



**2014
PROGRAM
EVALUATION
ANNUAL REPORT**

June 2015

This program evaluation has been funded by The Retreat. Questions regarding The Retreat, or requests for copies of this report, should be directed to John H. Curtiss, MA, LADC, NCRS, President, 1221 Wayzata Blvd. East, Wayzata, MN 55391; 866-928-3434 or info@theretreat.org,

Questions regarding the evaluation activities may be directed to Thomas L. Moore, PhD, CEO, Herbert & Louis, LLC (503) 685-6100 or tlmoore@herblou.com

Suggested citation of the report:

Moore, T. (2015). The Retreat: 2014 program evaluation annual report. Wayzaa, MN: The Retreat.

The opinions expressed in this report are those of the author and do not necessarily reflect those of The Retreat.

Eternally grateful for the opportunity I received. My only wish is that services were available to all those in need. (69190)

Abstract

This is the annual update of a longitudinal evaluations effort conducted by Herbert & Louis, LLC, an independent evaluation company, for calendar year 2014. This report compares current year findings with past year (2013) and all previous years' data from 2001 to 2011. It includes sections for the residential, non-residential, non-residential elder programs as well as an update on the sober housing outcomes. The findings presented continue to confirm positive findings consistently reported in past reports.

The average age of guests was 40.0 years, nearly identical to last year. Females were however significantly more like to be older than males (43.0 years compared to 38.7 years). Males comprised 70% of the guest population. The population continued to be predominantly White (97.4%), single - never married (44.9%), and unemployed (38.7%). Substances used prior to registration continued with a similar distribution as previous years will alcohol being the predominant substance (92.0%). Utilization of medical services and encounters with the criminal justice system prior to registration remained relatively low, similar to previous years.

Significant improvements were reported by guests across the full spectrum of key recovery measures at the time of departure for both residential and non-residential programs. Subsequently, guest satisfaction remained extremely positive as indicated by a very positive 97.6% positive endorsement of their willingness to recommend The Retreat to others. At six months post departure an abstinence rate of 67.8% was reported and at 12 months post departure the rate was 61.4%. The non-residential programs mirrored these high satisfaction and abstinence ratings.

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

Table of Contents

Abstract	i
Table of Contents	ii
Introduction	1
Residential.....	3
Demographics	3
Service Utilization.....	8
Baseline Satisfaction with Key Recovery Supports.....	12
Satisfaction at Time of Departure	15
Key Findings at Six-Month Follow-Up	23
Findings at Twelve-Month Follow-Up	27
Non-Residential Program.....	32
Demographics	32
Service Utilization.....	37
Baseline Satisfaction with Key Recovery Supports.....	41
Satisfaction at Time of Completion	44
Six-Month NRP Follow-up.....	49
Twelve-Month NRP Follow-up	52
Non-Residential Elder Program	55
Demographics	55
Service Utilization NREP	58
Baseline Satisfaction with Key Recovery Supports NREP.....	58
Satisfaction at Time of Completion of NREP.....	61
Six-Month NREP Follow-up	63
Twelve-Month NREP Follow-up.....	65
Sober Housing.....	66
Departure and Completion Statistics.....	69
Closing Comments	71
A. Evaluator Notes- Sample Sizes	72

Introduction

This report is an annual update for the period of January 1, 2014 through December 31, 2014 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. During the latter part of the calendar year the project also began tracking guests that were purposefully enrolled for a non-typical longer stay of 45 days or more. The number of individuals in that cadre was too small to report on for this year's 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 for 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 64.0% and the 12-month follow-up completion rate was 56.7% of those who provided consent and locator information. These are considered to be very good for the level of funding for the follow-up. A statistical comparison between those who participated in the follow-up and those who did not, found no meaningful difference.

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

I had a profound experience. I am still struggling w/ some aspects of life, but The Retreat helped me have a foundation to grow spiritually. (69324)

Demographics

The average age of guests this year was 40.0 years, in between last year and all previous years.¹ Males were significantly more likely to be younger (38.7 years) than females (43.0 years). The gender mix ratio has remained relatively constant over the years with a slight upward distribution of males (70.0%) (Table 1)

Table 1. Age and Gender			
	n	mean	sd
2014			
All	482	40.0	13.3
Males	337	38.7	13.1
Females	145	43.0	13.2
2013			
All	375	40.5	13.0
Males	243	40.8	13.0
Females	131	40.0	13.0
Previous Years			
All	3977	39.2	12.4
Males	2833	38.2	12.3
Females	1537	40.9	12.3

Table 2. Race/Ethnicity (In Percent)			
	2014	2013	Previous
Caucasian	97.4	94.2	94.8
Latino	0.4	0.6	0.6
Asian	0.4	0.8	0.5
Native American	0.0	0.3	0.4
Black/African American	0.0	0.0	0.6
Other/Not Reported	1.8	4.1	3.1

The distribution of race/ethnicity was statistically similar to all previous years even though

there were no Native America or Black/African American guests reported in the data

¹ In reports prior to 2014, the “All Year” category included the previous year. For better statistical comparisons, this report’s “All Years” category does not include data from either the current or immediately previous year.

received. Approximately 97.4% of the guests were reported as White/Caucasian this year compared to 94.2% last year and 94.7% all prior years. Females were slightly less likely to be reported as White/Caucasian this year. (Table 2)

	2014	2013	Previous
Single	44.9	41.4	44.4
Married	26.8	30.9	27.6
Divorced	21.3	19.3	18.6
Separated	3.4	3.9	5.6
Living as Married	2.5	3.0	2.6
Widowed	1.1	1.4	1.2

The largest distribution of guests remained single – never married (44.9%) up slightly from last year (41.4%). Those reporting being married decreased slightly while those reporting being divorced continue to increase slightly again this year.

The changes were not statistically significant. (Table 3.)

Full-time employment decreased slightly this year from 33.2% to 32.7%. Part-time employment also decreased slightly from 8.7% to 7.1%. Those reported being unemployed decreased from 40.0% to 38.76%. None of these fluctuations were statistically significant. (Table 4.)

Approximately 0.2% of the current year guests reported being self-employed.

	2014	2013	Previous
Full-time	32.7	33.2	31.1
Part-time	7.1	8.7	7.9
Irregular	7.1	5.4	5.6
Homemaker	3.2	3.4	5.0
Student	4.6	3.9	4.7
Retired	6.6	5.1	5.3
Unemployed	38.7	40.0	40.4

The level of education of guests enrolling this year remained relatively high with a statistically significant ($p < .01$) trend of guest enrolling who completed a college degree. (Table 5.)

The majority of guests (54.8%) again reported coming from a household with an annual income of \$50,000 or more, statistically similar across all years. (Table 6.)

Table 5. Education (In Percent)			
	2014	2013	Previous
Not Completed HS Graduate	2.3	2.7	2.1
HS Graduate	12.1	9.9	11.5
Some College/Trade School	36.2	41.5	44.1
College Graduate	32.8	31.6	26.5
Post-graduate Course Work	4.3	5.8	5.4
Post-graduate Degree	12.3	8.5	10.4

Table 7, on the following page, provides a presentation of the frequency with which enrolling guests reported key employment related activities often seen as cost/benefit indicators relating to the increased readiness for employment following

Table 6. Income Range (In Percent)			
	2014	2013	Previous
(Thousands of Dollars)			
< 20	18.1	16.0	18.1
20 to 29.9	9.2	9.6	7.7
30 to 39.9	8.5	8.7	9.6
40 to 49.9	9.4	9.9	9.1
> 50	54.8	55.8	55.5

recovery from addictions. Across the years there have mostly been minor fluctuations in the frequency with which guests have responded to these employment related questions. This year there was a very slight shifting with fewer guests reporting new jobs and fewer experiencing formal disciplinary actions in the past 12 months.

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

	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Promoted	64.3	69.3	68.6	17.7	14.6	15.9	6.3	6.4	6.9	2.8	2.8	2.5	8.9	6.9	6.2
Took a New Job	59.6	68.8	69.2	19.5	16.9	16.9	10.4	8.3	6.3	4.2	2.5	2.4	6.3	3.6	5.3
Fired From Job	71.5	71.3	71.9	19.0	20.9	19.6	5.9	4.7	4.9	2.3	1.7	1.6	1.4	1.4	2.1
On Job Accident	93.4	96.7	92.8	5.2	1.7	5.4	0.5	1.1	1.1	0.2	0.0	0.2	0.0	0.6	0.5
Filed Work Comp Claim	95.2	93.9	94.2	4.6	4.2	5.2	0.3	1.4	0.4	0.0	0.0	0.0	0.0	0.0	0.2
Filed Grievance	98.4	98.9	98.3	1.6	1.1	1.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1
Formal Disciplinary Action	73.3	80.8	78.7	17.4	12.6	12.7	5.1	3.6	5.0	2.1	0.8	1.5	2.1	2.2	2.2

On the enrollment survey, guests are asked to indicate all the substances they have used in the past 12 months. Over the years, preference in 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.

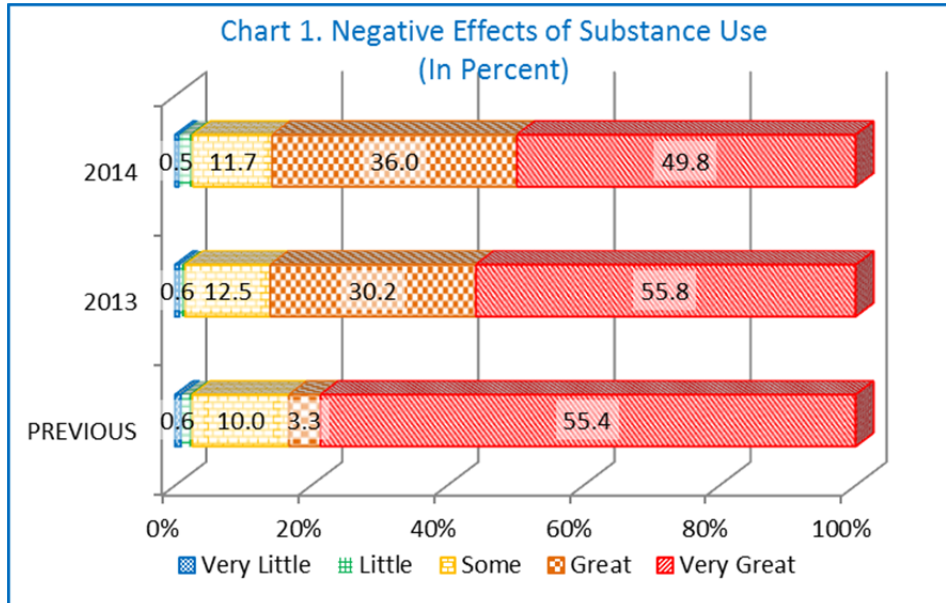
This year there was a slight upward shift in the distribution of guests reporting the use of marijuana, and continuing slight downward trend in the reported use of prescription drugs and hallucinogens. (Table 8.)

Alcohol continued to be the most frequently cited primary substance used (69.0%) the same as previously reported. Heroin continued to be the second most frequently cited substance of preference,

but distantly with 6.0% (down from 7.9%). “Other” substances were noted by 7.8% followed by marijuana (3.1%), meth/amphetamines (2.4%), cocaine (2.0%) and sedatives (1.8%). (Data not in a table.)

Guests continue to report significant negative effects from their substance use. This year 85.8% reported “very great” or “great” negative effects with a very slight trend over the years towards less severity. (Chart 1.)

	2014	2013	Previous
Alcohol	92.0	92.9	91.9
Marijuana/Hash	43.0	39.2	41.8
Prescription	30.4	35.3	37.5
Cocaine (Powder)	27.7	26.3	35.6
Other Opiates	22.0	21.9	22.9
Illegal Rx	20.8	19.7	21.2
Meth/amphetamines	18.0	18.9	18.4
Over the Counter	15.7	15.1	19.4
Heroin	14.9	16.2	14.3
Hallucinogens	14.6	15.6	17.4
Sedatives	14.2	14.8	18.2
Crack	12.4	11.2	20.9
Other Stimulants	10.6	9.3	9.7
Inhalants	5.5	6.3	7.0
Other Substances	5.3	4.9	5.7



Service Utilization

Approximately 55.0% of this year’s guests reported accessing detoxification services in the past 12 months prior to enrollment compared to 52.6% previously reported. This is very slightly up from last year with only minor fluctuations in the number of detox episodes reported. (Table 9.)

**Table 9. Detoxification Episodes
(In Percent)**

	2014	2013	Previous
None	45.0	48.8	48.1
One Time	28.5	25.1	26.1
Two Times	14.3	15.0	13.2
Three Times	4.5	5.4	6.0
More than Three Times	7.8	5.8	6.6

**Table 10. Outpatient Episodes
(In Percent)**

	2014	2013	Previous
None	65.4	62.6	63.0
One Time	21.4	22.4	24.3
Two Times	6.5	10.3	7.3
Three Times	2.5	1.7	2.1
More than Three Times	4.3	3.1	3.3

The number of outpatient episodes in the past 12 months was down slightly again from last year with 65.4% reporting none, compared to 62.6% so reporting last year. (Table 10.)

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

	2014	2013	Previous
None	50.7	56.9	49.1
One Time	24.8	20.1	25.8
Two Times	12.1	9.6	12.0
Three Times	5.4	6.6	5.7
More than Three Times	7.1	6.9	7.3

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

	2014	2013	Previous
None	54.8	52.2	58.2
One Time	20.1	22.1	20.7
Two Times	12.3	10.8	9.6
Three Times	4.3	5.2	4.2
More than Three Times	8.5	9.7	7.3

The number of guests reporting no substance related residential treatment in the past 12 months (50.7%) decreased from the 56.9% previously reported but remained very stable with the all previous years' distribution of 49.1%. (Table 11.)

Approximately 45.2% of the guests reported utilization of medical hospitalizations for substance related issues in the previous 12 months. This was down from 2013 (47.8%) and slightly up from all previous years (41.8%). (Table 12.)

Approximately 60.2% of the guests reported seeing an individual therapist at least once in the 12 months prior to registration. This decreased from 62.3% last year and 64% for all previous years continuing to indicate an across year trend. (Table 13.)

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

	2014	2013	Previous
None	39.8	37.7	36.0
One to Five	26.9	27.8	28.6
Six to Ten	10.1	14.0	12.0
Eleven to Twenty	12.4	9.3	9.8
More than Twenty	10.8	11.2	13.5

Emergency room use, hospitalizations for non-substance use related issue, and hospitalizations for mental health issues remained relative constant over all previous years with approximately 46% percent reporting emergency room use, 19% reporting

hospitalizations for issues not directly related to substance use, and about 11% reported enrollments in a hospital for mental health issues. (Table 14 – on next page.)

Participation in recovery activities prior to registration, such as mutual-help meetings, increased significantly ($p < .01$) to approximately 68.7% from 57.2% for all previous years prior to registration. Spouse, or SO, attendance at meetings remained the same with approximately 15% reporting attendance, the use of prayer and meditation also remained relatively flat at approximately 61%, as did contact with a sponsor at approximately 39% of guests so reporting. (Table 15 – on next page.)

This year approximately 18% reported receiving a driving while intoxicated (DWI), down significantly ($p > .05$) from 25.3% reported last year. Over all previous years, approximately 18.5% of guests reported at least one arrest in the previous 12 months related substance use with approximately 7.1% for possession. Although the distribution of those reporting arrests for other non-substance related offenses dropped 7% last year to 10.3% this year, the rate was quite similar to all previous years. (Table 16 – on next page.)

Table 14. Other Service Utilization (In Percent)

	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Hospitalization (Physical Problem)	80.8	79.1	78.0	9.1	10.3	13.3	4.1	6.1	4.5	1.4	1.3	1.4	4.6	2.3	2.8
Emergency Room	53.6	53.4	52.5	24.3	22.9	24.7	11.2	11.7	11.1 9.6	4.8	5.4	4.9	6.2	7.1	6.8
Hospitalization (Mental Problem)	88.6	88.8	87.0	8.4	7.8	8.6	1.6	2.2	2.6	0.0	1.1	0.9	1.4	0.8	0.9

Table 15. AA/NA Participation (In Percent)

	> 3 / Week			2 to 3 / Week			1 / Week			1 / Month			< 1 / Month/None		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Attend AA/NA	21.3	17.7	18.6	16.7	17.8	18.6	10.1	13.0	12.6	10.6	10.4	7.4	31.3	41.1	42.8
Contact Sponsor	11.7	11.4	14.8	10.3	10.3	9.5	13.0	11.1	11.9	10.6	7.8	6.0	61.6	62.2	60.7
Spouse/SO Attend Mutual Help	1.4	4.4	3.0	2.8	3.1	3.0	8.0	6.9	6.7	1.2	2.9	3.6	86.6	85.4	83.7
Prayer/Meditation	26.4	30.0	27.7	12.8	14.7	13.8	13.7	13.0	12.2	9.1	7.2	7.0	38.0	42.7	39.2

Table 16. Community Related Indicators (In Percent)

	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Driving While Intoxicated	82.0	74.7	78.7	14.2	21.5	15.7	1.8	1.7	3.4	0.2	1.1	1.2	1.8	1.1	1.0
Arrested A/D Related Crime	82.0	82.0	81.5	11.4	13.5	11.5	3.0	1.7	3.6	1.1	1.1	1.5	2.5	1.7	1.9
Arrested for Possession	92.9	92.2	92.7	5.7	5.9	5.4	0.5	1.1	1.2	0.2	0.3	0.4	0.7	0.6	0.3
Arrested for Other Offenses	89.7	93.0	88.2	5.5	4.5	7.4	1.6	1.4	2.3	0.9	0.3	0.6	2.3	0.8	1.5
Incarcerated	78.3	73.5	73.0	13.5	20.1	17.9	3.7	3.3	5.2	1.1	2.0	1.9	3.4	1.1	2.0

Again this year, a relatively small percentage of the guests (4.0%) reported accessing a half-way house in the 12 months preceding registration for an average of 81.2 days, which is not significantly different from previous years. (Table 17.)

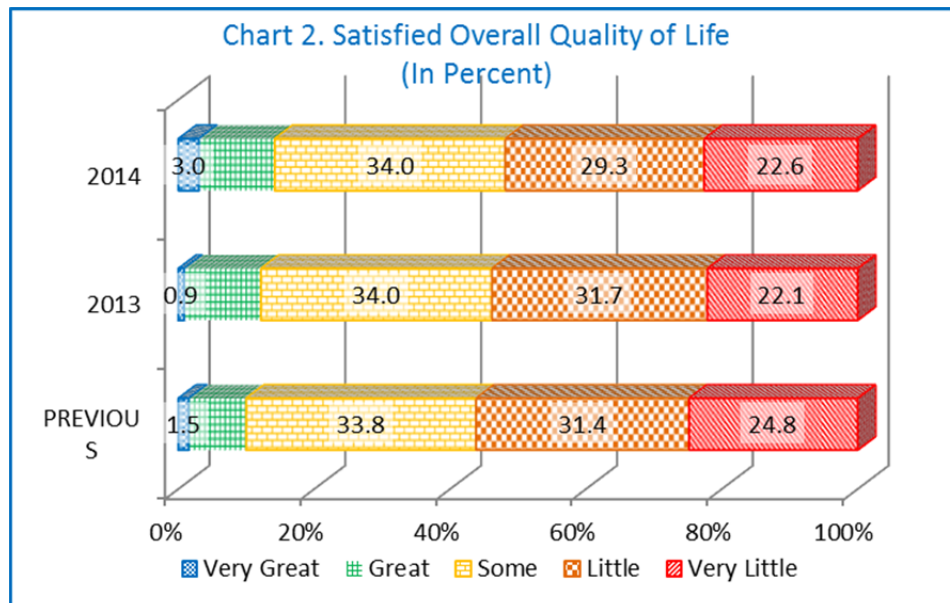
	n	mean	sd
2014	18	81.2	80.3
2013	16	114.5	105.7
Previous Years	316	84.3	72.2

	n	mean	sd
2014	71	104.3	90.1
2013	44	96.0	101.7
Previous Years	527	107.2	96.7

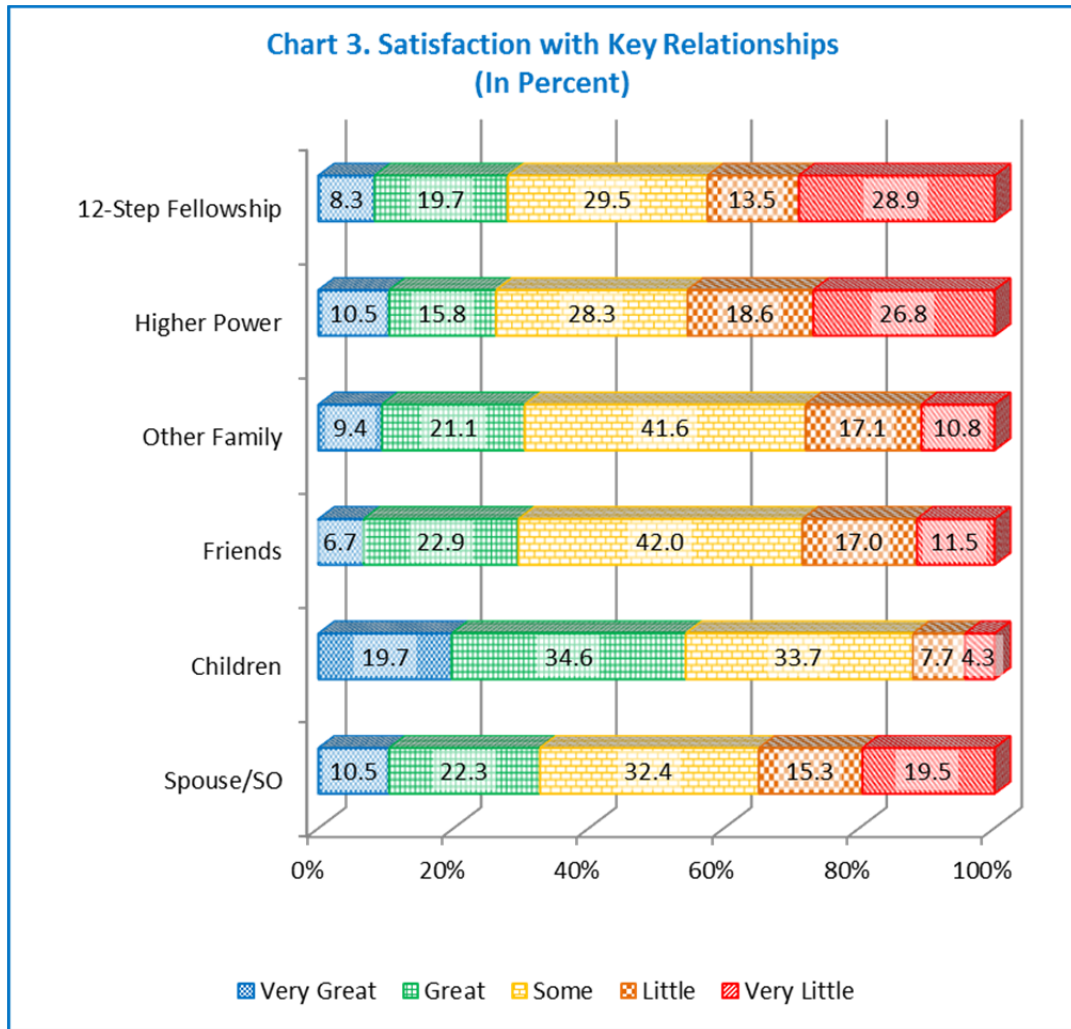
Approximately 15.7% of the guests, up from 11.7% last year, reported residing in a sober house within the 12 month prior to registration. The amount of time housed was not significantly different than those previously reported. (Table 18.)

Baseline Satisfaction with Key Recovery Supports

Approximately 52% of the guests reported experiencing “little” or “very little” overall satisfaction with their quality of life this year. This distribution of dissatisfaction was statistically similar to all previous years. (Chart 2.)

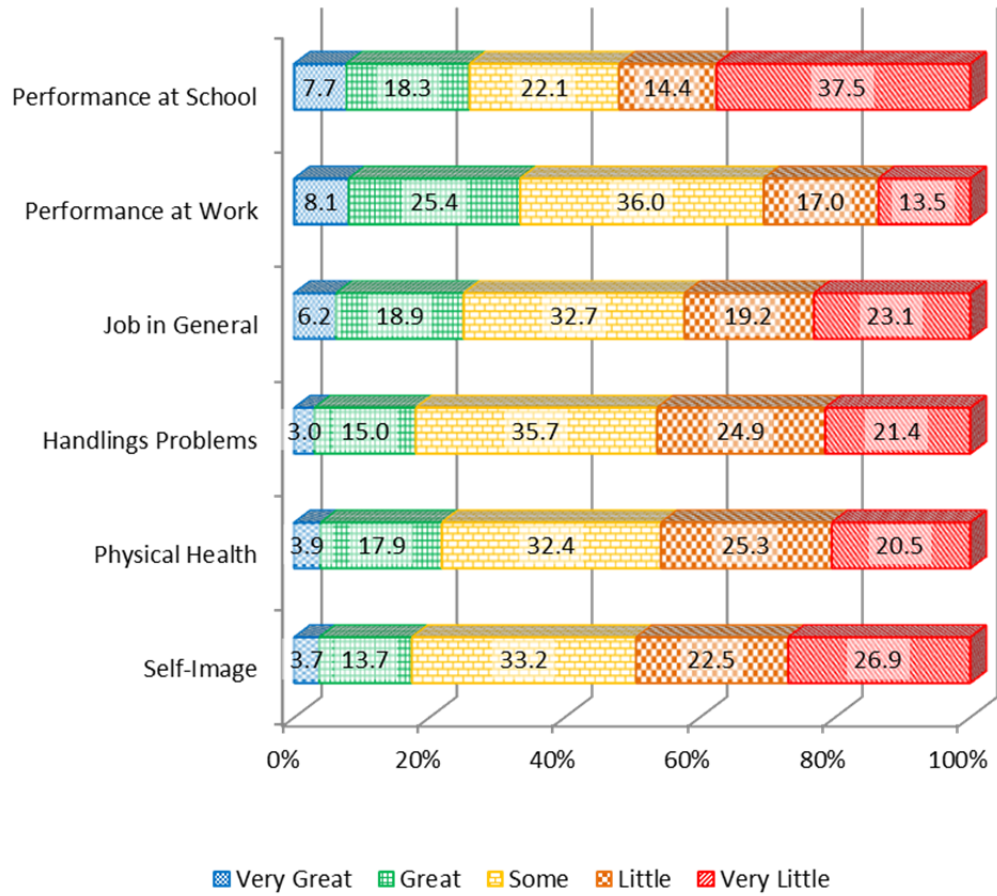


Guest responses to their level of satisfaction with key relationships continued to parallel closely with that previously reported and, as expected, remained low with only about one-quarter of the guests reporting “great” or “very great” satisfaction with their spouse or significant other; friends, or other family. Satisfaction with children has consistently been the highest marker in this domain with approximately 54% reporting positively. (Chart 3.)

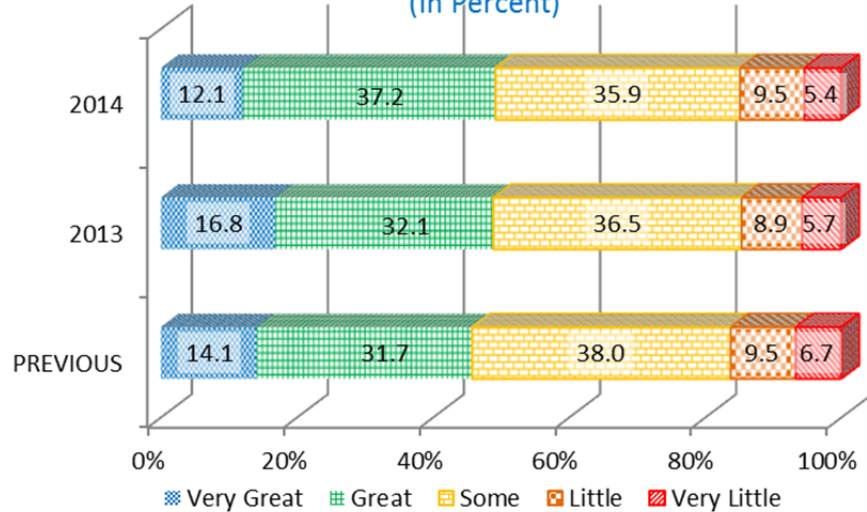


As previously reported, guest satisfaction with other key indicators suggested several areas of low satisfaction such as: 49.4% reporting “little” or “very little” satisfaction with their self-image and approximately; 45.8% dissatisfied with their physical health, 46.3% dissatisfied with their ability to handle problems; and, 42.3% dissatisfied with their job. (Chart 4.)

**Chart 4. Satisfaction with Other Key Indicators
(In Percent)**



**Chart 5. Satisfied With Closest Relationship
(In Percent)**

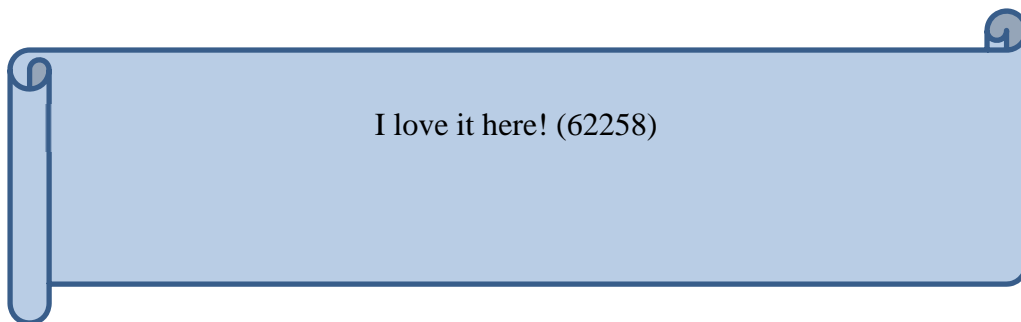


Satisfaction with their closest support relationship remained low with only 12.1% reporting “very great” and 37.2% reporting “great.” The responses to this key recovery support question remained statistically similar to previous years. (Chart 5.)

Overall, a “friend” continued to be the most likely identified person who guests reported as most frequently talking to about problems followed closely by spouse/SO. As would be expected, when looking at just those guests who were either married or living as married, the distribution shifted significantly to talking with a spouse or significant other (54.3%). There was some shifting from previous years with more guests indicating they spoke with a parent (15.8%) and fewer reporting they did not talk to anyone (6.5%). (Table 19.)

	2014	2013	Previous
Friend	25.0	25.3	26.3
Spouse/Significant Other	22.7	25.1	23.0
Parent	15.8	12.9	12.0
Counselor	11.4	11.0	11.6
12-Step Sponsor	10.7	9.7	10.6
Did not Talk to Anyone	6.5	11.0	9.9
Other	4.3	3.0	3.6
Priest, Minister, Rabbi	1.9	0.8	1.5
Child	1.6	1.1	1.6

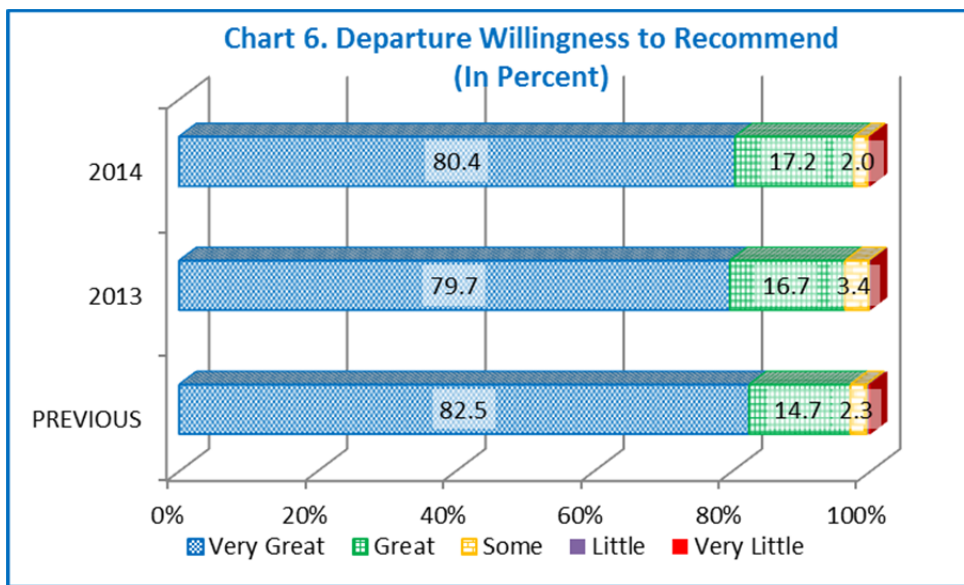
Satisfaction at Time of Departure



As discussed above, at the time of departure, guests are provided the opportunity to

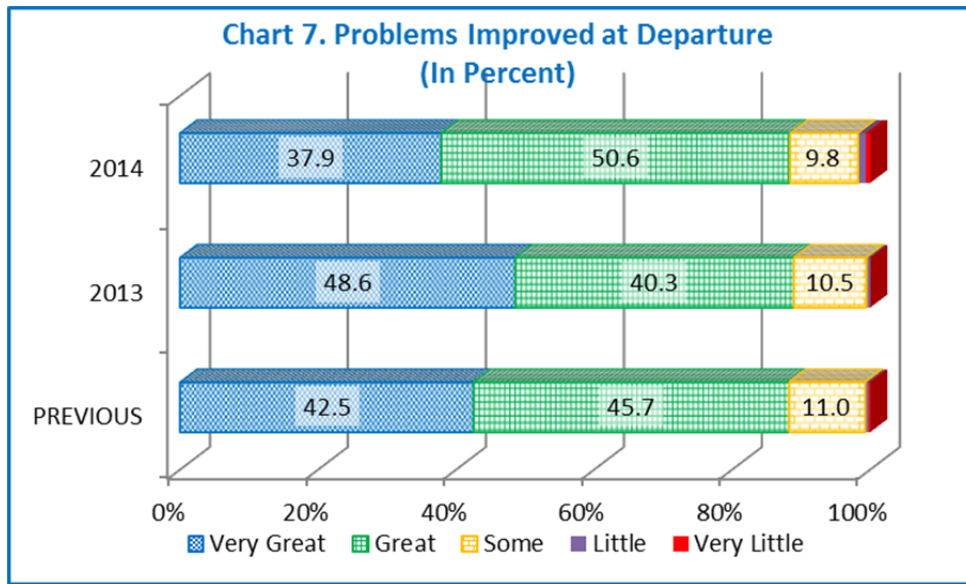
provide feedback on a satisfaction survey. Generally speaking, the findings reported from these studies have been encouragingly consistent over the years although the instrument has proven sensitive in design to staff personalities and approaches.

A key marker for consumer satisfaction is their willingness to recommend the services to others. With a normal rule of thumb based on findings from other addictions programs, a positive endorsement of 85% (“great” and “very great” using the scale employed for this study) is considered minimally acceptable and normally there is evidence of numerous areas for improvement noted from the data. For The Retreat, level of endorsement by quests, at the time of departure, continues to be extremely positive. Of the sample of 462 departing guests

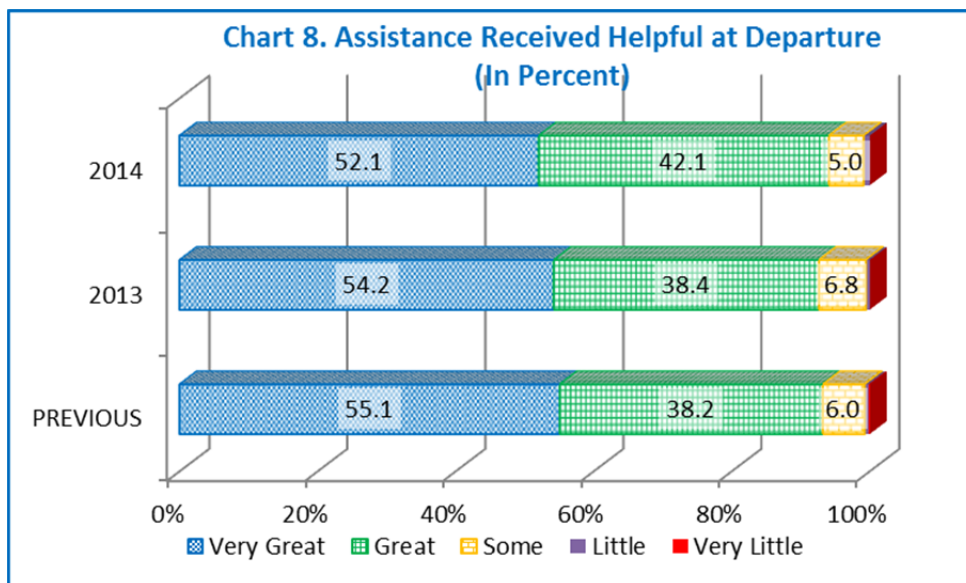


participating, a remarkable 97.6% reported they were willing to refer others to The Retreat to a “very great” and “great” extent. This strong endorsement rate has remained relatively stable over the years. (Chart 6.)

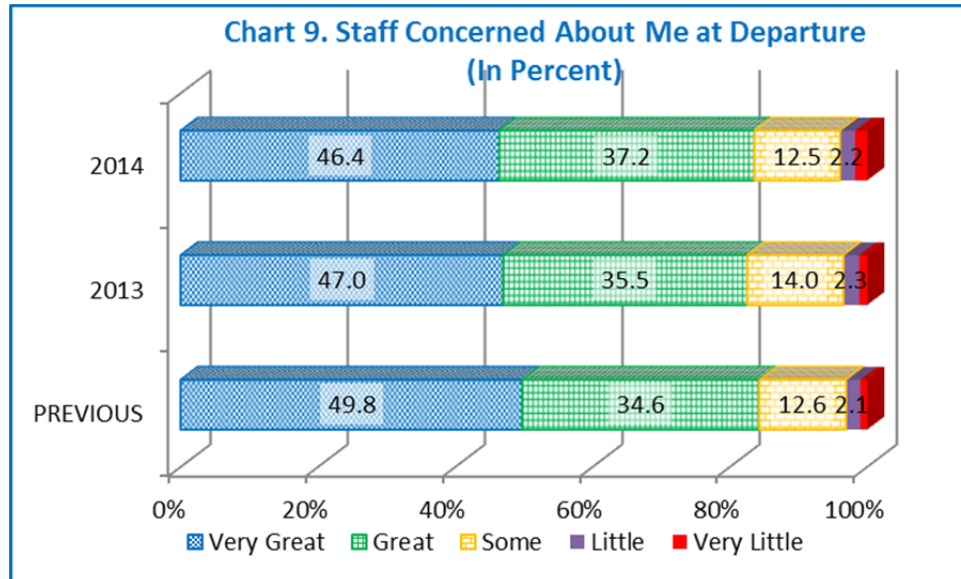
Approximately 88.5% responded to a “very great” and “great” extend in regards to the improvement of problems that brought them to The Retreat. This good level of self-reported outcomes has remained quite consistent throughout the evaluation efforts. (Chart 7.)



Approximately 93.2% of the departing guests reported that the assistance received during their visit was helpful. This is up slightly from last year and statistically similar to all previous years. (Chart 8.)



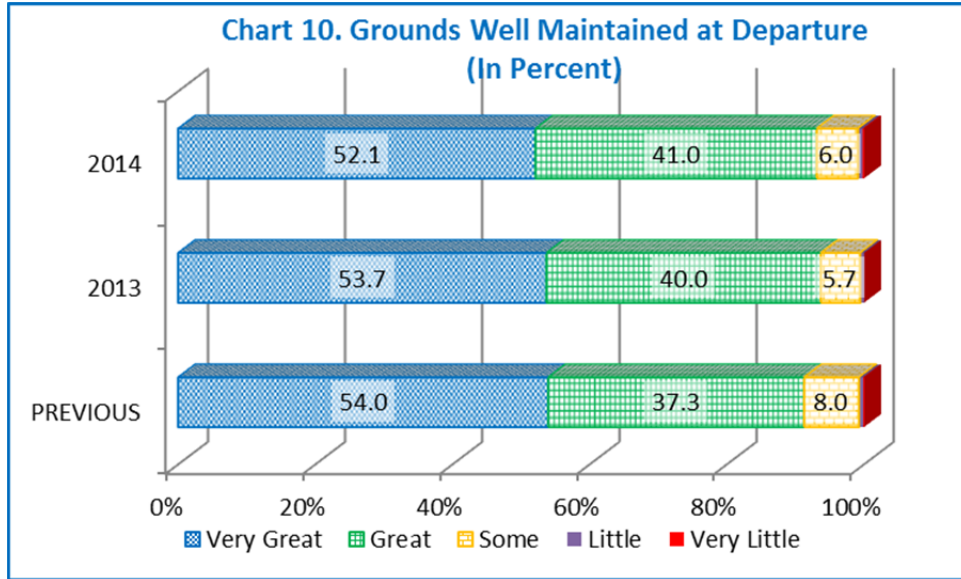
One of the hallmarks of effective service in the field is the extent to which guests feel that staff were personally concerned about them and their care. This year, the indicator for this concern crept up from 82.5% to 84.3% remaining statistically similar to all previous years. (Chart 9.)



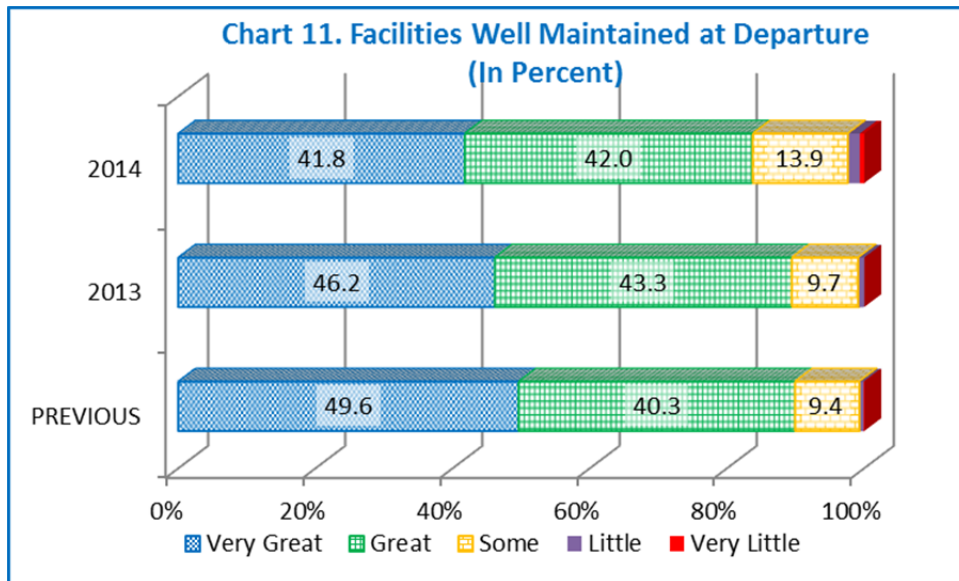
The environment in which services are provided is important to the overall experience guest take away. Condition and maintenance of the grounds, building, living, and working spaces are important to reducing stress and not detracting from the ability of individuals to focus on themselves in a restful, healthy manner. To address those markers the five following questions are asked in an effort to monitor the potential impact of the environment.

Interesting, there has been a nearly imperceptible decrease over the years in the scoring of the “always” category over the years for the questions related to physical facilities.

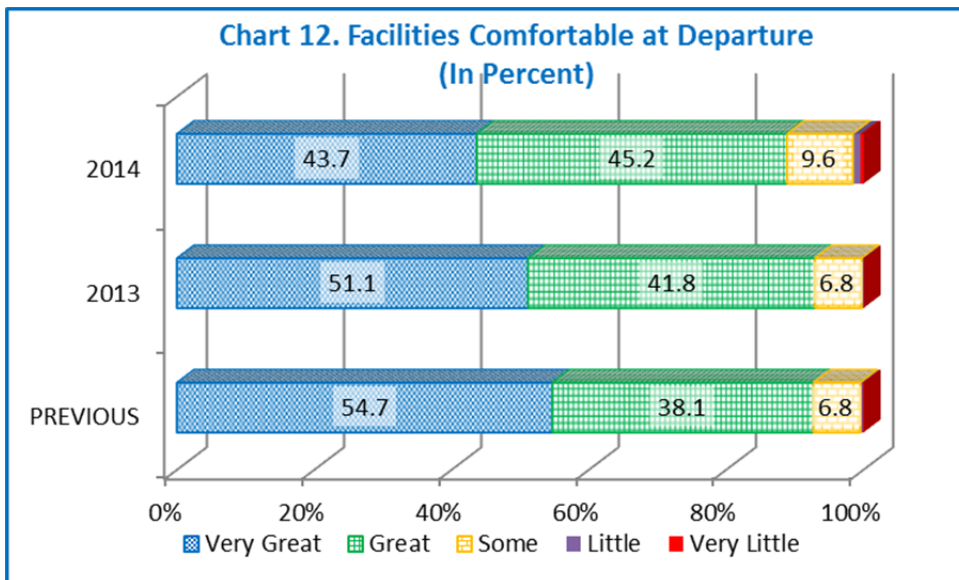
Approximately 93.1%, down slightly from 93.7%, of the departing guests were quite positive about the campus grounds. (Chart 10.)



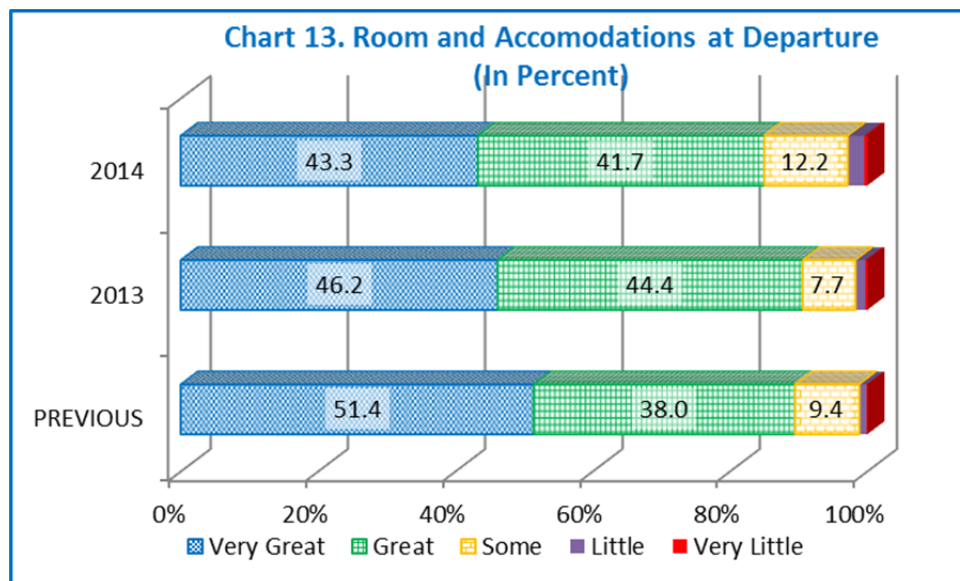
Approximately 83.8% reported satisfaction with the maintenance of the facilities, down slightly previous reports. (Chart 11.)



Perceptions regarding the comfortableness of the facility were down slightly from 92.7% to 88.9% this year at 92.7%. (Chart 12.)

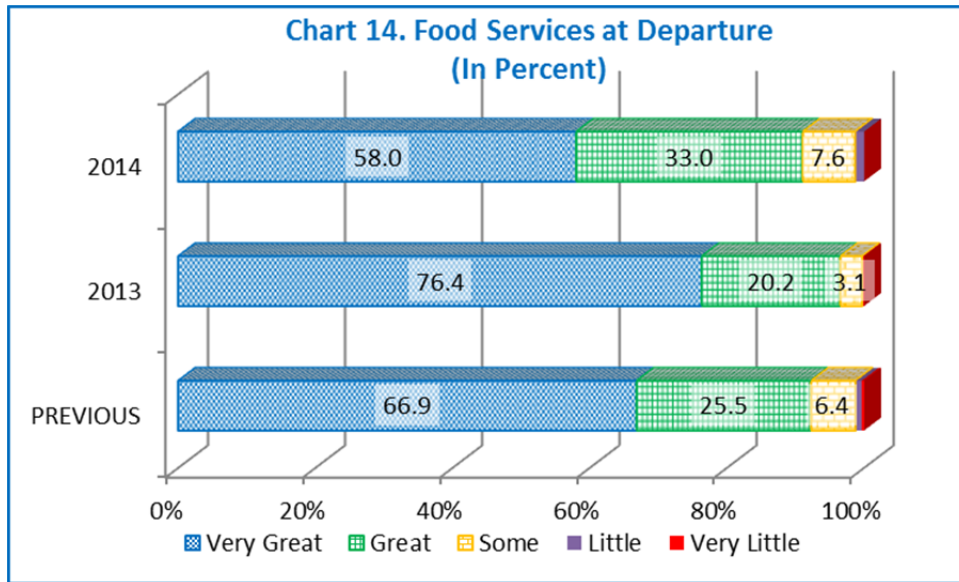


Approximately 85.0% indicated satisfaction with their room and accommodations, down from 90.6% last year. (Chart 13.)

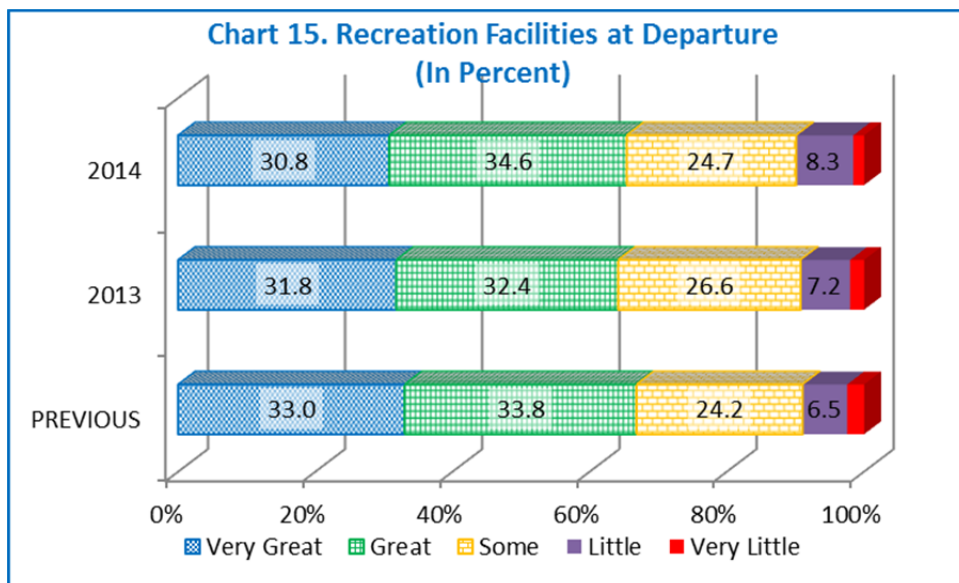


Food services and recreational/exercise opportunities are typically the categories that receive the widest distribution of satisfaction ratings as it seems humans are more particular about what they eat and how they exercise than where they are and what they're otherwise

doing. Nonetheless, for The Retreat this has not been the case. This year 91.0%, down from 96.8%, of the departing guests provided positive response regarding food services. (Chart 14.)



Satisfaction with recreational opportunities has remained relatively stable over the years with only 65.4% responding positively. This is normally expected in residential environments with busy schedules. (Chart 15.)



As continues to be consistently 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 continues to be quite remarkable. (Table 20.)

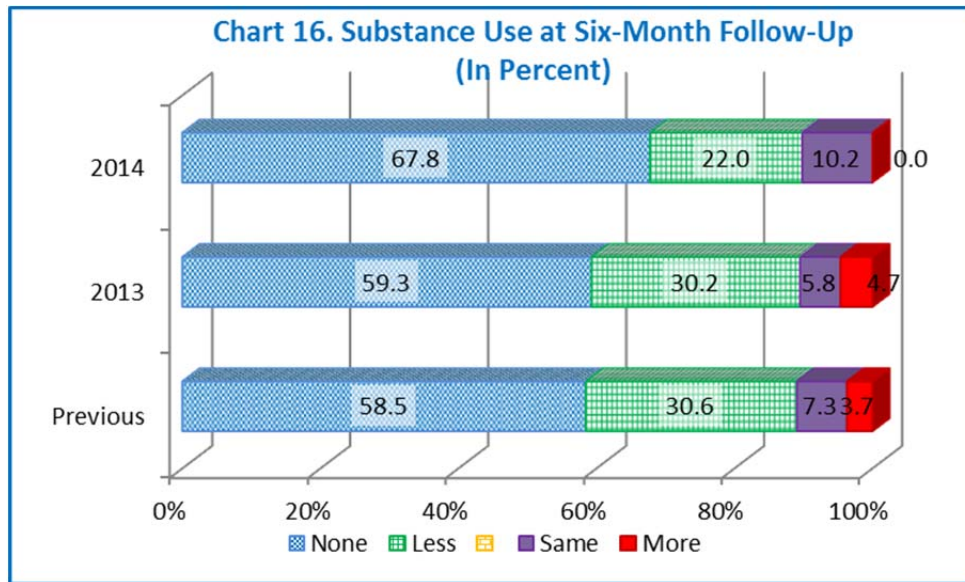
Table 20. Key Recovery Indicators at Departure ANOVA			
	2014	2013	Previous
Relationship with Spouse/SO	p < .01	p < .01	p < .01
Relationship with Children	p < .01	p < .01	p < .01
Relationship with Friends	p < .01	p < .01	p < .01
Relationship with Other Family	p < .01	p < .01	p < .01
Higher Power	p < .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

In the past, this report has provided 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 and reported by the evaluation team on a monthly basis and an analysis of the current year's guest comments again revealed no trends.

Most Helpful: Learning I was not alone. Learning about my problem and that it was a sickness. Introduction to AA for first time. Starting the process of recovery!

Key Findings at Six-Month Follow-Up

At six-month follow-up, 67.8% of the past guests reported abstinence since departing The Retreat. This was up from previous reports. Approximately 22.0% reported using less than before registration, and 10.2% reported using more. (Chart 16.)



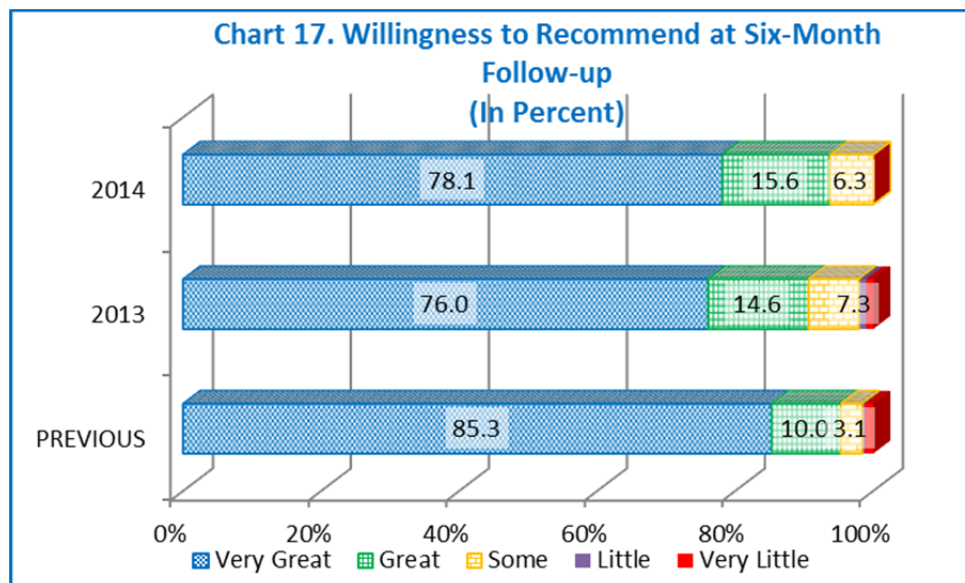
Of those who reported use, 16.7% reported using once and stopping while 44.4% reported using two or more times with periods of abstinence of longer than 30 days. Approximately 16.7% reported using two or more times, but being sober for the past 60 days prior to completing the survey and 22.2% of those who used reported using more or less continuously. (Not in a table.)

Alcohol (33.9%) continued to be the most frequently identified substance for those who used following departure from The Retreat. The order of endorsement this year was similar to all past years but saw some downward shifting in the frequency in the use of several substances. (Table 21.) A follow-up question pertaining to the primary drug of choice indicated Alcohol (32.3%) with all other substances following distantly.

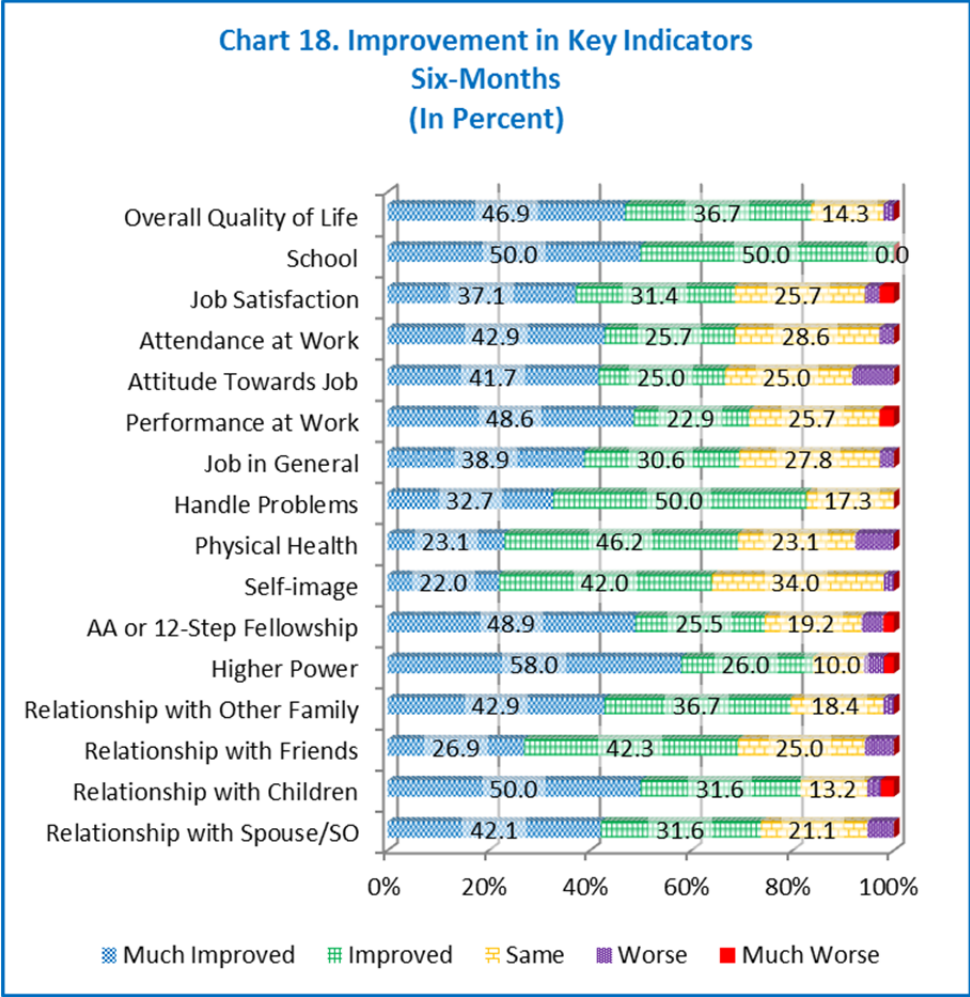
Table 21. Substances Used at Six-Month Follow-up (In Percent)			
	2014	2013	Previous
Alcohol	33.9	38.8	38.4
Prescription Meds	13.9	15.3	12.4
Over-the-Counter	6.2	9.2	9.3
Cocaine	1.5	6.1	6.8
Crack	1.5	3.1	4.8
Hallucinogens	1.5	2.0	2.1
Other Opiates	1.5	4.1	2.6
Sedatives/Tranquilizers	1.5	2.0	2.1
Illegal Prescription Meds	1.5	5.1	2.6
Heroin	0.0	2.0	2.6
Inhalants	0.0	1.0	0.8
Marijuana/Hashish	0.0	0.1	0.1
Meth/amphetamines	0.0	3.1	2.9
Other Stimulants	0.0	2.0	1.8
Other Substances	0.0	2.0	1.1

Past guests remained quite positive at six-month follow-up with 93.7%, up from 90.6%, willing to recommend The Retreat to others to a “great” or “very great” extent.²

(Chart 17.)



² It should be noted that typically satisfaction “scores” tend to drop the longer individuals have been away from services.



At six-month follow-up, previous guests continued to report improvement across all of the key recovery relationship indicators. Approximately 46.9%, down from 55.3% last year, reported “much improvement” in their overall quality of life and another 36.7%, up slightly from last year’s 34.2%, reported “improvement.” Approximately 14.3%, up from 7.9% .reported their quality of life was about the “same” and before registering and 2.0% worse or much worse. Improvements in key relationships including spouse/significant other, children and friends for example continued to support increased satisfaction with key recovery relationships. (Chart 18.)

Utilizing an analysis of variance (ANOVA) comparing utilization at six month post departure with what was reported at registration, the same three key recovery areas of attending fellowship meetings, contact with a sponsor, and prayer/meditation saw significant improvement. This year saw significant improvement in attendance at fellowship by the guests' spouse or significant other.

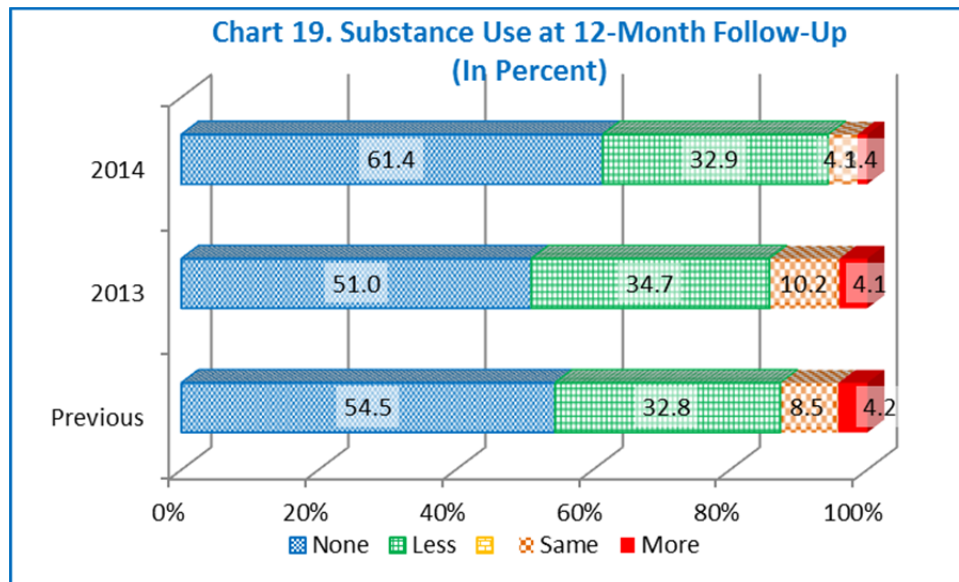
	2014	2013	Previous
Detox Center			p < .01
Outpatient A&D			
Inpatient A&D			
Hospitalization A&D			p < .05
Attend Fellowship Meetings	p < .01	p < .01	p < .01
Contact Sponsor	p < .01	p < .01	p < .01
Spouse/SO Attend	p < .01		p < .01
Fellowship Service Work			p < .01
Prayer/Meditation	p < .01	p < .01	p < .01
Sponsored Someone			
Hospitalization Other			
ER Visits			p < .01
Hospitalization MH			
Non-Res/Outpatient Visits			
Arrests (Any Type)			
Incarceration			
Work/Employment Issues			p < .05
Started New Job			p < .01

Looking at all previous years, significant improvement continued to be identified in ten of the key recovery areas. The all previous years is a much larger sample than single years and the sample size contributes to the likelihood of demonstratable (Table 22.)

Care should be exercised concluding the numbers of significant improvements are decreasing, as it most likely is not a reflection on the efficacy of the program but an artifact of a larger sample. Also, 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 such as hospitalization for example.

Findings at Twelve-Month Follow-Up

Approximately 61.4% of the guests participating in the 12-month follow-up reported not using substances since departure. Another 32.9% reported using less than before registration, 4.3% reported using about the same and 1.4% reported using more than before registration. The current findings are somewhat stronger than previously reported. (Chart 19.)



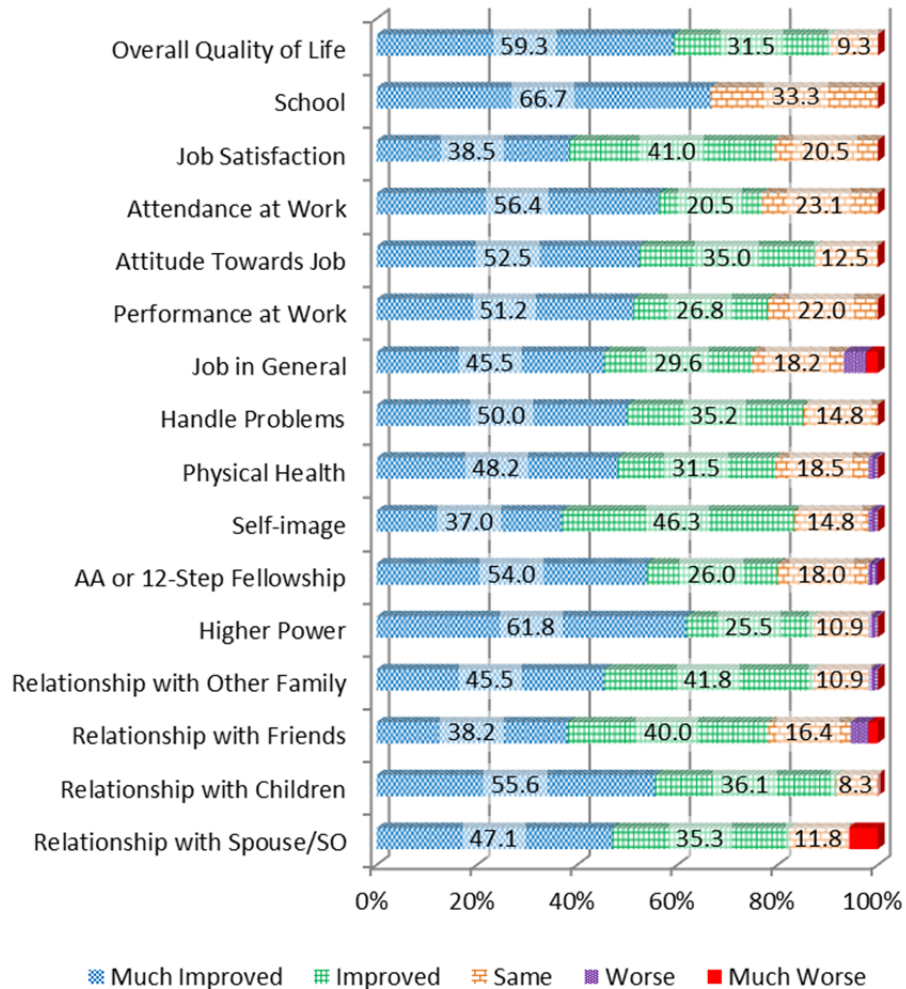
For those who used, 16.0% reported using once and stopping, 32% used two or more times but with periods of abstinence 30 days or longer, 40% reported using two or more times and being sober for the past 60 days, and 12% reported using more or less constantly since departure.

As previously reported, substances used at twelve-month follow-up patterned generally similar to those reported at six-month follow-up with some non-statistically significant shifting. (Table 23.)

	2014	2013	Previous
Alcohol	35.5	43.8	41.1
Prescription Meds	9.2	12.4	12.1
Over-the-Counter	6.6	9.5	7.2
Cocaine	5.3	4.8	6.9
Other Opiates	3.9	4.8	2.9
Crack	2.6	1.9	5.2
Heroin	2.6	3.8	2.8
Meth/amphetamines	1.3	1.9	2.8
Sedatives/Tranquilizers	1.3	1.0	2.7
Illegal Prescription Meds	1.3	2.9	3.1
Marijuana/Hashish	0.1	0.1	0.1
Hallucinogens	0.0	1.0	1.8
Inhalants	0.0	0.0	1.0
Other Stimulants	0.0	1.0	1.1
Other Substances	0.0	0.0	0.9

At twelve-month follow-up, the distribution of responses regarding improvement of key indicators since departure remained similar to those previously reported with some non-significant shifting. (Chart 20.)

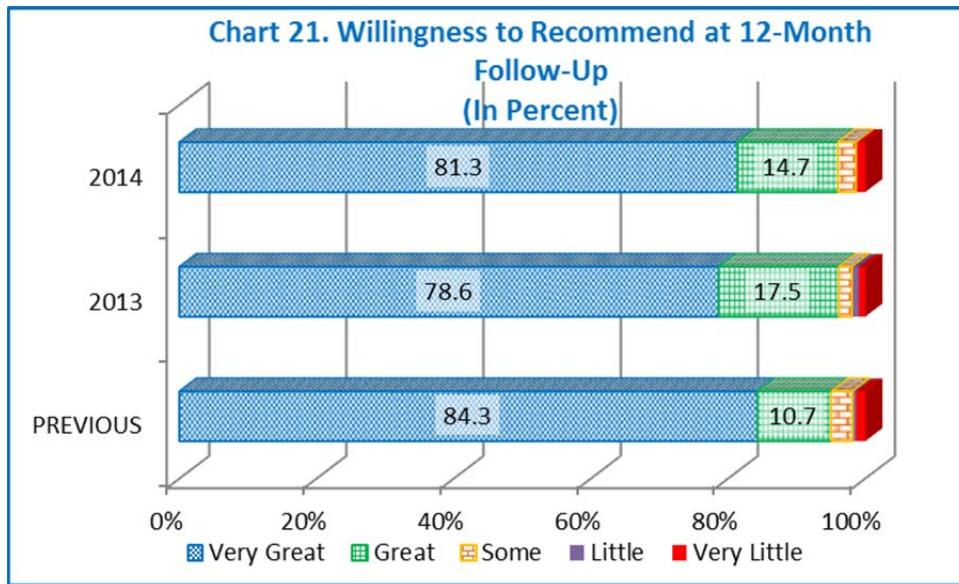
**Chart 20. Improvement in Key Indicators
12-Month Follow-Up
(In Percent)**



This year there was a statistically significant improvement in the frequency reported for attending fellowship meetings that was not seen last year but was again found for all previous years. Contact with a sponsor and the practice of prayer and meditation also saw significant improvement as reported last year. (Table 24.)

Table 24. Key Service Utilization at 12-Months (ANOVA)			
	2014	2013	Previous
Detox Center			p < .05
Outpatient A&D			
Inpatient A&D			
Hospitalization A&D			p < .05
Attend Fellowship Meetings	p < .01		p < .01
Contact Sponsor	p < .01	p < .01	p < .01
Spouse/SO Attend			p < .01
Fellowship Service Work			
Prayer/Meditation	p < .01	p < .01	p < .01
Sponsored Someone			p < .01
Hospitalization Other			
ER Visits			p < .01
Hospitalization MH			
Non-Res/Outpatient Visits			p < .01
Arrests (Any Type)			
Incarceration			
Work/Employment Issues			
Been Promoted			p < .05
Started New Job			

Willingness to recommend The Retreat to others remained very strong for those participating in the 12-month follow-up with 96% reporting favorably. This was statistically similar to previous reports. (Chart 21.)



Non-Residential Program

Demographics

The average age of participants in the non-residential program (NRP) this year was 40.9 years up somewhat from the 38.9 years previously reported. This year females (44.2 years) were significantly ($p < .05$) more likely to be older than males (38.4 years). This was dissimilar to last year but the same as all previous years. There was no statistically significant difference in age between the NRP and Residential guests. (Table 25.)

Approximately 44.3% of the NRP participants were female which was significantly ($p < .01$) greater than the distribution of females (30.1%) in the residential program.

This year, 11.5% of the NRP sample reported being previously enrolled one time in the residential program compared to 13.0% so reporting last year.

NRP participants were primarily Caucasian/White (97.8%) with only a very small representation of “other” or not reported this year. (Table 26.)

Table 25. Age and Gender NRP

	n	mean	sd
2014			
All	88	40.9	12.0
Males	49	38.4	11.4
Females	39	44.2	12.0
2013			
All	63	38.9	11.9
Males	35	39.3	10.2
Females	28	38.3	13.7
Previous Years			
All	339	40.4	11.7
Males	205	39.3	11.3
Females	133	42.1	11.9

Table 26. Race/Ethnicity NRP (In Percent)

	2014	2013	Previous
Caucasian	97.8	97.8	97.3
Native American			0.3
Black/African American			
Latino			0.3
Asian	0.1		
Other/Not Reported	2.1	2.2	2.1

This year the NRP saw a continuing, slight decrease in married participants (35.2%) with corresponding increasing trend in single participants. The distribution of divorced individuals has fluctuated over the years but was up to 19.3% this year. (Table 27.)

	2014	2013	Previous
Single	42.1	41.3	35.2
Married	35.2	37.3	38.1
Divorced	19.3	12.0	16.7
Widowed	2.3	1.3	1.0
Separated	1.1	4.0	5.2
Living as Married	0.0	4.0	3.8

	2014	2013	Previous
Full-time	65.5	44.6	51.0
Part-time	8.0	12.3	7.2
Irregular	1.1	6.2	5.8
Homemaker	3.4	10.8	2.9
Student	2.3	1.5	3.4
Retired	4.6	3.1	5.3
Unemployed	14.9	21.5	24.5

This year's NRP participants were more likely to report full-time employment (65.5%) than all previous years while those reporting unemployment dropped to 14.9% from 24.5% for all previous years. (Table 28.) As previously reported, the NRP participants were significantly more likely to be employed than those in the residential program.

The distribution of participants in NRP with a college degree increased to 45.5% this year from 30.3% last year with some commensurate shifting in the other education levels. When compared to the residential guests there was a tendency of those guests to more likely report some college or trade school. (Table 29.)

	2014	2013	Previous
Not Completed HS Graduate	1.1	0	0.5
HS Graduate	8.0	4.5	8.1
Some College/Trade School	28.4	30.3	40.3
College Graduate	45.5	37.9	33.2
Post-graduate Course Work	5.7	6.1	6.6
Post-graduate Degree	11.4	21.2	11.4

As would be expected, with the higher education levels, the household income range would be higher. Approximately 64.4% of the sample reported incomes of \$50,000 or greater, quite similar to all previous years and approximately 10% higher distribution than the residential guests. (Table 30.)

Table 30. Income Range NRP (In Percent)			
	2014	2013	Previous
(Thousands of Dollars)			
< 20	9.2	7.9	10.2
20 to 29.9	9.2	7.9	8.3
30 to 39.9	5.7	9.5	6.8
40 to 49.9	11.5	11.1	7.8
> 50	64.4	63.5	66.8

As previously reported, the distribution of responses to the employment related questions by the NRP participants is not statistically dissimilar to those by the residential guest, although there is a slight tendency for the NRP cohort to be less involved with negative outcomes associated with employment. As well, the across years differences are not significant. (Table 31.)

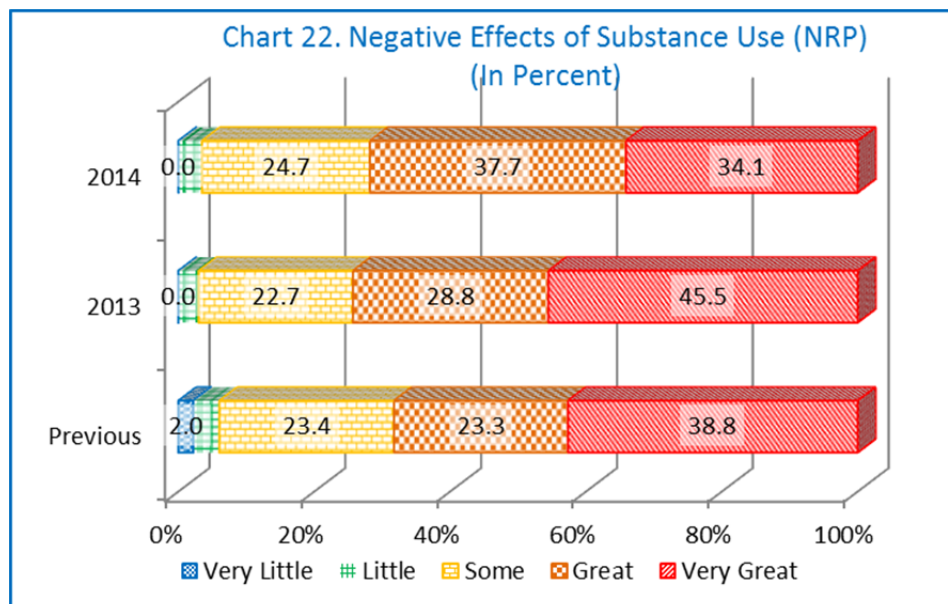
	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Promoted	58.0	63.6	74.4	21.6	19.7	13.3	4.5	6.1	4.9	5.7	4.5	4.9	10.2	4.2	4.4
Took a New Job	67.1	76.1	70.7	20.5	11.9	18.8	4.5	3.0	6.7	3.4	4.5	6.7	4.5	4.1	1.9
Fired From Job	84.9	80.6	82.9	14.0	16.4	15.6	1.2	3.0	0.9	0.0	0.0	0.9	0.0	0.0	0.5
On Job Accident	97.7	97.0	96.2	2.3	1.5	2.8	0.0	0.0	0.9	0.0	1.5	0.9	0.0	0.0	0.0
Filed Work Comp Claim	96.5	97.0	99.1	3.5	1.5	0.9	0.0	1.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0
Filed Grievance	100.0	95.5	99.5	0.0	4.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Formal Disciplinary Action	88.5	85.1	92.5	8.0	9.0	5.2	1.1	3.0	0.9	0.0	3.0	0.9	2.3	0.0	0.5

This year, the current NRP sample tended to report substances used more closely to all previous years findings than to last year, suggesting that last year may have been a slight anomaly. Some substances (prescription meds, cocaine, and methamphetamine for example) appeared to demonstrate a slight increase but the data does not support a strong trend.

(Table 32.)

Table 32. Substances Used at Six-Month Follow-up NRP (In Percent)			
	2014	2013	Previous
Alcohol	97.7	97.0	95.8
Marijuana/Hashish	35.2	26.9	34.6
Prescription Meds	29.6	14.9	24.8
Cocaine	23.9	17.9	21.5
Meth/amphetamines	13.6	7.5	10.8
Illegal Prescription Meds	13.6	7.5	10.3
Other Opiates	12.5	13.4	15.9
Hallucinogens	10.2	7.5	13.1
Over-the-Counter	9.1	7.5	9.3
Heroin	8.0	10.5	9.8
Crack	6.8	4.5	8.9
Sedatives/Tranquilizers	6.8	4.5	10.8
Other Stimulants	3.4	3.0	7.5
Other Substances	2.3	4.5	3.7
Inhalants	1.1	1.5	4.2

The reported negative impact of substance use has remained relatively stable over all years, with a slight increase in negative impact these past two years. This year there was some shifting between “very great” and “great” responses. Nonetheless, this is not viewed as significant due to changing demographics reported above. (Chart 22.)



Service Utilization

The NRP participants continue to report significantly fewer episodes of detoxification in the 12 month prior to enrolling than do the residential guests. The frequency of detox episodes for the NRP cohort decreased again this year.

(Table 33.)

The number of other prior formal outpatient treatment episodes decreased this year from last year, but remained similar to all previous years. This distribution continued to be similar to the residential sample. (Table 34.)

The number of individuals reporting no prior residential substance abuse care in the past 12 months increased slightly over last year from 56.1% to 57.5%. This group continued to report fewer episodes than those in the residential program as expected. (Table 35.)

**Table 33. Detoxification Episodes
NRP
(In Percent)**

	2014	2013	Previous
None	71.3	68.5	67.9
One Time	14.9	17.8	21.2
Two Times	5.7	8.2	6.1
Three Times	3.4	1.4	1.4
More than Three Times	4.6	4.1	3.3

**Table 34. Outpatient Episodes
NRP
(In Percent)**

	2014	2013	Previous
None	68.6	62.1	70.4
One Time	20.9	30.3	21.1
Two Times	8.1	6.1	5.2
Three Times	0.0	0.0	1.9
More than Three Times	2.3	1.5	1.4

**Table 35. Residential A&D Episodes
NRP
(In Percent)**

	2014	2013	Previous
None	57.5	56.1	52.1
One Time	24.1	18.2	30.1
Two Times	9.2	15.2	10.8
Three Times	3.4	6.1	2.8
More than Three Times	5.7	4.5	4.2

Table 36. Hospitalizations A&D Related NRP (In Percent)			
	2014	2013	Previous
None	65.1	60.6	68.3
One Time	20.9	24.2	18.0
Two Times	8.1	4.5	5.2
Three Times	2.3	9.1	3.3
More than Three Times	3.5	1.5	5.2

There was a slight increase in the distribution of NRP participants reporting no prior A&D related hospitalizations. This distribution of no prior hospitalizations was significantly ($p < .05$) higher than that reported for the residential guests. (Table 36.)

Table 37. Therapist Visits NRP (In Percent)			
	2014	2013	Previous
None	40.7	37.8	37.1
One to Five	29.1	25.7	22.5
Six to Ten	8.1	12.2	15.5
Eleven to Twenty	8.1	12.2	11.7
More than Twenty	14.0	12.2	13.2

NRP participants indicated a slight decrease in the frequency of seeing an individual therapist prior to enrollment. This year's findings were quite similar to what the residential guests reported. (Table 37.)

NRP participants were slightly more likely to report fewer hospitalizations for physical problems not related to substance use than last year. This was similar to the residential guests' findings. They were slightly less likely report emergency room visits than residential guests and about the same for hospitalizations for mental health issues. Again, utilization of these services was infrequent. (Table 38.)

**Table 38. Other Service Utilization
NRP
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Hospitalization (Physical Problem)	81.6	72.6	80.7	12.6	14.9	12.3	4.6	3.0	3.3	0.0	3.0	0.5	1.1	4.1	3.3
Emergency Room Hospitalization (Mental Problem)	62.8	60.8	63.9	23.3	19.4	20.2	9.3	6.0	8.9	1.2	7.5	1.9	3.5	6.8	5.2
Hospitalization (Physical Problem)	90.7	93.2	93.0	7.0	6.1	6.6	1.2	3.0	0.0	1.2	3.0	0.5	0.0	0.0	0.0

**Table 39. AA/NA Participation
NRP
(In Percent)**

	> 3 / Week			2 to 3 / Week			1 / Week			1 / Month			< 1 / Month/None		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2013	2013	All
Attend AA/NA	7.0	10.8	17.4	12.8	12.3	21.3	20.9	21.5	13.5	5.8	2.7	4.3	53.5	43.1	43.5
Contact Sponsor	8.0	4.6	9.1	9.2	9.2	13.0	11.5	13.9	14.4	3.4	1.4	4.3	67.8	67.7	59.1
Spouse/SO Attend Mutual Help	1.2	1.5	5.0	2.4	0.0	1.5	2.4	3.1	8.9	1.2	4.2	4.0	92.9	98.4	80.7
Prayer/Meditation	16.1	25.8	33.8	12.6	16.7	15.9	13.8	19.7	14.5	17.2	4.1	5.3	40.2	31.8	30.4

NRP participants were somewhat less likely to report attending mutual support groups and practicing prayer and meditation than last year and significantly ($p < .05$) less likely to report attendance at mutual support groups than the residential counterparts. (Table 39.)

**Table 40. Halfway House
NRP
(In Days)**

	n	mean	sd
2014	3	82.7	71.0
2013	1	30.0	na
Previous Years	10	59.7	51.4

This year three NRP participants indicated using a half-way house and ten were reported as using sober housing. The samples are too small to comment based on statistical analysis. (Tables 40. and 41.)

**Table 41. Sober House
NRP
(In Days)**

	n	mean	sd
2014	10	59.7	51.4
2013	7	24.6	22.6
Previous Years	30	112.9	108.0

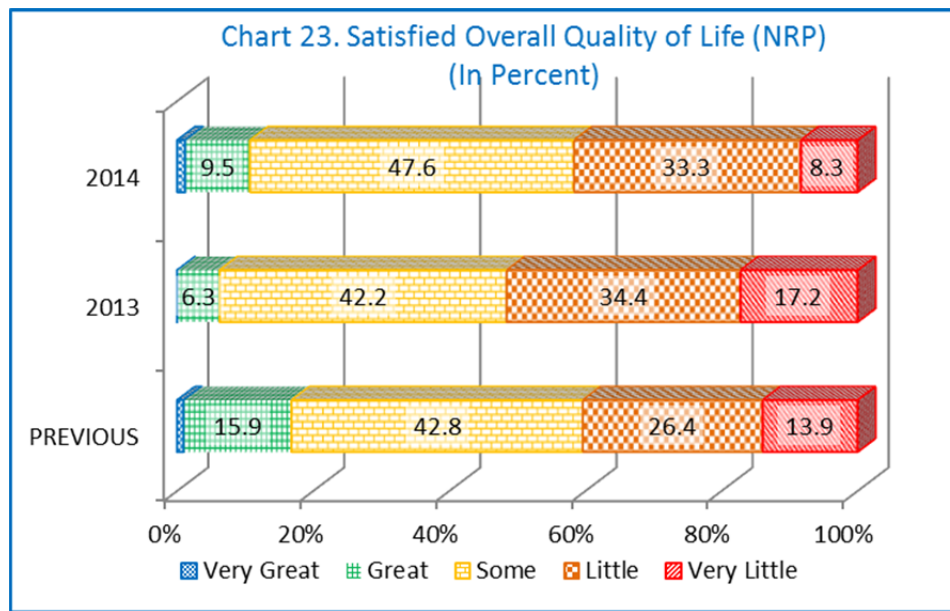
**Table 42. Criminal Justice Related Indicators
NRP
(In Percent)**

	Never			Once			Twice			Thrice			> Thrice		
	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All	2014	2013	All
Driving While Intoxicated	72.4	74.6	63.9	23.0	20.9	27.2	2.3	0.0	7.0	0.0	4.5	1.4	2.3	0.0	0.5
Arrested A/D Related Crime	81.4	86.4	79.3	17.4	9.1	14.1	0.0	0.0	3.3	0.0	1.5	1.4	1.2	3.0	1.9
Arrested for Possession	93.1	94.0	92.5	6.9	6.0	5.6	0.0	0.0	0.9	0.0	0.0	0.5	0.0	0.0	0.5
Arrested for Other Offenses	94.3	97.0	91.0	4.6	3.0	5.7	1.1	0.0	1.9	0.0	0.0	0.9	0.0	0.0	0.5
Incarcerated	74.7	77.6	67.0	25.3	17.9	24.5	0.0	1.5	7.5	0.0	0.0	0.9	0.0	3.0	0.0

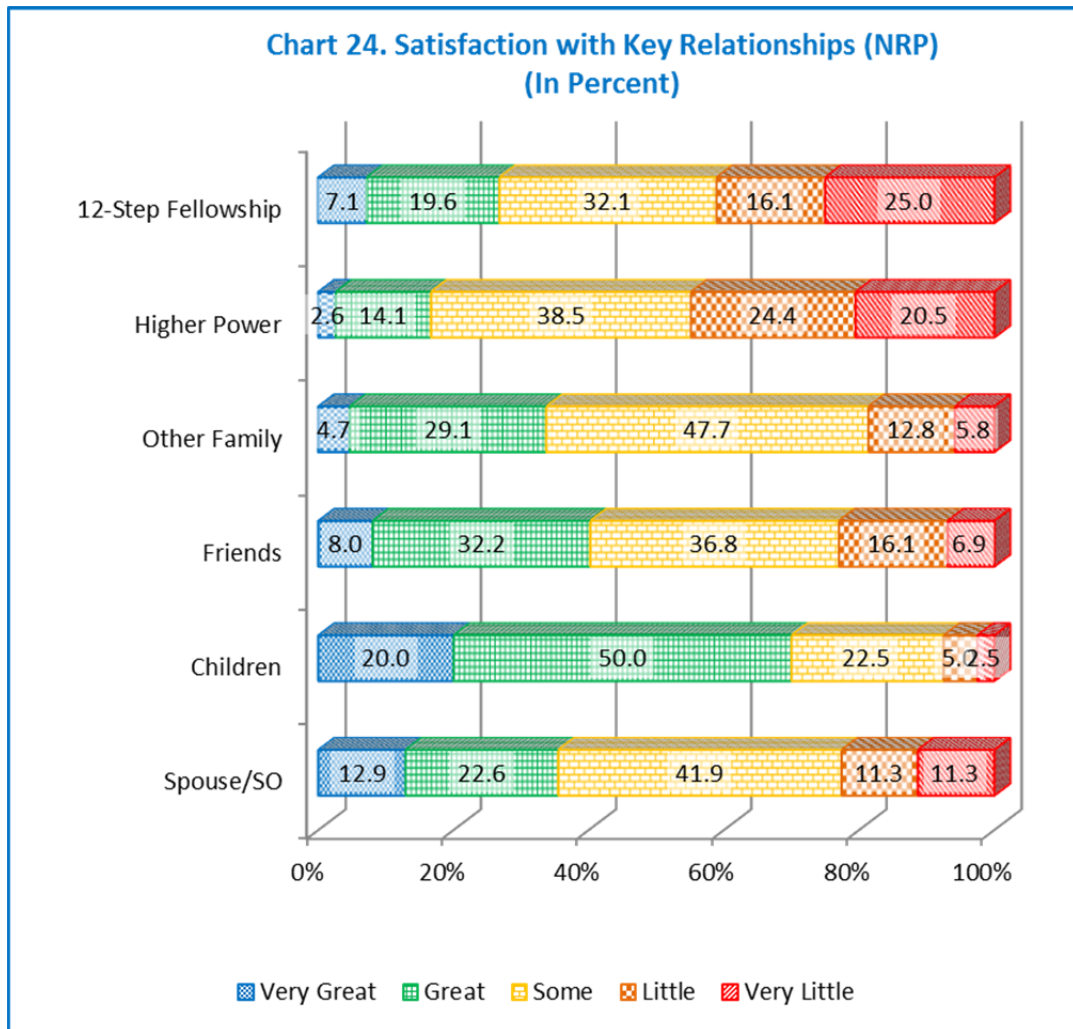
Changes in criminal justice indicators demonstrated only slightly less involvement this year, but no significant difference over the years for the NRP guests and they were not significantly different than residential guests. (Table 42.)

Baseline Satisfaction with Key Recovery Supports

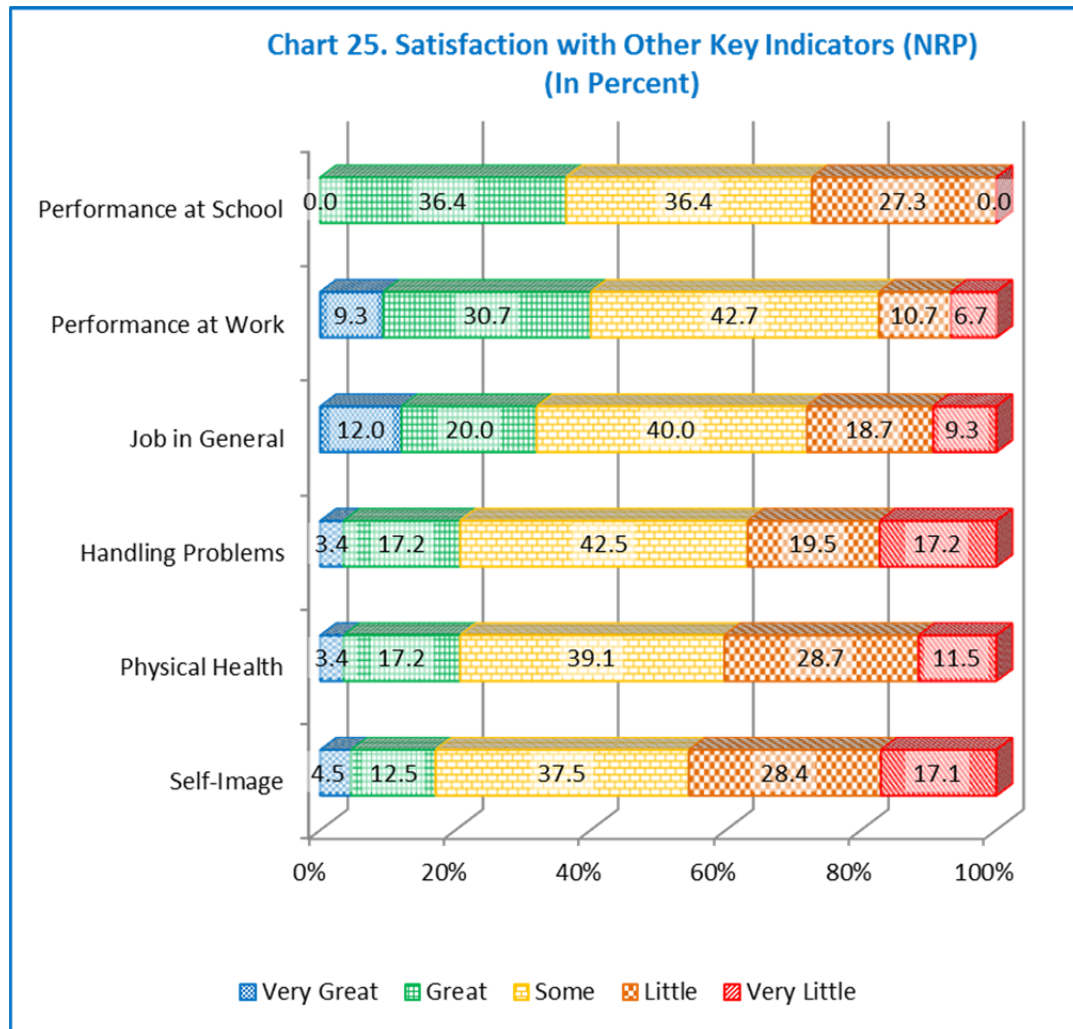
There was some insignificant shifting in the NRP participants’ responses to their level of satisfaction with the overall quality of their life prior to enrollment. (Chart 23.)



This years’ NRP cohort tended to report greater (relative) levels of satisfaction with relationships and less dissatisfaction with their Higher Power and 12-step fellowship than was reported last year. Their ratings were similar to those reported by the residential guests at enrollment. (Chart 24.)



Similarly, NRP participants tended to report less dissatisfaction with other key indicators of recovery including employment, physical health, self-image, and the ability to handle problems than did the residential guests the last year. (Chart 25.)

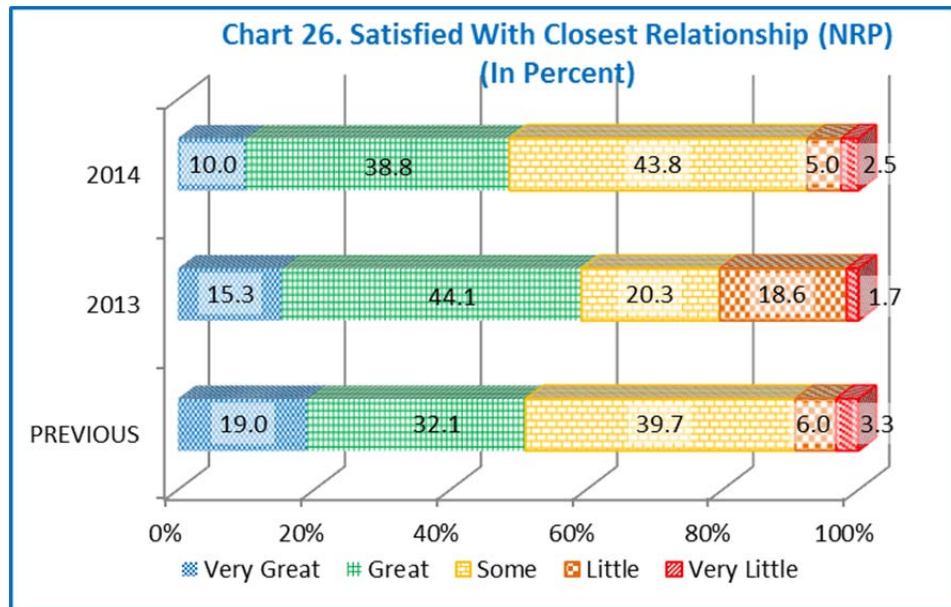


NRP participants reported speaking to a friend about issues slightly more often than talking to a spouse and this is most likely an artifact of the decrease in married persons enrolling. The shifts in responses from last year were statistically insignificant. (Table 43.)

**Table 43. Talk With Most Often Prior to Registration
(In Percent)**

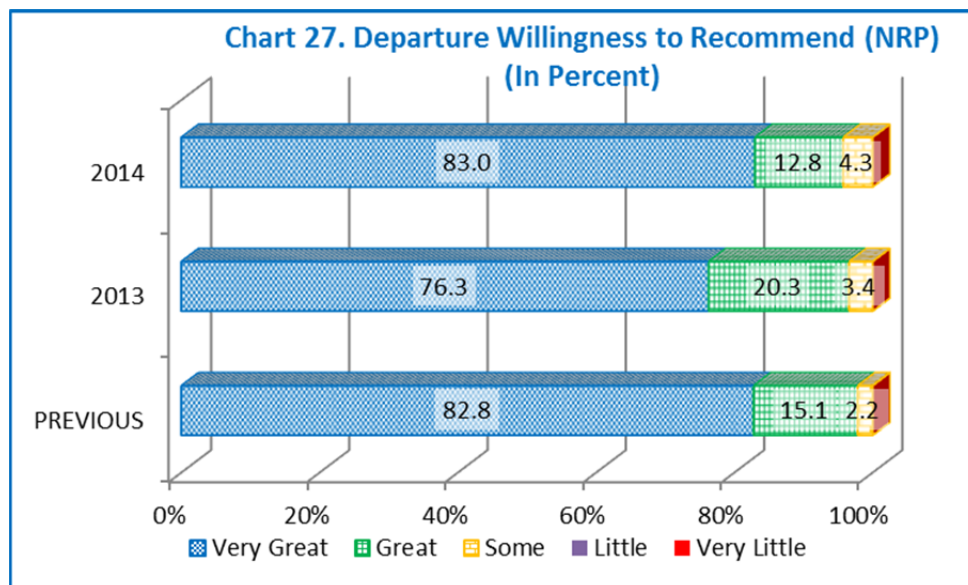
	2014	2013	Previous
Friend	27.5	25.5	27.0
Spouse/Significant Other	26.0	20.8	24.1
Parent	11.5	15.1	12.9
Did not Talk to Anyone	10.7	7.5	8.7
12-Step Sponsor	9.9	14.2	9.0
Counselor	8.4	13.2	12.9
Child	3.1	2.8	1.3
Other	2.3	0.9	3.2
Priest, Minister, Rabbi	0.8	0.0	1.0

As with the residential guests, NRP participants were not overwhelmingly satisfied with this critical relationship. Nonetheless, there was a slight reduction in the level of satisfaction this year over last year. (Chart 26.)



Satisfaction at Time of Completion

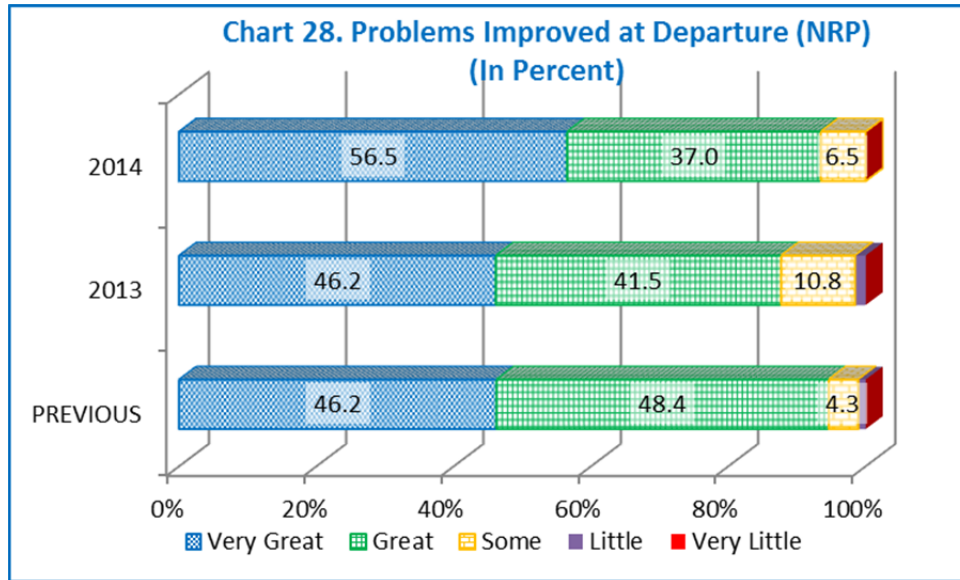
As previously reported, at the time of completing the NRP, participants remained



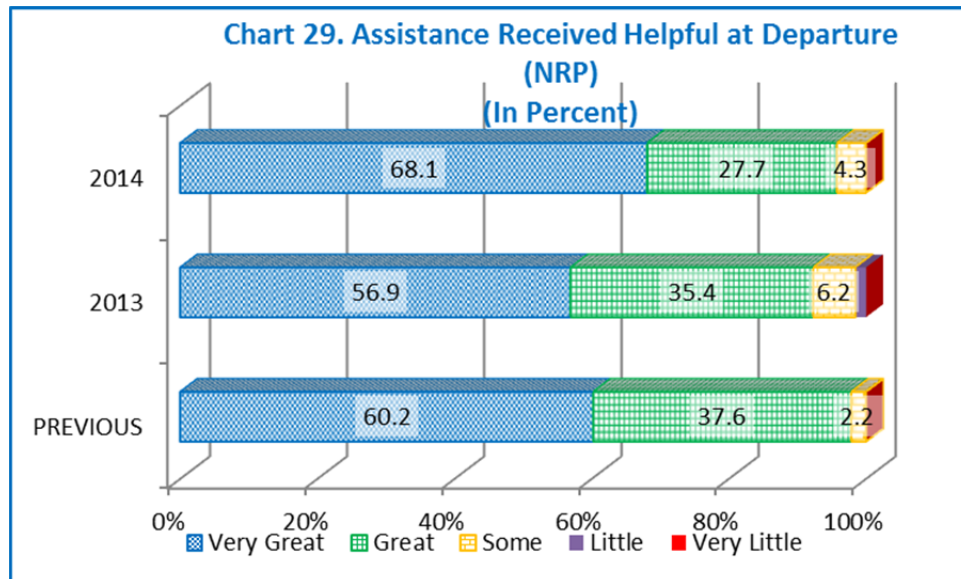
extremely positive regarding their willingness to recommend the program to others with

95.8% (down very slightly from 96.4%) endorsing their willingness to recommend to a “very

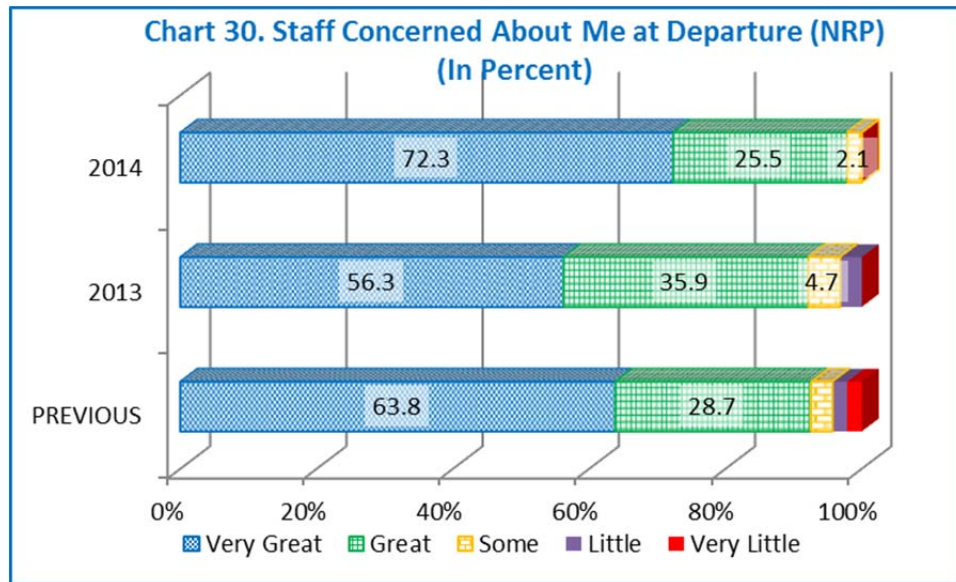
great” or “great” extent. This high level of satisfaction has been evident since the program started. (Chart 27.)



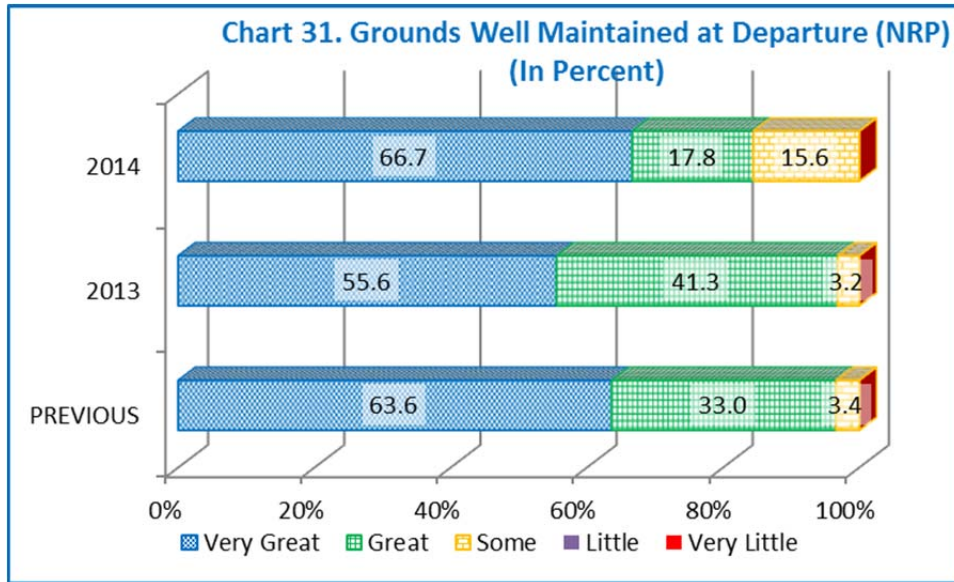
The consensus regarding improvement of the problems that brought them to the program had improved was also positive with 93.5% (up from 87.7%) so reporting. (Chart 28.)



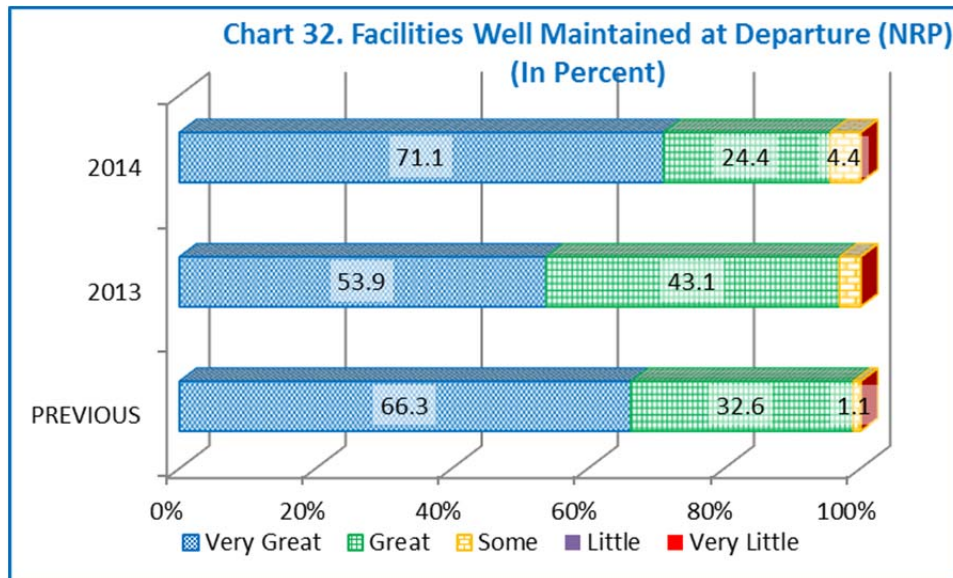
Participants were also very positive (95.8%; up from 92.3%) regarding the helpfulness of the assistance received. (Chart 29.)



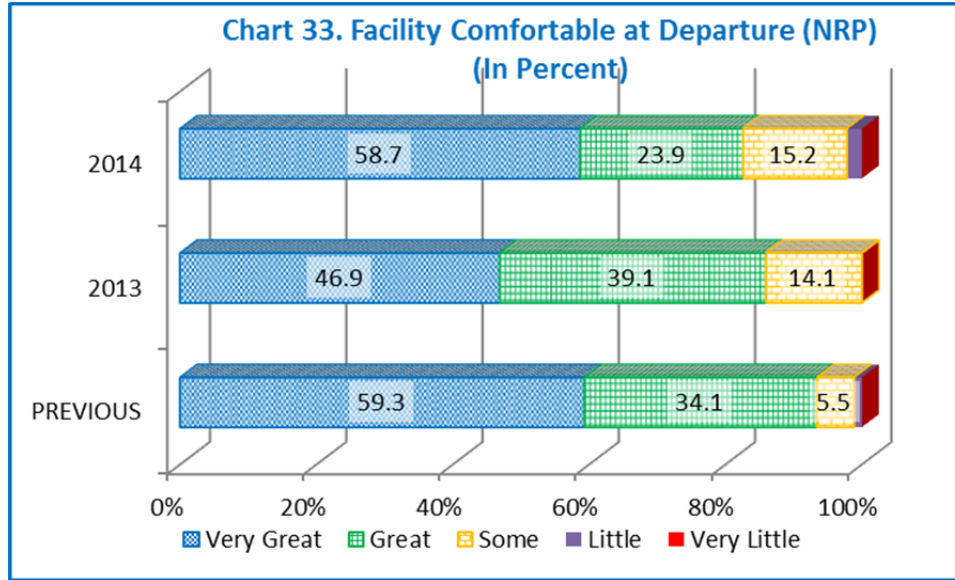
One of the critical domains relating to consumer satisfaction is the extent to which they feel that staff were concerned about them as individuals. This indicator has previously been reported as being high; nonetheless, this year 97.8% of the NRP participants at discharge endorsed a positive score. (Chart 30.)



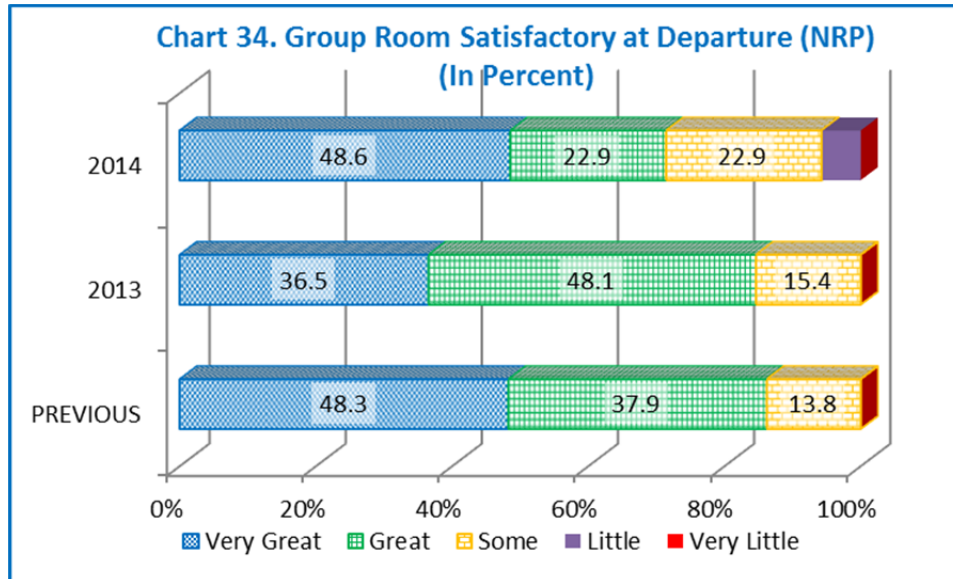
Participants' perceptions of the maintenance of the grounds dropped from 96.9% positive endorsement this year to 84.5%. This indicator is less important for NRP than for the residential guests who have to spend much more time on the campus; nonetheless, it is interesting. (Chart 31.)



Participant perceptions regarding the maintenance of the physical facilities remained statistically similar, and positive, across all years with 95.5% of the respondents indicating a positive endorsement. (Chart 32.)



Participant perceptions regarding the comfortableness of the facilities continued to drop to 82.6% positive responses from 86.0% previously reported. (Chart 33.)



Satisfaction levels regarding the group rooms also dropped from 84.6% to 71.5%. This indicator might benefit from local review to determine the potential impact of the downward trend. (Chart 34.)

Table 44. Key Recovery Indicators at Completion			
NRP			
(ANOVA)			
	2014	2013	Previous
Relationship with Spouse/SO	p < .01	p < .05	p < .01
Relationship with Children	p < .01	p < .01	p < .05
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
Overall Quality of Life	p < .01	p < .01	p < .01

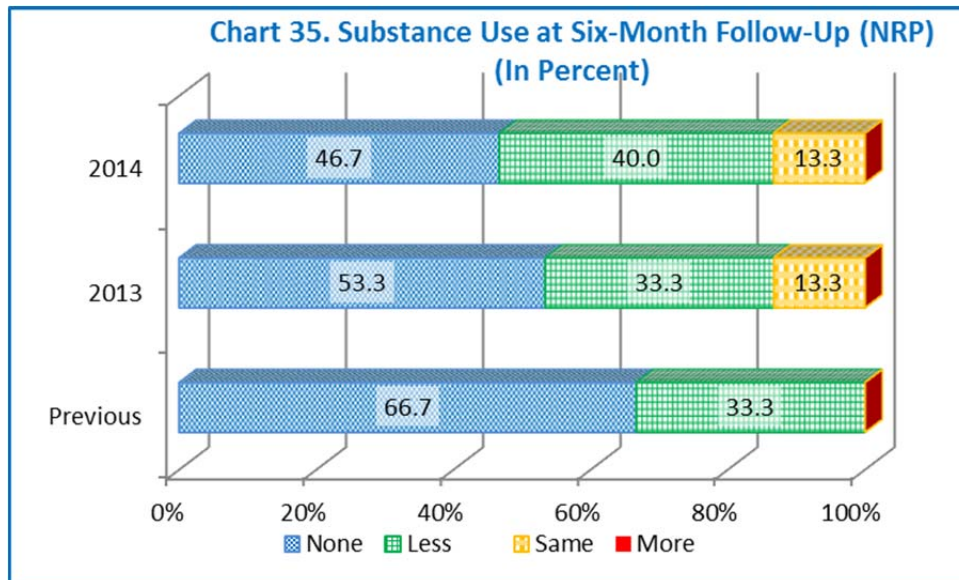
As previously reported, NRP participants demonstrated statistically significant improvement across all key recovery relationships and other critical recovery markers across all years as did the residential program. This is again quite remarkable! (Table 44.)

Most Helpful: Learning lots of tools to use in my daily life to maintain staying sober.
(68772)

Six-Month NRP Follow-up

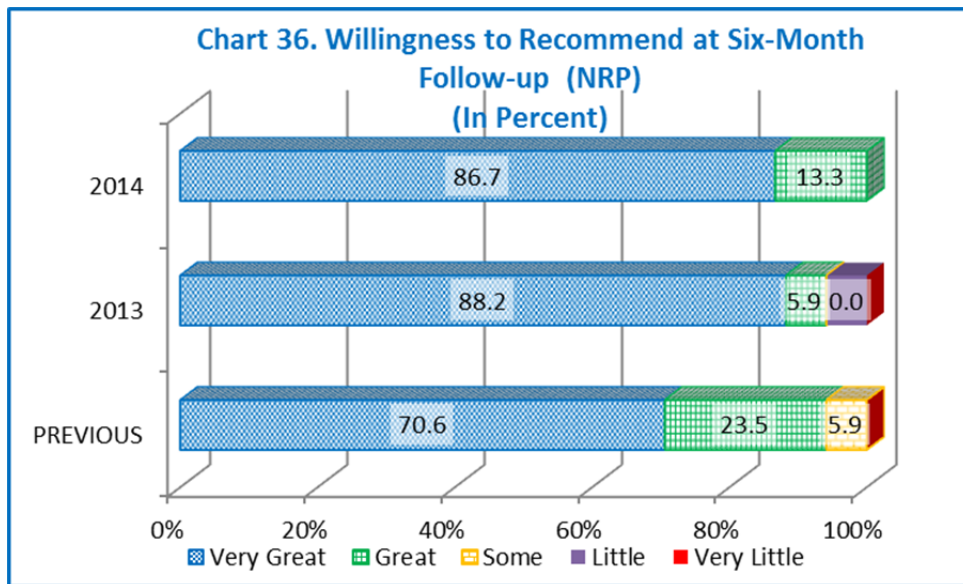
At six-month post departure, approximately 46.7% of those participating in the follow-up reported abstinence since enrolling in the program. This was down from 53.3% last year.

Another 40.0% reported using, but using less than before enrollment and 13.3% reported using about the same as before enrollment. None reported using more. (Chart 35.)



For those who used, alcohol (41.2%) was the most frequently noted substance. This was followed distantly by crack, sedatives and marijuana.

Again this year there were no statistically significant changes in the service utilization indicators due mainly to the small number of individuals reporting service utilization prior to the program and due to the small sample size.

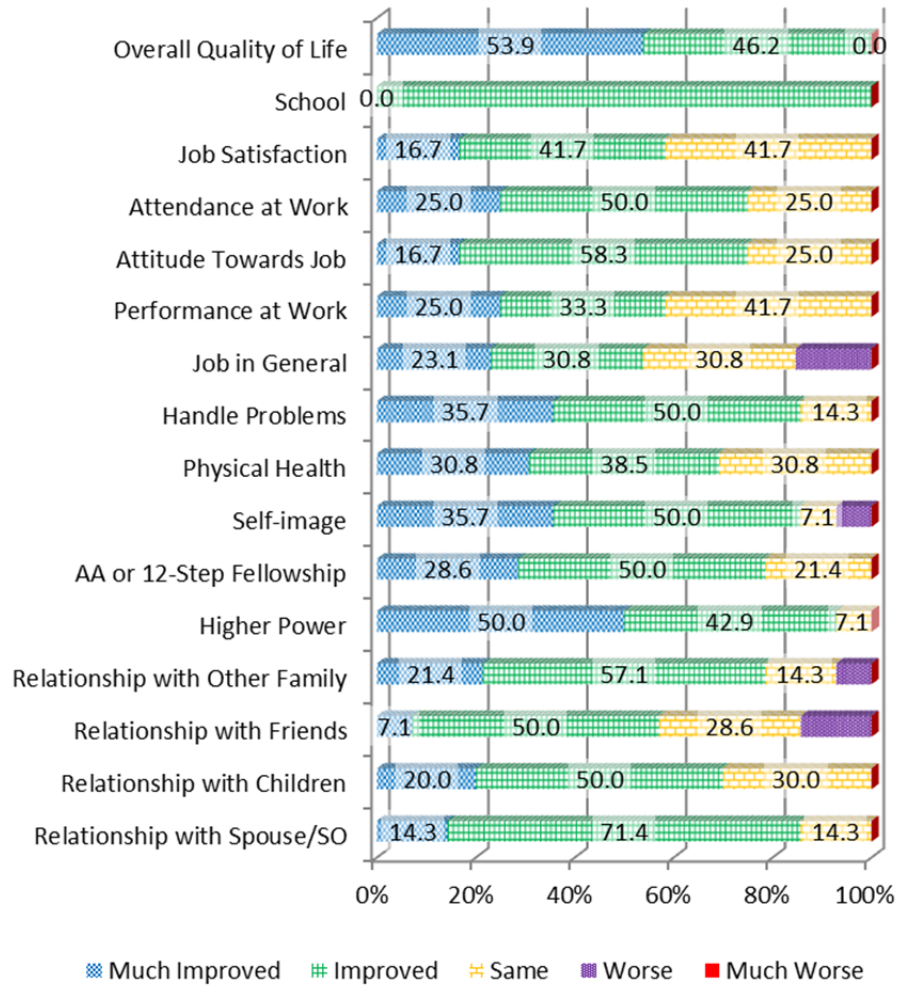


Participant satisfaction at six months remained very strong with 100% of the participants positively endorsing their willingness to recommend the program to others.

(Chart 36.)

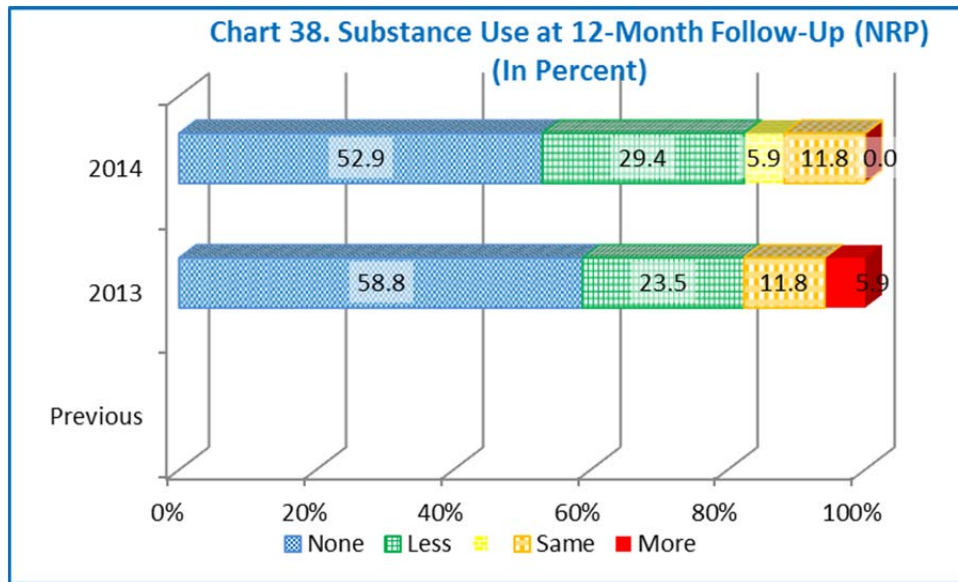
As with the residential guests, participants in the NRP reported improvement in nearly all of the key recovery indicators. Especially notable were the areas of overall quality of life (much improved or improved), relationship with children, relationship with a Higher Power, physical health, and self-image. Nonetheless, as realistically expected, some individuals reported worsening conditions with health and spouse or significant other. (Chart 37.)

**Chart 37. Improvement in Key Indicators
Six-Months (NRP)
(In Percent)**



Twelve-Month NRP Follow-up

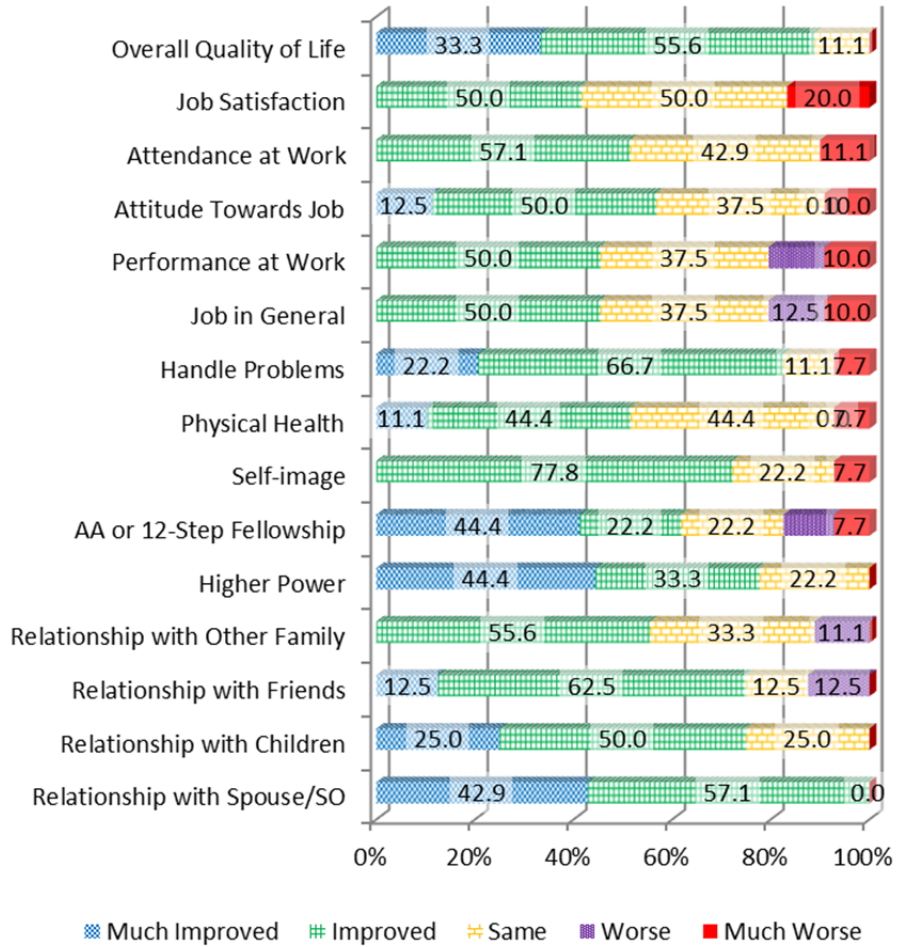
This year, approximately 52.9% of the 12-month sample reported abstinence since enrolling in the program. Another 29.4% reported using less than before enrollment. (Chart 38.)



Of those who used, approximately 16.7% reported using once and then remaining abstinent while approximately one-third reported using more or less continuously. Alcohol (30%) was the primary substance relating to the relapse followed distantly by opiates (other than heroin) and marijuana.

At 12-months post departure from the NRP, participants in the follow-up continued to be more likely to report less positive results than those guests who were in the residential program. Also, self-reported outcomes were somewhat less robust. (Chart 39.)

**Chart 39. Improvement in Key Indicators
12-Months (NRP)
(In Percent)**



Non-Residential Elder Program

Demographics

The sample sizes for the Non-Residential Elder Program (NREP) continued to be quite small rendering appropriate statistical analysis difficult. For this report, demographic data was received for 27 participants but only 13 enrollment surveys were received. As with the previous report, caution is advised in attempting to generalize this data for the relatively new program.

Table 45. Age and Gender (NREP)

	n	mean	sd
2014			
All	27	66.8	5.7
Males	14	65.6	4.3
Females	12	67.9	6.9
2013			
All	11	64.5	5.1
Males	4	64.7	2.6
Females	7	64.5	6.1
Previous Years			
All	30	64.4	4.1
Males	16	65.5	4.6
Females	14	63.1	3.0

**Table 46. Race/Ethnicity (NREP)
(In Percent)**

	2014	2013	Previous
Caucasian	97.1	100.0	96.3
Native American			
Black/African American	2.9		
Latino			
Asian			
Other/Not Reported			3.7

The average age of participants in the NREP was 66.8 years, somewhat older than the 64.5 years

**Table 47. Marital Status (NREP)
(In Percent)**

	2014	2013	Previous
Married	46.2	85.7	51.7
Widowed	23.1	14.3	6.9
Divorced	15.4	0.0	31.0
Single	7.7	0.0	0.0
Living as Married	7.7	0.0	6.9
Separated	0.0	0.0	3.4

previously reported. The gender mix was similar

**Table 48. Employment Status (NREP)
(In Percent)**

	2014	2013	Previous
Full-time	0.0	0.0	18.5
Part-time	15.4	37.5	3.7
Irregular	0.0	12.5	0.0
Homemaker	0.0	37.5	7.4
Student	0.0	0.0	0.0
Retired	61.5	0.0	63.0
Unemployed	23.1	12.5	7.4

to previous years with approximately 51.9% being males. (Last year the mix was 63.6% females but the sample was so small to be statistically insignificant.) (Table 45.) Participants in the NREP continued to be predominantly Caucasian. (Table 46.)

The distribution of participants by marital status demonstrated fluctuations. Due to the small sample size these were not statistically different and not possible to discern any trends with confidence. (Table 47.)

As with last year, none of the participants reported being employed full-time, and, as expected, a majority (61.5%) reported being retired, suggesting the previous year's data may have been an anomaly. (Table 48.)

Table 49. Education (NREP)				
(In Percent)				
	2014	2013	Previous	
Not Completed HS Graduate	0.0	0.0	0.0	
HS Graduate	7.7	12.5	3.7	
Some College/Trade School	61.5	37.5	33.3	
College Graduate	15.4	12.5	29.6	
Post-graduate Course Work	7.7	12.5	3.7	
Post-graduate Degree	7.7	25.0	29.6	

This year's participants were more likely to report attending some college or trade school than prior years, but again, due to sample size these fluctuations were not statistically

significant. (Table 49.)

Table 50. Income Range (NREP)			
(In Percent)			
	2014	2013	Previous
(Thousands of Dollars)			
< 20	10.0	14.3	3.7
20 to 29.9	0.0	0.0	7.4
30 to 39.9	10.0	0.0	14.8
40 to 49.9	10.0	0.0	11.1
> 50	70.0	85.7	63.0

The reported annual household income was similar to previous years with 70.0% reporting earnings of \$50,000 or more. (Table 50.)

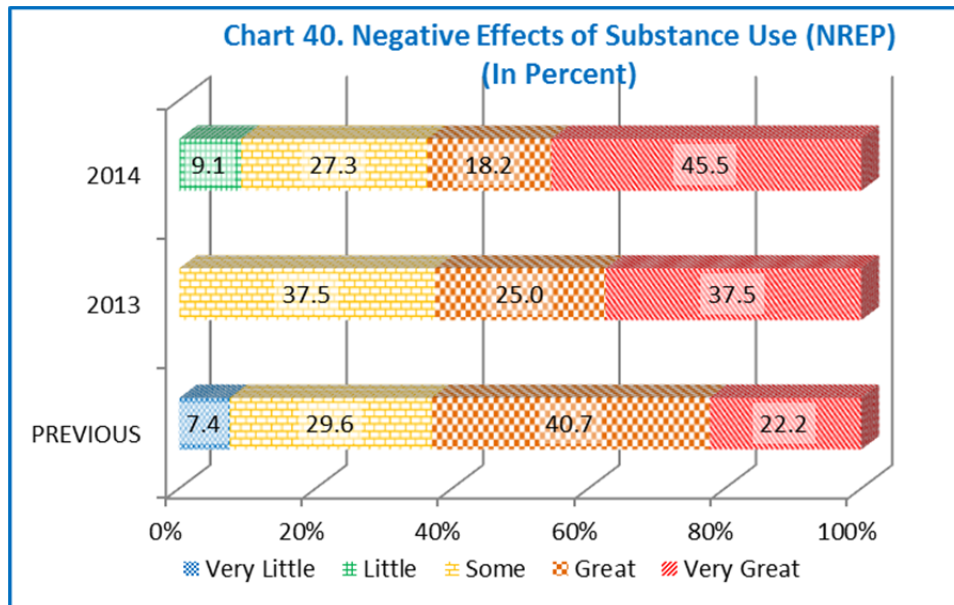
**Table 51. Substances Used Prior to Registration
NREP (In Percent)**

	2014	2013	Previous
Alcohol	92.3	87.5	96.6
Marijuana/Hash	23.1	0.0	6.9
Cocaine (Powder)	15.4	0.0	6.9
Sedatives	15.4	0.0	3.4
Prescription	15.4	12.5	24.1
Crack	7.7	0.0	0.0
Hallucinogens	7.7	0.0	6.9
Other Opiates	7.7	12.5	6.9
Inhalants	7.7	0.0	0.0
Meth/amphetamines	7.7	0.0	3.4
Illegal Rx	7.7	0.0	6.9
Other Substances	7.7	0.0	0.0
Heroin	0.0	0.0	6.9
Other Stimulants	0.0	0.0	3.4
Over the Counter	0.0	0.0	6.9

Alcohol remained the most frequently reported substance used, although this year demonstrated an increased frequency of marijuana, cocaine and sedative use over previous years. (Table 51.)

The reported severity regarding the negative effects of substance use prior to enrollment was similar to that reported previously reported with 63.7% reporting great and very great

negative effects. (Chart 40.)

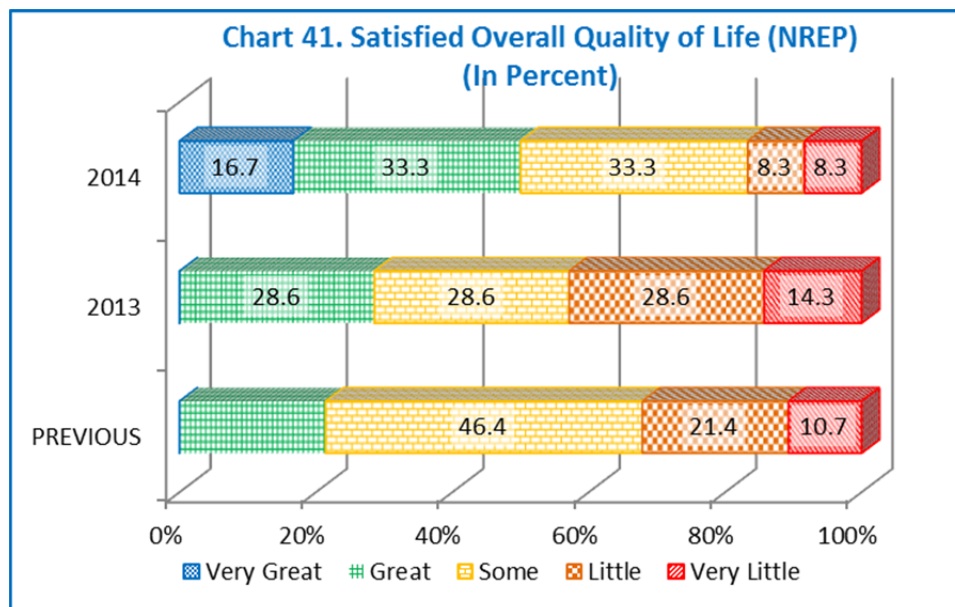


Service Utilization NREP

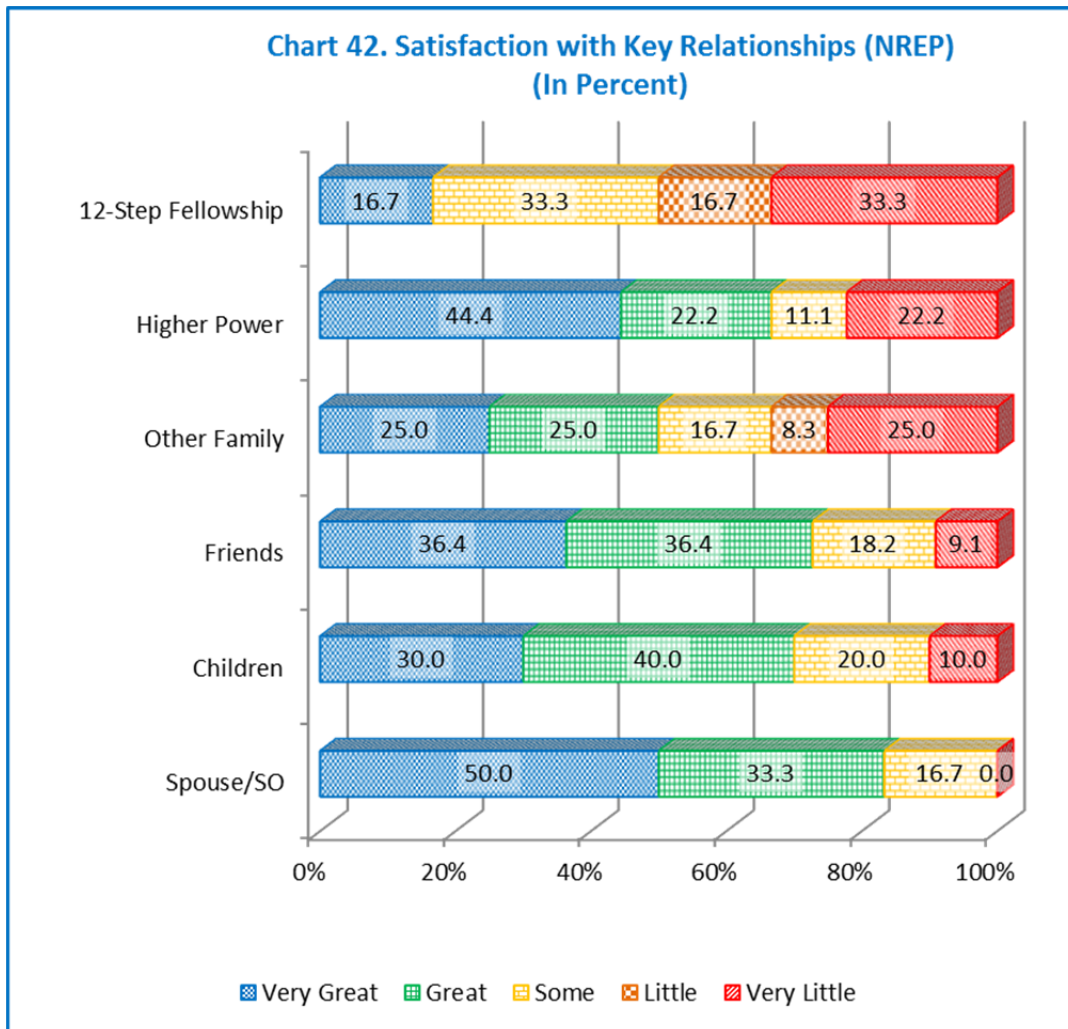
As discussed in earlier reports, due to the small sample size, service utilization was infrequently reported at the time of enrollment, compounded by the small number of surveys received.

Baseline Satisfaction with Key Recovery Supports NREP

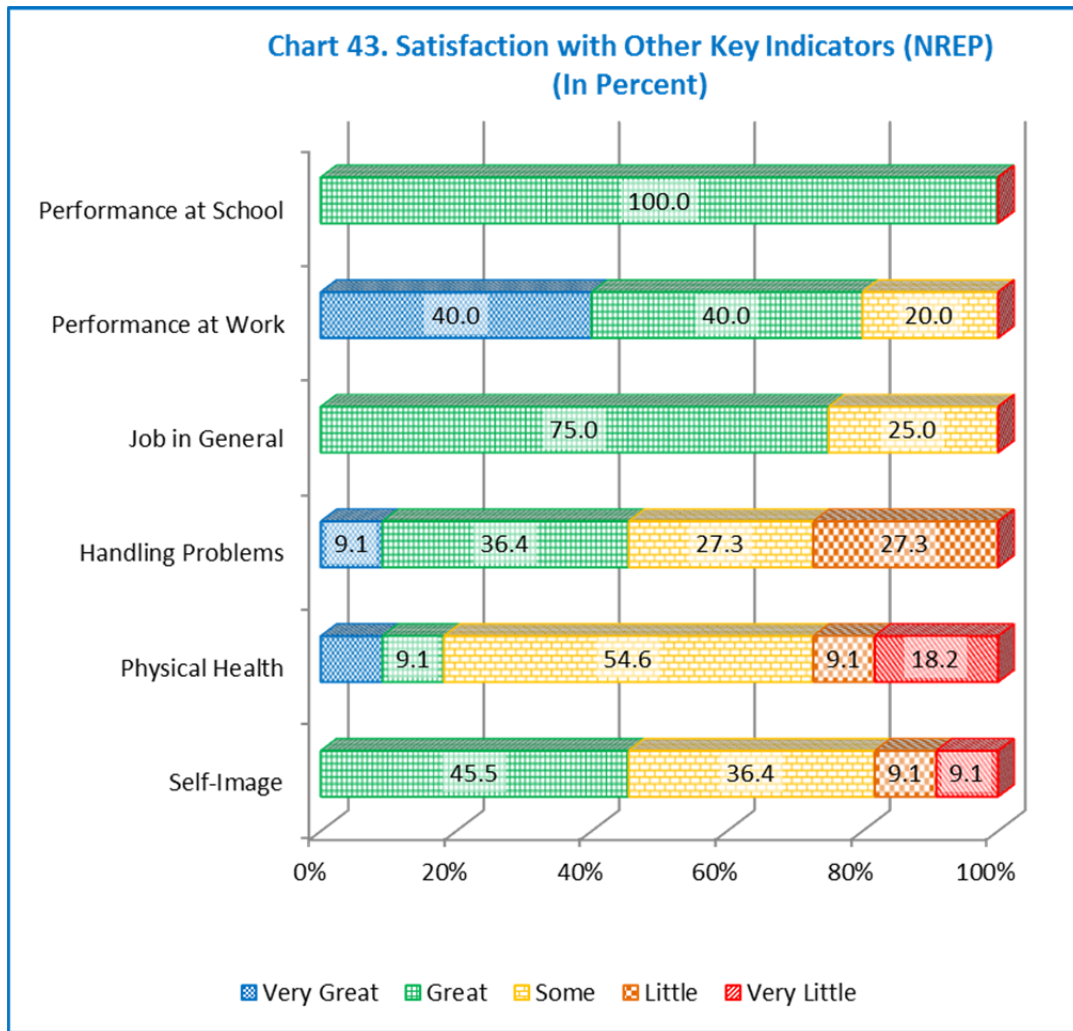
The frequency distributions regarding the participants' report of overall satisfaction with their quality of life continue to demonstrate apparent variances across years due to the small sample sizes in each year's cohort. Nonetheless, this year a small cadre of participants (16.7%) reported being very greatly satisfied with their overall quality of life. (Chart 41.)



The current year data regarding satisfaction key relationships and key recovery indicators continues to demonstrate the fluctuations across years. These are believed to be indicative of the small sample sizes rather the presenting any trends. (Chart 42.)



In the chart below, caution is advised due to the very small number of individuals responding to the school and employment related questions. The indicators relating to the participant’s self-reported ability to handle problems, physical health, and self-image demonstrated a relatively similar pattern as previously reported. (Chart 43.)



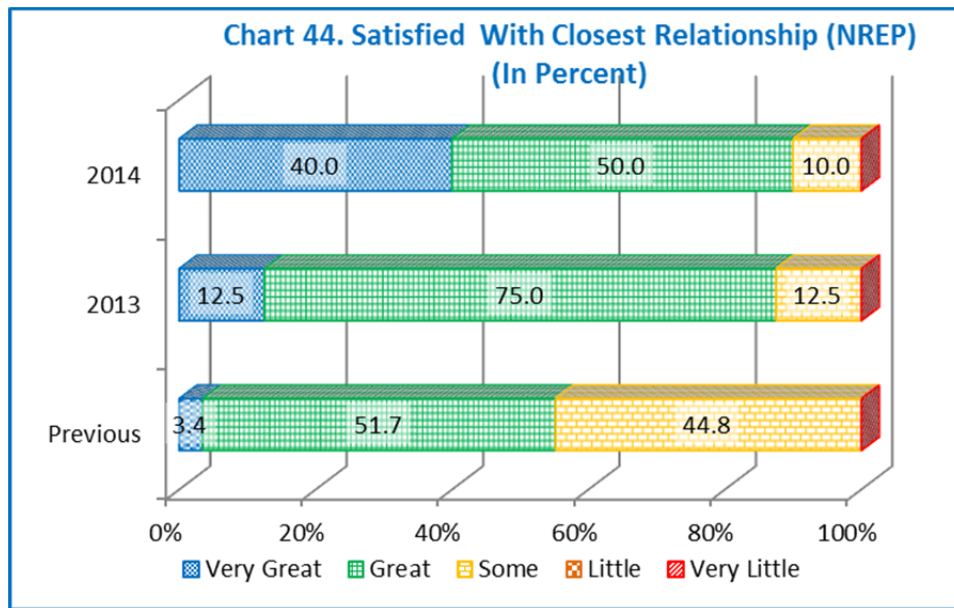
This year's participants provided similar responses as last year regarding with whom they speak most often. Again, spouse/SO was most frequently cited (44.4%), up

**Table 52. Talk With Most Often Prior to Registration (NREP)
(In Percent)**

	2014	2013	Previous
Spouse/Significant Other	44.4	30.8	21.6
Child	16.7	7.7	11.8
Friend	11.1	23.1	27.5
12-Step Sponsor	11.1	15.4	15.7
Counselor	5.6	15.4	9.8
Did not Talk to Anyone	5.6	0.0	0.0
Other	5.6	0.0	5.9
Parent	0.0	7.7	3.9
Priest, Minister, Rabbi	0.0	0.0	3.9

from last year but not statistically significant. The current cohort was somewhat less likely to indicate talking with a friend than in previous years. (Table 52.)

This year, participants were somewhat more likely to report very great (40.0%) satisfaction with their closest relationship. (Chart 44.)



Satisfaction at Time of Completion of NREP

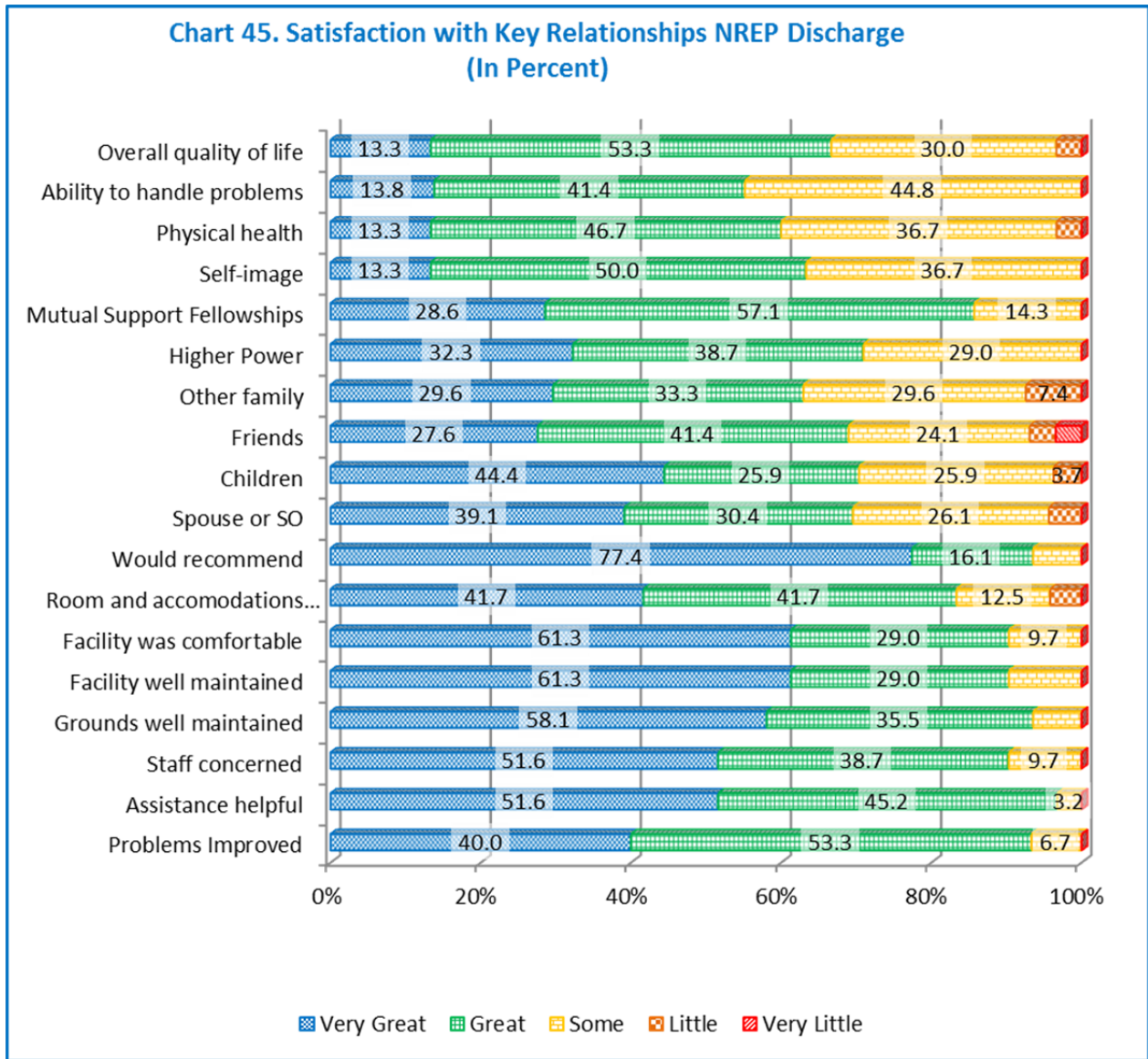
101 days since last drink. Could not have done this without the help I received and The Retreat. (68755)

A small sample of satisfaction surveys was received this year. As can be seen in the following chart, the levels of satisfaction reported were interesting, although caution is advised in making generalizations from a small sample.

At the time of program completion 93.5% endorsed their willingness to recommend the program to others. 93.3% reported the problems that brought them to the program had

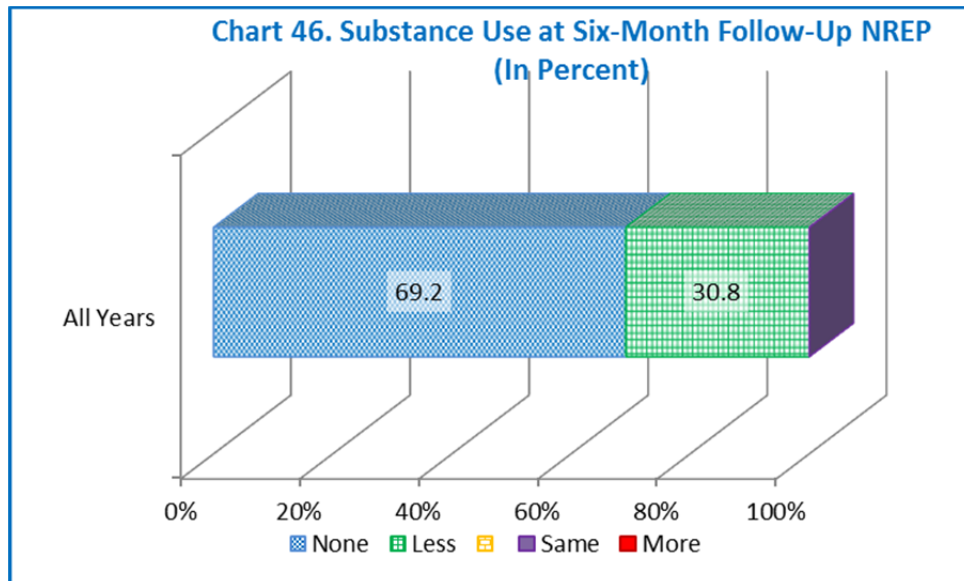
become better and 96.8% reported the assistance was helpful. Approximately 90% reported satisfaction with the facility and grounds with 83.4% reporting positive satisfaction with the service rooms. Interestingly, the other key indicators did not score as high as expected.

(Chart 45.)

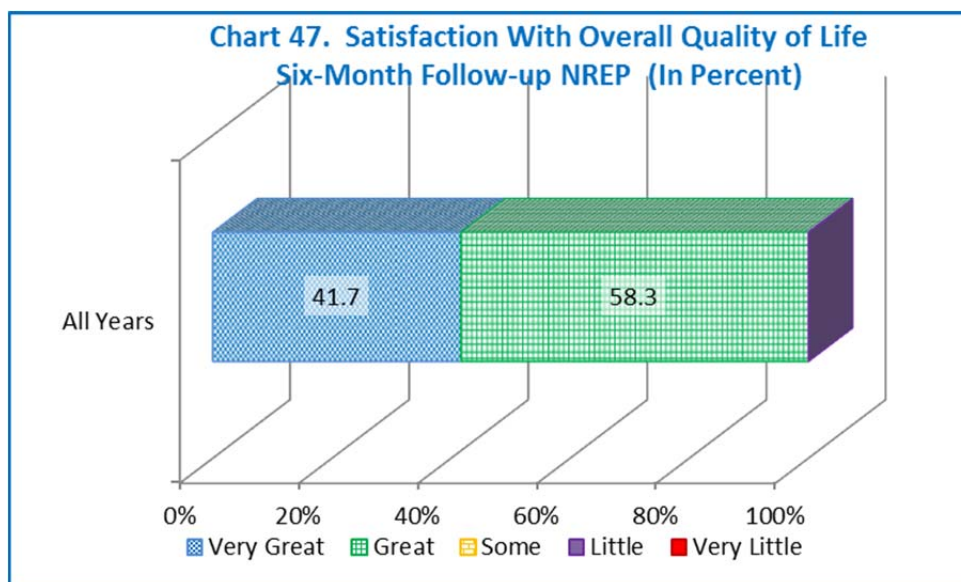


Six-Month NREP Follow-up

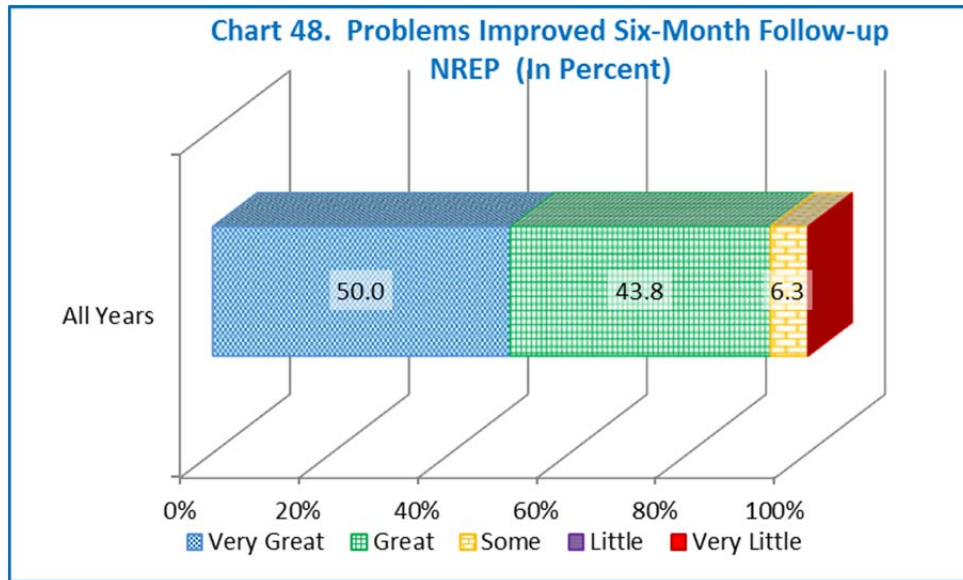
The six-month follow-up sample is still small and there is insufficient data with which to make across year comparisons. Nonetheless, key program success indicators are presented below for staff discussion and combine all previous years' data.



Of those participating in the six-month follow-up, 69.2% reported abstinence since completing NREP and another 30.8% reported using less than before enrollment. (Chart 46.)

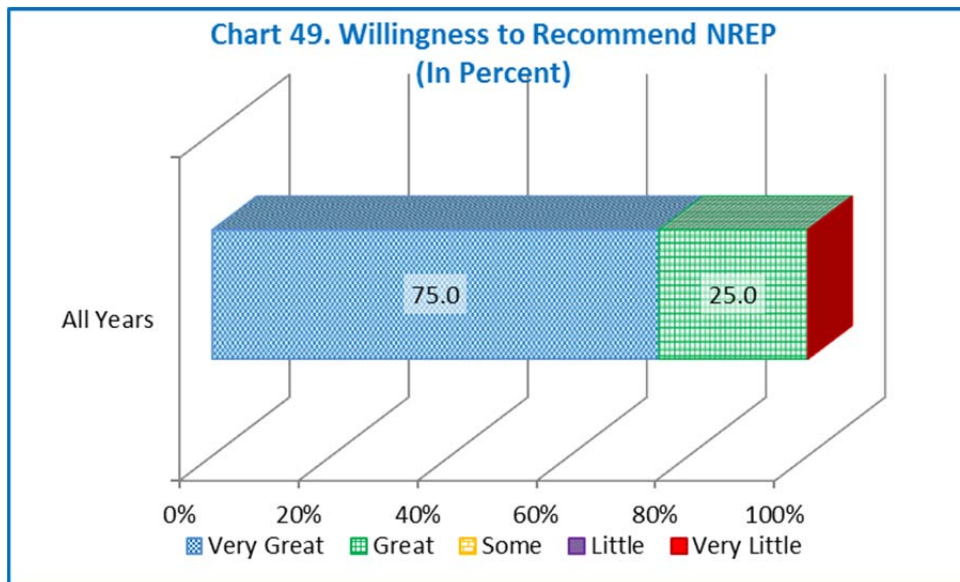


At six months, 41.7% reported very great satisfaction of their overall quality of life while the remainder reported great satisfaction. (Chart 47.)



Nearly 93.8% of the respondents reported that the problems that had brought them to the program had improved (Chart 48.)

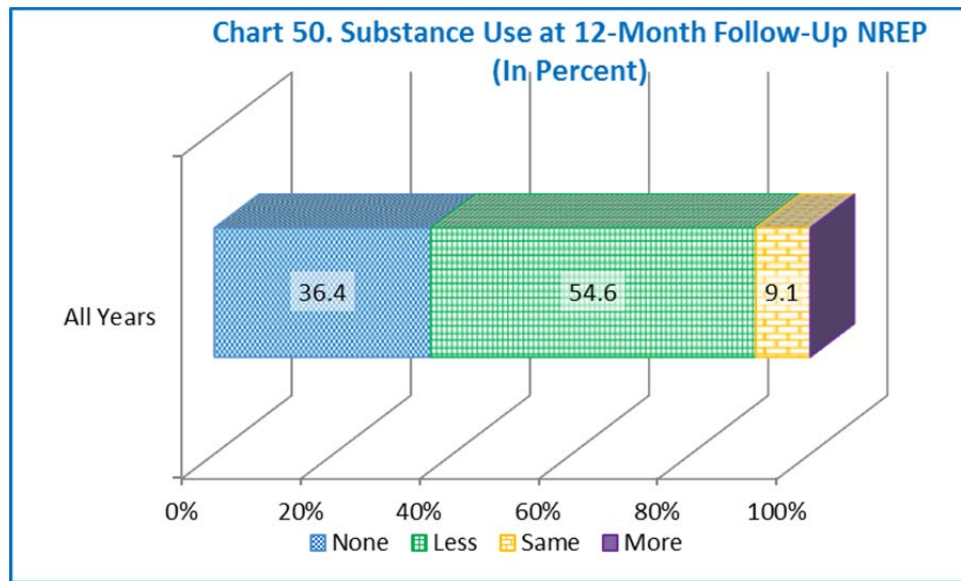
Their willingness to recommend the NREP to others was also very strong with all of the respondents endorsing the question positively. (Chart 49.)



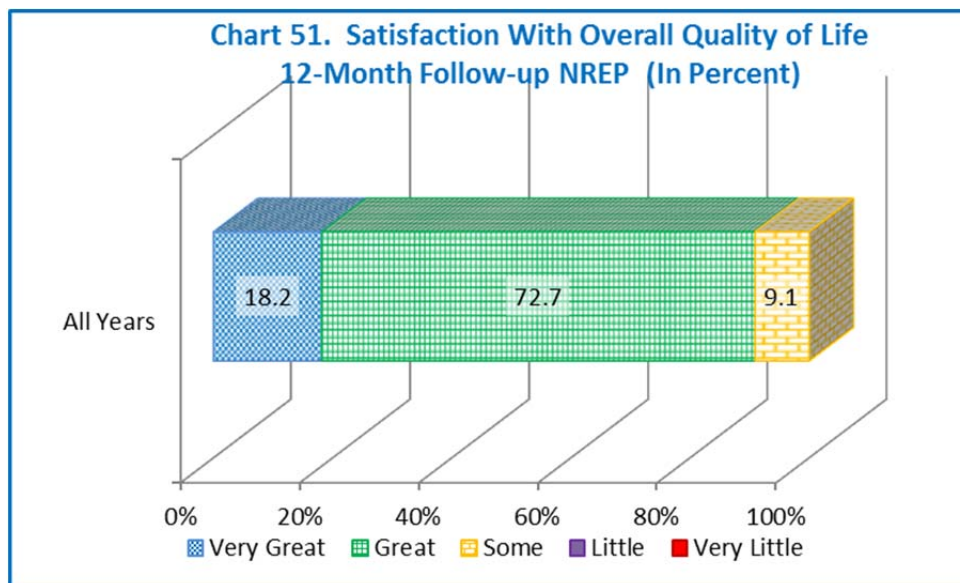
Twelve-Month NREP Follow-up

As with the six-month data for this program, due to the small sample size all previous years' 12-month data has been combined for discussion purposes.

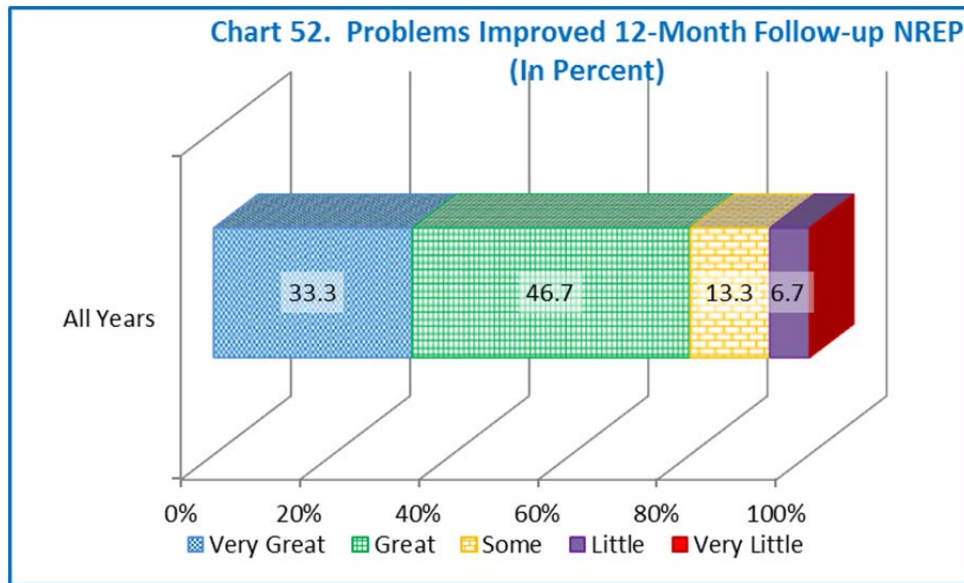
Approximately 36.4% reported abstinence since departing the NREP, 54.6% reported less use and 9.1% reported using about the same as before enrolling. (Chart 50.)



For this sample, satisfaction with the overall quality of their life was relatively strong with 90.9% reporting positive satisfaction. (Chart 51.)

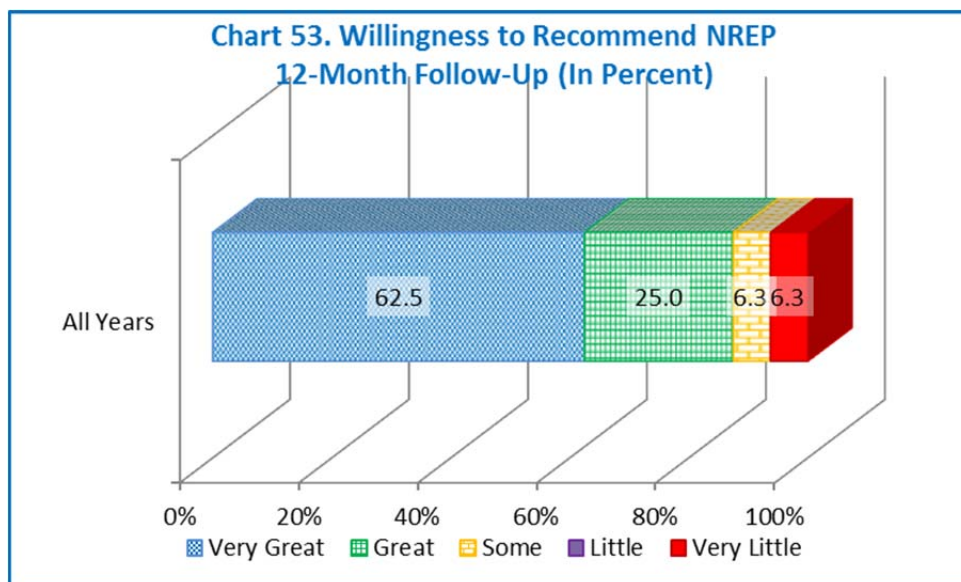


Approximately 80% reported that the problems that had brought them to the NREP had improved. (Chart 52.)



At 12-months post completion 87.5% reported a willingness to recommend the NREP to others. It should be noted again that there is a tendency for the willingness to recommend to drop off in positive intensity the longer one has been away from a program. (Chart 53.)

Sober Housing



This section of the report is devoted to an updated analysis of the findings comparing those recent guests who accessed Retreat sober housing (SH) following their stay at The Retreat. As has been accomplished in the past, current sober housing enrollment data was matched with existing demographic data to obtain basic demographics. This yielded a sample of 40 sober housing clients housed this year.

The average age of this cohort was 32.9 years, slightly less than the 35.6 years previously reported and significantly ($p < .05$) younger than the residential guests. (Chart 53.)

	n	mean	sd
2014			
All	40	32.9	10.8
Males	29	32.0	11.6
Females	11	35.3	8.0

Males comprised 72.5% of the sample compared to 73.3% previously reported. All SH participants were indicated as being Caucasian.

	2014
Single	73.0
Married	10.8
Divorced	10.8
Separated	2.7
Living as Married	2.7
Widowed	0.0

As expected, 73% (up from 66.7%) reported as single – never married, 10.8% married, and 10.8% as divorced or separated. This group was more likely to be single than the residential guests. (Chart 54.)

Approximately 61.1% (up from 57.1%) were unemployed at the time they enrolled at The Retreat and 10.8 reported being employed full-time (up from 4.8%). Interestingly, 55.6% (up from 45%) reported a household income of \$50,000 or more and 13.9% reported less than \$20,000. Educational levels tended to be lower than the residential guests overall.

Similar to previous reports, those going on to sober housing were more likely to report using a variety of substance more frequently including marijuana, cocaine powder, crack, hallucinogens, heroin, meth/amphetamine, inhalants, other opiates for example. They were also less likely to identify alcohol as their primary substance of choice and more likely to identify heroin and other opiates than regular guests. They were also more likely to report a higher negative impact of substance use on their lives.

Table 55. SH Substances Used Prior to Registration (In Percent)	
	2014
Alcohol	97.3
Marijuana/Hash	51.4
Cocaine (Powder)	43.2
Other Opiates	37.8
Illegal Rx	37.8
Heroin	35.1
Prescription	32.4
Meth/amphetamines	29.7
Sedatives	29.7
Crack	24.3
Hallucinogens	21.6
Other Stimulants	21.6
Over the Counter	21.6
Inhalants	13.5
Other Substances	5.4

Additionally, they reported higher rates of service utilization for substance use treatment as well as general medical care and were more likely to have encounters with the law.

Without question, the sober housing participants continue to indicate much greater severity than the general guest population.

As noted in earlier reports, attrition from 12-month follow-up for those going into sober housing remains quite high due to the transient nature of young males who were primarily unemployed. Nonetheless, at approximately at 12 month post departure from residential, 58.6% (up from 52.2%) of the SH sample reported being employed full time and 65.7% (down slightly from 69%) reported being abstinent.

Departure and Completion Statistics

The average length of stay (LOS) for the residential program completers was 29.5 days, down only slightly from 29.8 days. There was essentially no difference between males and females. Only three guests were reported as not successfully completing the residential program. Based on experience, this extremely low rate of none-completion was unexpected. (Table 56.)

	n	mean	sd
Residential Completers			
All	454	29.5	4.8
Males	334	29.4	4.7
Females	120	29.8	5.0
Residential Non-Completers			
All	3	25.3	5.2
Males	3	25.3	5.2
Females	0		

	n	mean	sd
NRP COMP			
All	46	150.9	29.6
Males	34	149.8	32.9
Females	12	154.1	16.3
NRP NC			
All	43	94.0	50.6
Males	28	82.9	45.2
Females	15	114.6	53.5

	n	mean	sd
NREP COMP			
All	33	65.1	65.9
Males	17	55.6	37.7
Females	16	75.2	85.2
NREP NC			
All	2	273.5	168.5
Males	1	105.0	0.0
Females	1	442.0	0.0

The average LOS for NRP successful completers was 150.9 days, slightly longer than the 144.3 days previously reported. The successful program completion rate was 51.7%, down sharply from 69.3% reported last year. There were no statistically significant gender differences. (Table 57.)

Those successful completers in the NREP remained for an average 65.1 day, up from of 55.3 days previously reported. Again there was no statistically significant difference between males and females. Only two individuals departed without completing the program. (Table 58.)

Closing Comments

Outcomes from all of the programs continue to be very good. Although follow-up sample sizes were consistent with expectations and budget, they were somewhat smaller than many well-funded projects might realize. Nonetheless, there were no statistically significant differences in key demographic fields between those who participated in the follow-up and those who did not except for one characteristic. Those individuals who reported heroin as their primary substance of choice were less likely to participate in the follow-up, as discussed in earlier reports.

A. Evaluator Notes- Sample Sizes

The evaluation team received documentation for 483 residential guest registrations up from 378 previously reported. The non-residential program was also up to 90 from 64 last year as was the non-residential elder program (NRE) at 33 up from 17 reported last year.

In order for the evaluation team to follow-up with guests, they must complete an informed consent (“authorization”) regarding the nature and parameters of the contact with the evaluation team. This year, the number of authorizations with essential locator information was again lower than expected and especially affected the six-month follow-up sample size. The lower than expected authorizations last year also impacted the number of completed 12-month follow-ups.

Nonetheless, a comparison of the key demographic characteristics, including substances used, for those without authorization to those with authorizations revealed no statistically significant differences. With this finding, the evaluation team has viewed the selection of the samples as a natural randomization rather than a potentially purposeful selection process.

TABLE G-1 Sample Sizes

ADMISSIONS REPORTED	
RETREAT	483
RETREATNR	90
RETREATNRE	33
AUTHORIZATIONS FOR FOLLOWUP	
RETREAT	234
RETREATNR	71
RETREATNRE	18
AUTHORIZATIONS WITH LOCATORS	
RETREAT	140
RETREATNR	45
RETREATNRE	11
DEPARTURES REPORTED	
RETREAT	489
RETREATNR	87
RETREATNRE	39
BASELINE SURVEYS RECEIVED	
RETREAT	456
RETREATNR	89
RETREATNRE	19
DEPARTURE SURVEYS RECEIVED	
RETREAT	465
RETREATNR	49
RETREATNRE	36
6-MONTH SURVEYS COLLECTED	
RETREAT	65
RETREATNR	19
RETREATNRE	4
12-MONTH SURVEYS COLLECTED	
RETREAT	75
RETREATNR	20
RETREATNRE	7