

Outcome Studies Measuring the Effectiveness of the ASAP IOP Program - 2014-2015

Outcome studies are regularly conducted to measure the effectiveness of the ASAP Intensive Outpatient Program. These Outcome 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 2014-2015. Ninety seven (N=97) families were assessed using both a pre-treatment and a post-treatment time frame. 15 questions that were specifically designed to measure IOP effectiveness were utilized.

All 15 questions were answered according to the following scale:

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

Results are as follows:

My son or daughter can currently:

1. Handle daily life OK 1 Strongly agree 2 Agree 3 Neutral 4 Disagree 5 Strongly disagree N/A

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

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

Pre-Test rating= 3.5 Post-test rating=2.1 Positive Improvement of 1.3

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

Pre-Test rating= 2.6 Post-test rating=1.6 Positive Improvement of 1.0

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

Pre-Test rating=3.8 Post-Test rating=2.9 Positive Improvement of 0.9

Outcome Studies -- page two --

	1	2	3	4	5	
	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=3.6 Post-Test rating=2.5 Positive Improvement of 1.1

	1	2	3	4	5	
	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

	1	2	3	4	5	
	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=3.9 Post-Test rating=2.8 Positive Improvement of 1.1

	1	2	3	4	5	
	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=2.0 Positive Improvement of .8

Outcome studies page three

Regarding my son or daughter's substance use:

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.1 Post-Test rating=4.1 Positive Improvement of 2.0

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=3.3 Post-Test rating=4.1 Positive Improvement of 0.8

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.2 Positive Improvement of 1.7

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=4.5 Post-Test rating=2.9 Positive Improvement of 1.6

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=1.8 Post-Test rating=3.2 Positive Improvement of 1.4

Outcome studies page four

	1	2	3	4	5	
	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=2.2 Post-Test rating=3.3 Positive Improvement of 1.1

	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	<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=2.5 Positive Improvement of 1.0

Results and Conclusions

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

The ASAP CQI program continues to commit to utilize these same 15 questions to allow for longitudinal assessment of change over time.

As always, subjective Feedback provided by teens and parents will also continue to be utilized to identify possible IOP program improvements.

Multiple measures such as these utilized above are more accurate than any single measure. But for parents wishing to hear a single measure of what percentage of teens remain clean, that number is this: 71.8% of teens that

completed or graduated from the ASAP Program during this time period were reported to be clean one year following the conclusion of treatment.

We hasten to add, whenever interpreting outcomes, that the largest single contributing factor in the outcome of teen substance abuse treatment at ASAP is *the follow through of the parents*. ASAP always provides very direct and concrete and specific treatment recommendations to parents regarding the behavior management and lifestyle changes that must be made in the home and in the life of the teen for that teen to stay clean. Of course, those parents that best follow through with our treatment recommendations are the parents that enjoy the most positive outcomes.

ASAP Program Staff

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. <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= 3.9 Post-test rating=2.1 Positive Improvement of 1.8

	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= 4.1 Post-test rating=2.6 Positive Improvement of 1.5

	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= 4.0 Post-test rating=3.0 Positive Improvement of 1.0

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

Outcome Studies -- page two --

	1	2	3	4	5	
	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

	1	2	3	4	5	
	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

	1	2	3	4	5	
	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

	1	2	3	4	5	
	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:

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.4 Post-Test rating=4.5 Positive Improvement of 2.1

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=4.1 Positive Improvement of 1.2

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.6 Positive Improvement of 1.3

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=4.2 Post-Test rating=2.9 Positive Improvement of 1.3

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.2 Post-Test rating=3.2 Positive Improvement of 1.1

Outcome studies page four

	1	2	3	4	5	
	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=2.3 Post-Test rating=4.2 Positive Improvement of 1.9

	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	<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

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 2019. Seventy-two (N=72) 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. <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=2.4 Positive Improvement of 1.4

	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= 4.1 Post-test rating=2.4 Positive Improvement of 1.7

	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= 4.2 Post-test rating=3.0 Positive Improvement of 1.2

	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 Study -- page two --

	1	2	3	4	5	
	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=3.7 Post-Test rating=2.4 Positive Improvement of 1.3

	1	2	3	4	5	
	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=3.8 Post-Test rating=2.3 Positive Improvement of 1.5

	1	2	3	4	5	
	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=4.1 Post-Test rating=2.8 Positive Improvement of 1.3

	1	2	3	4	5	
	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=2.0 Positive Improvement of 1.9

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

	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=3.6 Post-Test rating=4.6 Positive Improvement of 1.0

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

	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=4.8 Post-Test rating=3.0 Positive Improvement of 1.8

	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=2.1 Post-Test rating=2.9 Positive Improvement of 0.9

Outcome studies page four

	1	2	3	4	5	N/A
	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	
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=2.3 Post-Test rating=4.1 Positive Improvement of 1.8

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

Pre-Test rating=3.9 Post-Test rating=2.2 Positive Improvement of 1.7

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