

## Outcome Studies Measuring the Effectiveness of the ASAP IOP Program

Outcome studies are conducted to measure the effectiveness of the ASAP IOP (Intensive Outpatient Program). These Studies are also used to identify potential program improvements as part of the ASAP CQI (Continuous Quality Improvement) process.

The current Outcome Study was conducted during 2011-2012. Eighty-four (N=84) families were assessed at both a pre-treatment and a post-treatment time frame. 15 questions that were specifically identified to measure IOP effectiveness were utilized.

All 15 questions were answered according to the following scale:

|                |       |         |          |                   |     |
|----------------|-------|---------|----------|-------------------|-----|
| 1              | 2     | 3       | 4        | 5                 |     |
| Strongly agree | Agree | Neutral | Disagree | Strongly disagree | N/A |

Results are as follows:

### My son or daughter can currently:

|                                |                          |                          |                          |                          |                          |                          |
|--------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|                                | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 1. <u>Handle daily life OK</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating= 3.8    Post-test rating=2.1    Positive Improvement of 1.7**

\*\*\*\*\*

|   |                          |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 2. <u>Get along with other family members</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating= 3.5    Post-test rating=2.2    Positive Improvement of 1.2**

\*\*\*\*\*

|   |                          |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 3. <u>Get along with friends and other people</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating= 2.5    Post-test rating=1.8    Positive Improvement of .7**

\*\*\*\*\*

|  |                          |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|  | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 4. <u>Do all right in school and/or work</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=3.8    Post-Test rating=2.8    Positive Improvement of 1.0**

**Outcome Studies -- page two --**

|                                     | <b>1</b>                 | <b>2</b>                 | <b>3</b>                 | <b>4</b>                 | <b>5</b>                 |                          |
|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                     | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 5. <u>Cope when things go wrong</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=3.3    Post-Test rating=2.2    Positive Improvement of 1.1**

\*\*\*\*\*

|   | <b>1</b>                 | <b>2</b>                 | <b>3</b>                 | <b>4</b>                 | <b>5</b>                 |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 6. <u>Feel satisfied with his/her family life</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=3.2    Post-Test rating=2.0    Positive Improvement of 1.2**

\*\*\*\*\*

|   | <b>1</b>                 | <b>2</b>                 | <b>3</b>                 | <b>4</b>                 | <b>5</b>                 |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 7. <u>Treat family members with respect</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=3.7    Post-Test rating=2.9    Positive Improvement of .8**

\*\*\*\*\*

|  | <b>1</b>                 | <b>2</b>                 | <b>3</b>                 | <b>4</b>                 | <b>5</b>                 |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 8. <u>Enjoy extracurricular activities</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=2.8    Post-Test rating=2.1    Positive Improvement of .7**

## Outcome studies page three

### Regarding my son or daughter's substance use:

|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 9. <u>His/her substance use is out of control</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=1.9    Post-Test rating=4.0    Positive Improvement of 2.1**

\*\*\*\*\*

|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 10. <u>We see signs of continuing use</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=2.9    Post-Test rating=4.0    Positive Improvement of 1.1**

\*\*\*\*\*

|  | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 11. <u>We are confident he/she is no longer using any addictive substances</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=3.9    Post-Test rating=2.3    Positive Improvement of 1.6**

\*\*\*\*\*

|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 12. <u>I think he/she is being honest with us</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=4.4    Post-Test rating=2.9    Positive Improvement of 1.5**

\*\*\*\*\*

|   | 1                        | 2                        | 3                        | 4                        | 5                        |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|   | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 13. <u>He/she hangs around with too many friends who use drugs or alcohol</u> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=2.0    Post-Test rating=2.8    Positive Improvement of .8**

## Outcome studies page four

|  | 1                        | 2                        | 3                        | 4                        | 5                        | N/A                      |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | Strongly agree           | Agree                    | Neutral                  | Disagree                 | Strongly disagree        | N/A                      |
| 14. Our family life is currently suffering as a result of his/her drug use | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Pre-Test rating=2.0    Post-Test rating=3.4    Positive Improvement of 1.4**

\*\*\*\*\*

|  | 1              | 2     | 3       | 4        | 5                 | N/A |
|--|----------------|-------|---------|----------|-------------------|-----|
|  | Strongly agree | Agree | Neutral | Disagree | Strongly disagree | N/A |
| 15. I am confident that he/she will remain free from use of addictive substances |                |       |         |          |                   |     |

**Pre-Test rating=3.2    Post-Test rating=2.1    Positive Improvement of 1.1**

## Conclusions

**15 out of 15 (100%) measures demonstrated statistically significant positive improvement. These results demonstrate the success of the ASAP Intensive Outpatient Program.**

**The ASAP CQI program has committed to utilize these same 15 questions to allow for longitudinal assessment of change over time.**

**Of course, subjective Feedback provided by teens and parents will also continue to be utilized to identify possible program improvements.**

**ASAP Staff**