



**2015
PROGRAM
EVALUATION
ANNUAL REPORT**

June 2016
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The opinions expressed in this report are those of the author and do not necessarily reflect those of The Retreat.

Abstract

This is the annual update of a longitudinal evaluations effort conducted by Herbert & Louis, LLC, an independent evaluation company, for calendar year 2015. This report compares current year findings with past year (2014) and all previous years' data from 2001 to 2013. It includes sections for the residential, non-residential, non-residential older adults; an update on the sober housing outcomes; and, the baseline findings for the relatively new extended stay program. The information presented continues to confirm positive findings consistently discussed in past reports.

Demographic characteristics of guests remained consistent with previous years with an average age of approximately 40 years in the residential and non-residential programs and 64 years in the older adult program. Approximately 70% of the guests were males and approximately 97% Caucasian. All programs, other than the elder adult program reported approximately 48% single and 28% married. In the elder adult program married guests were predominant.

At departure, guests' willingness to recommend The Retreat to others remained quite high with approximately 98% endorsing this willingness to a great or very great extent. Self-report of improvement remained strong with 90% reporting improvement in the issues that brought them to The Retreat.

At six month follow-up the abstinence rate for those in the residential program was 54.0% with another 27% reporting using less than before registration. At twelve month, 47.6% reported abstinence and 31.0% reported using less than before registration.

Statistically significant improvements were demonstrated in several recovery critical domains at both six and twelve months.

Although there were fluctuations in the types of substances being used prior to registration and at follow-up, there were no clear, strong trends apparent in changing choices of substance.

Quest satisfaction remained strong across the several service and facility indicators as has been consistently reported previously.

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Introduction

This report is an annual update for the period of January 1, 2015 through December 31, 2015 of an evaluation project that was started in early 2001. The report covers the residential, non-residential, non-residential for older adults, and the newest extended stay program. The report provides previous year data comparisons for critical indicators.

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

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

All guests are also invited by Retreat staff at the time of registration to participate in the longitudinal follow-up at six and twelve months following their departure. Those who volunteer for this element of the program evaluation complete an informed consent to participate form and provide contact information 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 adjusted six-month follow-up completion rate was 69%% and the 12-month follow-up completion rate was 61.5% 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 differences.

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. The data collected at follow-up provides the opportunity to document and statistically measure changes from enrollment to follow-up.

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.

Statistical significance is only reported where the probability of sampling error is five percent or less and referenced by this notation ($p < .05$).

Residential

Demographics

The average age of guests this year was 39.6 years similar to all previous years and between last year and all previous years. Males were significantly more likely to be younger (38.4 years) than females (42.3 years) as previously reported. The gender mix ratio has remained relatively constant over the years with a slight upward distribution of males (69.5%) (Table 1)

| | n | mean | sd |
|-----------------------|------|------|------|
| 2015 | | | |
| All | 478 | 39.6 | 13.2 |
| Males | 332 | 38.4 | 13.2 |
| Females | 146 | 42.3 | 12.8 |
| 2014 | | | |
| All | 482 | 40.0 | 13.3 |
| Males | 337 | 38.7 | 13.1 |
| Females | 145 | 43.0 | 13.2 |
| Previous Years | | | |
| All | 4868 | 39.2 | 12.5 |
| Males | 3167 | 38.3 | 12.4 |
| Females | 1683 | 41.1 | 12.4 |

| | 2015 | 2014 | Previous |
|------------------------|------|------|----------|
| Caucasian | 97.3 | 97.4 | 94.8 |
| Black/African American | 0.0 | 0.0 | 0.5 |
| Asian | 0.7 | 0.4 | 0.5 |
| Native American | 0.0 | 0.0 | 0.4 |
| Latino | 1.3 | 0.4 | 0.7 |
| Other/Not Reported | 0.7 | 1.8 | 3.1 |

The distribution of race/ethnicity was statistically similar to all previous years with approximately 97.3% of the guests were reported as

White/Caucasian this year. Females were very slightly more likely to be reported as

White/Caucasian this year. (Table 2)

| | 2015 | 2014 | Previous |
|-------------------|-------------|-------------|-----------------|
| Single | 48.4 | 44.9 | 44.2 |
| Married | 28.4 | 26.8 | 27.9 |
| Divorced | 17.3 | 21.3 | 18.6 |
| Separated | 3.3 | 3.4 | 5.4 |
| Living as Married | 1.8 | 2.5 | 2.6 |
| Widowed | 0.7 | 1.1 | 1.2 |

The largest distribution of guests remained single – never married (48.4%) up from last year (44.9%). Those reporting being married increased slightly while those reporting being divorced dropped to 17.3% from 21.3% last year. (Table 3)

Full-time employment increased 32.7% to 35.4% and part-time employment also increased from 7.1% to 8.6%. Those reported being unemployed decreased from 38.7% to 36.7%. None of these fluctuations were statistically significant. (Table 4) Approximately 0.2% of the current year guests reported being self-employed again this year.

| | 2015 | 2014 | Previous |
|------------|-------------|-------------|-----------------|
| Full-time | 35.4 | 32.7 | 31.3 |
| Part-time | 8.6 | 7.1 | 8.0 |
| Irregular | 5.0 | 7.1 | 5.7 |
| Homemaker | 4.7 | 3.2 | 4.8 |
| Student | 2.5 | 4.6 | 4.6 |
| Retired | 7.2 | 6.6 | 5.2 |
| Unemployed | 36.7 | 38.7 | 40.4 |

The level of education of guests enrolling this year remained relatively high with 40.1% reporting some college or trade school and 30.9% college graduate. (Table 5)

| | 2015 | 2014 | Previous |
|---------------------------|-------------|-------------|-----------------|
| Not Completed HS Graduate | 2.2 | 2.3 | 2.2 |
| HS Graduate | 12.3 | 12.1 | 11.4 |
| Some College/Trade School | 40.1 | 36.2 | 43.8 |
| College Graduate | 30.9 | 32.8 | 27.0 |
| Post-graduate Course Work | 4.7 | 4.3 | 5.4 |
| Post-graduate Degree | 9.6 | 12.3 | 10.2 |

The majority of guests (55.0%) again reported coming from a household with an annual income of \$50,000 or more, statistically similar across all years. (Table 6)

| Table 6. Income Range (In Percent) | | | |
|---|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| (Thousands of Dollars) | | | |
| < 20 | 18.7 | 18.1 | 17.9 |
| 20 to 29.9 | 9.7 | 9.2 | 8.0 |
| 30 to 39.9 | 8.3 | 8.5 | 9.5 |
| 40 to 49.9 | 8.3 | 9.4 | 9.1 |
| > 50 | 55.0 | 54.8 | 55.5 |

Table 7, on the next 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 recovery from addictions. As previously reported, across the years there have mostly been minor fluctuations in the frequency with which guests have responded to these employment related questions for the past 12 months. This year there were slightly fewer guests reporting being promoted, slightly more reporting takings a new job, and slightly more receiving formal disciplinary action. Looking at the past two years and all previous years there are no trends evident.

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

| | Never | | | Once | | | Twice | | | Thrice | | | > Thrice | | |
|----------------------------|-------|------|------|------|------|------|-------|------|-----|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Promoted | 59.4 | 64.3 | 68.7 | 19.0 | 17.7 | 15.7 | 9.7 | 6.3 | 6.8 | 4.1 | 2.8 | 2.6 | 7.9 | 8.9 | 6.3 |
| Took a New Job | 64.1 | 59.6 | 69.1 | 17.9 | 19.5 | 16.9 | 7.0 | 10.4 | 6.4 | 4.0 | 4.2 | 2.4 | 7.0 | 6.3 | 5.1 |
| Fired From Job | 73.3 | 71.5 | 71.9 | 18.6 | 19.0 | 19.6 | 5.0 | 5.9 | 4.9 | 1.8 | 2.3 | 1.6 | 1.4 | 1.4 | 2.0 |
| On Job Accident | 93.9 | 93.4 | 93.1 | 4.1 | 5.2 | 5.2 | 1.1 | 0.5 | 1.1 | 0.5 | 0.2 | 0.2 | 0.5 | 0.0 | 0.6 |
| Filed Work Comp Claim | 95.5 | 95.2 | 94.2 | 3.4 | 4.6 | 5.2 | 0.9 | 0.3 | 0.4 | 0.0 | 0.0 | 0.0 | 0.2 | 0.0 | 0.2 |
| Filed Grievance | 97.8 | 98.4 | 98.4 | 2.0 | 1.6 | 1.5 | 0.2 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Formal Disciplinary Action | 81.4 | 73.3 | 79.0 | 12.3 | 17.4 | 12.6 | 3.6 | 5.1 | 4.8 | 1.6 | 2.1 | 1.4 | 1.1 | 2.1 | 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.

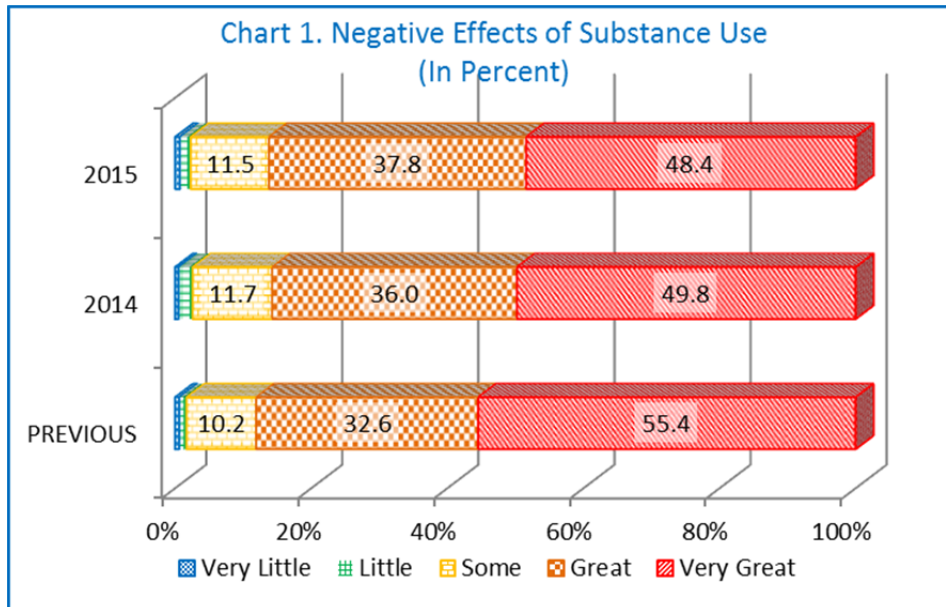
This year there was a slight upward shift in the distribution of guests reporting the use of methamphetamines, heroin and prescription drugs and downward shifts in marijuana, cocaine and other opiates. (Table 8)

Alcohol continued to be the most frequently cited primary substance used (65.6%) down from 69.0% reported last year. the same as previously reported. Heroin continued to be the second most

frequently cited substance of preference (7.5%) down very slightly from 7.9%. (Data not in a table.)

Guests continue to report significant negative effects from their substance use. This year 48.4% reported “very great” and 37.8% “great” negative effects on their life. Only 1.6% reported “little” and 0.7% “very little” effect. (Chart 1)

| | 2015 | 2014 | Previous |
|-------------------|-------------|-------------|-----------------|
| Alcohol | 92.3 | 92.0 | 92.0 |
| Marijuana/Hash | 39.2 | 43.0 | 41.5 |
| Prescription | 32.2 | 30.4 | 37.3 |
| Cocaine (Powder) | 24.0 | 27.7 | 34.7 |
| Other Opiates | 21.4 | 22.0 | 22.8 |
| Meth/amphetamines | 20.9 | 18.0 | 18.4 |
| Heroin | 18.3 | 14.9 | 14.4 |
| Illegal Rx | 16.3 | 20.8 | 21.0 |
| Over the Counter | 15.9 | 15.7 | 19.0 |
| Hallucinogens | 13.9 | 14.6 | 17.3 |
| Sedatives | 13.2 | 14.2 | 17.9 |
| Crack | 9.5 | 12.4 | 20.0 |
| Other Stimulants | 7.5 | 10.6 | 9.8 |
| Inhalants | 5.7 | 5.5 | 7.0 |
| Other Substances | 5.1 | 5.3 | 5.6 |



Service Utilization

Approximately 54.5% of this year’s guests reported accessing detoxification services in the past 12 months prior to enrollment compared to 55.0% previously reported. These rates are quite similar to last years with slight variations from all previous year. (Table 9)

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

| | 2015 | 2014 | Previous |
|-----------------------|------|------|----------|
| None | 45.5 | 45.0 | 48.1 |
| One Time | 27.5 | 28.5 | 26.0 |
| Two Times | 10.9 | 14.3 | 13.2 |
| Three Times | 8.0 | 4.5 | 6.1 |
| More than Three Times | 8.0 | 7.8 | 6.6 |

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

| | 2015 | 2014 | Previous |
|-----------------------|------|------|----------|
| None | 60.5 | 65.4 | 62.9 |
| One Time | 24.7 | 21.4 | 24.1 |
| Two Times | 6.5 | 6.5 | 7.6 |
| Three Times | 1.8 | 2.5 | 2.2 |
| More than Three Times | 6.5 | 4.3 | 3.3 |

The number of quests reporting outpatient treatment prior to registration this year increased slightly over all previous years with approximately 39.5% reporting at least one episode in the past 12 months. There also appears to be a developing trend that more guests

are reporting three or more outpatient episodes (6.5%) than previously reported (4.3%).

(Table 10)

The number of guests reporting substance related residential treatment in the past 12 months (48.3%) prior to registration appears to be decreasing very slightly (48.3%), but not significantly, over previous years. There is also the appearance of a very slight trend in fewer episodes of care except for those with three or more treatments (8.9% compared to 7.1% last year. (Table 11)

| | 2015 | 2014 | Previous |
|-----------------------|-------------|-------------|-----------------|
| None | 51.7 | 50.7 | 49.8 |
| One Time | 24.2 | 24.8 | 25.3 |
| Two Times | 9.6 | 12.1 | 11.8 |
| Three Times | 5.6 | 5.4 | 5.8 |
| More than Three Times | 8.9 | 7.1 | 7.3 |

| | 2015 | 2014 | Previous |
|-----------------------|-------------|-------------|-----------------|
| None | 52.0 | 54.8 | 57.5 |
| One Time | 21.4 | 20.1 | 20.8 |
| Two Times | 10.9 | 12.3 | 9.8 |
| Three Times | 6.7 | 4.3 | 4.4 |
| More than Three Times | 8.9 | 8.5 | 7.5 |

Nonetheless, the frequency of hospitalizations related to substance abuse is showing a slight upward trend with 48.0% report episodes of at least on hospitalization in prior 12 months compared to 42.5% for all previous years. (Table 12)

Approximately 63.3% of the guests reported seeing an individual therapist at least once in the 12 months prior to registration, up slightly from 60.2% but quit similar to all previous years. (Table 13)

Approximately 22.4% of the guests

| | 2015 | 2014 | Previous |
|------------------|-------------|-------------|-----------------|
| None | 36.7 | 39.8 | 36.6 |
| One to Five | 27.2 | 26.9 | 28.3 |
| Six to Ten | 11.3 | 10.1 | 11.9 |
| Eleven to Twenty | 11.5 | 12.4 | 9.5 |
| More than Twenty | 13.4 | 10.8 | 13.7 |

reported being hospitalized at least once in the past 12 months for physical problems other than those related to substance use. 48.9% reported at least one emergency room visit and approximately 10.6% reported being hospitalized for a mental issue. Use of overnight health care facilities has remained relatively constant over the past. (Table 14 – on next page.)

Approximately 58.8% of the guests reported attending at least one AA/NA group per month while 39.2% reported having contact with a sponsor at least monthly in the past 12 months. Less than 15% reported their spouse or partner attending mutual support meetings and 62.6% reported participating in prayer or meditation at least once a month. These critical recovery markers are relatively constant with previous findings. (Table 15 – on next page.)

This year approximately 18% reported receiving a driving while intoxicated (DWI), 14.6% arrested for a crime related to substance use, 6.3% for possession and 10.6% arrested for other non-substance use crimes. Overall 19.3% reported being incarcerated at least once during the previous 12 months with a noticeable increase in the number of individuals reporting more than three incarcerations (4.1% compared to 1.1% last year). (Table 16 – on next page.)

Table 14. Other Service Utilization (In Percent)

| | Never | | | Once | | | Twice | | | Thrice | | | > Thrice | | |
|---|-------|------|------|------|------|------|-------|------|------|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Hospitalization (Physical Problem) | 77.6 | 80.8 | 78.1 | 12.0 | 9.1 | 13.0 | 5.4 | 4.1 | 4.7 | 1.6 | 1.4 | 1.3 | 3.4 | 4.6 | 2.9 |
| Emergency Room Hospitalization (Mental Problem) | 51.1 | 53.6 | 52.6 | 21.0 | 24.3 | 24.6 | 13.1 | 11.2 | 11.2 | 7.0 | 4.8 | 4.7 | 7.7 | 6.2 | 6.9 |
| | 89.4 | 88.6 | 87.2 | 6.5 | 8.4 | 8.5 | 1.6 | 1.6 | 2.6 | 1.8 | 0.0 | 0.8 | 0.7 | 1.4 | 0.9 |

Table 15. AA/NA Participation (In Percent)

| | > 3 / Week | | | 2 to 3 / Week | | | 1 / Week | | | 1 / Month | | | < 1 / Month/None | | |
|------------------------------|------------|------|------|---------------|------|------|----------|------|------|-----------|------|-----|------------------|------|------|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Attend AA/NA | 17.3 | 17.7 | 18.5 | 21.9 | 16.7 | 18.6 | 11.4 | 13.0 | 12.6 | 8.2 | 10.6 | 7.7 | 41.2 | 41.3 | 42.6 |
| Contact Sponsor | 12.7 | 11.4 | 11.4 | 10.0 | 10.3 | 9.7 | 12.0 | 11.1 | 11.9 | 6.3 | 10.6 | 6.2 | 59.1 | 61.6 | 60.8 |
| Spouse/SO Attend Mutual Help | 1.6 | 4.4 | 3.0 | 3.5 | 2.8 | 3.0 | 5.4 | 6.9 | 6.7 | 3.8 | 1.2 | 3.6 | 85.7 | 86.6 | 83.8 |
| Prayer/Meditation | 29.3 | 30.0 | 27.2 | 14.7 | 12.8 | 14.0 | 10.0 | 13.0 | 12.3 | 8.6 | 9.1 | 7.0 | 37.4 | 38.0 | 39.6 |

Table 16. Community Related Indicators (In Percent)

| | Never | | | Once | | | Twice | | | Thrice | | | > Thrice | | |
|-----------------------------|-------|------|------|------|------|------|-------|------|-----|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Driving While Intoxicated | 82.0 | 82.0 | 78.3 | 13.1 | 14.2 | 16.3 | 2.7 | 1.8 | 3.3 | 1.8 | 1.1 | 1.2 | 0.5 | 1.1 | 1.0 |
| Arrested A/D Related Crime | 85.4 | 82.0 | 81.5 | 7.4 | 11.4 | 11.5 | 3.4 | 3.0 | 3.6 | 2.5 | 1.1 | 1.5 | 1.4 | 1.7 | 1.9 |
| Arrested for Possession | 93.7 | 92.9 | 92.6 | 3.6 | 5.7 | 5.4 | 1.1 | 0.5 | 1.2 | 0.9 | 0.3 | 0.4 | 0.7 | 0.6 | 0.4 |
| Arrested for Other Offenses | 89.4 | 89.7 | 88.7 | 6.6 | 5.5 | 7.1 | 1.1 | 1.6 | 2.3 | 1.4 | 0.3 | 0.5 | 1.6 | 0.8 | 1.5 |
| Incarcerated | 80.7 | 78.3 | 73.0 | 11.3 | 13.5 | 18.2 | 2.7 | 3.7 | 5.1 | 1.1 | 2.0 | 1.9 | 4.1 | 1.1 | 1.9 |

This year approximately 8.1% of the guests reported accessing a halfway house prior to registration. This was up from 4.0% reported last year. The average length of stay was 68.7 days slight shorter than the 81.2 day average reported last year. (Table 17)

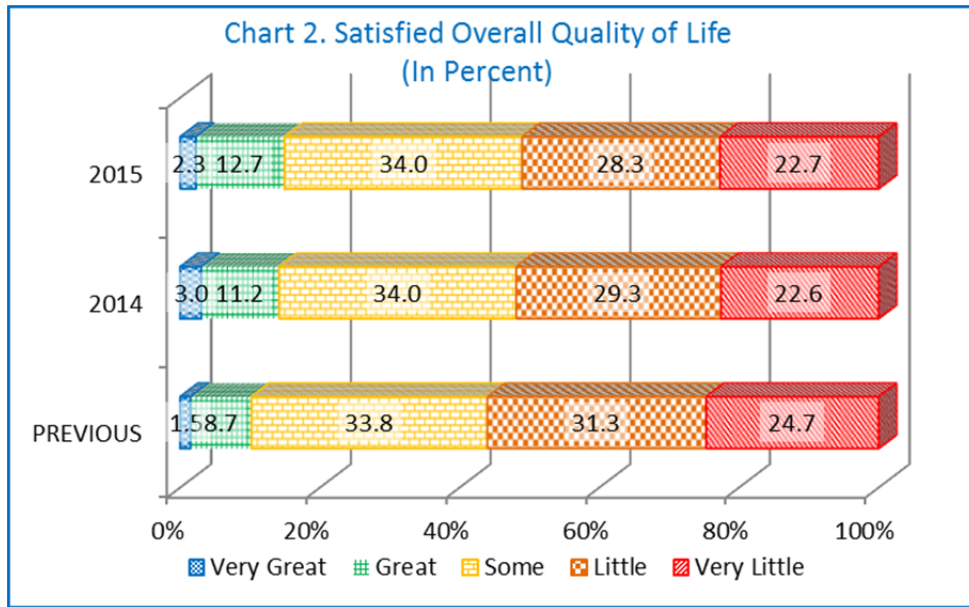
| Table 17. Halfway House (In Days) | | | |
|--|-----|------|------|
| | n | mean | sd |
| 2015 | 37 | 68.7 | 72.2 |
| 2014 | 18 | 81.2 | 80.3 |
| Previous Years | 333 | 86.3 | 74.9 |

| Table 18. Sober House (In Days) | | | |
|--|-----|-------|-------|
| | n | mean | sd |
| 2015 | 83 | 110.0 | 104.0 |
| 2014 | 71 | 104.3 | 90.1 |
| Previous Years | 576 | 106.8 | 97.4 |

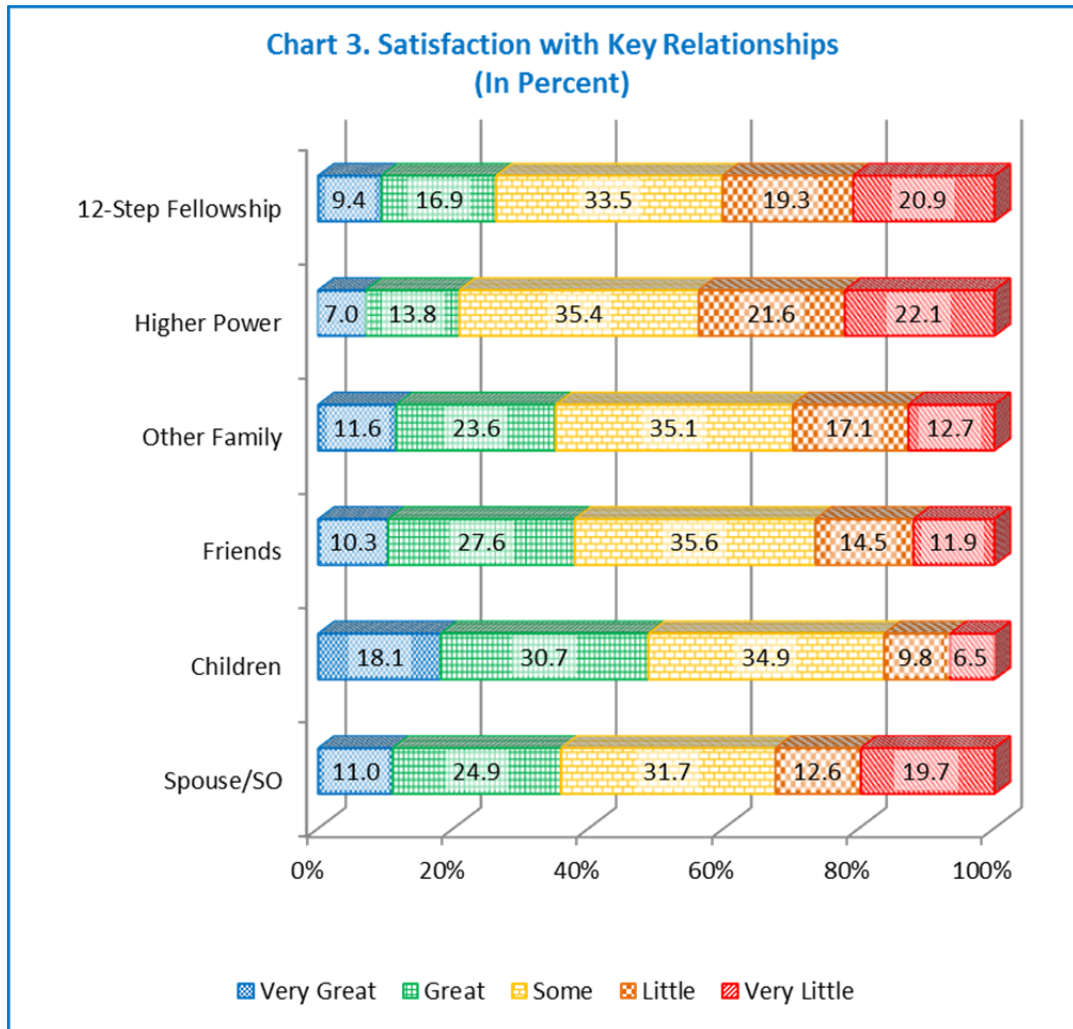
Approximately 18.3% of the guests reported residing in a sober house within the 12 month prior to registration. The amount of time housed was not significantly different than those previously reported. (Table 18)

Baseline Satisfaction with Key Recovery Supports

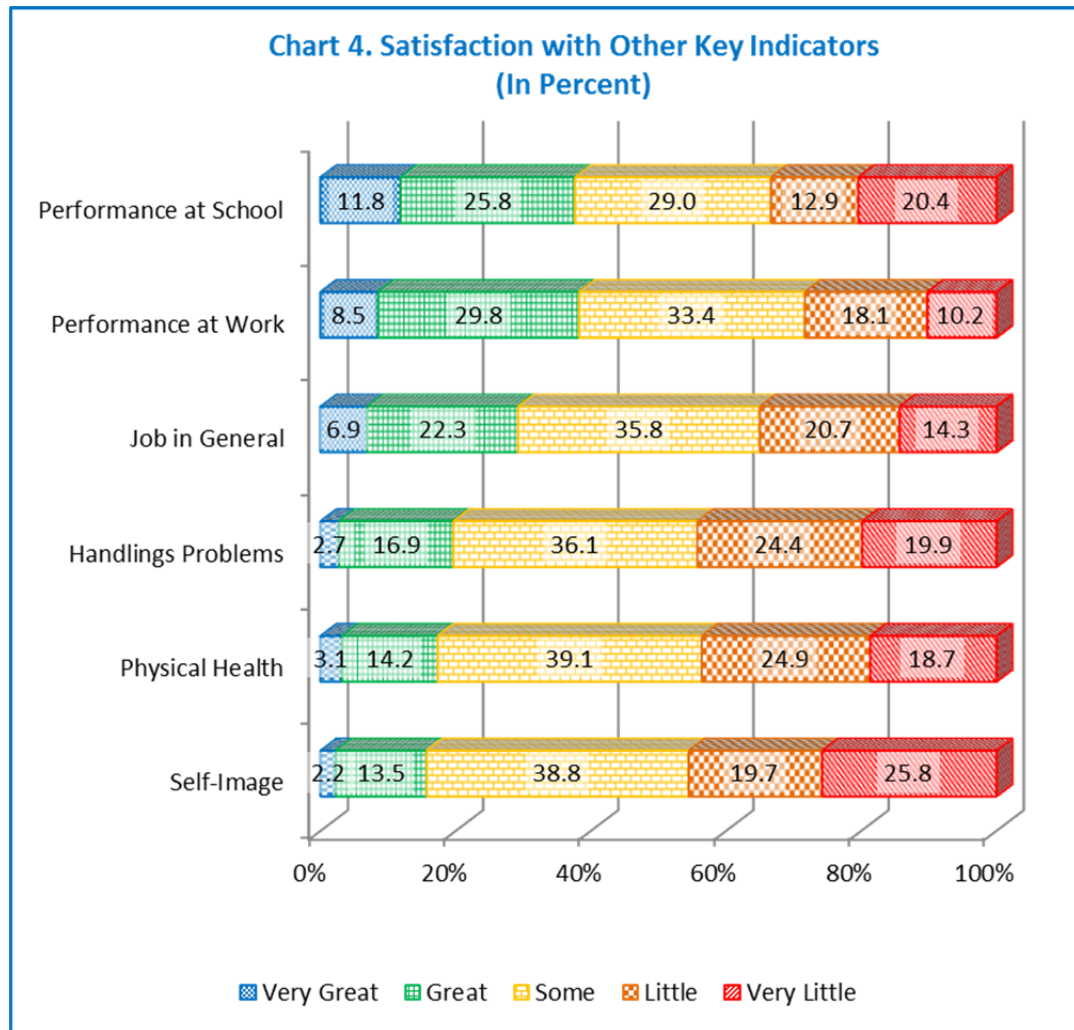
Approximately 56% of the guests reported experiencing “little” or “very little” overall satisfaction with their quality of life this year up from 52% last year. This distribution of dissatisfaction was statistically similar to all previous years. (Chart 2)



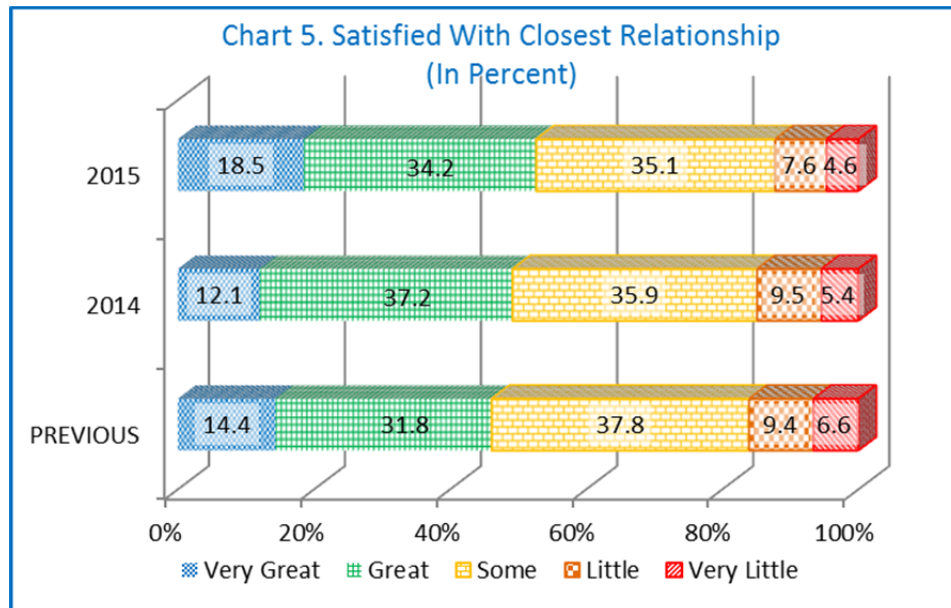
Guest responses to their level of satisfaction with key relationships continued to parallel closely with that previously reported and, as expected, remained low. Least satisfaction was with their relationship with a higher power (43.7% “little” and “very little”) followed by 12-Step Fellowship (40.2%), and spouse or significant other (32.4%). Satisfaction with children has consistently been the highest marker in this domain with approximately 48.8% reporting positively. (Chart 3)



Guest satisfaction with other key indicators suggested several areas of low satisfaction such as: 45.5% reporting “little” or “very little” satisfaction with their self-image, approximately 43.6% dissatisfied with their physical health, and 44.2% dissatisfied with their ability to handle problems. (Chart 4)



Satisfaction with their closest support relationship remained low with only 18.5% reporting “very great” and 34.2% reporting “great.” The responses to this key recovery support question remained statistically similar to previous years. (Chart 5)



Overall, a “friend” (26.6%) continued to be the most likely identified person who guests reported as most frequently talking to about problems. This was followed by spouse/SO (23.8%). This year there was a slight increase in the distribution of guests

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

| | 2015 | 2014 | Previous |
|--------------------------|------|------|----------|
| Friend | 26.6 | 25.0 | 26.1 |
| Spouse/Significant Other | 23.8 | 22.7 | 23.2 |
| 12-Step Sponsor | 13.6 | 10.7 | 10.5 |
| Parent | 11.8 | 15.8 | 12.1 |
| Counselor | 10.9 | 11.4 | 11.5 |
| Other | 2.8 | 4.3 | 3.6 |
| Child | 2.2 | 1.6 | 1.6 |
| Priest, Minister, Rabbi | 1.2 | 1.9 | 1.4 |
| Did not Talk to Anyone | 7.3 | 6.5 | 10.0 |

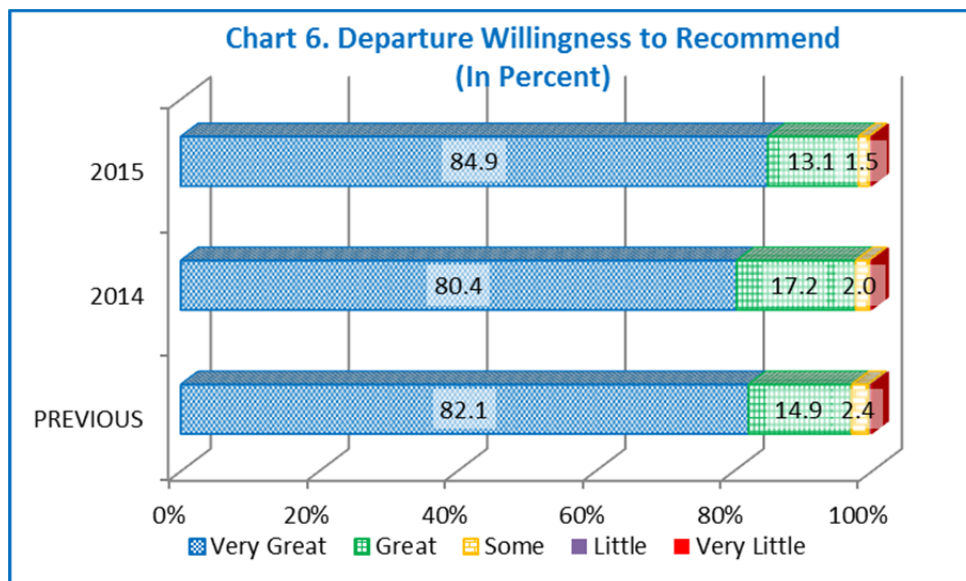
reporting to a sponsor (13.6%) followed by parent and then others not listed. Approximately 7.3% reported that they talked to no one about their problems. (Table 19)

Satisfaction at Time of Departure

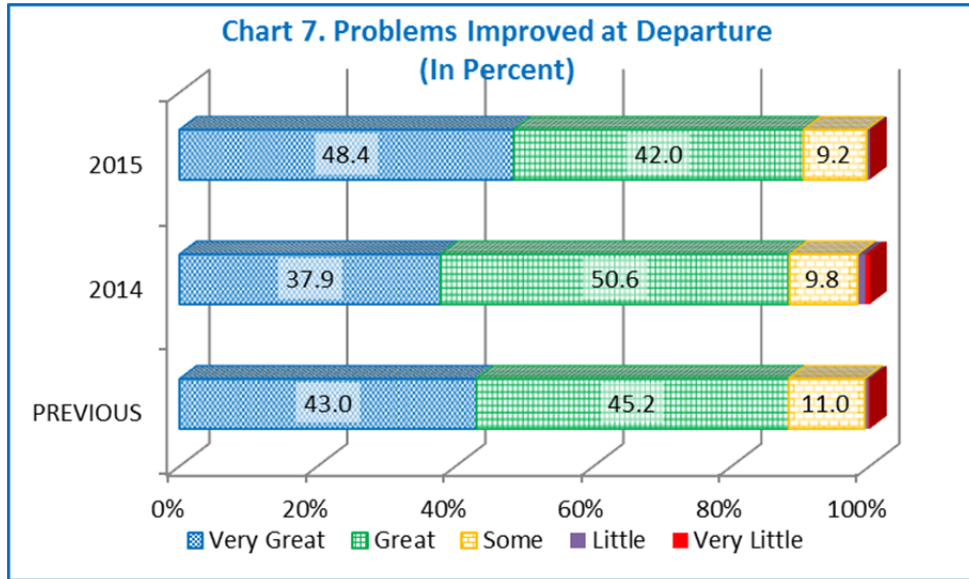
As discussed above, at the time of departure, guests are provided the opportunity to provide feedback on a satisfaction survey. Generally speaking, the findings reported from these studies have been encouragingly consistent over the years although the instrument has proven sensitive in design to staff 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 with an overall rating of 85%.

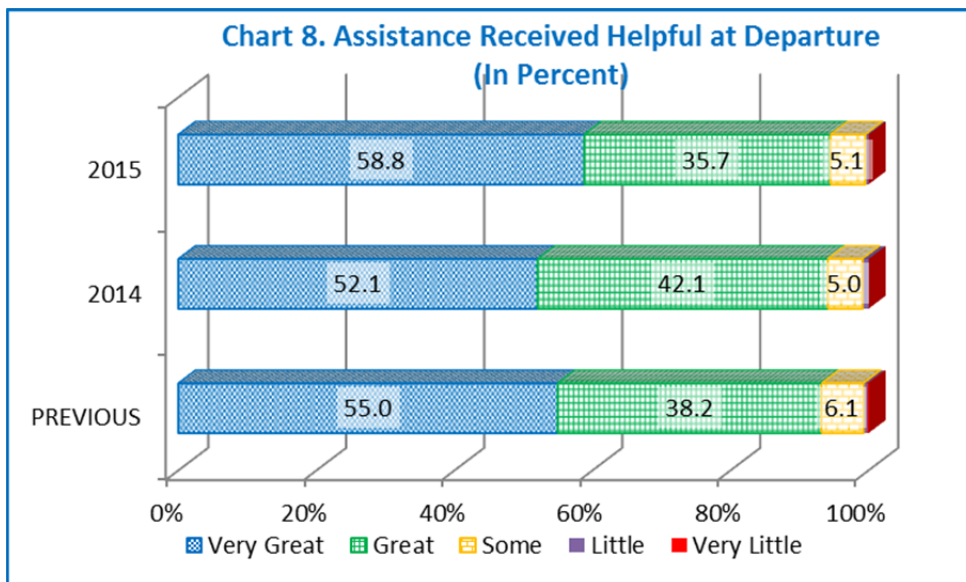
For The Retreat, level of endorsement by guests, at the time of departure, continues to be extremely positive. Of the sample of 460 departing guests participating, a remarkable 98.0% reported they were willing to refer others to The Retreat to a “very great” and “great” extent. This strong endorsement rate has remained relatively stable over the years. (Chart 6)



Approximately 90.4% responded to a “very great” and “great” extent regarding the improvement of problems that brought them to The Retreat. This very strong endorsement regarding the improvement of problems has remained relatively constant. (Chart 7)

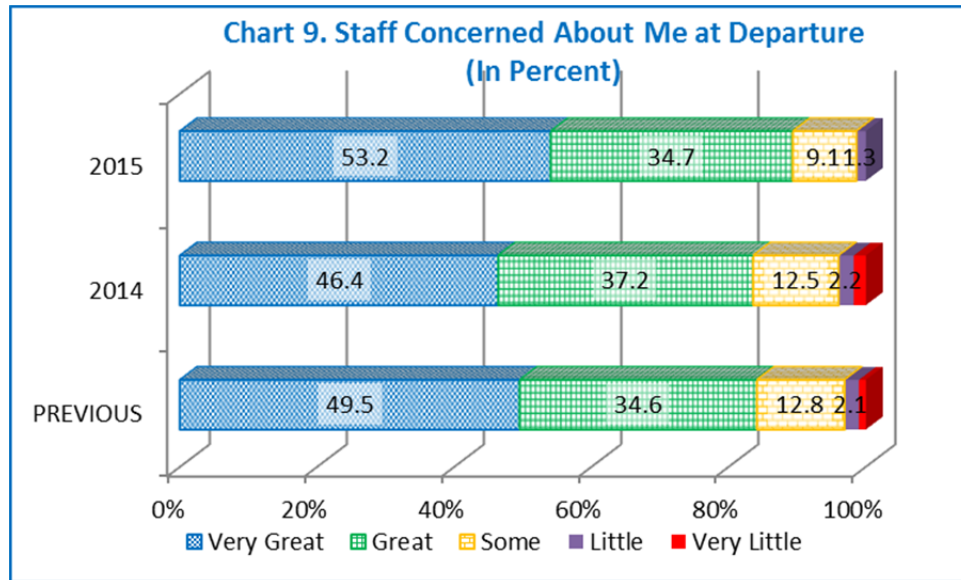


Approximately 94.5% of the departing guests reported that the assistance received during their visit was helpful as would be expected with the high level of endorsement with the previous questions. This is statistically similar to all previous years. (Chart 8)



One of the hallmarks of effective service is the extent to which guests feel that staff

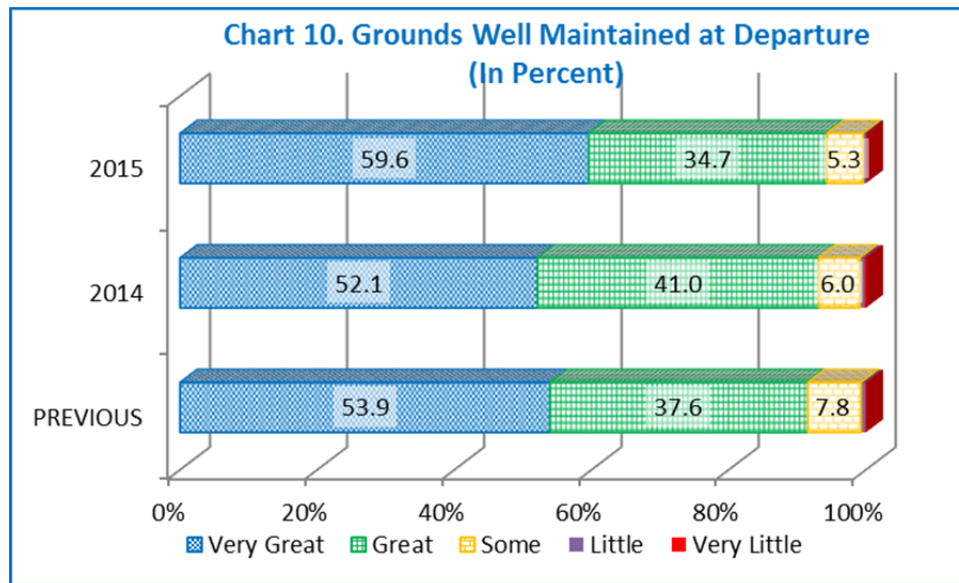
were personally concerned about them and their care. This year, the indicator for this concern crept up again to 87.9% remaining statistically similar to all previous years. (Chart 9)



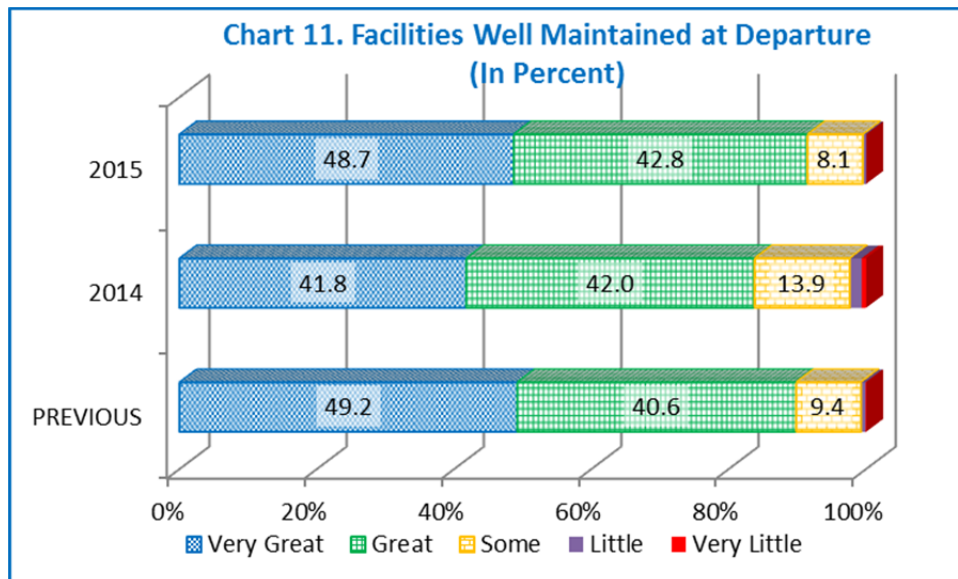
The environment in which services are provided is important to the overall experience guest take away. Condition and maintenance of the grounds, building, living, and working spaces are important to reducing stress and not detracting from the ability of individuals to focus on themselves in a restful, 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 94.3% of the departing guests were quite positive about the campus grounds endorsing the good maintenance of the campus grounds. (Chart 10)

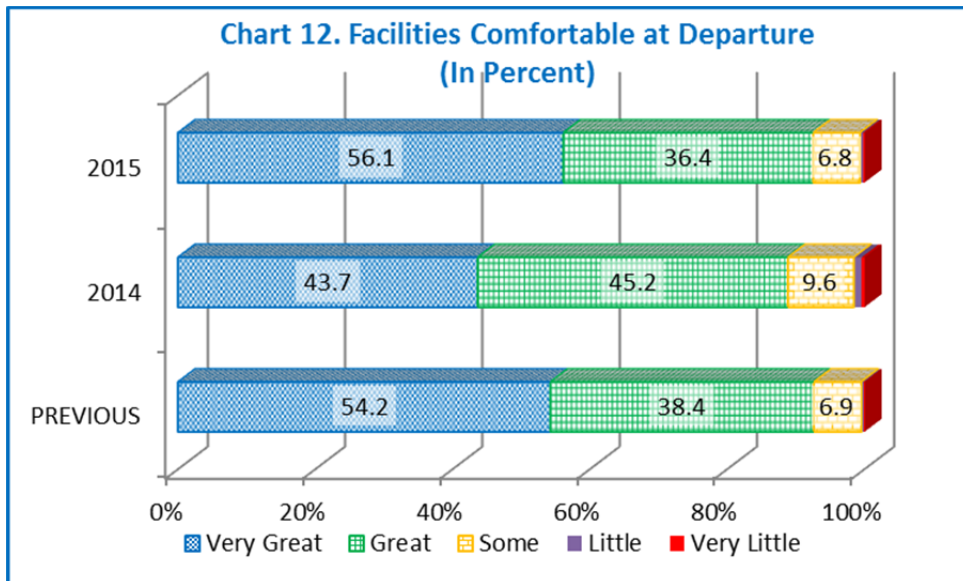


Approximately 91.5% reported satisfaction with the maintenance of the facilities, up slightly from previous reports. (Chart 11)

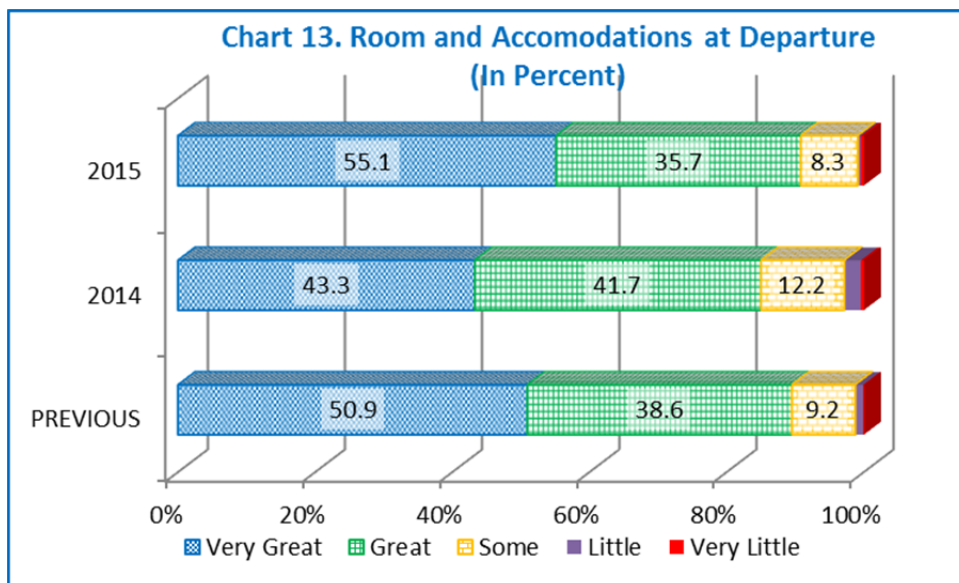


Perceptions regarding the comfortableness of the facility increased slightly from last years reported dip to 92.5% positive and remained statistically similar to previous years.

(Chart 12)

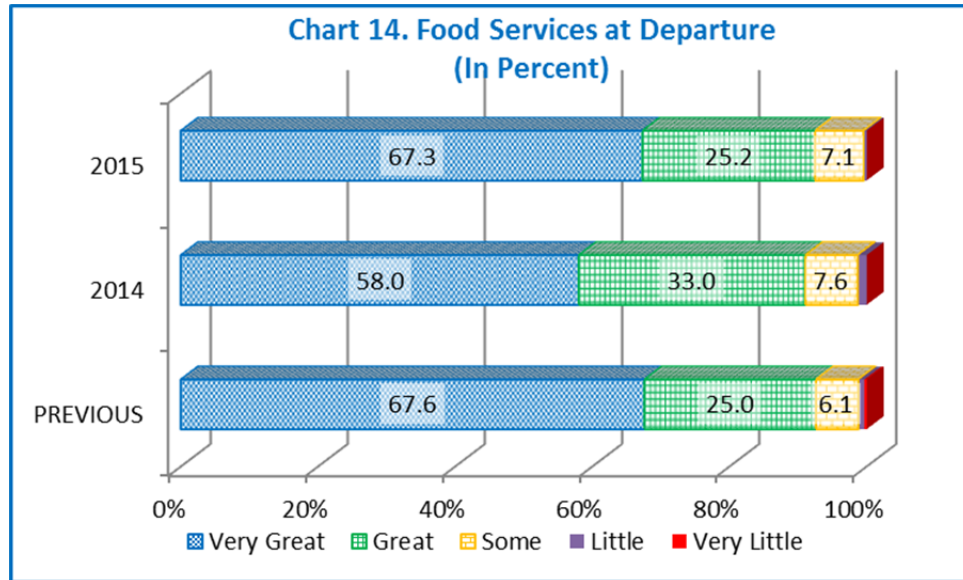


Satisfaction with their room and accommodations came back up this year to 90.8% from 85.0% last year and remained statistically similar to all previous years. (Chart 13)

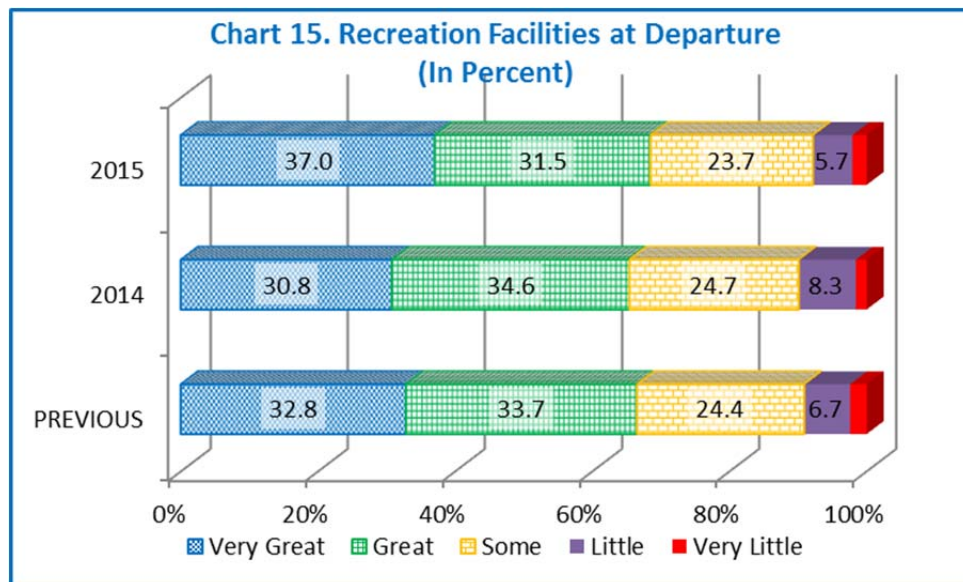


Food services and recreational/exercise opportunities are typically the categories that receive the widest distribution of satisfaction ratings as it seems humans are more particular about what they eat and how they exercise than where they are and what they're otherwise doing. Nonetheless, for The Retreat this has not been the case.

Again this year satisfaction levels with the food services remained quite strong with with a 92.5% positive level of endorsement by guests. (Chart 14)



Satisfaction with recreational opportunities has remained relatively stable over the years but generally quite a bit lower than other indicators with approximately 68.5% positive endorsement. This is lower rating for recreation and exercise facilities/time has been consistently found across a wide spectrum of residential facilities. (Chart 15)



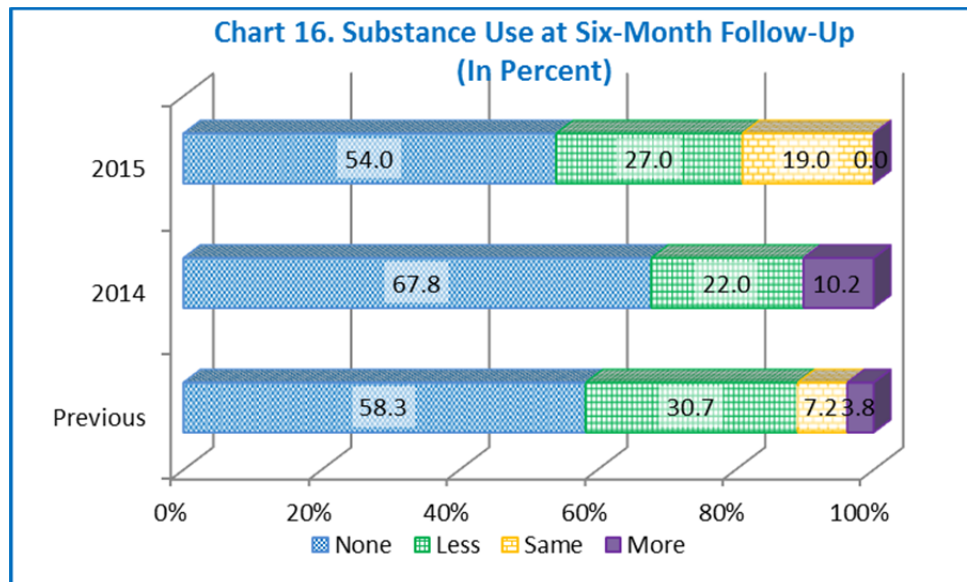
At departure, slightly over 90% of the guests reported that the problems that had caused them to come to the Retreat had improved (very greatly and greatly). Approximately 62% reported improvement in their relationship with their spouse or significant other in the short time of the program. As would be expected, about 15.3% reported this relationship had become worse (worse and much worse) as frequently happens when relationships are already on a sharp downward spiral prior to registration. (Table 20)

| | Improved | Same | Worse |
|--|-----------------|-------------|--------------|
| Relationship with Spouse/SO | 62.0 | 22.6 | 15.3 |
| Relationship with Children | 79.0 | 17.8 | 3.3 |
| Relationship with Friends | 62.9 | 29.5 | 7.7 |
| Relationship with Other Family | 65.6 | 26.0 | 8.4 |
| Higher Power | 80.4 | 17.4 | 2.2 |
| AA or 12-Step Fellowship | 84.6 | 12.7 | 2.7 |
| Self-image | 55.6 | 38.8 | 5.6 |
| Physical Health | 58.3 | 34.5 | 7.2 |
| Ability to Effectively Handle Problems | 64.7 | 31.0 | 4.4 |
| Overall Quality of Life | 66.6 | 29.3 | 4.1 |
| Issues Causing Problems | 90.4 | 9.2 | 0.4 |

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.

Key Findings at Six-Month Follow-Up

At six-month follow-up, 54.0% of the past guests reported abstinence since departing The Retreat, down from 67.8% previously reported. Approximately 27.0% reported using less than before registration, and 19.0% reported about the same as before enrollment. (Chart 16)



Of those who reported use, 8.3% reported using once and stopping while 43.8% reported using two or more times with periods of abstinence of longer than 30 days. Approximately 18.8% reported using two or more times, but being sober for the past 60 days prior to completing the survey and 29.2% of those who used reported using more or less continuously. (Not in a table.)

Alcohol (44.9%) continued to be the most frequently identified substance for those who used following departure from The Retreat and saw a slight increase in reported use from all previous years. There was shifting in the order of prevalence of substances used with slight increases in heroin and sedatives and slight decreases in several other substances including, for example, other opiates, cocaine, meth and methamphetamines, and crack

cocaine. (Table 21)

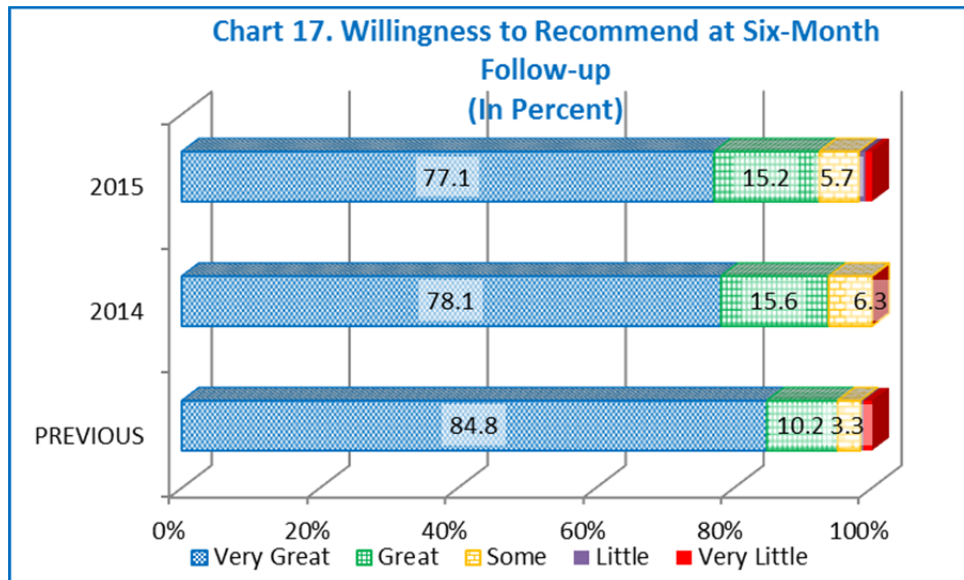
A follow-up question pertaining to the primary drug of choice indicated Alcohol (32.6%) with all other substances following distantly.

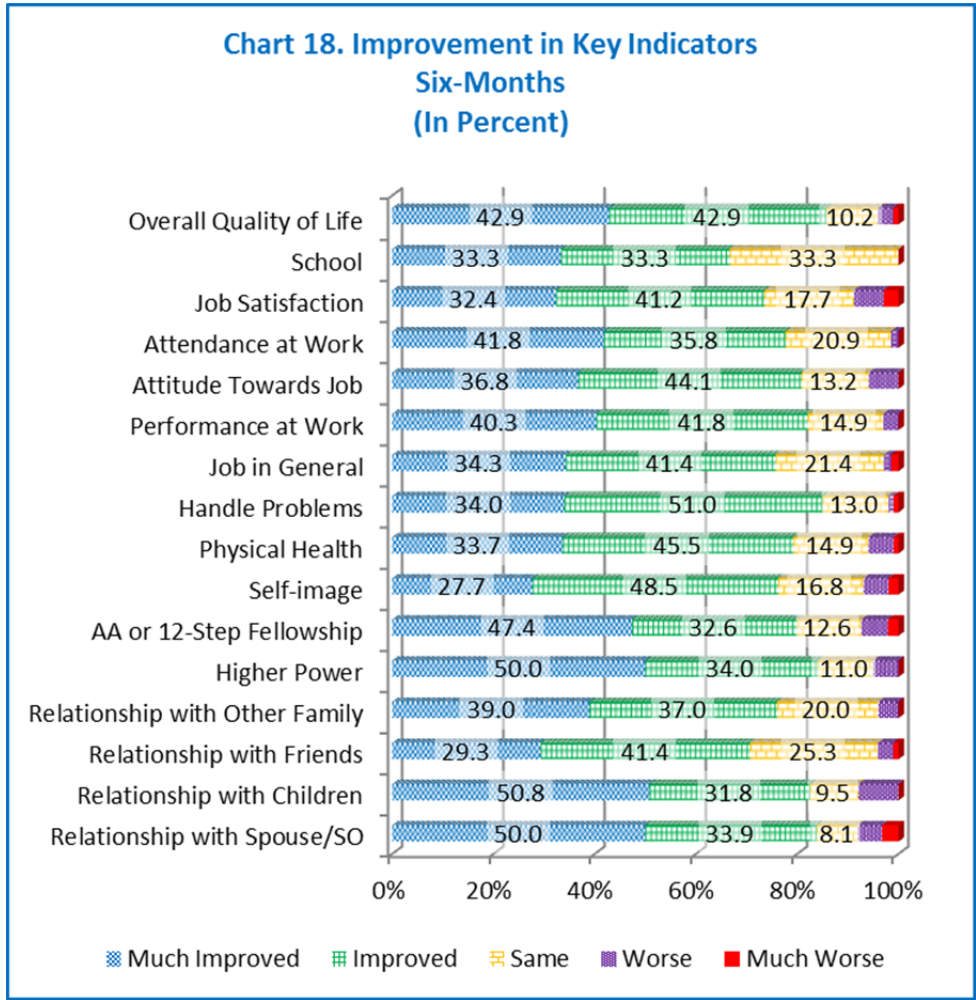
Past guests remained quite positive at six-month follow-up with 92.3% endorsing the item “very great” and “great.” This was somewhat lower than all previous years but is very strong as

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

| | 2015 | 2014 | Previous |
|---------------------------|------|------|----------|
| Alcohol | 44.9 | 38.8 | 38.5 |
| Prescription Meds | 11.2 | 15.3 | 12.6 |
| Over-the-Counter | 5.6 | 9.2 | 9.3 |
| Heroin | 3.7 | 2.0 | 2.5 |
| Sedatives/Tranquilizers | 3.7 | 2.0 | 2.1 |
| Hallucinogens | 2.8 | 2.0 | 2.1 |
| Other Opiates | 2.8 | 4.1 | 2.7 |
| Illegal Prescription Meds | 2.8 | 5.1 | 2.7 |
| Cocaine | 1.9 | 6.1 | 6.8 |
| Meth/amphetamines | 1.9 | 3.1 | 2.9 |
| Crack | 0.9 | 3.1 | 4.7 |
| Inhalants | 0.9 | 1.0 | 0.7 |
| Marijuana/Hashish | 0.1 | 0.1 | 0.1 |
| Other Stimulants | 0.0 | 2.0 | 1.7 |
| Other Substances | 1.9 | 2.0 | 1.1 |

satisfaction levels tend to drop the longer one is away from the services. (Chart 17)





The distribution of guests reporting improvement and much improvement again was strong with approximately 85.8% reporting improvement in the overall quality of life. Relationships with spouse and children were also report as seeing strong improvement. (Chart 18)

Utilizing an analysis of variance (ANOVA) comparing utilization at six month post departure with what was reported at registration, significant increases in attendance at fellowship meetings, contact with a sponsor, spouse/SO attending meetings, and use of prayer and/or meditation the same were found this year. Additionally, fewer incarcerations were noted for the first time. Looking at all

| Table 22. Key Service Utilization at Six-Months (ANOVA) | | | |
|--|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| Detox Center | | | p < .01 |
| Outpatient A&D | | | |
| Inpatient A&D | | | |
| Hospitalization A&D | | | p < .01 |
| Attend Fellowship Meetings | p < .01 | p < .01 | p < .01 |
| Contact Sponsor | p < .01 | p < .01 | p < .01 |
| Spouse/SO Attend | p < .01 | 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 | p < .05 | | |
| Work Disciplinary Issues | | | p < .05 |
| Started New Job | | | p < .01 |

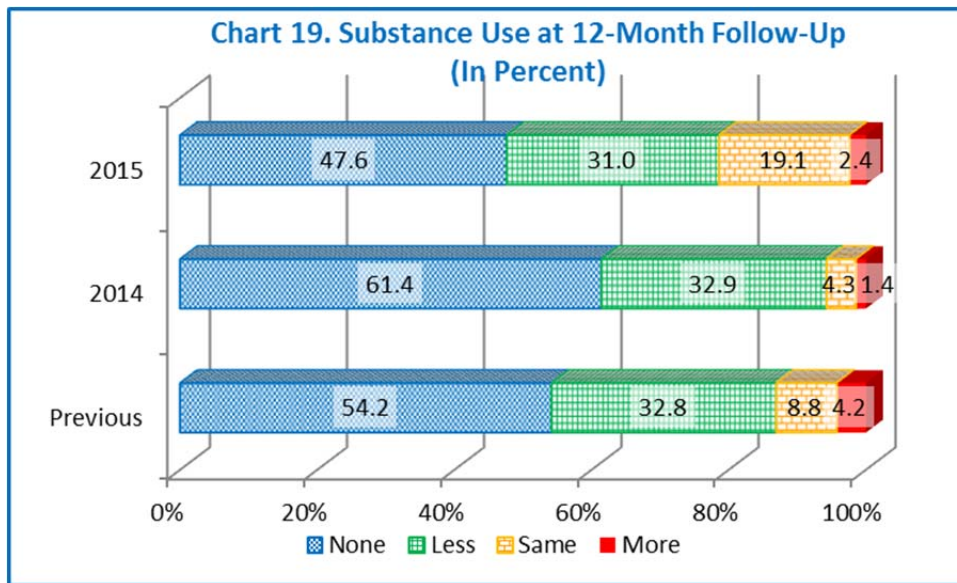
previous years, significant improvement continued to be identified in ten of the key recovery areas as has been consistently reported previously. (Table 22)

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 47.6% of the guests participating in the 12- month follow-up reported not using substances since departure, down from 61.4% reported last year. Another 31.0%

reported using less than before registration, 19.1% reported using about the same and 2.4% reported using more than before registration. (Chart 19)

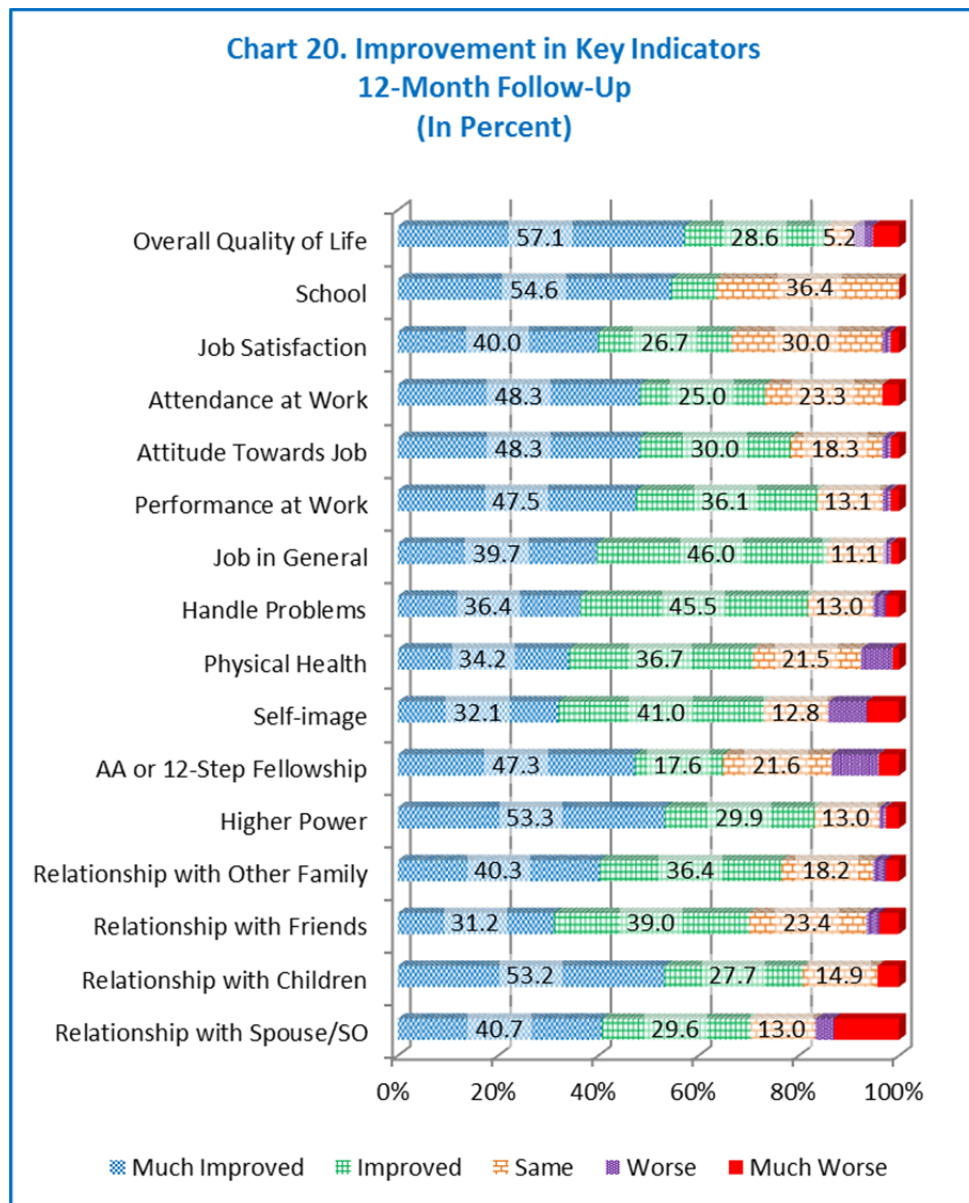


For those who used, 6.38% reported using once and stopping, 29.6% used two or more times but with periods of abstinence 30 days or longer, 34.1% reported using two or more times and being sober for the past 60 days, and 29.6% reported using more or less constantly since departure.

Substances used at twelve-month demonstrated some shifting from previous years with increased reported use of heroin and methamphetamines. (Table 23)

| | 2015 | 2014 | Previous |
|---------------------------|------|------|----------|
| Alcohol | 43.5 | 35.5 | 41.4 |
| Prescription Meds | 9.8 | 9.2 | 12.2 |
| Over-the-Counter | 6.5 | 6.6 | 7.4 |
| Heroin | 5.4 | 2.6 | 2.9 |
| Meth/amphetamines | 5.4 | 1.3 | 2.8 |
| Cocaine | 4.3 | 5.3 | 6.8 |
| Crack | 4.3 | 2.6 | 5.0 |
| Other Opiates | 4.3 | 3.9 | 3.1 |
| Sedatives/Tranquilizers | 3.3 | 1.3 | 2.6 |
| Other Stimulants | 2.2 | 0.0 | 1.1 |
| Illegal Prescription Meds | 2.2 | 1.3 | 3.1 |
| Hallucinogens | 1.1 | 0.0 | 1.8 |
| Inhalants | 1.1 | 0.0 | 0.9 |
| Marijuana/Hashish | 0.1 | 0.1 | 0.1 |
| Other Substances | 0.0 | 0.0 | 0.8 |

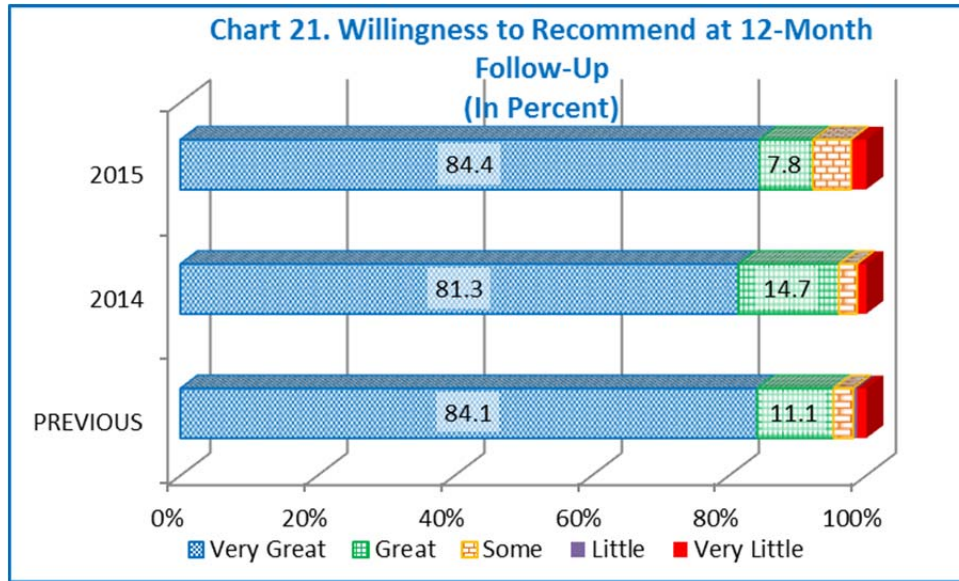
At twelve-month follow-up, the distribution of responses regarding improvement of key indicators since departure remained similar to those previously reported but with a slight general tendency to be somewhat lower satisfaction overall when compare to last year. (Chart 20)



This year there was a statistically significant improvement in the frequency reported for all mutual help activities along with decreases in utilization of general medical hospitalization, ER visits, and hospitalization for mental health issues. (Table 24)

| Table 24. Key Service Utilization at 12-Months (ANOVA) | | | |
|---|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| Detox Center | | | p < .05 |
| 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 < .05 | | |
| Prayer/Meditation | p < .01 | p < .01 | p < .01 |
| Sponsored Someone | p < .05 | | p < .01 |
| Hospitalization Other | p < .05 | | |
| ER Visits | p < .05 | | p < .01 |
| Hospitalization MH | p < .05 | | |
| Non-Res/Outpatient Visits | | | p < .01 |
| Arrests (Any Type) | | | |
| Incarceration | | | |
| Work/Employment Issues | | | |
| Been Promoted | p < .05 | | p < .05 |
| Started New Job | p < .05 | | |

Willingness to recommend The Retreat to others remained very strong for those participating in the 12-month follow-up with 92.2% 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 41.7 years, up somewhat from years previously reported ages. This year females were younger than males for the first time since the opening of this program; nonetheless the

Table 25. Age and Gender NRP

| | n | mean | sd |
|-----------------------|-----|------|------|
| 2015 | | | |
| All | 77 | 41.7 | 11.1 |
| Males | 48 | 42.9 | 10.6 |
| Females | 29 | 39.8 | 11.5 |
| 2014 | | | |
| All | 88 | 40.9 | 12.0 |
| Males | 49 | 38.4 | 11.4 |
| Females | 39 | 44.2 | 12.0 |
| Previous Years | | | |
| All | 428 | 40.5 | 11.8 |
| Males | 256 | 39.1 | 11.4 |
| Females | 171 | 42.6 | 12.0 |

difference was not significant (Table 25)

Table 26. Ethnicity NRP (In Percent)

| | 2015 | 2014 | Previous |
|------------------------|------|------|----------|
| Caucasian | nr | 97.8 | 97.5 |
| Native American | | | 0.3 |
| Black/African American | | | |
| Latino | | | 0.6 |
| Asian | | 0.1 | 0.4 |
| Other/Not Reported | | 2.1 | 1.2% |

NRP participants were primarily Caucasian/White again this year, but there was a very large amount of missing data (38.8%) so race/ethnicity is not reported in detail this year.

(Table 26)

This year the NRP saw an increased distribution of divorced (22.5%) and separated (22.5%) participants than in previous years. This resulted in fewer single and very slightly fewer married participants. (Table 27)

| Table 27. Marital Status NRP (In Percent) | | | |
|--|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| Married | 36.6 | 42.1 | 37.1 |
| Single | 29.6 | 35.2 | 37.9 |
| Divorced | 22.5 | 19.3 | 15.4 |
| Separated | 7.0 | 2.3 | 4.2 |
| Widowed | 0.0 | 1.1 | 1.7 |
| Living as Married | 4.2 | 0.0 | 3.7 |

| Table 28. Employment Status NRP (In Percent) | | | |
|---|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| Full-time | 47.1 | 65.5 | 54.4 |
| Part-time | 8.6 | 8.0 | 8.3 |
| Irregular | 2.9 | 1.1 | 4.8 |
| Homemaker | 8.6 | 3.4 | 4.0 |
| Student | 2.9 | 2.3 | 2.5 |
| Retired | 4.3 | 4.6 | 4.8 |
| Unemployed | 25.7 | 14.9 | 21.3 |

The distribution of employed participants

this year dropped significantly from last year as well as all previous years. This was offset by a much larger (25.7%) number of unemployed participants and a larger number of homemakers (8.6%). (Table 28)

The distribution of NRP participants with some college, or trade school, and college graduates shifted more towards fewer college graduates this year than all previous years. The other educational levels remained stable. (Table 29)

| Table 29. Education NRP (In Percent) | | | | |
|---|-------------|-------------|-----------------|--|
| | 2015 | 2014 | Previous | |
| Not Completed HS Graduate | 0.0 | 1.1 | 0.7 | |
| HS Graduate | 7.1 | 8.0 | 7.7 | |
| Some College/Trade School | 42.9 | 28.4 | 35.6 | |
| College Graduate | 31.4 | 45.5 | 36.4 | |
| Post-graduate Course Work | 7.1 | 5.7 | 6.7 | |
| Post-graduate Degree | 11.4 | 11.4 | 12.9 | |

This year there was a significant increase in the distribution of participants reporting less than \$20,000 annual household income. This was unexpected and is most likely due to the increase of those reporting being unemployed. (Table 30)

| Table 30. Income Range NRP (In Percent) | | | | |
|--|-------------|-------------|-----------------|--|
| | 2015 | 2014 | Previous | |
| (Thousands of Dollars) | | | | |
| < 20 | 17.9 | 9.2 | 10.4 | |
| 20 to 29.9 | 0.0 | 9.2 | 8.6 | |
| 30 to 39.9 | 9.0 | 5.7 | 7.9 | |
| 40 to 49.9 | 4.5 | 11.5 | 9.1 | |
| > 50 | 68.7 | 64.4 | 64.0 | |

As can be seen in the accompany table, there has been relatively little change across all years in respect to employment related markers other than an increase in the number of participants reporting being fired from a job at least once (21.1%) in the past year and an increase of the number filing a Workers' Compensation Claim (8.3%) at least once (with a corresponding slight increase in the number experiencing an accident on the job. (Table 31)

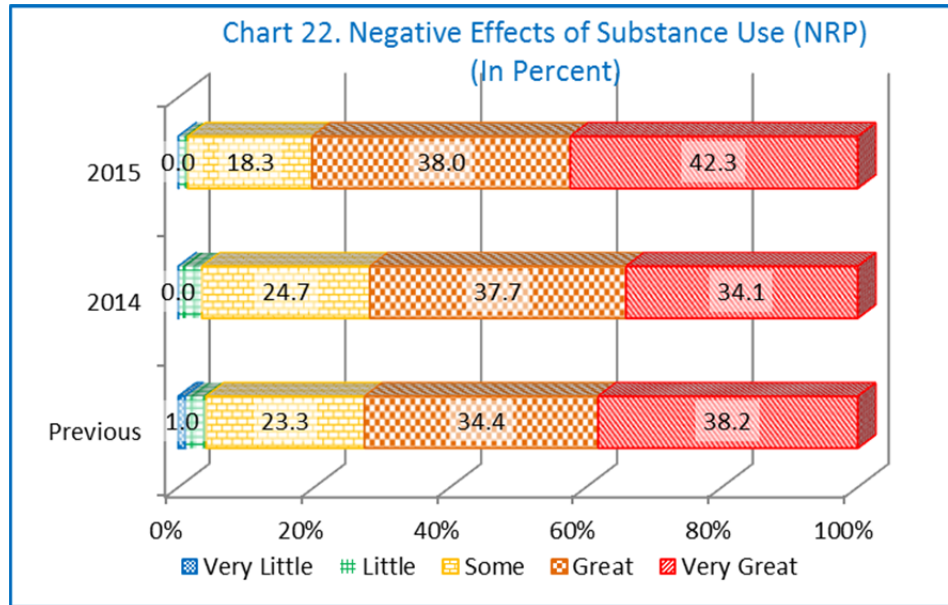
**Table 31. Job Related Indicators
NRP
(In Percent)**

| | Never | | | Once | | | Twice | | | Thrice | | | > Thrice | | |
|----------------------------|-------|-------|------|------|------|------|-------|------|-----|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Promoted | 58.6 | 58.0 | 67.3 | 15.7 | 21.6 | 17.4 | 12.9 | 4.5 | 4.8 | 2.9 | 5.7 | 4.0 | 10.0 | 10.2 | 6.5 |
| Took a New Job | 71.4 | 67.1 | 70.7 | 14.3 | 20.5 | 17.9 | 7.1 | 4.5 | 6.0 | 1.4 | 3.4 | 2.5 | 5.7 | 4.5 | 3.0 |
| Fired From Job | 78.9 | 84.9 | 82.9 | 18.3 | 14.0 | 15.1 | 2.8 | 1.2 | 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.2 |
| Formal Disciplinary Action | 89.9 | 88.5 | 89.9 | 5.8 | 8.0 | 6.7 | 2.9 | 1.1 | 1.7 | 1.4 | 0.0 | 1.0 | 0.0 | 2.3 | 0.7 |
| Filed Work Comp Claim | 91.7 | 96.5 | 98.3 | 6.9 | 3.5 | 1.5 | 1.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| On Job Accident | 95.8 | 97.7 | 97.0 | 2.8 | 2.3 | 2.2 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.2 | 1.4 | 0.0 | 0.0 |
| Filed Grievance | 100.0 | 100.0 | 99.3 | 0.0 | 0.0 | 0.7 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |

There was a generalized increase of the distribution of substances used this year compared to previous years including legal and illegal prescription drugs, hallucinogens, other opiates, methamphetamines and heroin for example. Slight decreases in alcohol and marijuana were also noted. (Table 32)

| Table 32. Substances Used at Six-Month Follow-up NRP (In Percent) | | | |
|--|-------------|-------------|-----------------|
| | 2015 | 2014 | Previous |
| Alcohol | 95.8 | 97.7 | 96.8 |
| Prescription Meds | 33.3 | 29.6 | 23.8 |
| Marijuana/Hashish | 31.9 | 35.2 | 32.8 |
| Cocaine | 22.2 | 23.9 | 21.6 |
| Hallucinogens | 19.4 | 10.2 | 10.8 |
| Illegal Prescription Meds | 19.4 | 13.6 | 10.3 |
| Other Opiates | 18.1 | 12.5 | 14.2 |
| Meth/amphetamines | 15.3 | 13.6 | 10.8 |
| Heroin | 12.5 | 8.0 | 9.6 |
| Crack | 11.1 | 6.8 | 8.1 |
| Sedatives/Tranquilizers | 11.1 | 6.8 | 8.1 |
| Over-the-Counter | 11.1 | 9.1 | 9.1 |
| Other Stimulants | 8.3 | 3.4 | 5.4 |
| Inhalants | 5.6 | 1.1 | 2.9 |
| Other Substances | 6.9 | 2.3 | 3.2 |

This year there was a slight increase in the distribution of NRP participants reporting negatives effects in their life associated with substance use (80.0% great and very great) compared to 72.6% over all previous years. (Chart 22)



Service Utilization

The frequency of detox episodes for the NRP participant increased from 28.7% with at least one episode in 2014 to 39.4% this year. There was also an increase in three or more episodes this year over both last and all previous years.

(Table 33)

The number of prior formal outpatient substance use treatment episodes also increased slightly over last and all previous years. There were also more participants reporting three or more

Table 33. Detoxification Episodes NRP (In Percent)

| | 2015 | 2014 | Previous |
|-----------------------|------|------|----------|
| None | 60.6 | 71.3 | 67.9 |
| One Time | 19.7 | 14.9 | 20.0 |
| Two Times | 4.2 | 5.7 | 5.7 |
| Three Times | 9.9 | 3.4 | 2.7 |
| More than Three Times | 5.6 | 4.6 | 3.7 |

Table 34. Outpatient Episodes NRP (In Percent)

| | 2015 | 2014 | Previous |
|-----------------------|------|------|----------|
| None | 70.8 | 68.6 | 68.9 |
| One Time | 15.3 | 20.9 | 22.0 |
| Two Times | 6.9 | 8.1 | 5.9 |
| Three Times | 5.6 | 0.0 | 1.2 |
| More than Three Times | 1.4 | 2.3 | 2.0 |

episodes this year. (Table 34)

The number of individuals reporting prior residential substance abuse care in the past 12 months increased from 42.5% to 55.6% this year. (Table 35)

| | 2015 | 2014 | Previous |
|-----------------------|-------------|-------------|-----------------|
| None | 44.4 | 57.5 | 55.1 |
| One Time | 30.6 | 24.1 | 26.4 |
| Two Times | 15.3 | 9.2 | 10.9 |
| Three Times | 4.2 | 3.4 | 3.0 |
| More than Three Times | 5.6 | 5.7 | 4.7 |

| | 2015 | 2014 | Previous |
|-----------------------|-------------|-------------|-----------------|
| None | 61.1 | 65.1 | 67.7 |
| One Time | 22.2 | 20.9 | 18.7 |
| Two Times | 8.3 | 8.1 | 5.2 |
| Three Times | 4.2 | 2.3 | 4.2 |
| More than Three Times | 4.2 | 3.5 | 4.2 |

There was also an increase in the number of A&D related hospitalizations this year for 34.9% last year to 38.9% this year. (Table 36)

NRP participants indicated a slight increase also in the number of outpatient visits in the past year prior to registration with 65.3% reporting this year and 59.3% last year. (Table 37)

| | 2015 | 2014 | Previous |
|------------------|-------------|-------------|-----------------|
| None | 34.7 | 40.7 | 38.8 |
| One to Five | 33.3 | 29.1 | 24.4 |
| Six to Ten | 15.3 | 8.1 | 11.9 |
| Eleven to Twenty | 5.6 | 8.1 | 11.1 |
| More than Twenty | 11.1 | 14.0 | 13.8 |

NRP participants were slightly less likely to report hospitalizations for physical problems not related to substance use than last year; slightly more likely to report emergency room visits than last year; and, very slightly more likely to report 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 | | |
|---|-------|------|------|------|------|------|-------|------|-----|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Hospitalization (Physical Problem) | 84.3 | 81.6 | 81.0 | 10.0 | 12.6 | 12.8 | 4.3 | 4.6 | 3.2 | 0.0 | 0.0 | 0.5 | 1.4 | 1.1 | 2.5 |
| Emergency Room Hospitalization (Mental Problem) | 59.7 | 62.8 | 62.7 | 22.2 | 23.3 | 21.0 | 11.1 | 9.3 | 8.1 | 4.2 | 1.2 | 3.0 | 2.8 | 3.5 | 5.2 |
| Hospitalization (Mental Problem) | 91.7 | 90.7 | 91.6 | 6.9 | 7.0 | 6.2 | 0.0 | 1.2 | 0.7 | 0.0 | 1.2 | 1.0 | 1.4 | 0.0 | 0.5 |

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

| | > 3 / Week | | | 2 to 3 / Week | | | 1 / Week | | | 1 / Month | | | < 1 / Month/None | | |
|------------------------------|------------|------|------|---------------|------|------|----------|------|------|-----------|------|-----|------------------|------|------|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Attend AA/NA | 19.1 | 7.0 | 13.6 | 20.6 | 12.8 | 16.4 | 14.7 | 20.9 | 16.9 | 4.4 | 5.8 | 5.5 | 27.9 | 53.5 | 35.8 |
| Contact Sponsor | 13.0 | 8.0 | 7.8 | 8.7 | 9.2 | 10.3 | 20.3 | 11.5 | 14.3 | 5.8 | 3.4 | 4.0 | 49.3 | 67.8 | 56.8 |
| Spouse/SO Attend Mutual Help | 0.0 | 1.2 | 3.1 | 4.3 | 2.4 | 1.8 | 2.9 | 2.4 | 6.7 | 1.4 | 1.2 | 2.6 | 85.7 | 92.9 | 78.6 |
| Prayer/Meditation | 32.9 | 16.1 | 28.8 | 11.4 | 12.6 | 14.3 | 12.9 | 13.8 | 14.8 | 5.7 | 17.2 | 7.8 | 28.6 | 40.2 | 23.3 |

NRP participants were more likely to report attending mutual support groups at least once a month (72.1%) compared to all previous years (64.2%). (It should be noted that last year’s findings were somewhat out of the ordinary.) They were also more likely to report contact with a sponsor, spouse/SO

attendance at mutual support groups, as well as more frequent practice of prayer and meditation. (Table 39)

| | n | mean | sd |
|-----------------------|----|-------|------|
| 2015 | 3 | 122.0 | 84.5 |
| 2014 | 3 | 82.7 | 71.0 |
| Previous Years | 14 | 62.5 | 56.0 |

Again this year, three NRP participants indicated using a half-way house for a somewhat longer time than previous years and twelve reported using sober housing prior to registration for an average of 91.8 days. As can be seen in the accompanying tables, the average lengths

| | n | mean | sd |
|-----------------------|----|-------|-------|
| 2015 | 12 | 91.8 | 89.4 |
| 2014 | 10 | 59.7 | 51.4 |
| Previous Years | 50 | 107.8 | 110.9 |

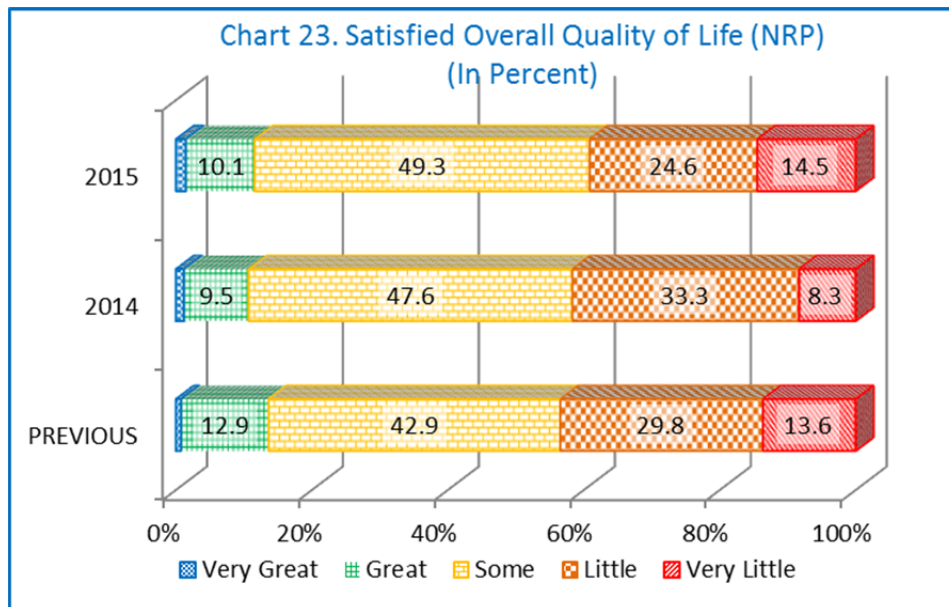
of stay vary from year to year and overall. (Tables 40 and 41)

| | Never | | | Once | | | Twice | | | Thrice | | | > Thrice | | |
|-----------------------------|-------|------|------|------|------|------|-------|------|-----|--------|------|-----|----------|------|-----|
| | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All | 2015 | 2014 | All |
| Driving While Intoxicated | 76.1 | 72.4 | 68.7 | 18.3 | 23.0 | 24.6 | 5.6 | 2.3 | 4.4 | 0.0 | 0.0 | 1.5 | 0.0 | 2.3 | 0.7 |
| Arrested A/D Related Crime | 88.7 | 81.4 | 80.7 | 7.0 | 17.4 | 14.1 | 4.2 | 0.0 | 2.2 | 0.0 | 0.0 | 1.2 | 0.0 | 1.2 | 1.7 |
| Arrested for Possession | 95.8 | 93.1 | 92.6 | 2.8 | 6.9 | 6.4 | 1.4 | 0.0 | 0.5 | 0.0 | 0.0 | 0.2 | 0.0 | 0.0 | 0.2 |
| Arrested for Other Offenses | 95.8 | 94.3 | 93.1 | 2.8 | 4.6 | 5.0 | 1.4 | 1.1 | 1.2 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 0.2 |
| Incarcerated | 80.3 | 74.7 | 70.9 | 11.3 | 25.3 | 22.2 | 4.2 | 0.0 | 5.7 | 0.0 | 0.0 | 0.7 | 4.2 | 0.0 | 0.5 |

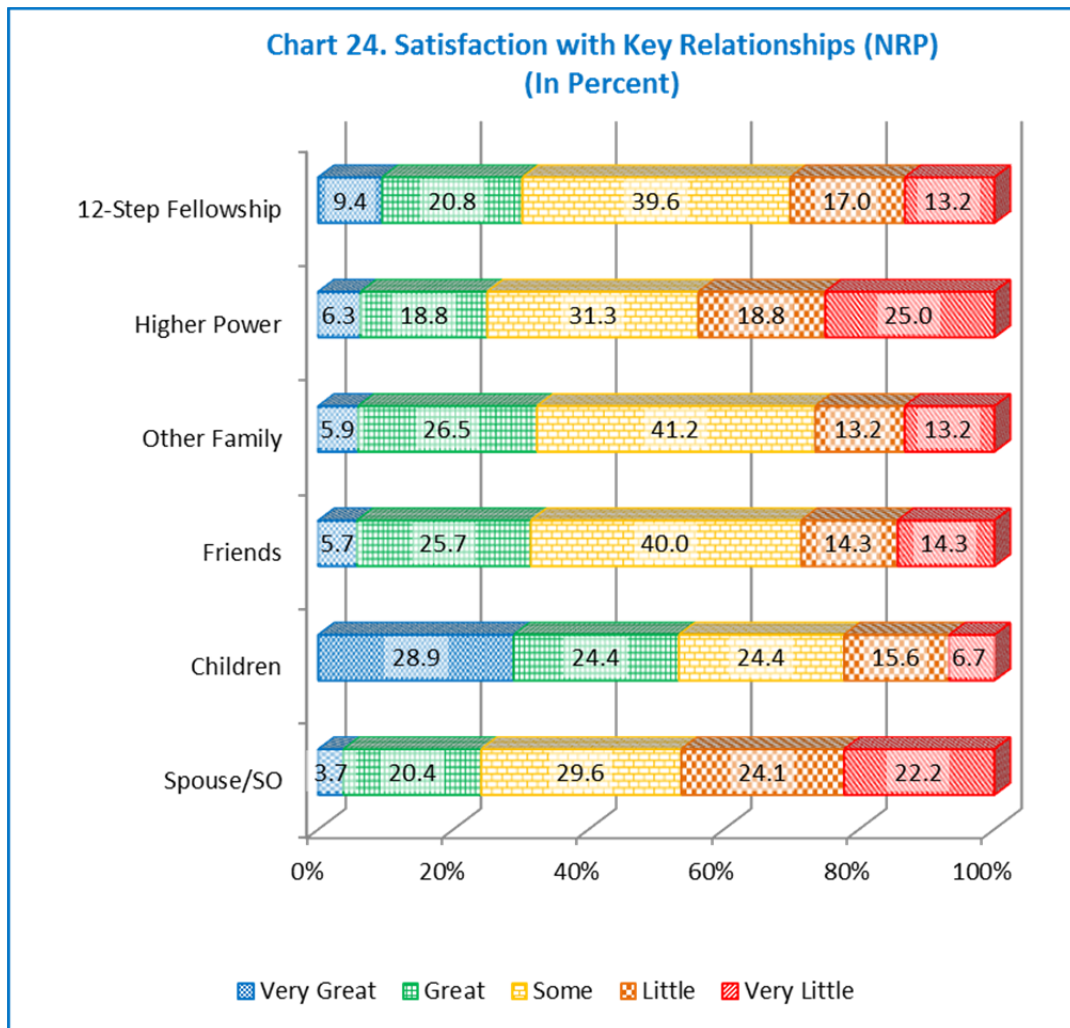
Changes in criminal justice indicators demonstrated only slightly less involvement this year, but no significant difference over previous years. (Table 42)

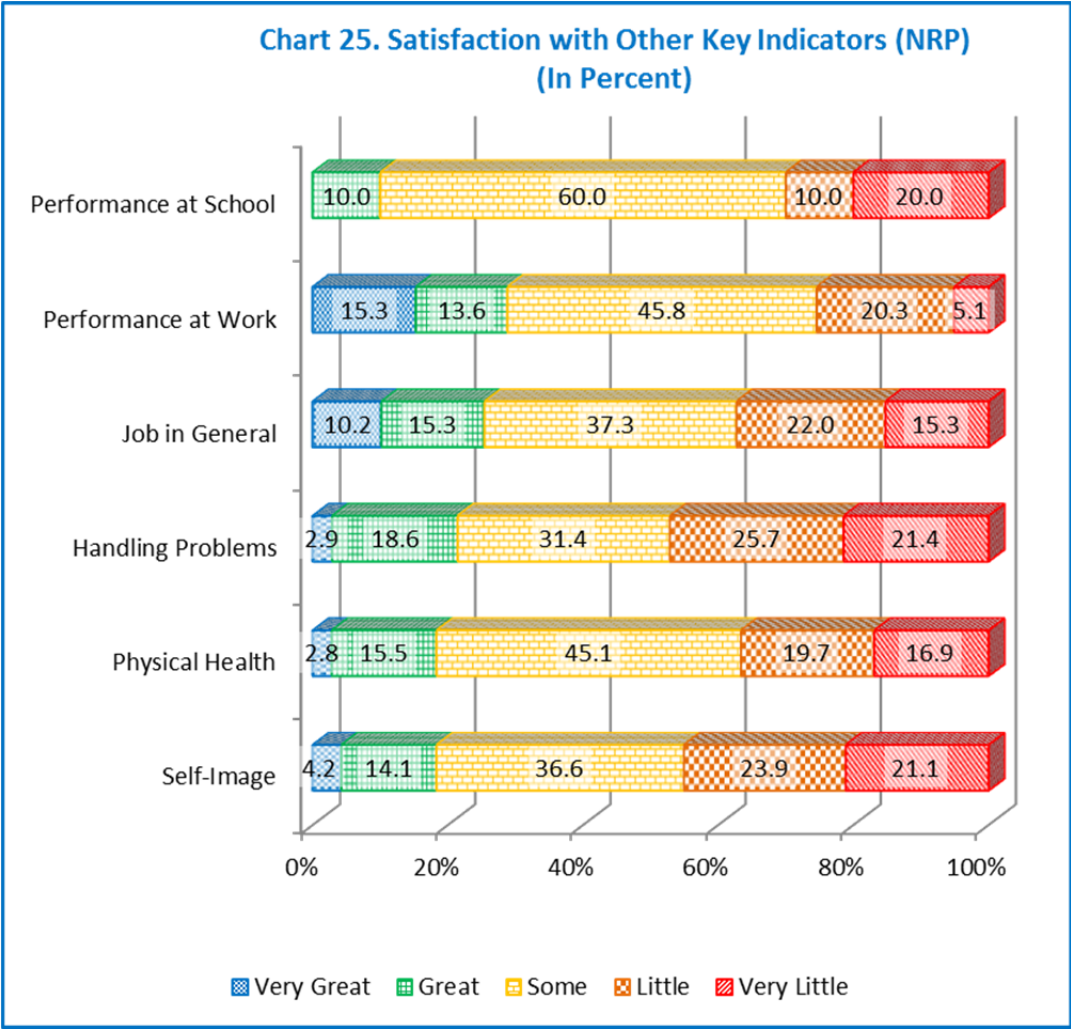
Baseline Satisfaction with Key Recovery Supports

There was some insignificant shifting over prior years in the NRP participants' responses to their level of satisfaction with the overall quality of their life prior to registration, and it remained relatively low. (Chart 23)



NRP participants continued to report relatively low levels of satisfaction overall with key relationships including spouse/SO, friend, other family, higher power, and mutual help support groups. Relationship with children continued to be reported more positively than other key relationships but still remained low. (Chart 24)





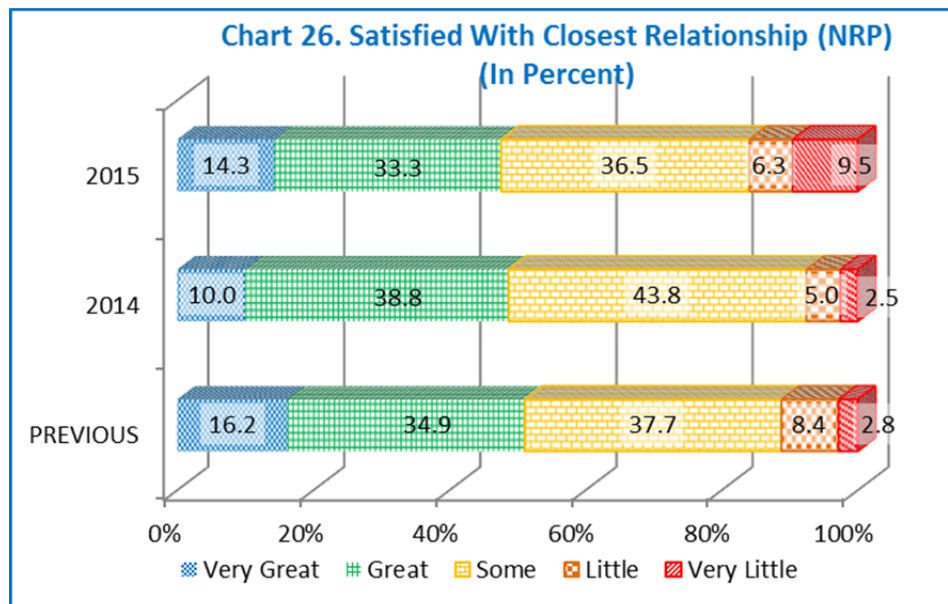
NRP participants this year also tended to low satisfaction with all of the other key quality of life indicators. (It should be noted that very few of the participants responded to the satisfaction with school question.) (Chart 25)

Approximately 26.7% of the NRP participants reported speaking about their problems to a spouse or SO most often in the 12 months prior to registration. This was followed by speaking to friends (23.8%) or a parent (13.9%). Nearly 10.0% reported not speaking

| | 2015 | 2014 | Previous |
|--------------------------|-------------|-------------|-----------------|
| Spouse/Significant Other | 26.7 | 26.0 | 26.0 |
| Friend | 23.8 | 27.5 | 26.1 |
| Parent | 13.9 | 11.5 | 13.2 |
| 12-Step Sponsor | 12.9 | 9.9 | 9.0 |
| Counselor | 9.9 | 8.4 | 11.7 |
| Child | 1.0 | 3.1 | 1.3 |
| Priest, Minister, Rabbi | 0.0 | 0.8 | 0.8 |
| Other | 2.0 | 2.3 | 2.3 |
| Did not Talk to Anyone | 9.9 | 10.7 | 9.4 |

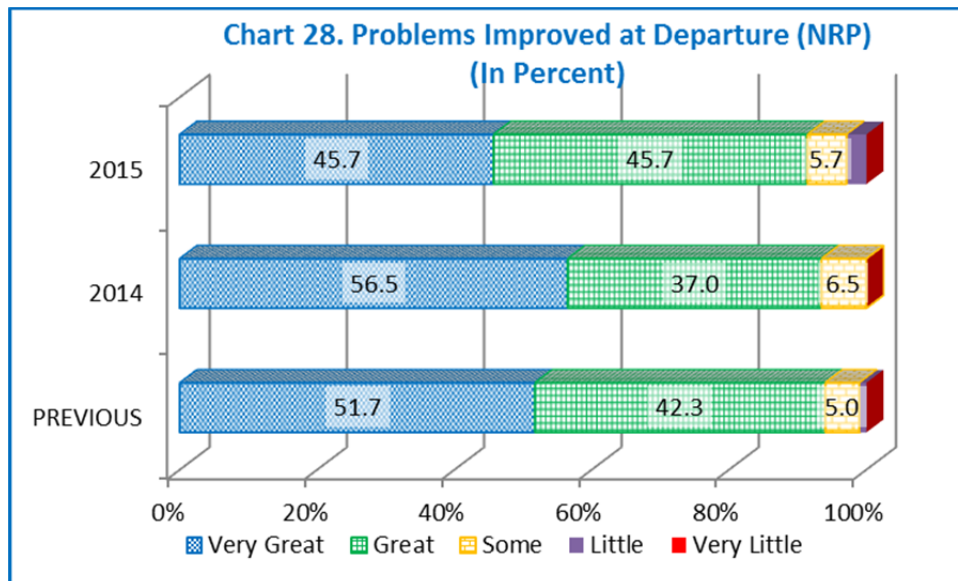
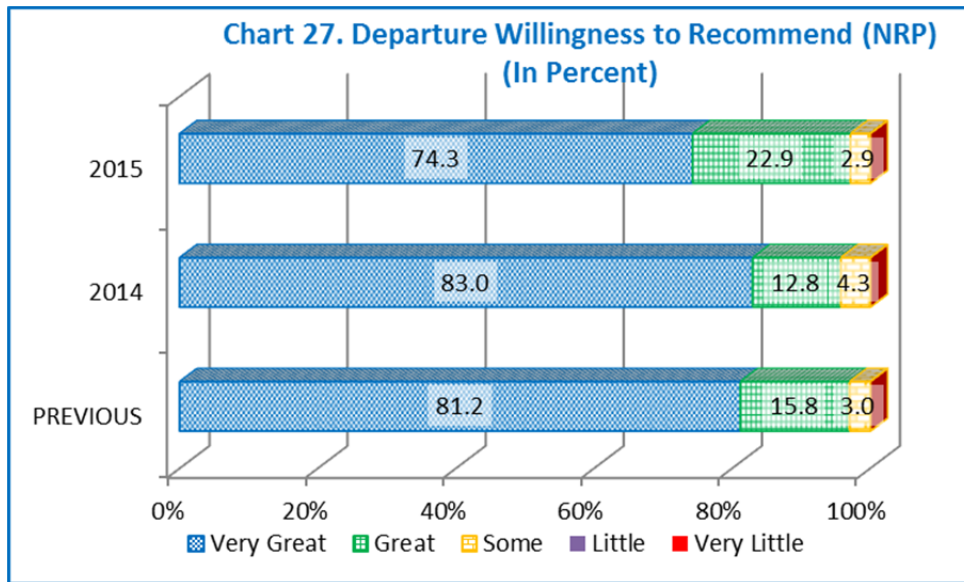
to anyone. The distribution of responses has remained very stable of the years in relation to the ranking of key confidants. (Table 43)

Satisfaction with this key relationship was only moderate and has remained relatively constant over the past years. (Chart 26)



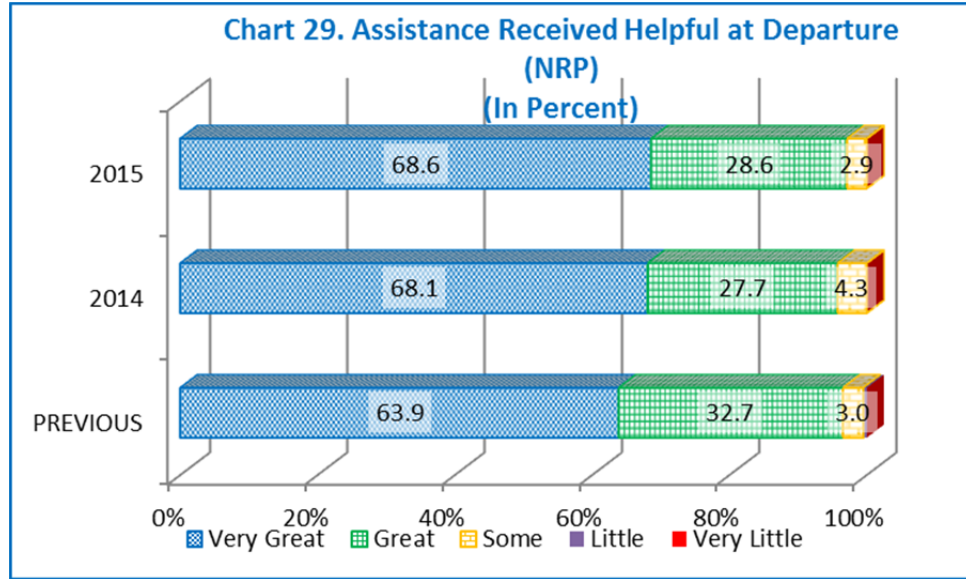
NRP Satisfaction at Time of Completion

At the time of completing the NRP, participants remained extremely positive regarding their willingness to recommend the program to others with 97.2% 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) (Although there were 77 reported registrations there were only 35 departure surveys received.)

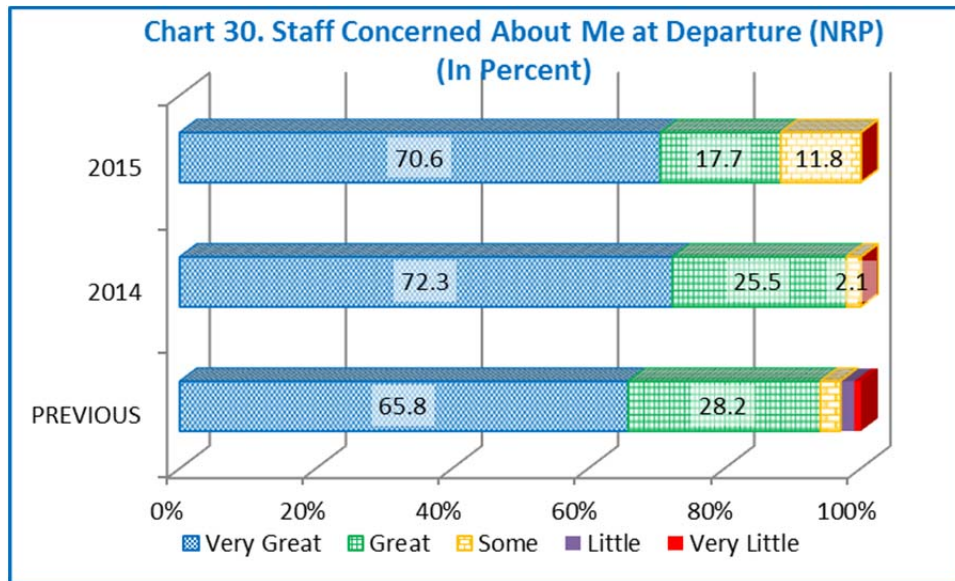


Participants also strongly endorsed the key marker regarding improvement of the problems that brought them to the Retreat with 95.8% positive endorsement of improvement.

(Chart 28)

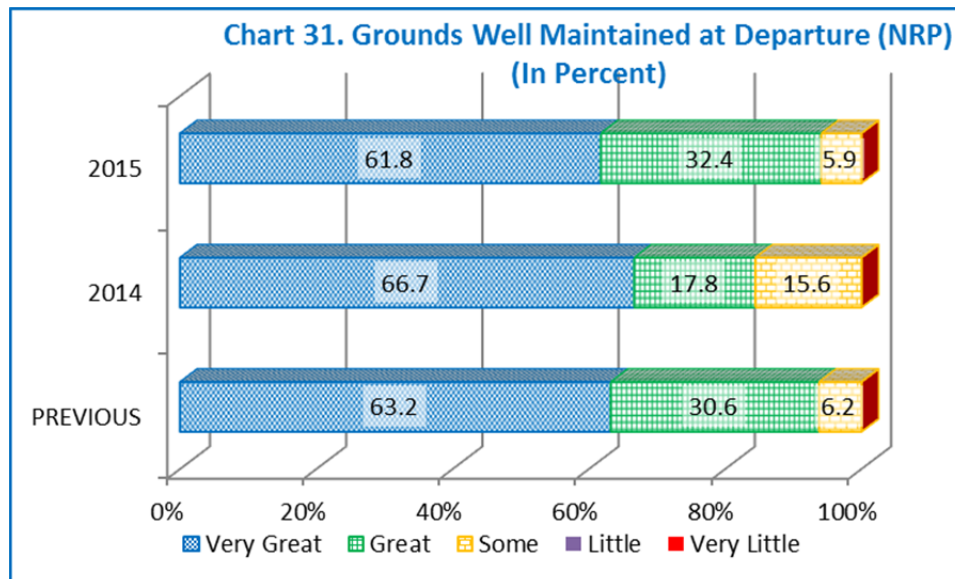


Subsequently, participants were also very positive with a 97.2 % endorsement that the assistance received from the NRP program was helpful. (Chart 29)



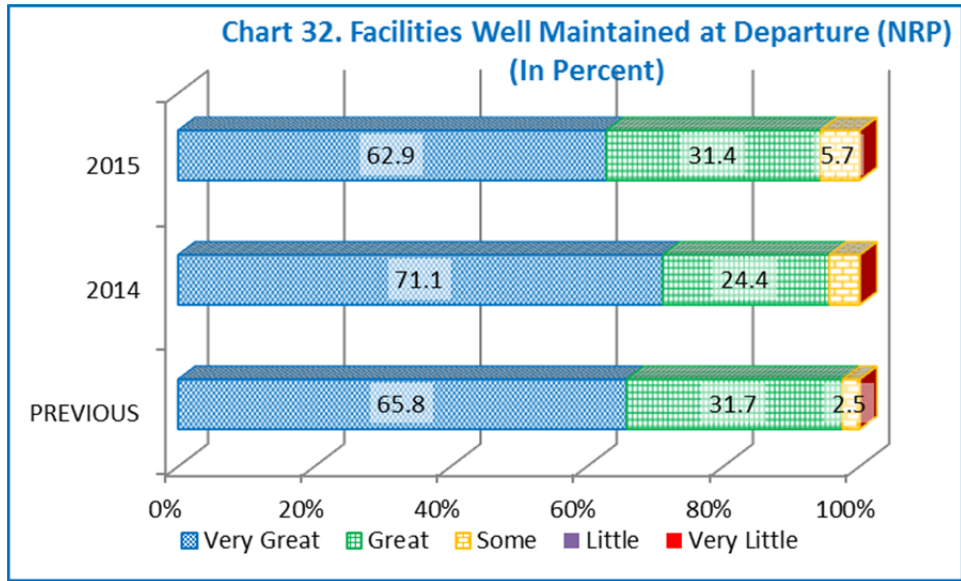
Although remaining positive with 88.3% positive endorsement regarding their perception that staff were concerned about them personally this critical marked did dip from 94% overall for past years. This indicator should be watched closely as it has been known to be a precursor to lowering overall satisfaction ratings. (Chart 30)

Satisfaction with the maintenance of the campus and buildings is normally secondary to the overall effectiveness of services received. Well maintained facilities contribute to a general sense of wellbeing among guests as well as among staff.

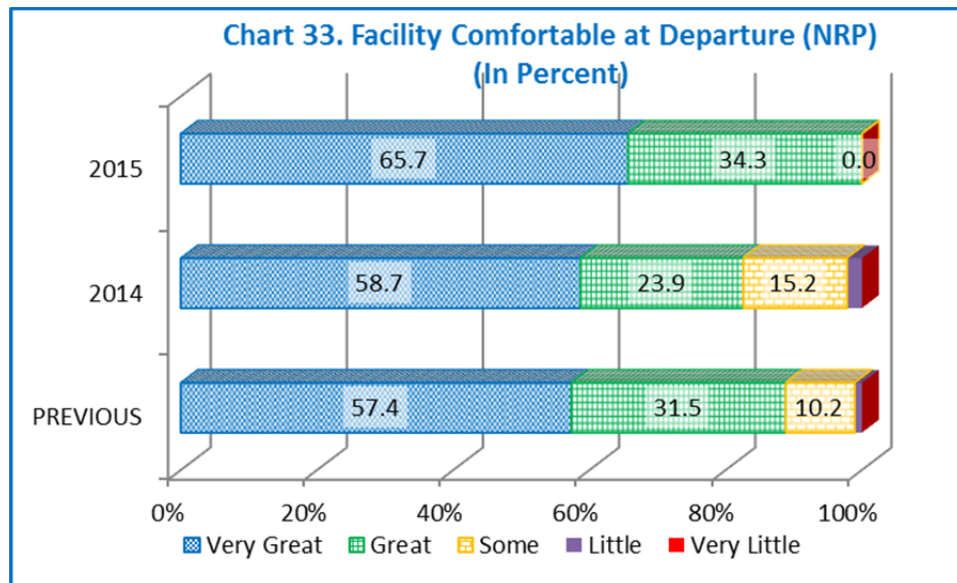


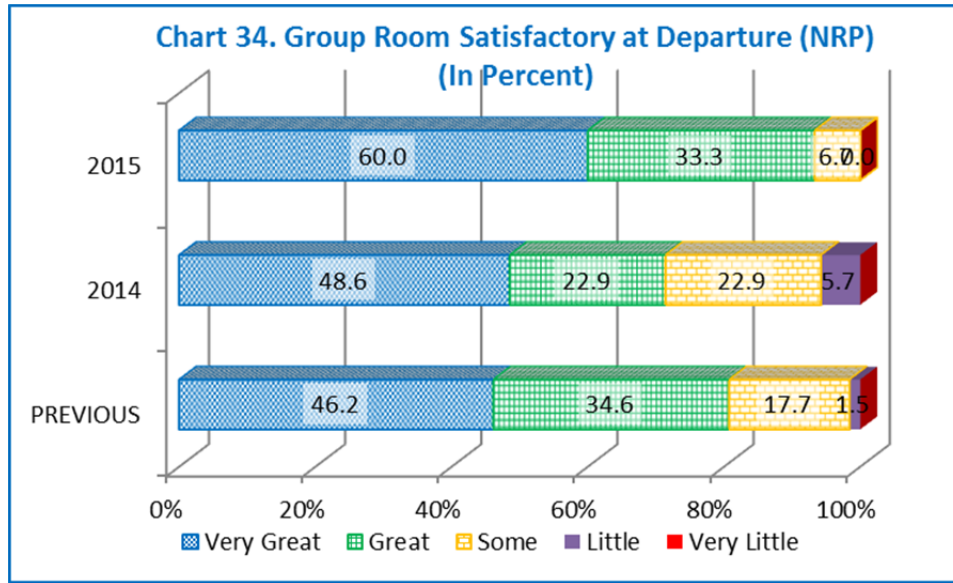
As can be seen in the accompanying chart, NRP participants continue to positively endorse the maintenance of the campus grounds with a very strong 94.2% level of positive endorsement. (Chart 31)

Similarly, they also rated their level of satisfaction with the maintenance of the building and other facilities on the campus with a positive endorsement of 94.3%. (Chart 32)



Comfortableness of the facility and classrooms were also rated very positively as well with both markers seeing improvement over previous years. (Charts 33 and 34)





As with the residential guests, the non-residential guests also report strong level of improvement in key relationship at the time of departure. Slightly over 91% reported great and very great improvement in issues that caused them to register. Interestingly, and

unexpected, was

the 11.4% who

reported that

their physical

health had

deteriorated

during their time

in the program.

Due to the

relatively small

sample size, this is most likely attributed to unique situations that would not be as evident in a

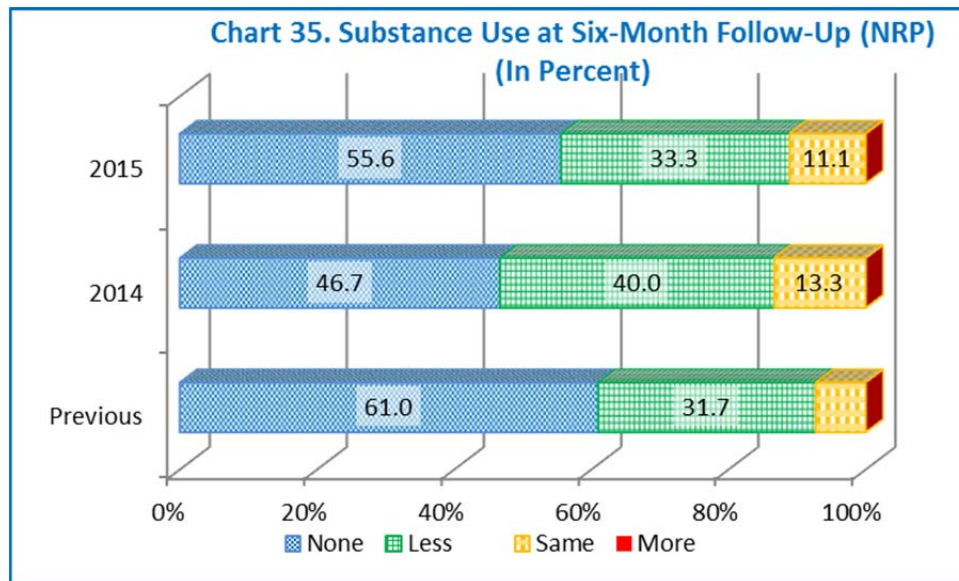
larger sample. (Table 44)

**Table 44. Improvement in Key Recovery Relations at Departure
NRP
(In Percent Positive)**

| | Improved | Same | Worse |
|--|----------|------|-------|
| Relationship with Spouse/SO | 66.7 | 25.0 | 8.3 |
| Relationship with Children | 94.7 | 5.3 | 0.0 |
| Relationship with Friends | 70.6 | 29.4 | 0.0 |
| Relationship with Other Family | 64.7 | 35.3 | 0.0 |
| Higher Power | 66.7 | 27.3 | 6.1 |
| AA or 12-Step Fellowship | 73.5 | 17.7 | 8.8 |
| Self-image | 60.0 | 31.4 | 8.6 |
| Physical Health | 54.3 | 34.3 | 11.4 |
| Ability to Effectively Handle Problems | 80.0 | 20.0 | 0.0 |
| Overall Quality of Life | 77.2 | 22.9 | 0.0 |
| Issues Causing Problems | 91.4 | 5.7 | 2.9 |

NRP Six-Month Follow-up

At six-month post departure, approximately 55.6%, compared to 46.7% previously reported, of those participating in the follow-up reported abstinence since enrolling in the program. Another 33.3% reported using, but using less than before enrollment and 11.1% reported using about the same as before enrollment. None reported using more. (Chart 35)

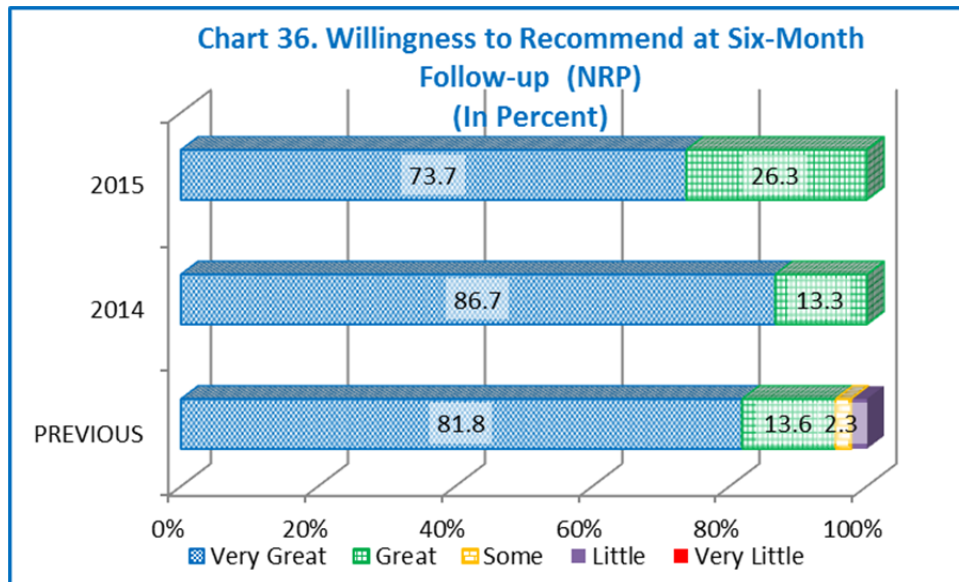


For those who used, alcohol (36.8%) was the most frequently noted substance followed distantly by opiates and sedatives.

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.

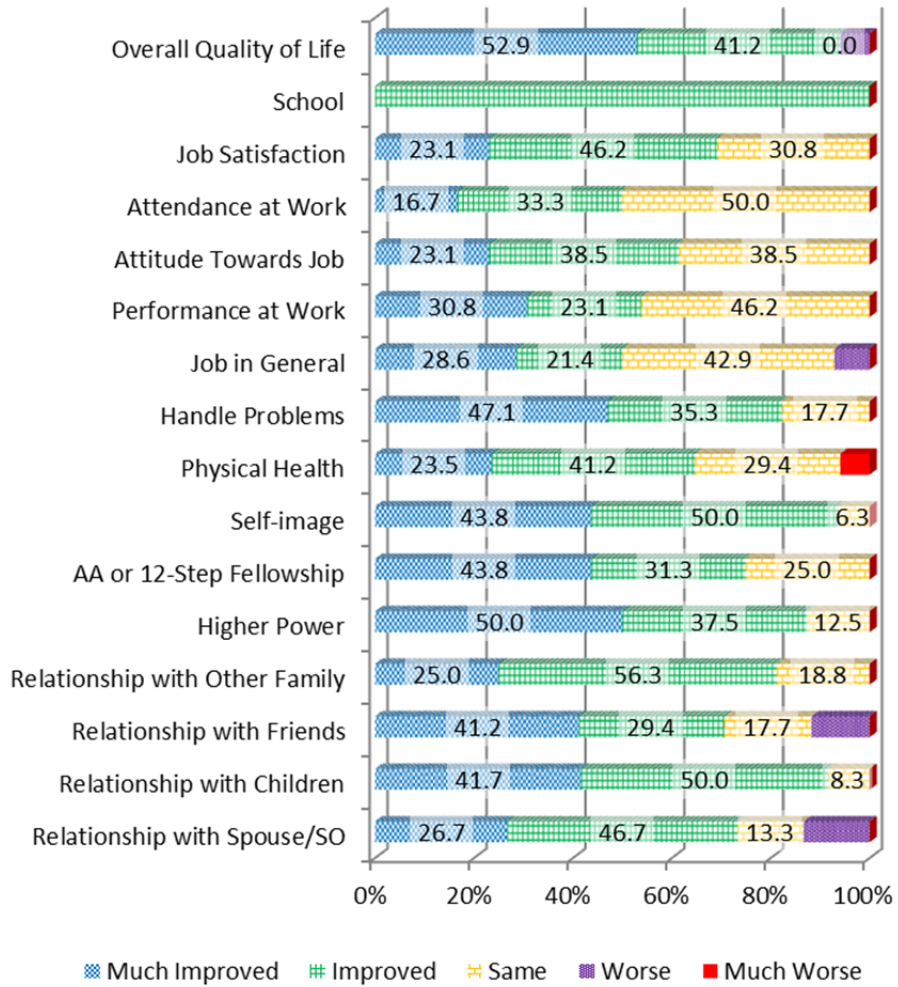
Participant satisfaction at six months remained very strong with 100% of the participants positively endorsing their willingness to recommend the program to others.

(Chart 36)



NRP participants reported improvement in nearly all of the key recovery indicators. Especially notable were the areas of overall quality of life (much improved or improved, 94.1%), relationship with children, relationship with a Higher Power, physical health, and self-image. (Chart 37)

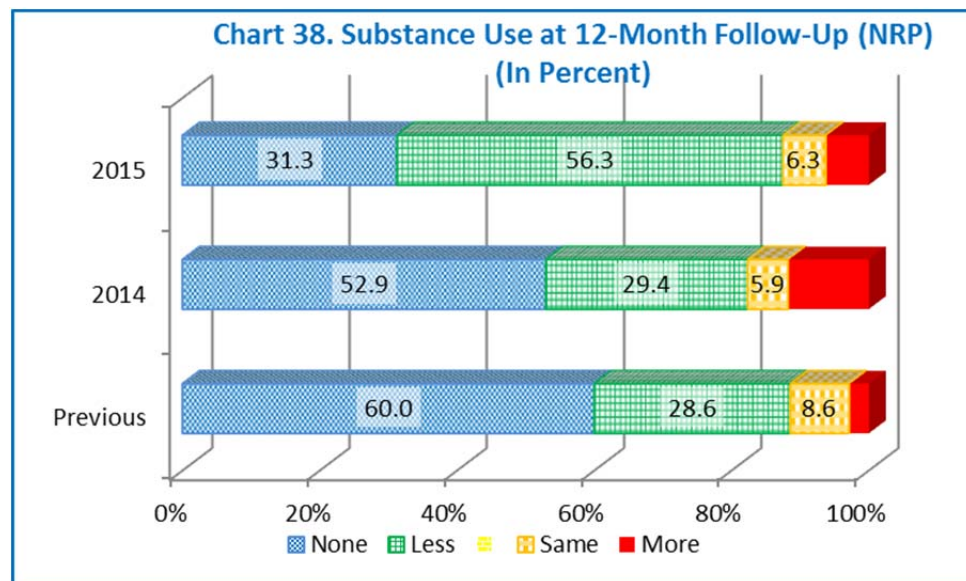
**Chart 37. Improvement in Key Indicators
Six-Months (NRP)
(In Percent)**



Twelve-Month NRP Follow-up

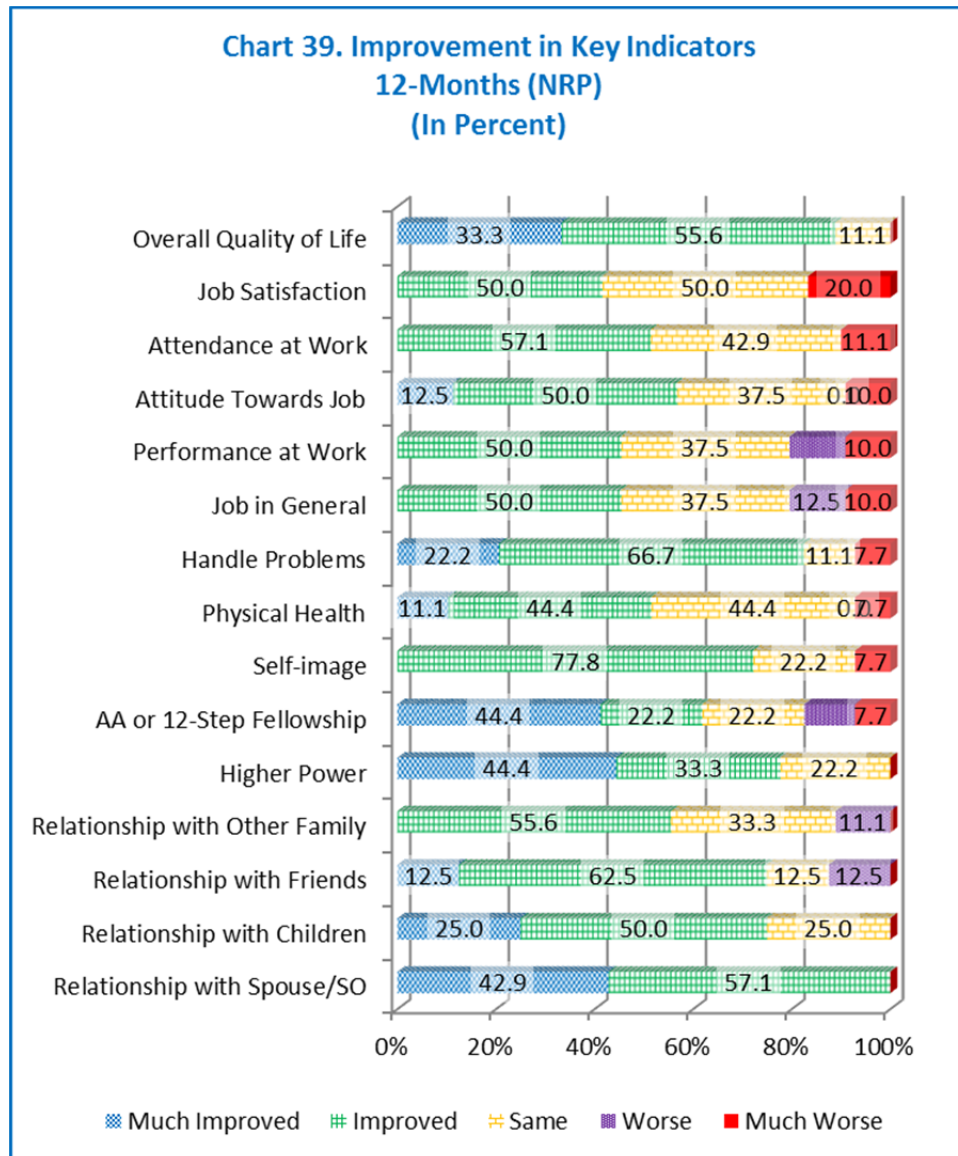
This year, approximately 31.3% of the 12-month sample reported abstinence since enrolling in the program and another 56.3% reported using, but using less than before registration. (Chart 38)

Of those who reported using, 27.3% reported using once and then remaining abstinent and another 27% reported using more than once but having been abstinent for the past 60 days prior to the survey.



The most frequently cited substance used was alcohol (58.8%) followed distantly by illegal prescription drugs (11%), heroin, opiates, and methamphetamine (each approximately 6%).

At 12-months post departure from the NRP, participants in the follow-up reported their overall quality of life improved (88.9% much improved and improved) and their relationship with their spouse/so improved 100%. (Chart 39.)



This is the first year there has been sufficient data with which to conduct an ANOVA for the key recovery support indicators as reported for the residential program. As can be seen in the following table, statistically significant improvements were found for all the indicators this year except for relationship with spouse/SO and relationship with children.

Nonetheless, when looking at all previous data, even the relationship with spouse/significant other saw significant improvement. The probable reason that relationships with children have not demonstrated significant improvement was due to the relatively high “score” given on the rating scale at registration leaving less opportunity for numerical improvement across the sample. (Table 45)

| Table 45. Key Recovery Indicators at 12 Month Follow-up NRP (ANOVA) | | |
|--|-------------|-----------------|
| | 2015 | Previous |
| Relationship with Spouse/SO | | p < .05 |
| Relationship with Children | | |
| Relationship with Friends | p < .01 | p < .01 |
| Relationship with Other Family | p < .05 | p < .01 |
| Higher Power | p < .05 | p < .01 |
| AA or 12-Step Fellowship | p < .05 | p < .05 |
| Self-image | p < .01 | p < .01 |
| Physical Health | p < .01 | p < .01 |
| Ability to Effectively Handle Problems | p < .01 | p < .01 |
| Overall Quality of Life | p < .01 | p < .01 |

Non-Residential Older Adult Program

Demographics

The sample sizes for the Non-Residential Older Adult Program (NREP) continued to be relatively small with 45 reported registrations this year. It also appears that 2014 was more of an anomaly for most of the key markers as this year’s findings are more closely aligned with all previous year data.

Table 46. Age and Gender (NREP)

| | n | mean | sd |
|-----------------------|----|------|-----|
| 2015 | | | |
| All | 45 | 64.2 | 5.4 |
| Males | 23 | 65.0 | 5.6 |
| Females | 22 | 63.4 | 5.1 |
| 2014 | | | |
| All | 27 | 66.8 | 5.7 |
| Males | 14 | 65.6 | 4.3 |
| Females | 12 | 67.9 | 6.9 |
| Previous Years | | | |
| All | 85 | 64.9 | 5.4 |
| Males | 42 | 64.9 | 5.2 |
| Females | 43 | 64.8 | 5.6 |

**Table 47. Race/Ethnicity (NREP)
(In Percent)**

| | 2015 | 2014 | Previous |
|------------------------|------|------|----------|
| Caucasian | 90.2 | 97.1 | 97.4 |
| Native American | | | |
| Black/African American | | | |
| Latino | | | |
| Asian | | 2.9 | 1.4 |
| Other/Not Reported | 9.8 | | 1.4 |

The average age of participants in the NREP was 64.2 years, somewhat older than the 66.8 years previously reported, but essentially the same as earlier

years. The gender mix was similar to previous years with approximately 51.1% being males – little change from previous years - (Table 46) and participants continued to be predominantly

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

| | 2015 | 2014 | Previous |
|-------------------|------|------|----------|
| Married | 62.5 | 46.2 | 53.2 |
| Divorced | 25.0 | 15.4 | 21.0 |
| Single | 4.2 | 7.7 | 6.5 |
| Separated | 4.2 | 0.0 | 3.2 |
| Widowed | 4.2 | 23.1 | 9.7 |
| Living as Married | 0.0 | 7.7 | 6.5 |

**Table 49. Employment Status (NREP)
(In Percent)**

| | 2015 | 2014 | Previous |
|------------|------|------|----------|
| Full-time | 8.3 | 0.0 | 9.8 |
| Part-time | 8.3 | 15.4 | 16.4 |
| Irregular | 8.3 | 0.0 | 1.6 |
| Homemaker | 16.7 | 0.0 | 11.5 |
| Student | 8.3 | 0.0 | 1.6 |
| Retired | 41.7 | 61.5 | 47.5 |
| Unemployed | 8.3 | 23.1 | 11.5 |

Caucasian. (Table 47)

The distribution of participants by marital status continued to fluctuate with married and divorced individuals increasing and the number of widowed decreasing from last year. Due to the small sample size these were not statistically different and not possible to discern any trends with confidence. (Table 48)

There was a lot of fluctuation in employment status this year when compared to last year. Approximately 41.7% reported being retired, down from 61.5% last year and the distribution of those reporting as homemakers increased to 16.7%. (Table 49)

| Table 50. Education (NREP) | | | | |
|-----------------------------------|-------------|-------------|-----------------|--|
| (In Percent) | | | | |
| | 2015 | 2014 | Previous | |
| Not Completed HS Graduate | 0.0 | 0.0 | 0.0 | |
| HS Graduate | 0.0 | 7.7 | 4.9 | |
| Some College/Trade School | 37.5 | 61.5 | 42.6 | |
| College Graduate | 25.0 | 15.4 | 24.6 | |
| Post-graduate Course Work | 16.7 | 7.7 | 4.9 | |
| Post-graduate Degree | 20.8 | 7.7 | 23.0 | |

Again, as can be expected with relatively small samples, the education levels of this year's participants fluctuated over last and previous years. (Table 50)

| Table 51. Income Range (NREP) | | | |
|--------------------------------------|-------------|-------------|-----------------|
| (In Percent) | | | |
| | 2015 | 2014 | Previous |
| (Thousands of Dollars) | | | |
| < 20 | 8.7 | 10.0 | 5.3 |
| 20 to 29.9 | 4.3 | 0.0 | 5.3 |
| 30 to 39.9 | 0.0 | 10.0 | 8.8 |
| 40 to 49.9 | 8.7 | 10.0 | 7.0 |
| > 50 | 78.3 | 70.0 | 73.7 |

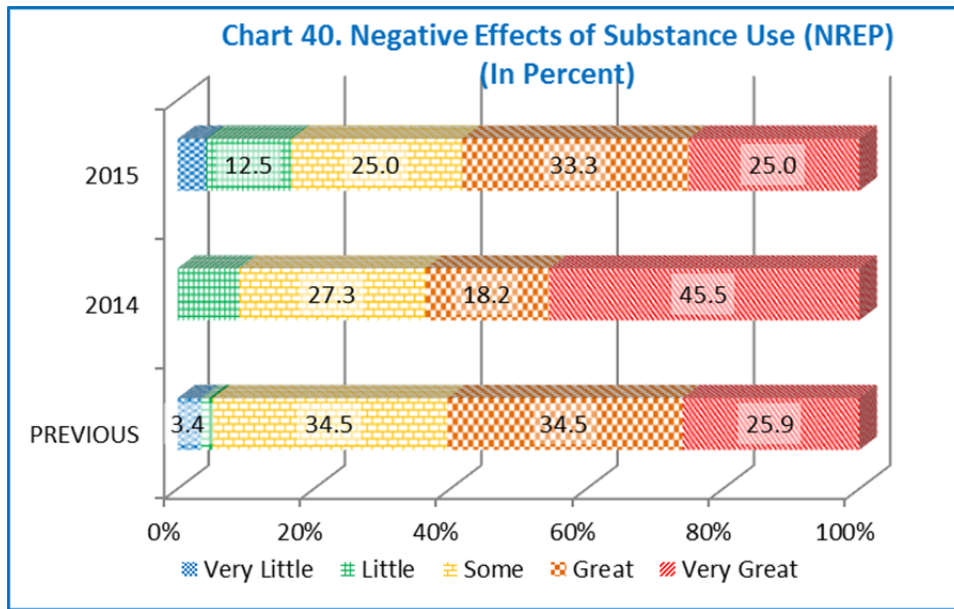
The reported annual household income levels were similar to previous years a non-statistical significant increase in the \$50,000 or more category to 78.3%. (Table 51)

**Table 52. Substances Used Prior to Registration
NREP (In Percent)**

| | 2015 | 2014 | Previous |
|-------------------|-------|------|----------|
| Alcohol | 100.0 | 92.3 | 93.8 |
| Prescription | 20.8 | 15.4 | 20.3 |
| Marijuana/Hash | 12.5 | 23.1 | 12.5 |
| Other Opiates | 8.3 | 7.7 | 6.3 |
| Sedatives | 8.3 | 15.4 | 4.7 |
| Over the Counter | 4.2 | 0.0 | 3.1 |
| Cocaine (Powder) | 0.0 | 15.4 | 6.3 |
| Crack | 0.0 | 7.7 | 1.6 |
| Hallucinogens | 0.0 | 7.7 | 4.7 |
| Heroin | 0.0 | 0.0 | 3.1 |
| Inhalants | 0.0 | 7.7 | 1.6 |
| Meth/amphetamines | 0.0 | 7.7 | 3.1 |
| Other Stimulants | 0.0 | 0.0 | 1.6 |
| Illegal Rx | 0.0 | 7.7 | 4.7 |
| Other Substances | 0.0 | 7.7 | 1.6 |

Alcohol remained the most frequently reported substance used with all participants this year reporting its use there were fewer individuals reporting other drugs such as heroin, crack, and methamphetamine, for example, this year than all previous years. (Table 52)

The reported severity regarding the negative effects of substance use prior to enrollment was similar to that



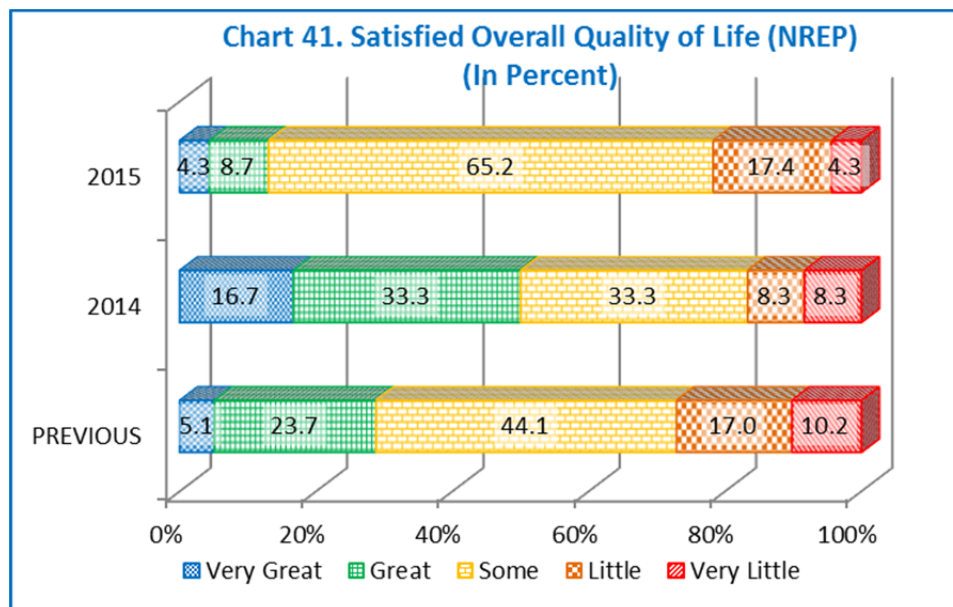
reported for all previous years but down from that reported last year. (Chart 40)

Service Utilization NREP

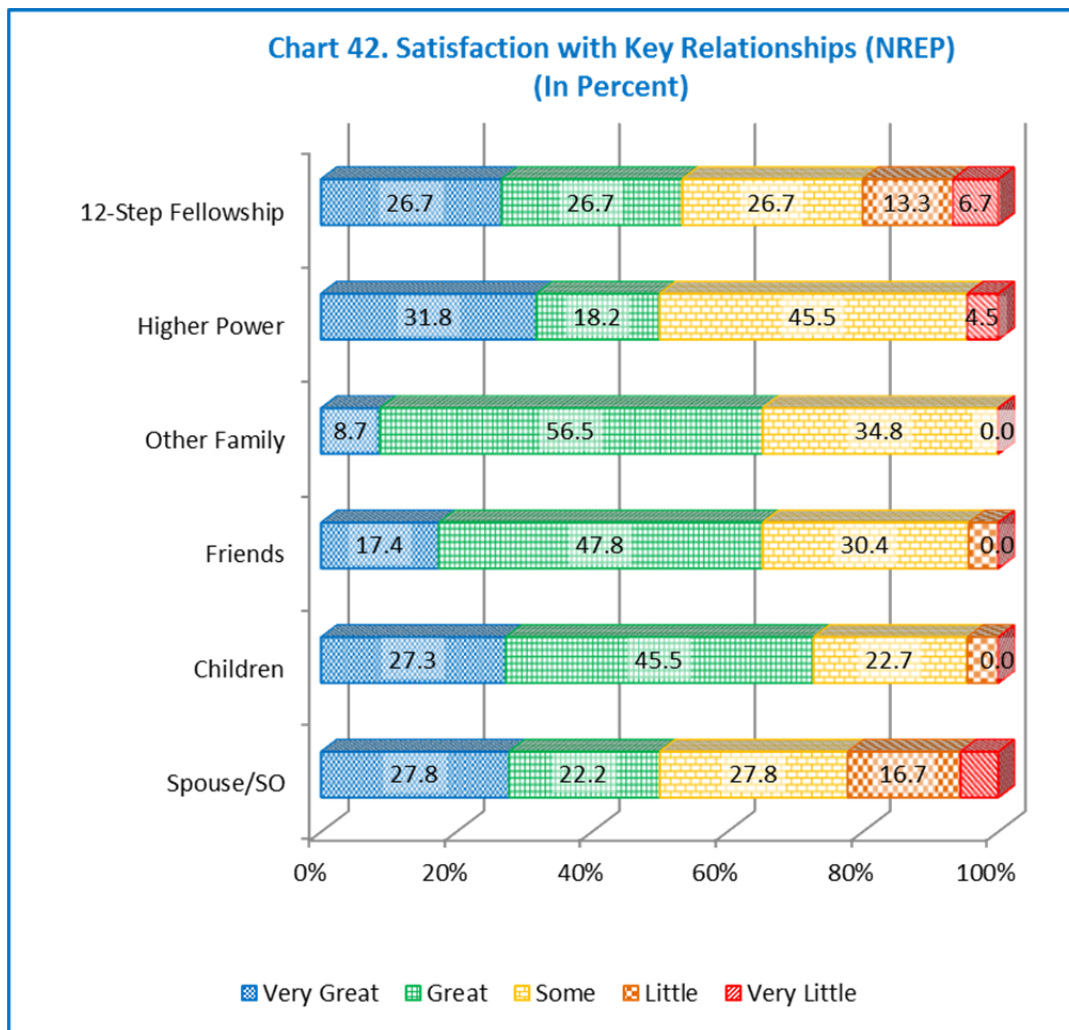
As discussed in earlier reports, due to the small sample size, service utilization was infrequently reported at the time of enrollment, compounded by the small number of surveys received.

Baseline Satisfaction with Key Recovery Supports NREP

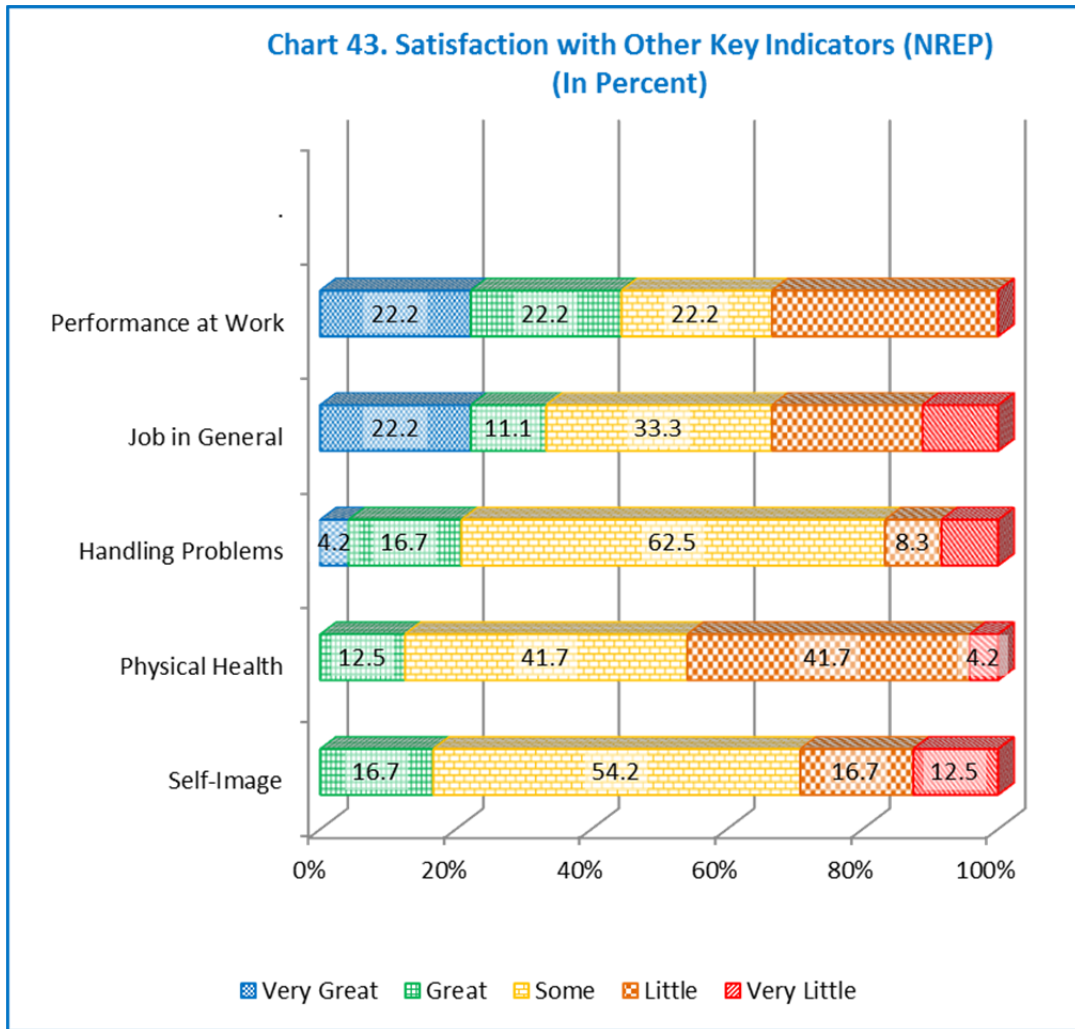
The frequency distributions regarding the participants' report of overall satisfaction with their quality of life continue to demonstrate variances across years, due in part to the small sample sizes and reporting by percentages. Nonetheless, this year a smaller distribution cadre of participants (13.0%) reported being very greatly or greatly satisfied with their overall quality of life compared to 28.8% in all previous years. (Chart 41)



The current year data regarding satisfaction key relationships and key recovery indicators continues to demonstrate the fluctuations across years especially with 2014. Due to the relatively small sample sizes and the short duration of the service, no trends were evident in looking at all previous data. (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)



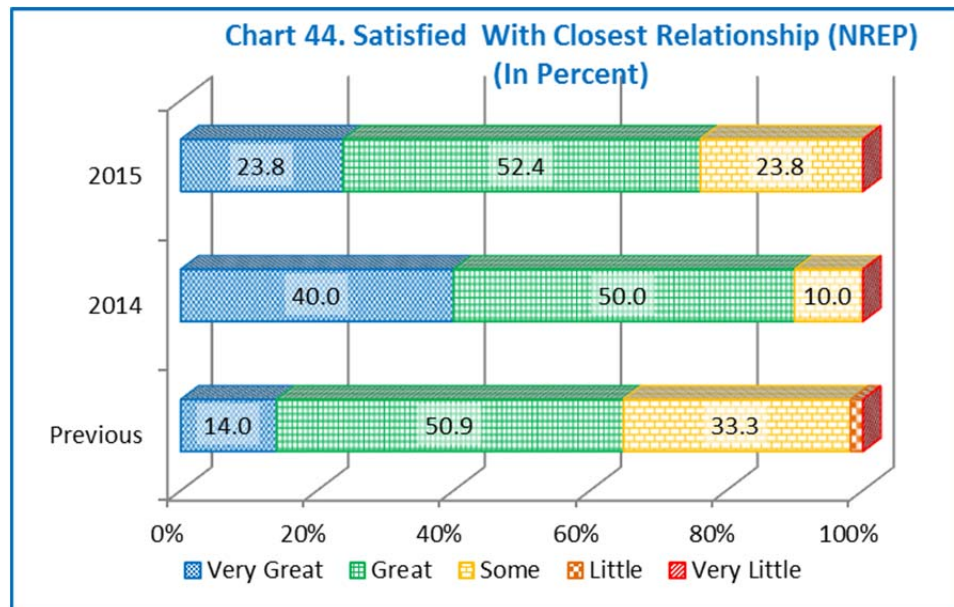
This year's participants provided similar responses as seen for all previous years with more shifting than reported for last year regarding who they talk with most often about problems. The shifting

**Table 53. Talk With Most Often Prior to Registration (NREP)
(In Percent)**

| | 2015 | 2014 | Previous |
|--------------------------|------|------|----------|
| Spouse/Significant Other | 22.2 | 44.4 | 28.6 |
| Friend | 22.2 | 11.1 | 21.4 |
| 12-Step Sponsor | 17.8 | 11.1 | 15.3 |
| Counselor | 13.3 | 5.6 | 10.2 |
| Child | 11.1 | 16.7 | 11.2 |
| Other | 6.7 | 5.6 | 4.1 |
| Did not Talk to Anyone | 4.4 | 5.6 | 4.1 |
| Parent | 2.2 | 0.0 | 3.1 |
| Priest, Minister, Rabbi | 0.0 | 0.0 | 2.0 |

demonstrated this year appears to be partially a function of marital status. (Table 52)

This year, participants were somewhat less likely to report very great (23.8%) satisfaction with their closest relationship (compared to 40.0% reported last year). (Chart 44)

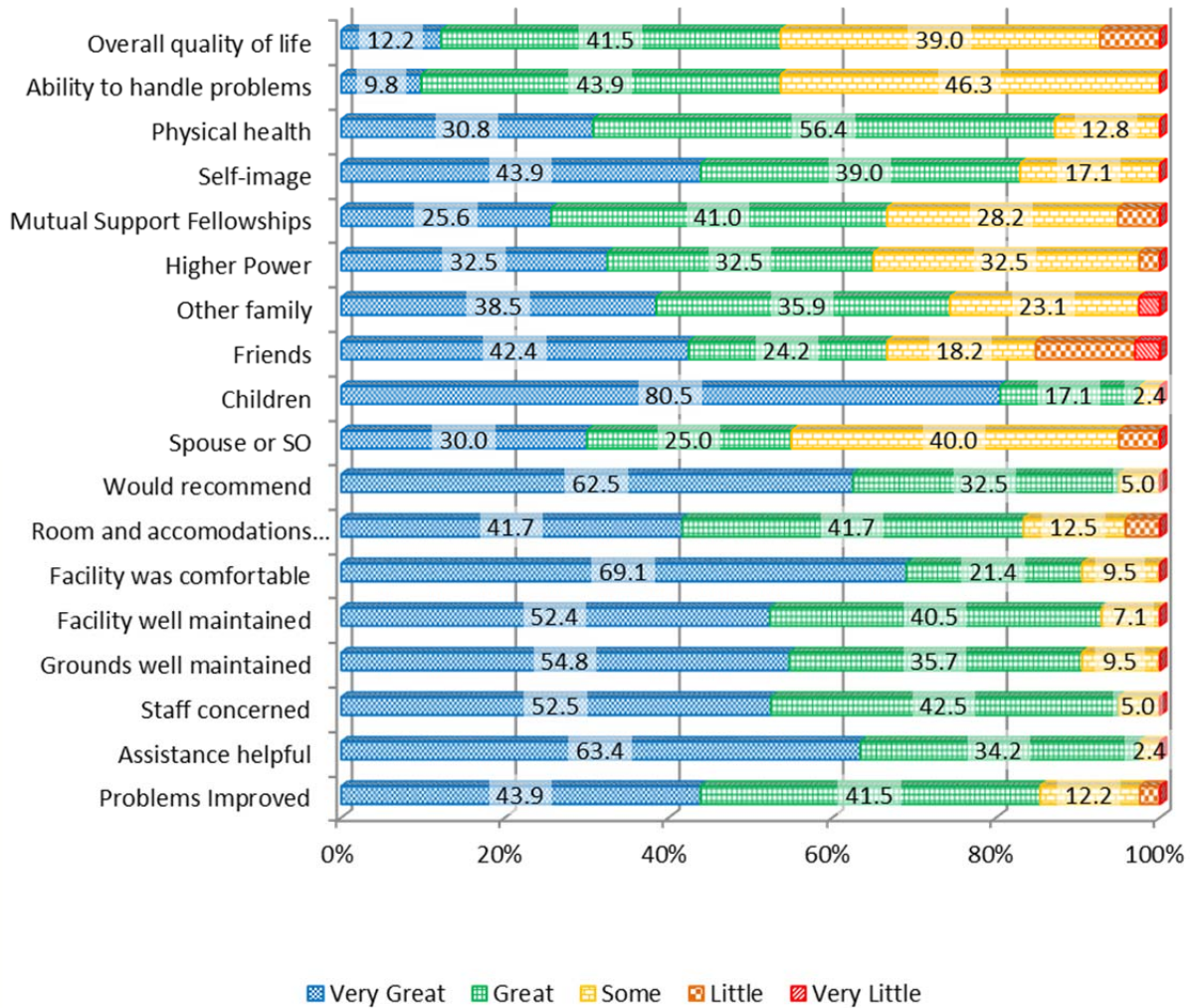


Satisfaction at Time of Completion of NREP

Satisfaction at the time of departure from the NREP remained statistically similar to that previously reported last year. Importantly statistically significant improvement ($p < .01$) was found between scores reported at registration and those at the time of departure in the key recovery areas of self-image, physical health, ability to handle problems, and overall quality of life. (Chart 45)

Willingness to recommend the program to others also remained very strong with 95.0% reporting endorsement to a very great and great extent. This was a slight improvement from 93.5% reported last year.

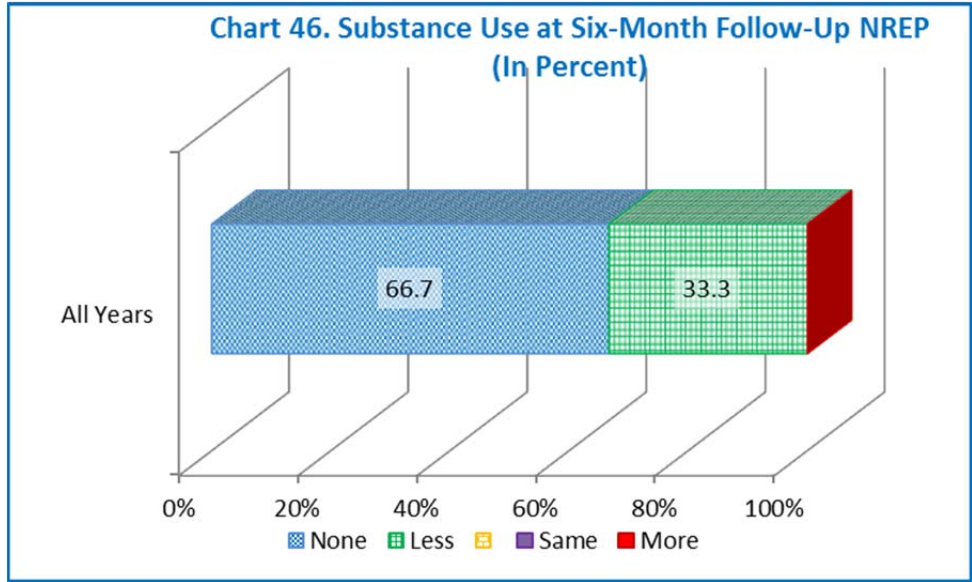
**Chart 45. Satisfaction with Key Relationships NREP Discharge
(In Percent)**



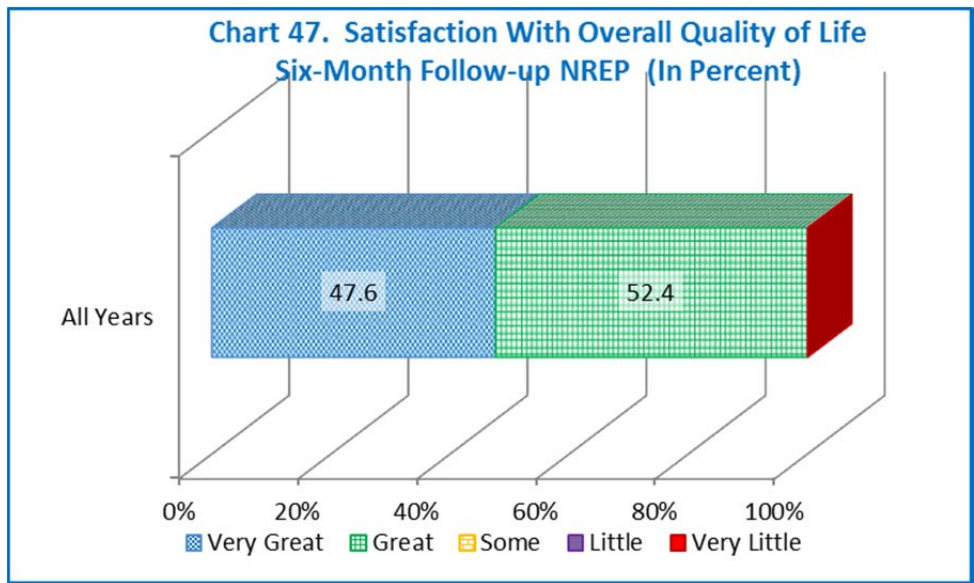
Six-Month NREP Follow-up

The six-month follow-up sample is still small for NREP therefore, this year this section also contains all years' data.

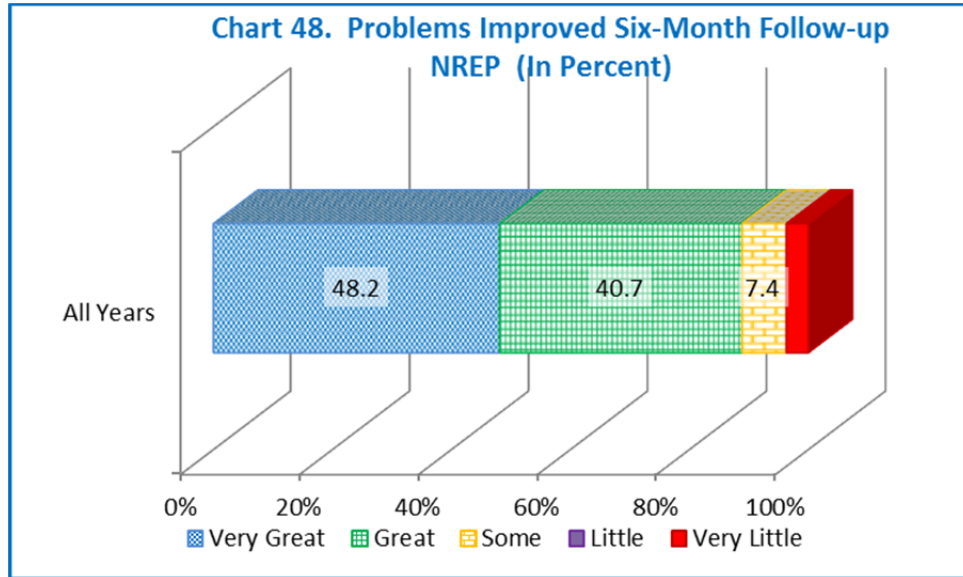
Of those participating in the six-month follow-up, 66.7% (down very slightly from 69.2%) reported abstinence since completing NREP and another 33.3% reported using less than before enrollment. (Chart 46)



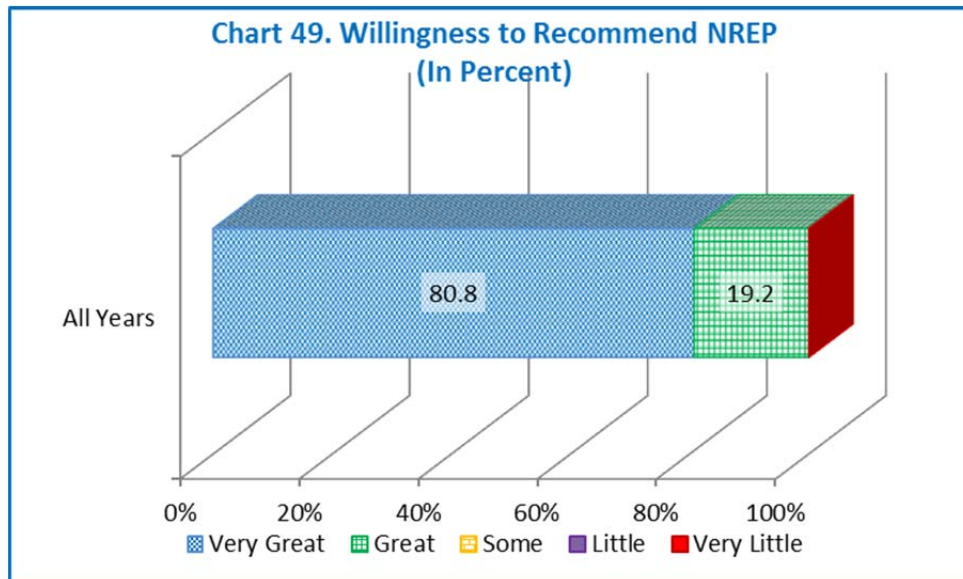
At six months, 47.6% reported very great satisfaction with their overall quality of life while the remainder reported great satisfaction. (Chart 47)



Nearly 80.9% of the respondents reported that the problems that had brought them to the program had improved to a very great and great extent. (Chart 48)



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

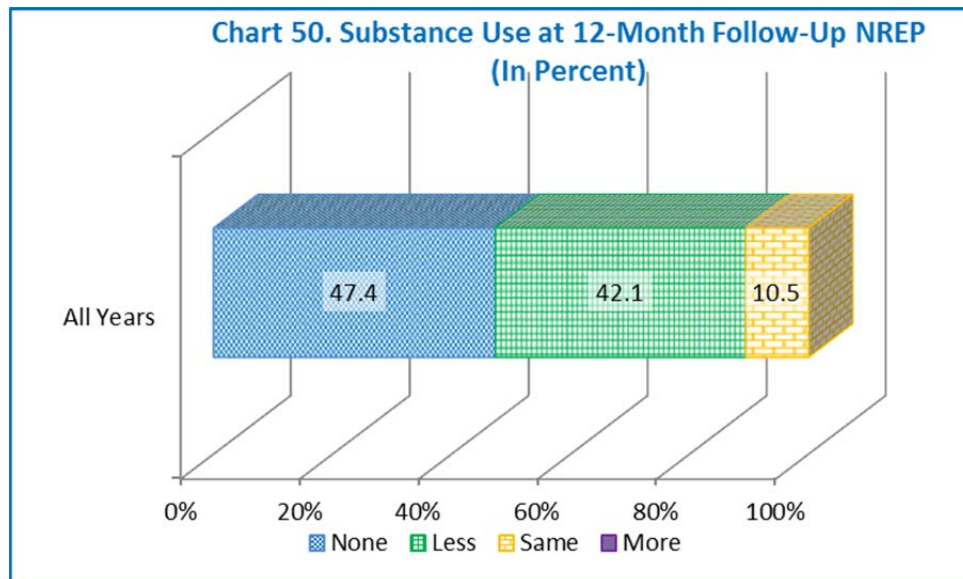


In addition to the very strong satisfaction levels reported above, statistically significant improvement ($p < .05$) was demonstrated from registration to follow-up in the key indicators of relations with spouse/SO, relations with children, self-image, ability to handle problems, and overall quality of life.

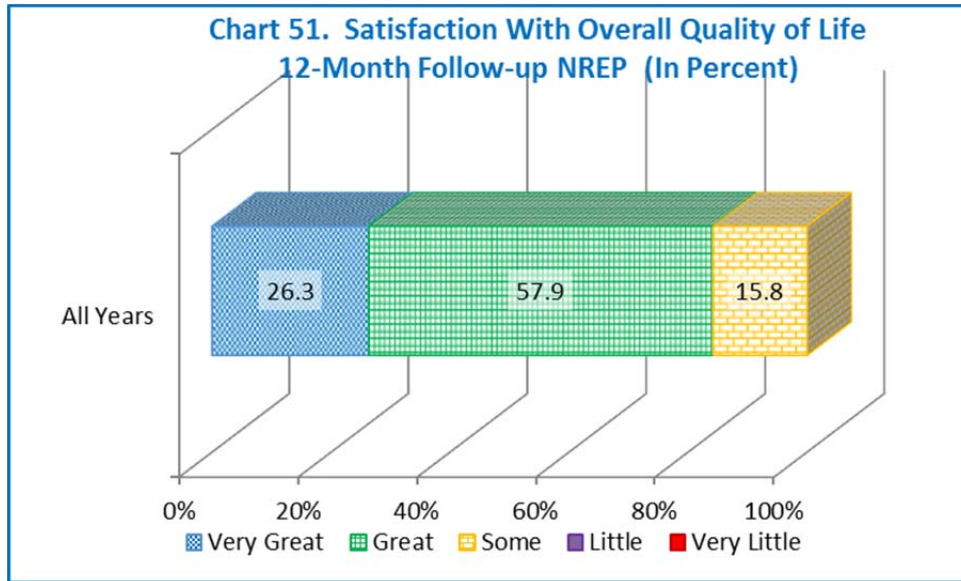
Twelve-Month NREP Follow-up

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 presentation purposes.

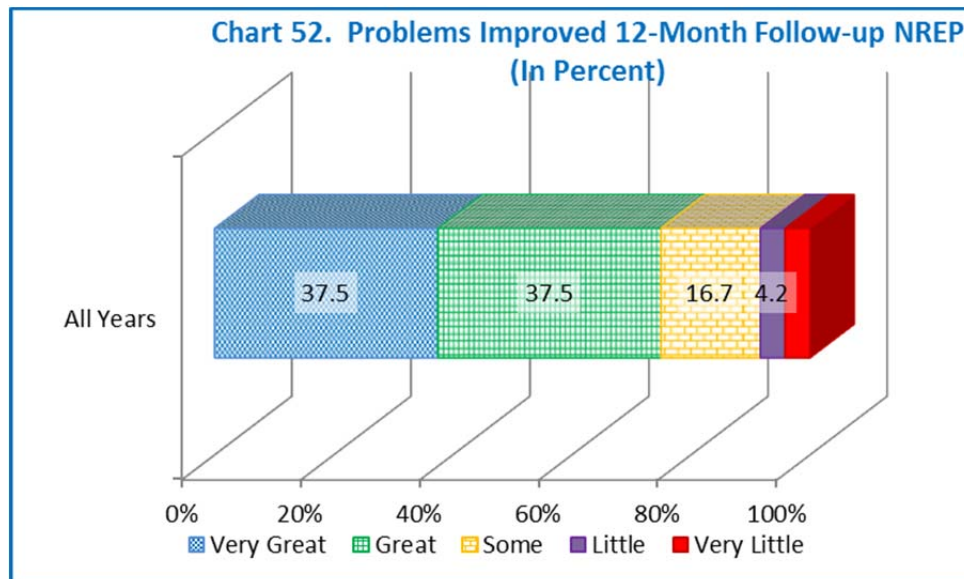
Approximately 47.4% (up from 36.4%) reported abstinence since departing the NREP, 42.1% reported less use and 10.5% reported using about the same as before enrolling. (Chart 50)



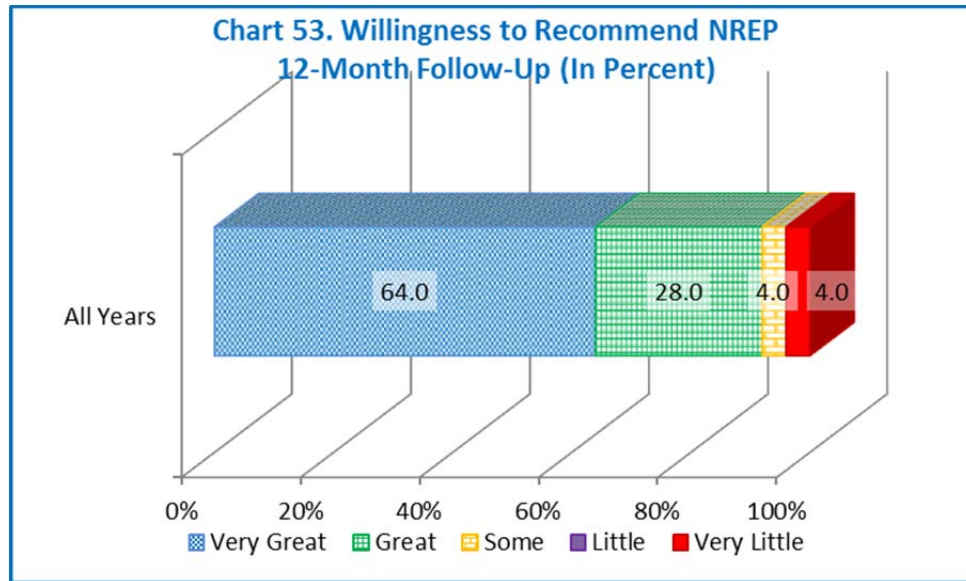
Satisfaction with the overall quality of their life dropped from 90.9% reporting positive satisfaction to 84.2%. (This should not be considered a trend due to the small sample size) (Chart 51)



Approximately 75% reported that the problems that had brought them to the NREP had improved to a very great and great extent. This was down from 80% reported last year. (Chart 52)



At 12-months post completion 92% endorsed a willingness to recommend the NREP to others to a very great and great extent. It should be noted again that there is a tendency for the willingness to recommend decrease in positive intensity the longer one has been away from a program. Nonetheless, this has remained relatively strong. (Chart 53)



Comparing responses at registration with those at 12 month follow-up demonstrated significant ($p < .05$) improvement in relations with spouse/SO, relations with children, improved self-image, and improved physical health.

Extended Stay

Since the Extended Stay Program (ESP) is relatively new program current year data is presented for this first iteration of a program specific report.

The average age of guests in the ESP was 39.8 years.

There were no significant differences between the average ages

in ESP and the residential program and for this program the differences between ages of

Table 54. Age and Gender ESP

| | n | mean | sd |
|-------------|----|------|------|
| 2015 | | | |
| All | 35 | 39.8 | 13.4 |
| Males | 18 | 36.7 | 13.0 |
| Females | 17 | 43.1 | 13.1 |

females and males was not significant although females were significantly ($p < .05$) more likely to enroll in the ESP than the regular residential program.

| Table 55. Race/Ethnicity (In Percent) ESP | |
|--|-------------|
| | 2015 |
| Caucasian | 95.0 |
| Black/African American | 0.0 |
| Asian | 0.0 |
| Native American | 0.0 |
| Latino | 2.5 |
| Other | 2.5 |

| Table 56 Marital Status (In Percent) ESP | |
|---|-------------|
| | 2015 |
| Single | 46.7 |
| Married | 26.7 |
| Divorced | 23.3 |
| Separated | 3.3 |
| Widowed | 0.0 |
| Living as Married | 0.0 |

The Race/Ethnicity for ESP closely mirrors that of the other programs with 95% being White/Caucasian (Table 55) as does the marital status with the largest portion (46.7%) reporting being single. (Table 56)

| Table 57. Employment Status (In Percent) ESP | |
|---|-------------|
| | 2015 |
| Full-time | 19.4 |
| Part-time | 3.2 |
| Irregular | 16.1 |
| Homemaker | 6.5 |
| Student | 3.2 |
| Retired | 6.5 |
| Unemployed | 45.2 |

| Table 58. Education (In Percent) ESP | |
|---|-------------|
| | 2015 |
| Not Completed HS Graduate | 0.0 |
| HS Graduate | 3.2 |
| Some College/Trade School | 35.5 |
| College Graduate | 45.2 |
| Post-graduate Course Work | 3.2 |
| Post-graduate Degree | 12.9 |

The ESP program saw a greater portion of the guests reporting being unemployed (45.2%) at the time of registration than those in the residential program. This group also had

a tendency for a larger distribution of those working irregular hours as might be expected.

(Table 57)

Those in the ESP also tended to report, on average over all years, similar educational levels as the regular residential guests. (Table 58)

The income ranges reported by ESP guests mirrored that of the regular residential guests except for more ESP guests reporting incomes below \$29.9 thousand. (Table 59)

| | 2015 |
|-------------------------------|-------------|
| (Thousands of Dollars) | |
| < 20 | 33.3 |
| 20 to 29.9 | 10.0 |
| 30 to 39.9 | 3.3 |
| 40 to 49.9 | 0.0 |
| > 50 | 53.3 |

On the surface, employment markers at registration for the ESP guests tended to suggest the possibility that this group might be very slightly more successful with their employment experience. Although this may be true, the relatively large distribution of those reported being unemployed might have influenced these distributions. Since this is the first reported of these data points and the sample is relatively still small, caution should be exercised in drawing conclusions. (Table 60)

| | Never | Once | Twice | Thrice | > Thrice |
|----------------------------|--------------|-------------|--------------|---------------|--------------------|
| Promoted | 79.3 | 13.8 | 3.4 | 3.4 | 0.0 |
| Took a New Job | 82.1 | 7.1 | 10.7 | 0.0 | 0.0 |
| Fired From Job | 65.5 | 20.7 | 13.8 | 0.0 | 0.0 |
| On Job Accident | 89.7 | 6.9 | 3.4 | 0.0 | 0.0 |
| Filed Work Comp Claim | 100.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Filed Grievance | 96.6 | 3.4 | 0.0 | 0.0 | 0.0 |
| Formal Disciplinary Action | 79.3 | 10.3 | 10.3 | 0.0 | 0.0 |

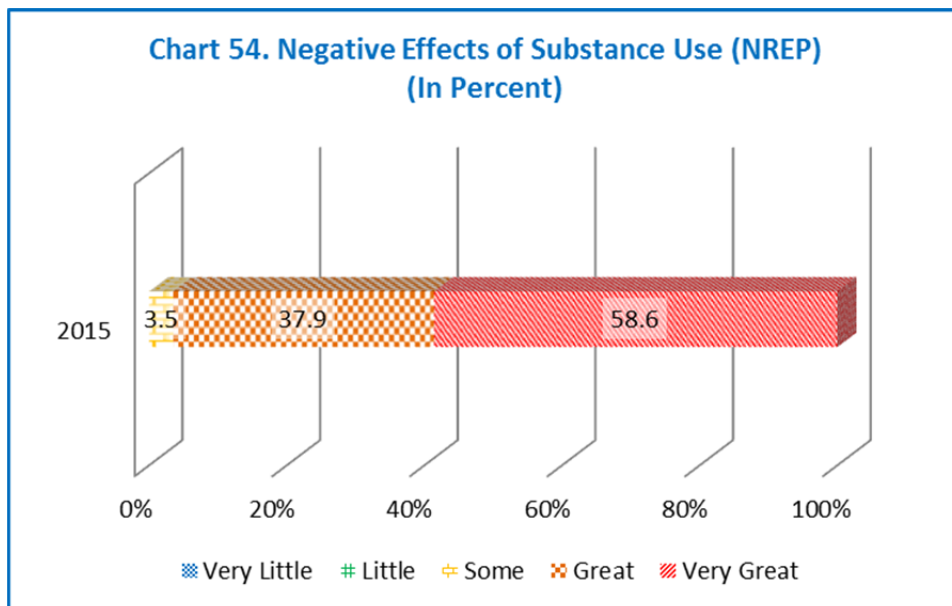
For this group, alcohol was also noted as the most frequently used substance, follow by marijuana, prescription drugs, cocaine, heroin, other opiates, and methamphetamines. With this initial analysis there appears to be a tendency for ESP guests to report a higher frequency of drugs being used than other guest groups. (Table 61)

Approximately 64.5% of the guests reported alcohol as the primary substance of choice followed distantly by

methamphetamine (12.9%), heroin (6.5%), and crack (3.2%) and the rest “other” (non-listed) substances.

Table 61. Substances Used Prior to Registration (In Percent) ESP

| | 2015 |
|-------------------|-------------|
| Alcohol | 96.8 |
| Marijuana/Hash | 41.9 |
| Prescription | 38.7 |
| Cocaine (Powder) | 32.3 |
| Over the Counter | 29.0 |
| Heroin | 25.8 |
| Other Opiates | 25.8 |
| Meth/amphetamines | 25.8 |
| Crack | 19.4 |
| Illegal Rx | 19.4 |
| Sedatives | 16.1 |
| Hallucinogens | 9.7 |
| Inhalants | 6.5 |
| Other Stimulants | 6.5 |
| Other Substances | 3.2 |



Their report of the extent of negative effects of substance use closely mirrors that of the residential guest at approximately 96.5% great and very great extent. (Chart 54)

| Table 62. Detoxification Episodes (In Percent) ESP | |
|---|-------------|
| | 2015 |
| None | 16.1 |
| One Time | 35.5 |
| Two Times | 16.1 |
| Three Times | 19.4 |
| More than Three Times | 12.9 |

| Table 63. Outpatient Episodes (In Percent) ESP | |
|---|-------------|
| | 2015 |
| None | 71.0 |
| One Time | 6.5 |
| Two Times | 12.9 |
| Three Times | 6.5 |
| More than Three Times | 3.2 |

The ESP guests were more likely to report detox episodes than regular residential guests (83.9% compared to 54.5%) and somewhat less likely to report outpatient substance use treatment episodes (71.5% compared to 60.5%). (Tables 62 and 63)

| Table 64. Residential A&D Episodes (In Percent) ESP | |
|--|-------------|
| | 2015 |
| None | 33.3 |
| One Time | 20.0 |
| Two Times | 30.0 |
| Three Times | 6.7 |
| More than Three Times | 10.0 |

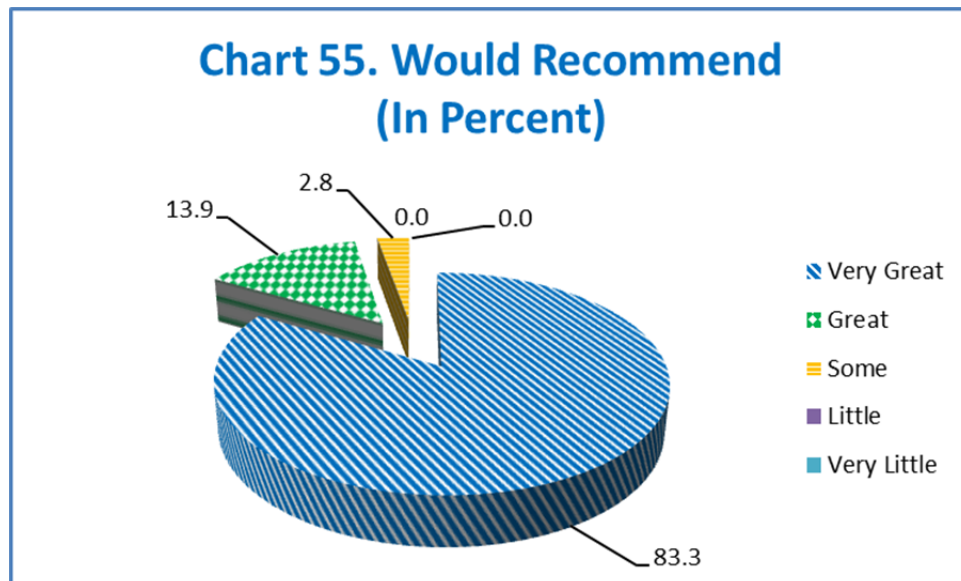
| Table 65. Hospitalizations A&D Related (In Percent) ESP | |
|--|-------------|
| | 2015 |
| None | 41.9 |
| One Time | 16.1 |
| Two Times | 22.6 |
| Three Times | 6.5 |
| More than Three Times | 12.9 |

They were also more likely to report prior residential treatment episodes in the past year (66.7% compared to 48.3%) as well more episodes of care at a general hospital for substance use related causes (59.1% compared to 48.0%). (Tables 64 and 65)

Utilization of other, non-substance use related, medical care also was greater than the regular residential guests. For example, hospitalizations for medical problems were reported by 37.9% compared to 22.4%; emergency room visits 69.0% compared to 48.9%; and mental health related hospitalizations 17.9% compared to 10.6%. Engagements in the criminal justice system were also considerably higher. Interestingly, participation in mutual support groups and activities were similar to the other guests.

Approximately 13.3% reported attending a half-way house prior to registration (compared to 7.7%); and, 22.5% reported living in a sober house in the year prior (compared to 17.4%).

Even with the relatively small sample size, it is clear that those engaged in the ESP are high users of health care assets and have apparently not been very successful in the past.



As with the other guests, those completing the ESP provided very strong endorsement (97.2% very great and great) of their willingness to refer other to the ESP. (Chart 55)

Due to the relatively small size of the ESP dataset the presentation of additional data will be provided next year.

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 52 sober housing clients housed this year.

The average age of this cohort was 30.7 years, slightly younger than last year (32.9 years) and the average age continues to decline. (Table 66)

| | n | mean | sd |
|-------------|----|------|------|
| 2015 | | | |
| All | 52 | 30.7 | 9.2 |
| Males | 42 | 29.8 | 8.3 |
| Females | 10 | 34.6 | 11.5 |

Males comprised 80.8% 72.5% of the sample compared to 72.5% previously reported. Females were older than males but the difference was not significant and 96.2% of the cohort was White.

| | 2015 |
|-------------------|------|
| Single | 76.5 |
| Married | 9.8 |
| Divorced | 9.8 |
| Separated | 2.0 |
| Living as Married | 2.0 |
| Widowed | 0.0 |

Consistent with previous reports, the majority of the Sober Housing guests were single (76.5% up slightly from 73.0%), 9.8% married, and 9.8% divorced, 2.0% separated and 2.0% living as married. (Table 67)

Approximately 54.0% were unemployed, down somewhat from 61.1% previously reported. 24% reported being employed full-time, 4.0% part-time, and 8.0% with irregular employment. Approximately 4.0% reported as being homemakers; 4.0% students; and 2.0% retired.

Approximately 14.6% reported as having completed high school; 52.1% some college or trade school; 29.2% college graduate; and 4.2% with an advanced education. As reported

previously, over half (52.2%) reported annual household income as \$50,000 or more and 26.1% reported incomes of less than \$20,000.

Similar to previous reports, those going on to sober housing were more likely to report using a variety of substance more frequently than guests in the residential program. There was some shifting of the frequency with which some substances were reported this year with somewhat higher use reported for methamphetamines and hallucinogens than last year. Due to the relatively small size of the sample shifting of priorities among the substances is expected and does not necessarily suggest any trends. (Table 68)

| Table 68. SH Substances Used Prior to Registration (In Percent) | |
|--|-------------|
| | 2015 |
| Alcohol | 92.2 |
| Marijuana/Hash | 58.8 |
| Cocaine (Powder) | 49.0 |
| Prescription | 47.1 |
| Meth/amphetamines | 43.1 |
| Other Opiates | 35.3 |
| Heroin | 33.3 |
| Hallucinogens | 31.4 |
| Illegal Rx | 31.4 |
| Over the Counter | 29.4 |
| Sedatives | 23.5 |
| Other Stimulants | 19.6 |
| Crack | 15.7 |
| Other Substances | 13.7 |
| Inhalants | 11.8 |

This group was also more likely to endorse the negative impact on their lives than guests in the regular program with approximately 92% reporting very great or great negative impact.

This year utilization of medical and legal resources was not significantly different than those guests in the regular residential program. For example, approximately 60% of the SH guests utilized detox services in the past year compared with approximately 54.5% of the regular guests. Outpatient treatment was reported by 40% of the SH guests and 39.5% of the regular guests. The number of residential treatment episodes was somewhat higher at 67.7% compared to 48.3% but substance use related hospitalizations were 52.0% compared to

48.0%. Nonetheless, mental health related episodes of care were more frequently reported by SH guests (17.7%) compared to 10.6%. (Table 69)

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 12 month post departure

from residential, 63.0% (up from 58.6%) of the SH sample reported being employed full time and 66.7% (up slightly from 65.7%) reported being abstinent.

| Table 69. SH Service Utilization (One or More Episodes) (In Percent) | |
|---|-------------|
| | 2015 |
| Detox | 60.0 |
| Outpatient A&D | 40.0 |
| Residential A&D | 67.7 |
| Hospitalizations A&D | 52.0 |
| Therapist Visits | 66.0 |
| Hospitalization MED | 19.6 |
| Emergency Room | 52.9 |
| Hospitalization MH | 17.7 |
| DUI | 22.0 |
| Arrested A&D | 18.0 |
| Arrested Possession | 14.0 |
| Arrested Other | 14.0 |
| Incarcerated | 24.0 |

Departure and Completion Statistics

The average length of stay (LOS) for the residential program completers was 29.1 days essentially unchanged from the previous report. There was no significant difference between males and females. This year 16 guests reported as departing prior to completion, up from three previously reported, with an average LOS of only 10.5 days. (Table 70)

This is the first year the report has included information on the extended stay program. The average length of stay for this group was 58.8 days with essentially no difference between males and females. No guests were reported as departing this program prior to completion. (Table 71)

Table 72. Average Length of Stay Non-Residential (Days)

| | n | mean | sd |
|-------------------|----|-------|------|
| Completers | | | |
| All | 45 | 152.0 | 39.7 |
| Males | 22 | 153.7 | 36.3 |
| Females | 23 | 150.3 | 42.7 |
| Other | | | |
| All | 19 | 52.7 | 34.9 |
| Males | 13 | 54.2 | 35.3 |
| Females | 6 | 49.3 | 33.7 |

The average length of stay for guests in the non-

residential program was approximately 152.0 days with no significant difference from that previously reported.

Again, the difference in the LOS between males and females was not significant. It appears from the data held by the evaluator that approximately 29.7% of the

guests leaving this program did so in circumstances other than successful. (Table 72)

Table 70. Average Length of Stay Residential (Days)

| | n | mean | sd |
|-------------------|-----|------|------|
| Completers | | | |
| All | 428 | 29.1 | 5.5 |
| Males | 287 | 28.7 | 5.4 |
| Females | 140 | 29.9 | 5.7 |
| Others | | | |
| All | 16 | 10.5 | 10.6 |
| Males | 13 | 9.7 | 10.3 |
| Females | 3 | 14.0 | 11.3 |

Table 71. Average Length of Stay Residential Extended (Days)

| | n | mean | sd |
|-------------------|----|------|------|
| Completers | | | |
| All | 40 | 58.8 | 19.4 |
| Males | 19 | 58.1 | 18.8 |
| Females | 21 | 59.4 | 19.9 |

Other
All
Males
Females

The average LOS for guests in the non-residential program for older adults was 53.3 days. Females were significantly ($p < .05$) more likely to remain in this program (60.5 days) when compared to males who remained, on average, 53.3 days. Only four individuals were reported as leaving this program as other than complete. (Table 73)

Table 73. Average Length of Stay Non-Res Older Adults (Days)

| | n | mean | sd |
|-------------------|----|------|------|
| Completers | | | |
| All | 46 | 53.3 | 23.7 |
| Males | 22 | 45.5 | 21.5 |
| Females | 24 | 60.5 | 23.4 |
| Other | | | |
| All | 4 | 28.0 | 8.3 |
| Males | 3 | 23.3 | 2.1 |
| Females | 1 | 42.0 | 0.0 |

Closing Comments

Outcomes from all of the programs continue to be very good as has been consistently reported over the past several years. As noted in the report, The Retreat senior staff receive monthly reports of key satisfaction and outcomes indicators, including guest comments regarding the most helpful and least helpful aspects of their time at The Retreat, as well as suggestions and comments.

With the monthly monitoring, year to year variations in outcomes and satisfaction are expected as reported this year in abstinence rates for example. The value of longitudinal studies is that trends can be identified and monitored for quality management and improvement and changes in findings can be managed in a meaningful and timely manner.

The evaluator has worked with a wide variety of treatment and recovery programs over the past four plus decades and The Retreat continues to stand out as a very special, and excellent, recovery-based endeavor. Its expansion of services over the years has demonstrated positive outcomes in the new services without distracting from the quality of the original services.

The Retreat is to be commended for its commitment to the undertaking of this longitudinal outcomes evaluation by an independent firm.

A. Evaluator Notes & Samples

The evaluation team received documentation for 479 residential guest registrations down slightly from 483 last year. The non-residential program registrations were slightly down from 90 to 83, while the older adult non-residential program was up from 33 to 47. This year the number of registrations for the extended stay program was 35. (Table A-1)

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 desired and subsequently hinders follow-up success rates. This lack of authorizations and/or contact information (“Locator”) accounted for over 20% loss of potential candidates from the follow-up pool.

As can also be found in Table A-1 are the numbers of completed admit surveys received by program. These surveys constitute the baseline dataset for the overall evaluation

Table A-1 Sample Sizes

| | |
|---|-----|
| Registrations Reported | |
| Residential | 479 |
| Non-Residential | 83 |
| Non-Residential Older Adults | 47 |
| Residential Extended Stay | 35 |
| Authorization For Follow-Up With Locator | |
| Residential | 364 |
| Non-Residential | 54 |
| Non-Residential Older Adults | 21 |
| Residential Extended Stay | 30 |
| Departures Reported | |
| Residential | 485 |
| Non-Residential | 69 |
| Non-Residential Older Adults | 45 |
| Residential Extended Stay | 39 |
| Registration Surveys Received | |
| Residential | 454 |
| Non-Residential | 77 |
| Non-Residential Older Adults | 25 |
| Residential Extended Stay | 31 |
| Departure Surveys Received | |
| Residential | 460 |
| Non-Residential | 35 |
| Non-Residential Older Adults | 42 |
| Residential Extended Stay | 36 |

project and the departure. Overall each of the programs did fairly well in collecting and submitting this critical data.

Similarly, the departure surveys are critical for documenting changes from registration to departure and for collecting important guest satisfaction feedback. Attrition with this element of the dataset was manageable and losses of data did not contribute to lessening the validity of the data reported.

Table A-2 provides a summary of the follow-up surveys collected by program during the year.

Table A-3 is a presentation of the actual distribution, by category, of the results of the follow-up efforts. As can be seen, overall, the follow-up completion rate for all programs for both the six and twelve month follow-up were in excess of 30%. Approximately 7.7% at six months and 15.3% at twelve months were contacted and refused to participate in the follow-up. A small percentage were “found,” but were unable to participate in a phone or mail interview due to being in a restricted environment (residential treatment,

Table A-2 Follow-Up Sample Sizes

6-Month Surveys Collected

| | |
|------------------------------|-----|
| Residential | 124 |
| Non-Residential | 22 |
| Non-Residential Older Adults | 18 |
| Residential Extended Stay | 3 |

12-Month Surveys Collected

| | |
|------------------------------|-----|
| Residential | 104 |
| Non-Residential | 22 |
| Non-Residential Older Adults | 16 |
| Residential Extended Stay | 2 |

Table A-3 Follow-Up Result Types

| | Six Month | Twelve Month |
|--|-----------|--------------|
| Completed | 32.6 | 31.8 |
| No Locator Info | 21.6 | 19.7 |
| Refused Locator | 15.6 | 11.9 |
| Refused To Participate After Contact | 7.7 | 15.3 |
| Bad Phone/No Mail Response | 6.6 | 11.7 |
| Re-enrolled Tracking Earlier Admission | 4.1 | 2.5 |
| Found but Not Accessible | 3.7 | 1.6 |
| Received Late | 3.3 | 0.5 |
| Failed as per Protocol | 2.5 | 2.0 |
| Out of Date Contact Info | 1.0 | 1.1 |
| Deceased | 0.4 | 0.7 |
| Family Refused to Forward | 0.2 | 0.7 |
| Family Had no Contact Info | 0.2 | 0.5 |
| Data Received Too Late | 0.2 | 0.0 |

incarceration, overseas for example). Only approximately two percent of the failure to complete individuals exhausted all tracking efforts.

For the report period, the adjusted six-month follow-up completion rate was 69% and the 12-month follow-up completion rate was 61.5% 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.

This success rate is considered acceptable within the budget restrictions. In order to better ensure the data is representative of all Retreat guests, statistical comparisons of those who complete the follow-up and those who do not revealed tendencies towards younger, more mobile, individuals not completing the follow-up.