

Evidence-Based Programming for Community-Based Substance Abuse Treatment

Peter Paolantonio, MSW, LMHC
Spectrum Behavioral Health Systems, Inc.
Chief Clinical Officer

May 9, 2013
National TASC Conference
Columbus OH

Principles of Effective Treatment

- * Intensity of Services Match Client Needs
- * Responsivity
- * Cognitive Behavioral in Nature
- * Safe Structured Predicable
- * Accountable & Responsible
 - * Performance based
 - * Contingencies for Pro-scribe Behavior
 - * Viable role models

Principles of Effective Treatment

- * Consistency of Message
 - * Curriculum
 - * Generalizable, Transferable, Repeated
- * Gender Specific
- * Trauma Informed
- * Relapse Prevention Strategies
- * Continuing Care Planning

Spectrum Overview

- * Not-for-Profit
- * Founded in 1969
- * Over 40 years of Substance Abuse Services
- * Largest provider in New England
- * Nation-wide -- 8 states
- * 1200 employees
- * Multiple Divisions
- * Strong experienced Corporate Structure
- * Mission Driven

Outpatient Division

- * Full Array of Services
 - * Substance Abuse, Mental Health, & Primary Healthcare
- * Medication- Assisted Treatment
 - * Methadone, Suboxone, Vivitrol
 - * Methadone dosage
 - * 70-90mg 35%
 - * 90 – 110mg 15%
 - * Over 120mg 7%
- * Same Day Admission
 - * Prior 10 day waiting list
 - * Increased show rate by 35%
 - * Eliminate no-show rate for counselors
- * Illicit & Licit Benzodiazepine Admissions
 - * 15 % client has a benzo prescription
- * Contingency Management

*

Outpatient Data

- * Client to Counselor ratio 1 to 50
- * Phase Systems – performance based
- * Menu of groups based on treatment plan
- * Intensive Treatment Track (ITT)
 - * 52% completion rate
 - * 25% remained A&D free – 3 months
 - * 33.5% remained A&D free – 6 months
 - * 31% remained A&D free – 12 months

Outpatient Outcomes

- * Suboxone

- * 77% clients - 100% counseling sessions – 3 months
- * 64% clients – 100% counseling sessions – 6 months
- * 78% clients negative drug screen 3 months

- * Toxicology Data

- * Positive for benzo – 17%
- * Positive for cocaine – 27%
- * Positive for opiates – 17%

- * Employment Data

- * Full time – 20%
- * Part time – 14%

Residential/Inpatient

- * Full Array of Inpatient/Residential Programs
 - * Inpatient Withdrawal Management – 45 beds
 - * Clinically Stabilization Service -30 beds
 - * Transitional Support Service – 32 beds
 - * Women & Children – 20 beds
 - * Emerging Adult – 18 beds
 - * (2) Modified Therapeutic Community – 100 beds

Residential/Inpatient Outcomes

* Data

- * 88% - admission need assistant finding stable housing
- * 80% - post 3 months discharge reported living in stable housing
- * 87% - admission need employment assistant
- * 45% were employed on discharge
- * 78.5% employed 3 months post discharge
- * 12.5% admission need assistant with GED
- * 67.7% were receiving GED services at discharge
- * 80% 3 months post discharge reported involvement with recovery support services
- * 65% 3 months post discharge remained in contact with Continuing Care Specialist

Clinical Considerations

- * Comprehensive Assessment
- * TCU validated instruments
 - * Client Evaluation Self Intake (CESI)
 - * Client Evaluation Self Treatment (CEST)
 - * Criminal Thinking Scale (CTS)
- * Client Centered Approach –Target Client Needs
- * Individual Treatment Plan
- * Motivational Interviewing
- * Cognitive/Behavioral

Clinical Considerations

- * Performance Based
- * Gender Specific
- * Trauma Informed
- * Co-Occurring Disorders
- * Relapse Prevention
- * Skill Acquisition
- * Life Skill – Problem Solving
- * Continuing Care Planning