

# Outcome Studies Measuring the Effectiveness of the ASAP IOP Program

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

The current Outcome Study was conducted during 2016-2017. Seventy-seven (N=77) families were queried at both a pre-treatment and a post-treatment time frame regarding 15 questions specifically identified to measure IOP effectiveness.

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. Handle daily life OK                                        

**Pre-Test rating= 3.9      Post-test rating=2.1      Positive Improvement of 1.8**

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1                      2                      3                      4                      5  
Strongly agree      Agree              Neutral              Disagree              Strongly disagree      N/A  
2. Get along with other family members                                 

**Pre-Test rating= 4.1      Post-test rating=2.6      Positive Improvement of 1.5**

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1                      2                      3                      4                      5  
Strongly agree      Agree              Neutral              Disagree              Strongly disagree      N/A  
3. Get along with friends and other people                                 

**Pre-Test rating= 4.0      Post-test rating=3.0      Positive Improvement of 1.0**

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1                      2                      3                      4                      5  
Strongly agree      Agree              Neutral              Disagree              Strongly disagree      N/A  
4. Do all right in school and/or work                                 

**Pre-Test rating=3.5      Post-Test rating=2.3      Positive Improvement of 1.2**

**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=3.9    Post-Test rating=2.5    Positive Improvement of 1.4**

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	<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=3.9    Post-Test rating=2.4    Positive Improvement of 1.5**

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

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

## Outcome studies page three

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

9. His/her substance use is out of control      **1**      **2**      **3**      **4**      **5**      N/A  
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

**Pre-Test rating=2.4    Post-Test rating=4.5    Positive Improvement of 2.1**

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10. We see signs of continuing use      **1**      **2**      **3**      **4**      **5**      N/A  
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

**Pre-Test rating=2.9    Post-Test rating=4.1    Positive Improvement of 1.2**

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11. We are confident he/she is no longer using any addictive substances      **1**      **2**      **3**      **4**      **5**      N/A  
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

**Pre-Test rating=3.9    Post-Test rating=2.6    Positive Improvement of 1.3**

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12. I think he/she is being honest with us      **1**      **2**      **3**      **4**      **5**      N/A  
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

**Pre-Test rating=4.2    Post-Test rating=2.9    Positive Improvement of 1.3**

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13. He/she hangs around with too many friends who use drugs or alcohol      **1**      **2**      **3**      **4**      **5**      N/A  
   Strongly agree    Agree    Neutral    Disagree    Strongly disagree

**Pre-Test rating=2.2    Post-Test rating=3.2    Positive Improvement of 1.1**

## Outcome studies page four

Our family life is currently suffering  
14. as a result of his/her drug use

1	2	3	4	5	N/A
Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Pre-Test rating=2.3    Post-Test rating=4.2    Positive Improvement of 1.9**

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I am confident that he/she will remain  
15. free from use of addictive substances

1	2	3	4	5	N/A
Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Pre-Test rating=3.4    Post-Test rating=2.2    Positive Improvement of 1.2**

## Conclusions

**Consistent with previous outcomes studies, 15 out of 15 (100%) measures showed significant positive improvement. The success of the ASAP Intensive Outpatient Program is remaining consistent over time**

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

**Further evaluation of subjective Feedback provided by these and other youth and parents will also continue to be utilized to identify possible program improvements.**

## ASAP Staff