Client Progress and Assessment in Alcohol and other Drug Therapeutic Community Treatment

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Presentation Overview

1. Assessment in the D&A field
   1. The Salvation Army
   2. Banyan House
   3. Take home message
How would you rate your own clinical judgment?

(i.e. using your experience to inform your work with clients)
Why Conduct Assessment?
Clinical judgment isn't very reliable
DRUG & ALCOHOL
- Cravings / Dependence
- Substance use

PSYCHOLOGICAL HEALTH
- Symptom distress

SOCIAL FUNCTIONING
- Quality of Life
- Employment, Criminality

PHYSICAL HEALTH
- Blood borne diseases

Assessment Domains
Traditional outcome measures do not capture what is unique about TC’s
Client Assessment Summary (CAS)

- A standardised measure of client progress within a TC
  - My behaviour and attitude show that I am a mature person
  - I understand and accept the program rules, philosophy and structure
  - I still have the attitudes and behaviours associated with the drug/criminal lifestyle
  - I enthusiastically participate in program activities.

- Rated from: 1 (strongly disagree) to 5 (strongly agree)

Our studies

Parallel trial studies of the Client Assessment Summary (CAS)

Aims

- The utility of the CAS as part of treatment delivery
- The relevance of the TC domains in Australia
- Can the CAS predict retention or progress in treatment?
THE SALVATION ARMY
AUSTRALIA EASTERN TERRITORY

RECOVERY SERVICES DEPARTMENT
<table>
<thead>
<tr>
<th>Total participants</th>
<th>1015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age</td>
<td>36 years (SD = 10.52)</td>
</tr>
<tr>
<td>Gender</td>
<td>82% male</td>
</tr>
<tr>
<td>Indigenous status</td>
<td>10% ATSI</td>
</tr>
<tr>
<td>Length D&amp;A problems</td>
<td>18 years (SD = 10.83)</td>
</tr>
<tr>
<td>Substance of abuse</td>
<td>Alcohol (58%), Amphetamines (15%), Cannabis (13%) &amp; Heroin (8%).</td>
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<tr>
<td>Co-occurring mental illness</td>
<td>61%</td>
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</tbody>
</table>
## Why Conduct a Factor Analysis?

<table>
<thead>
<tr>
<th>CAS Domains</th>
<th>CAS Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Developmental</td>
<td>1. Maturity</td>
</tr>
<tr>
<td>2. Socialization</td>
<td>2. Responsibility</td>
</tr>
<tr>
<td>3. Psychological</td>
<td>3. Values</td>
</tr>
<tr>
<td>4. Community Member</td>
<td>4. Lifestyle</td>
</tr>
<tr>
<td></td>
<td>5. Maintains Integrity</td>
</tr>
<tr>
<td></td>
<td>6. Work attitude</td>
</tr>
<tr>
<td></td>
<td>7. Social skills</td>
</tr>
<tr>
<td></td>
<td>8. Cognitive skills</td>
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<tr>
<td></td>
<td>9. Emotional skills</td>
</tr>
<tr>
<td></td>
<td>10. Self Esteem</td>
</tr>
<tr>
<td></td>
<td>11. Program rules</td>
</tr>
<tr>
<td></td>
<td>12. Community engagement</td>
</tr>
<tr>
<td></td>
<td>13. Attachment/Investment</td>
</tr>
<tr>
<td></td>
<td>14. Role model</td>
</tr>
</tbody>
</table>
Factor 1: Developmental/Psychological Domain

Cronbach’s alpha = .81, indicating **good internal consistency**

<table>
<thead>
<tr>
<th>Item No</th>
<th>Item Description</th>
<th>Factor Loadings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>My behaviour and attitude show that I am a mature person</td>
<td>.76</td>
</tr>
<tr>
<td>2</td>
<td>I regularly meet my obligations and responsibilities</td>
<td>.73</td>
</tr>
<tr>
<td>10</td>
<td>I feel good about who I am. My self esteem is high</td>
<td>.65</td>
</tr>
<tr>
<td>8</td>
<td>Overall, I have good awareness, judgment, decision-making and problem solving skills</td>
<td>.64</td>
</tr>
<tr>
<td>9</td>
<td>I’m able to identify my feelings and express them in an appropriate way</td>
<td>.56</td>
</tr>
</tbody>
</table>
Factor 2: Community Member Domain
Cronbach’s alpha = .81, indicating **good internal consistency**

<table>
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<tr>
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<th>Factor Loadings</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>I enthusiastically participate in program activities.</td>
<td>.82</td>
</tr>
<tr>
<td>13</td>
<td>I feel an investment, attachment and ownership in the program</td>
<td>.78</td>
</tr>
<tr>
<td>11</td>
<td>I understand and accept the program rules, philosophy and structure</td>
<td>.71</td>
</tr>
<tr>
<td>14</td>
<td>My behaviour and attitude set a good example for others.</td>
<td>.46</td>
</tr>
</tbody>
</table>
Factor 3: Socialisation Domain

Cronbach’s alpha = .49, indicating **less than adequate internal consistency**

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<tr>
<th>Item No</th>
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<th>Factor Loadings</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>I still have the attitudes and behaviours associated with the drug/criminal lifestyle</td>
<td>-.57</td>
</tr>
<tr>
<td>5</td>
<td>I often present an image rather than my true self</td>
<td>-.55</td>
</tr>
</tbody>
</table>
Client Improvements overtime: CAS Scores

Statistically significant improvement

"Develop & Psych"  Community  Socialisation
Predictive Power of CAS Subscales

**Significantly predicted:**
- Cravings during treatment (16% to 21%)
- Symptom distress during treatment (26%)

**Did not predict:**
- Length of stay
- Substance use or symptom distress at follow-up
A residential therapeutic community

Banyan House is a residential Therapeutic Community located in Darwin, Northern Territory offering a treatment for people recovering from alcohol and drug addictions and any co-occurring mental health disorders.

We provide:

- Residential rehabilitation program
- Residential supported withdrawal program
- Alcohol and drug assessments
- Courts and Police diversion programs
- Counselling, education and information

helpline  treatment  referral
Banyan House: Inclusion of PAS

- Peer Assessment Scale
- Developed in response to client/staff need in reflection meetings.
- Improved critical engagement in meetings between clients on peers’ progress
- Responses generally fell between staff and client responses.
Demographic profile

- $N = 47$; Mean age = 32.04 yrs, SD = 7.55
- Males = 75%
- Main Ethnicity: Non-Aboriginal = 67%
  Aboriginal = 27%

- Criminal History: None = 48%
  Bail = 35%
  Parole/Probation = 10%
Banyan Data: CAS 3 Subscales

✓ CAS subscales were computed based on factor structure obtained from UOW data

ï Factor 1: Developmental/Psychological Domain
  Cronbach's alpha = .85, indicating good internal consistency

ï Factor 2: Community Member Domain
  Cronbach's alpha = .83, indicating good internal consistency

ï Factor 3: Socialisation Domain
  Cronbach's alpha = .09, very poor internal consistency suggesting that items (4 & 5) are not representing the "socialisation" domain, also evident in UOW data
CAS: Sig increase from T1 to T2

Mean Scores on Client Assessment Summary (higher the score, better assessment)

Time

Error bars: 95% CI
Time 2 Snapshot

CAS  |  SAS  |  PAS
---   |      |  ---
4.0   | 3.0  | 3.5
3.5   | 3.0  | 3.0
3.0   | 2.5  | 3.0
2.5   | 2.0  | 2.5
2.0   | 1.5  | 2.0
1.5   | 1.0  | 1.5
1.0   | 0.5  | 1.0
0.5   | 0.0  | 0.5

Legend:
- Red: Dev/Psych
- Green: Community
- Blue: Socialisation
CAS: 1, 2 and 3rd Assessment

Development/Psychological domain
SAS: 1, 2 and 3rd Assessment

Development/Psychological domain
PAS: 1, 2 and 3rd Assessment
Banyan Data

• Supports UOW findings

• Potential use of Peer Assessment

• Psychological/Development Domain
  (Emotional Skills and Self-esteem) lowest items on all scales
Implication of Results

What does this mean for the TC approach?
CAS Limitations

• Our results suggest 2 domains
  • Socialization poor domain
  • Further work is required to develop the scale

• Does not predict length of stay
  • Is retention or treatment level achieved the most appropriate indicator?

• Does not predict follow-up
  • CAS scores collected later in treatment may be better predictors?
Significant findings

Â Two of the factors are quite strong
  ï Psychological/developmental & Community Member
  ï Strength to have a TC specific measure

Â CAS is sensitive to change
  ï It is able to track client changes
  ï Potentially important in treatment

Â CAS predicts within treatment improvements
  ï Suggests that the TC approach is effective in decreasing psychological distress and cravings
Client Assessment Summary

Å Free to use

Å Developed specifically for the TC environment

Å Client, Staff and Peer ratings are likely to be incredibly useful for organisations

Å Further evaluation of the measure is important
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References


Â Kressel, D., & De Leon, G. (1998). *The Client Assessment Inventory (CAI); The Client Assessment Summary (CAS); The Staff Assessment Summary (SAS)*. (Developed with funding from NIDA Grant #5K21 DA00239, Rockville, MD). New York: Center for Therapeutic Community Research at National Development and Research Institutes, Inc: North Carolina.

