of 62.3% seeing a therapist prior to enrollment.

NRP participants were, as hypothesized, less likely to report utilizing hospitalization for physical issues not related to substance use, emergency room visits, and hospitalizations for mental health issues. Although there were differences in utilization across years notably with the current year cohort reporting more hospitalizations (20.0% compared to 10.0% last year) and more emergency room visits (41.7% compared to 23.3% last year) these differences should be view with care due to the relatively small sample sizes in previous years.

Use of Mutual Help style support was significantly more frequent across meeting attendance, contact with a sponsor, and use of prayer/meditation when compared to the residential cohort. There was also an interesting anomaly when looking at this and last year, compared to all previous years, in the frequency of non-use of such services).

Table 40. Other Service Utilization

**NRP
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Hospitalization (Physical Problem)	80.0	90.0	94.1	11.7	3.3	5.9	8.3	0	0	0	0	0	0	6.7	0
Emergency Room Hospitalization (Mental Problem)	58.3	76.7	70.6	25.0	6.7	23.5	11.7	3.3	5.9	1.7	3.3	3.3	10.0	0	0
Hospitalization (Physical Problem)	93.3	90.0	94.1	5.0	10.0	5.9	0	0	0	1.7	0	0	0	0	0

Table 41. AA/NA Participation

**NRP
(In Percent)**

	> 3 / Week			2 to 3 / Week			1 / Week			1 / Month			< 1 / Month/None		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Attend AA/NA	15.5	21.4	11.8	24.1	28.6	5.9	17.2	3.6	5.9	3.4	7.1	0	39.7	39.3	76.6
Contact Sponsor	5.2	13.8	0	15.5	6.9	11.8	13.8	6.9	11.8	8.6	6.9	0	56.9	65.5	76.5
Spouse/SO Attend Mutual Help	5.5	3.6	5.9	1.8	0	0	10.9	17.9	0	1.8	0	5.9	80.0	78.6	88.3
Prayer/Meditation	32.8	32.1	56.3	17.2	21.4	0	20.7	14.3	0	3.4	7.1	0	25.9	25.0	43.8

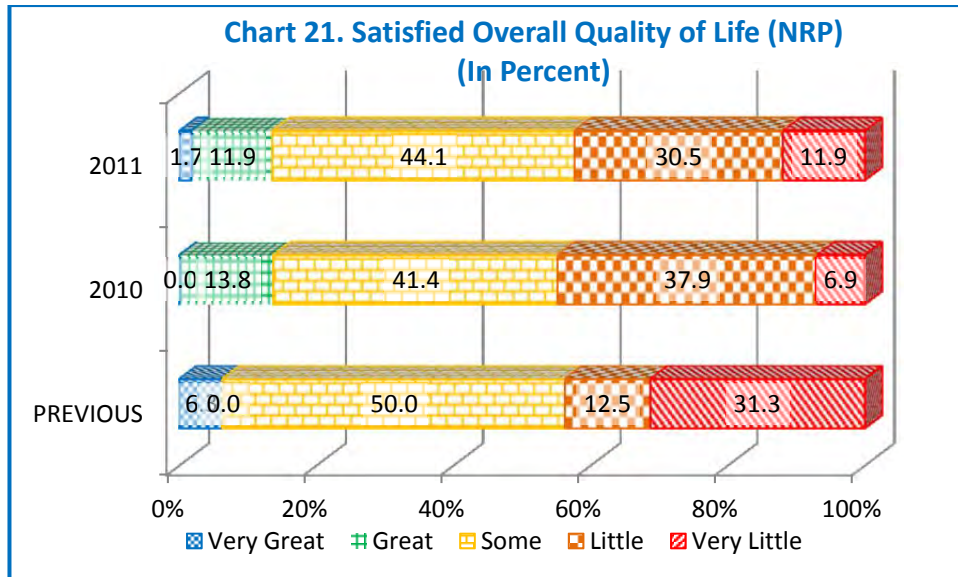
	n	mean	sd
2011	2	70.0	50.0
2010	3	12.7	12.4
Previous Years	1	na	

	n	mean	sd
2011	8	106.5	83.0
2010	5	31.8	45.3
Previous Years	1	na	

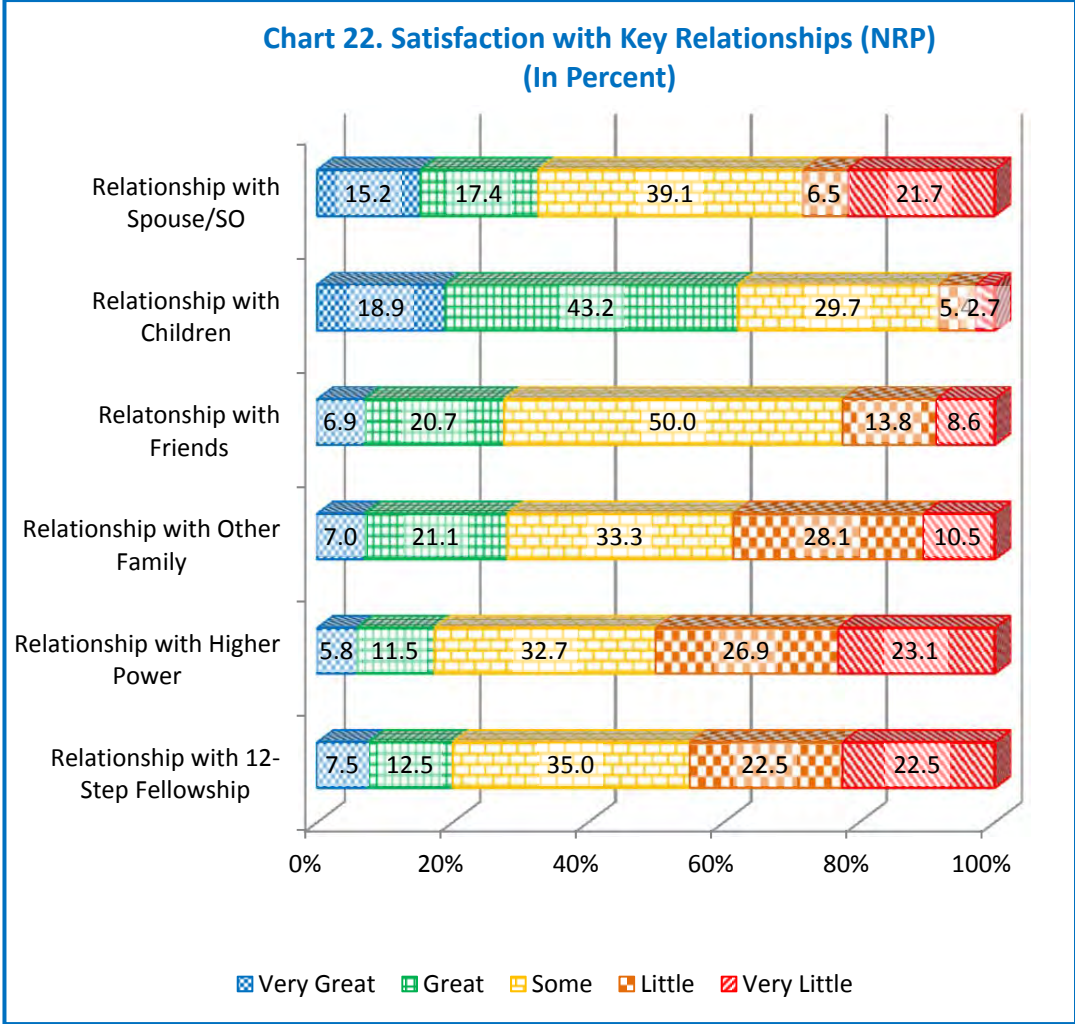
For the current year, two NRP participants reported utilizing a halfway house and eight using a sober housing facility. Due to the extremely small sample sizes it was not possible to implement statistical comparisons for these data.

	Never			Once			Twice			Thrice			> Thrice		
	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All	2011	2010	All
Driving While Intoxicated	65.0	63.3	58.8	23.3	26.7	35.3	10.	6.7	5.9	1.7	3.3	0	0	0	0
Arrested A/D Related Crime	86.7	83.3	88.2	8.3	10.0	11.8	0	3.3	0	1.7	0	0	3.3	3.3	0
Arrested for Possession	90.0	96.7	100	8.3	3.3	0	0	0	0	0	0	0	1.7	0	0
Arrested for Other Offenses	91.5	100	88.2	5.1	0	5.9	1.7	0	5.9	1.7	0	0	0	0	0
Incarcerated	71.7	70.0	76.5	21.7	23.3	11.8	6.7	6.7	11.8	0	0	0	0	0	

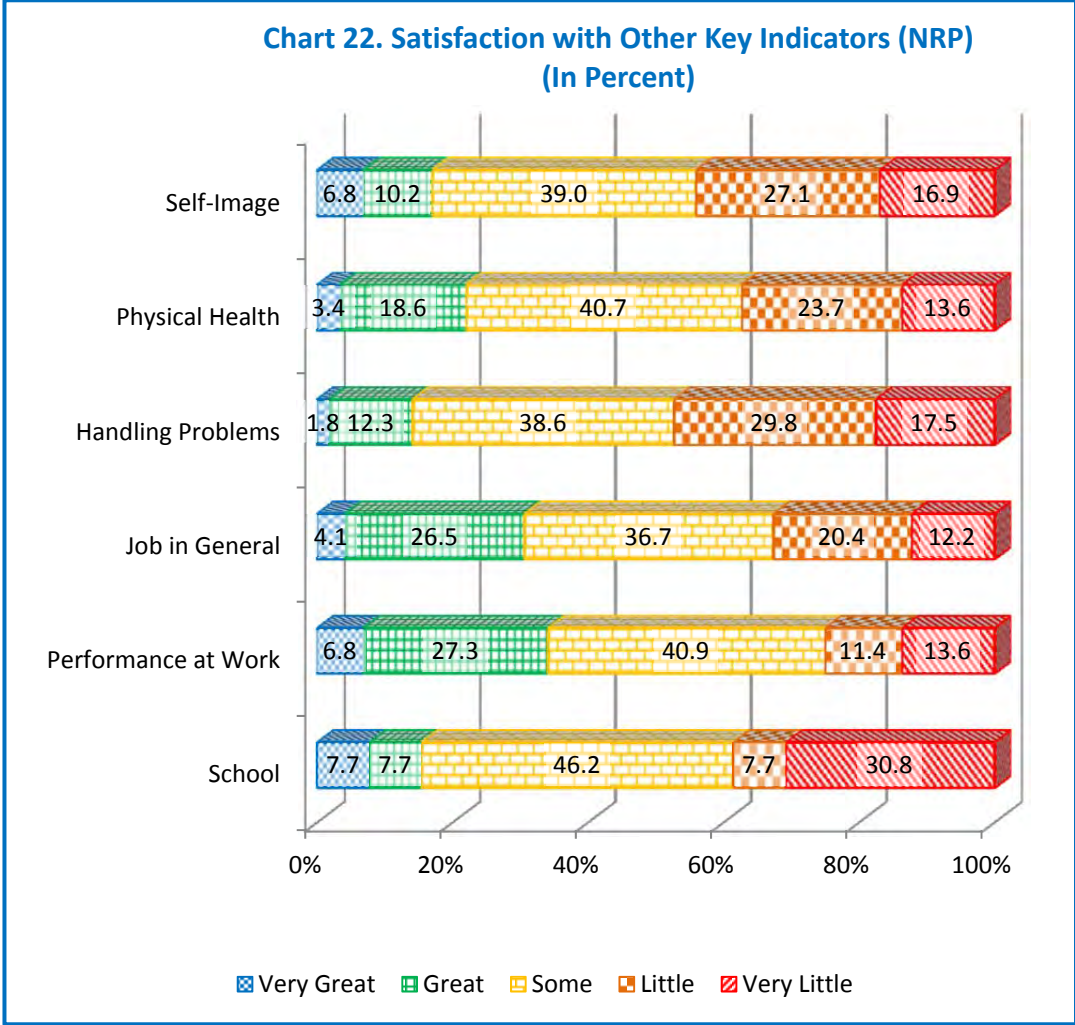
NRP quests were significantly ($p < .01$) more likely (35.0%) to report being arrested a driving related substance use issue than their residential counter parts (18.8%). Other criminal justice related key indicators were not significantly different across years or when compared to residential guests.



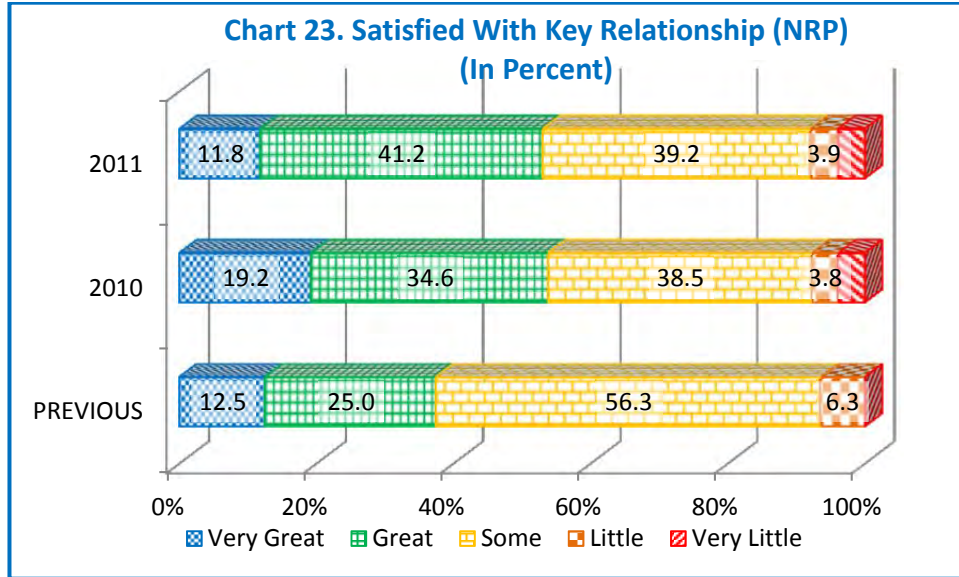
When compared to their residential counterparts this year, the NRP participants were significantly ($p < .01$) less likely to report “little” and “very little” satisfaction with the overall quality of life. Looking at the all previous year data for the NRP, it is interesting to see a much larger distribution of “very little” satisfaction when compared with this and last year’s findings. Again, the all previous year sample is very small, so statistical analysis was not appropriate.



NRP participants’ responses to the questions regarding their satisfaction with relationship that have shown to be associated with recovery were quite similar to those reported by the residential guests this year. These distributions suggest serious relationship problems exist for many of the NRP participants.



NRP participants responded in a statistically similar pattern as did the residential guests regarding other key recovery indicators at enrollment.



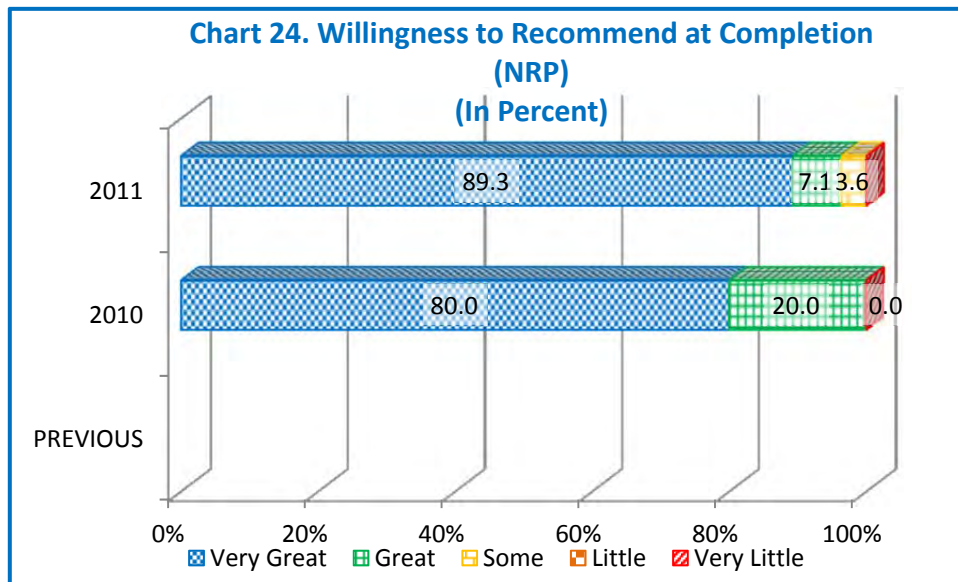
NRP participants reported, similar to residential guests, talking to a friend regarding personal problems more often than with their spouse or significant other. For the NRP participants, this was followed by counselor, parent, and 12-Step sponsor. Approximately 53.0% reported “very great” and “great” satisfaction with this relationship – a slightly higher satisfaction than the residential clients, but not significantly different.

Table 45. Talk With Most Often Prior to Registration
(In Percent)

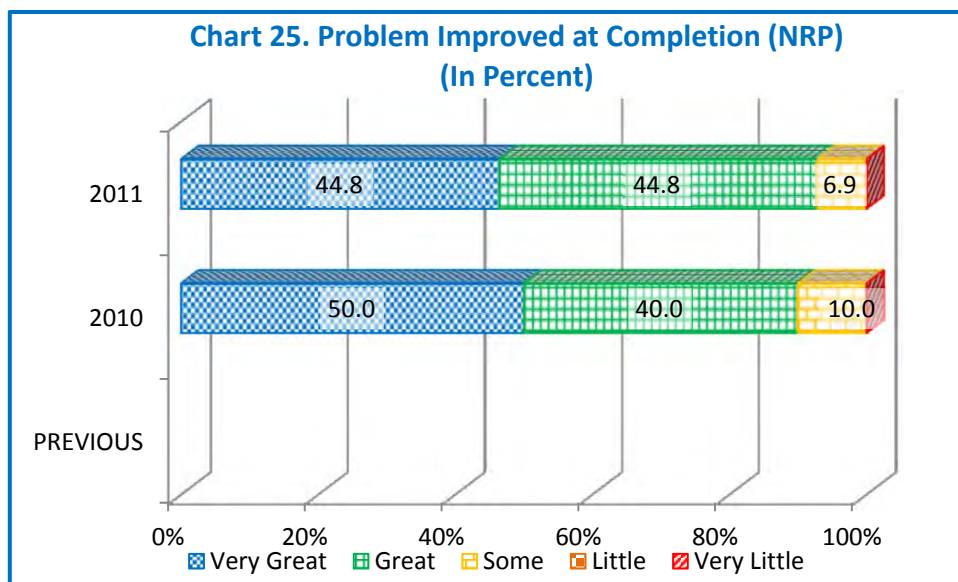
	2011	2010	Previous
Friend	31.3	27.7	28.0
Spouse/Significant Other	25.3	19.1	32.0
Counselor	9.6	14.9	12.0
Parent	8.4	17.0	12.0
12-Step Sponsor	8.4	6.4	0
Did not Talk to Anyone	6.0	10.6	8.0
Child	3.6	0	0
Priest, Minister, Rabbi	2.4	2.1	0
Other	4.8	2.1	8.0

Satisfaction at Time of Completion (NRP)

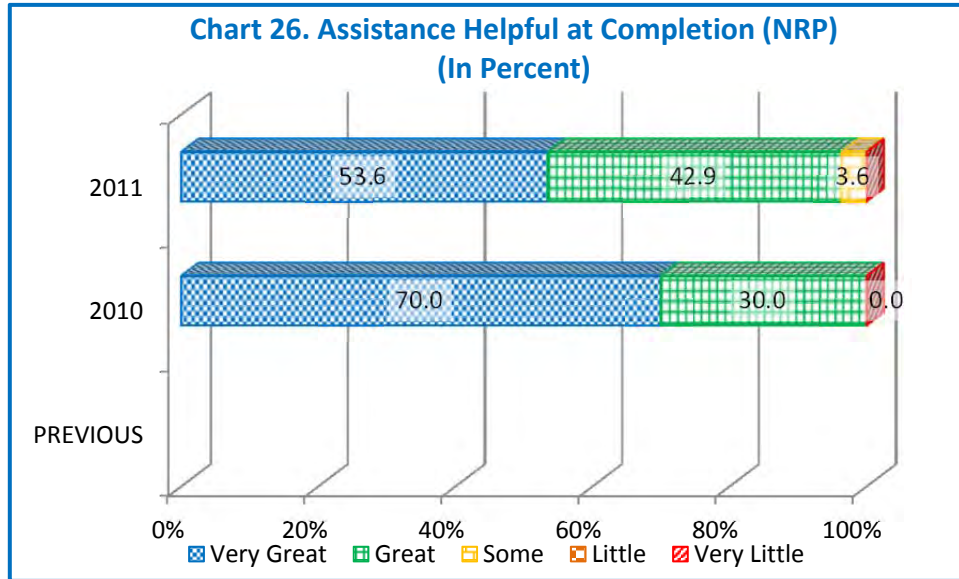
The evaluation team was provided NRP completion surveys for 29 individuals in 2011 and 10 in 2010. With the very small sample size from 2010 no attempt was made to compare the two years statistically.



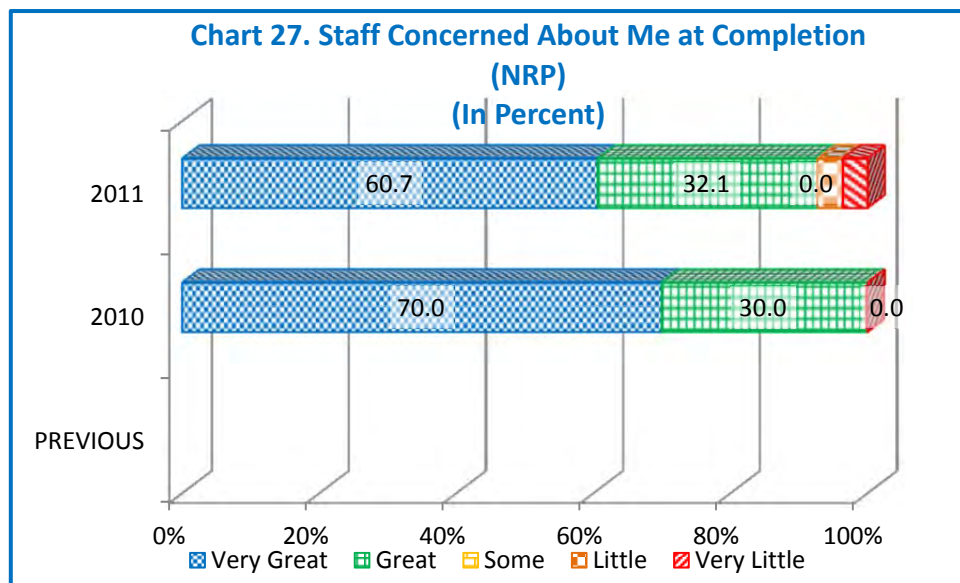
NRP participants' willingness to recommend the program to others was very strong with 96.4% indicating "very great" and "great." This finding is comparable to that reported above for the residential guests at the time of their departure.



This year, 89.6% of the NRP participants reported improvement in the problems that brought them to the program at the time of completion. This finding is also very similar to that of the residential guests.

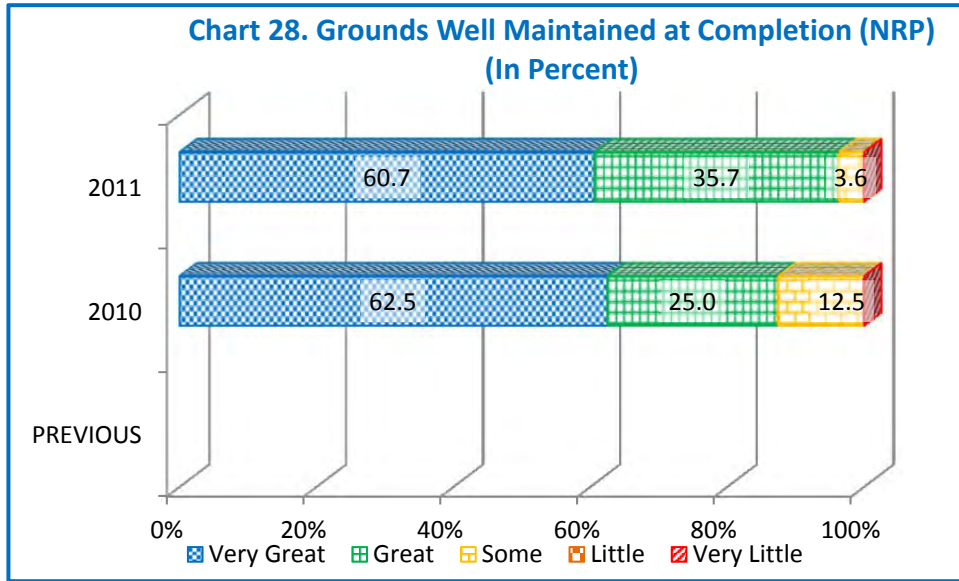


Interestingly, NRP participants were slightly more likely to report a higher level of satisfaction with their perception of the helpfulness of the assistance received than they were of the

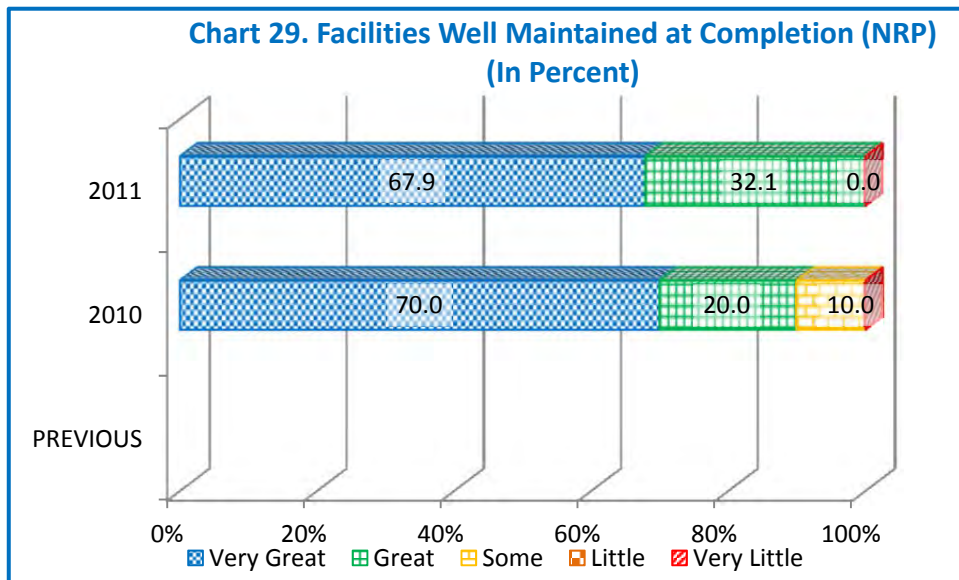


improvement of their problems with 96.5% so reporting.

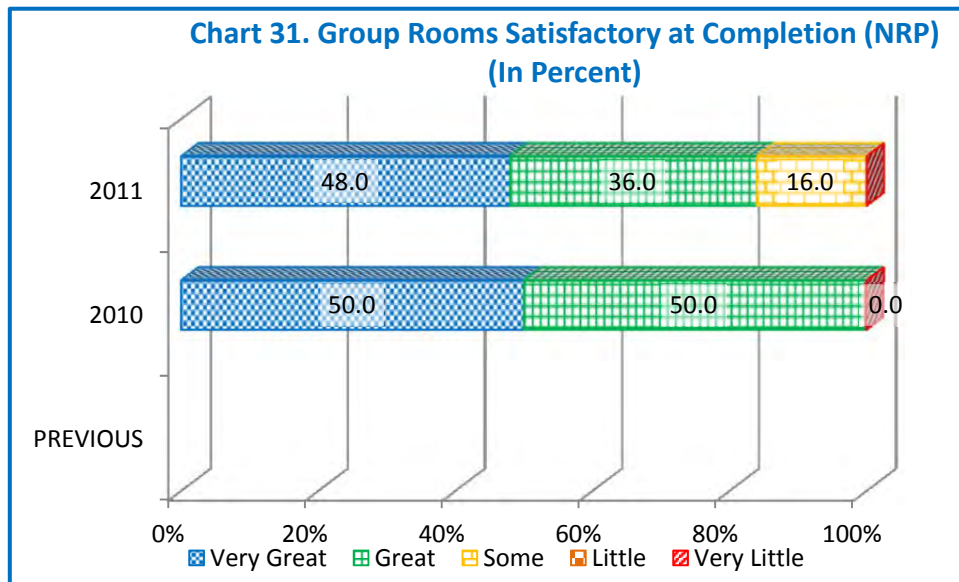
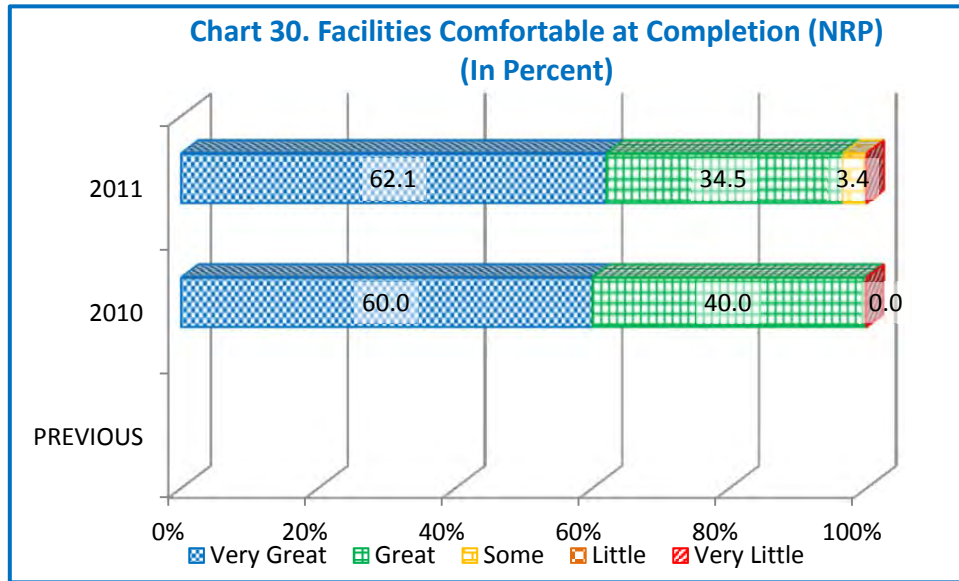
NRP participants were somewhat more likely to demonstrate a stronger endorsement regarding their perception of the level of concern for them by staff with 92.8% so reporting. This is compared to 80.4% for the residential program for this year.



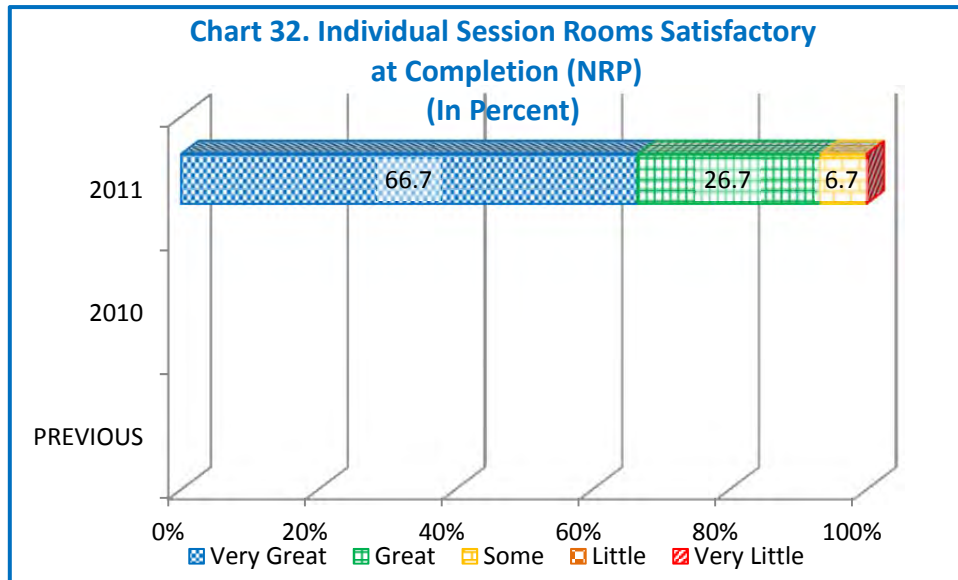
NRP participants' satisfaction with the condition of the grounds was very similar to that reported by the residential guests (96.4% compared to 94.5%)



NRP participants also rated the maintenance of the facilities higher (100%) than the rating provided by the residential guests. They also rated the comfortableness of the facilities high (96.6%).



Consistent with other facilities questions, the NRP participants rated the group rooms highly with 96.7% rating “very great” and “great.”



Interestingly, only about half the NRP participants this year responded to the question regarding appropriateness of the individual session rooms and only 20% responded to that question in 2010. Due to the large amount of “missing” data, this finding should be viewed with a good deal of caution. Similarly, only 38% of the participants responded to the question regarding the appropriateness of the recreation facilities and that data point is not presented.

Table 46. Key Recovery Indicators at Completion NRP (ANOVA)

	2011	2010	Previous
Relationship with Spouse/SO	ns		
Relationship with Children	ns		
Relationship with Friends	ns		
Relationship with Other Family	ns		
Higher Power	p < .05		
AA or 12-Step Fellowship	p < .01		
Self-image	p < .05		
Physical Health	ns		
Ability to Effectively Handle Problems	p < .05		
Job in General	ns		
School	ns		
Overall Quality of Life	p < .01		

This is the first year in which the NRP has had data with which to conduct an analysis of variance (ANOVA) statistical comparison of participants' scores provided at enrollment with those again provided at the point of completion. Although the sample is yet small, statistically significant improvement in participants' ratings of their relationship with a Higher Power, the Mutual Help activities, their self-image, their ability to effectively handle problems, and their overall quality of life is very encouraging.

Due to the timing of receipt of data the sample pool for follow-up is too small to report.

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 this update an 18-month look back period was utilized to provide fresh information and still have a sufficiently large sample to use statistical procedures for analysis.

Data held by the evaluation team indicated that 53 guests had recently accessed SH. Two-thirds of these individuals were males and the gender mix ratio was not statistically different from that reported this year for the residential program. In previous reports it was noted that males were more likely to be access SH than females when compared to the general residential population of the Retreat.

The average age of those accessing SH remained significantly ($p < .05$) younger (35.7 years) than those guests not accessing Retreat SH (40.8 years). Last year it was reported that the average age of individuals utilizing SH was decreasing. This year, with the 18-month look back, the average age has increased over previous reports.

There was no significant difference when looking at race/ethnicity or education levels this year. Nonetheless, those using SH were significantly more likely to be single (never married), report lower income categories, and be more likely to be unemployed at the time ($p < .01$).

Both groups reported similar as to the negative impact alcohol or drugs negatively affected their lives.

At 12-month follow-up the two groups were statistically similar in their reporting of their overall quality of life, very limited substance use, and employment. This suggests that a clear advantage for those typically more likely to relapse – younger, single, and unemployed.

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 44,000 admissions in a variety of recovery and treatment settings in the past two decades. Comments received during phone interviews and responses to open-ended survey questions very strongly reinforce the notion that The Retreat is a very special, caring place. It is not about completing a “treatment plan” and graduating, it is about building strong foundations for continued recovery.