# 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 2023. Seventy-five (N=75) 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= 4.0 Post-test rating=2.4 Positive Improvement of 1.6

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**1 2 3 4 5**

  Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Get along with other family members     

### Pre-Test rating= 4.1 Post-test rating=2.5 Positive Improvement of 1.6

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Get along with friends and other people     

### Pre-Test rating= 4.4 Post-test rating=3.3 Positive Improvement of 1.0

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Do all right in school and/or work     

### Pre-Test rating=3.8 Post-Test rating=2.7 Positive Improvement of 1.1

#### Outcome Study -- page two --

 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Cope when things go wrong     

### Pre-Test rating=3.9 Post-Test rating=2.4 Positive Improvement of 1.5

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Feel satisfied with his/her family life     

### Pre-Test rating=4.1 Post-Test rating=2.4 Positive Improvement of 1.7

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Treat family members with respect     

### Pre-Test rating=4.0 Post-Test rating=2.0 Positive Improvement of 1.1

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. Enjoy extracurricular activities     

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

**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

1. His/her substance use is out of control     

### Pre-Test rating=2.1 Post-Test rating=4.3 Positive Improvement of 2.2

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. We see signs of continuing use     

### Pre-Test rating=3.6 Post-Test rating=4.7 Positive Improvement of 1.1

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

We are confident he/she is no longer

1. using any addictive substances     

### Pre-Test rating=3.9 Post-Test rating=2.4 Positive Improvement of 1.5

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

1. I think he/she is being honest with us     

### Pre-Test rating=4.5 Post-Test rating=3.1 Positive Improvement of 1.4

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 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

He/she hangs around with too many

1. friends who use drugs or alcohol     

### Pre-Test rating=2.0 Post-Test rating=2.8 Positive Improvement of 0.8

**Outcome studies page four**

 **1 2 3 4 5**

 Strongly agree Agree Neutral Disagree Strongly disagree N/A

Our family life is currently suffering

1. as a result of his/her drug use     

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

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 **1 2 3 4 5**

 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=3.8 Post-Test rating=2.3 Positive Improvement of 1.5

**Conclusions**

**Consistent with previous studies, 15 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 comparison of change over time.**

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

**ASAP Staff**