



OUTCOMES FROM OREGON'S SUBSTANCE ABUSE TREATMENT 12-MONTH FOLLOW-UP STUDY*

"They saved my life. [It's] an awesome place. I would advocate for it in a heartbeat."

~Study participant

Between intake and 12 months follow-up

Substance use in the past 30 days dropped by...

- ↓ 93% for amphetamine use
- ↓ 83% for heroin use,
- ↓ 78% for cannabis use,
- ↓ 71% for prescription drug abuse,
- ↓ 47% for binge drinking (5 or more drinks within a few hours)

Other positive outcomes

- ↓ 87% drop in arrests in the past 30 days
- ↓ 41% drop in days spent in jail
- ↑ 29% increase in participants reporting full- or part-time employment
- ↑ 22% increase in those who said they have clean and sober friends

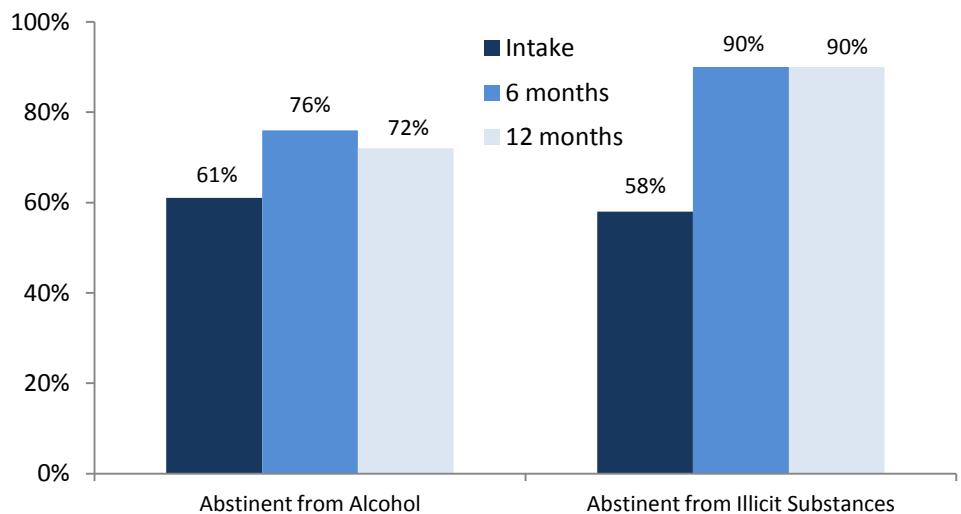
RESULTS: STUDY PARTICIPANTS IMPROVED IN ALMOST EVERY CATEGORY

Last year in Oregon, more than 54,000 adults obtained publicly funded alcohol or drug treatment. To learn more about the ways that treatment benefits Oregonians and their communities, the Oregon Health Authority asked NPC Research to measure treatment outcomes over time and across a range of categories. The results are impressive: at 6 months, reported drug and alcohol use had dropped sharply, while positive indicators in employment and mental health had increased for most participants. **These gains persisted at 12 months, after most had left their treatment program.**

The bottom line

Twelve months after treatment enrollment, 90% of study participants reported abstinence from drug use. 72% reported abstinence from alcohol.

Figure 1. Percentage of Study Participants Using Selected Substances in the Past 30 Days, at Intake, 6 Months and 12 Months

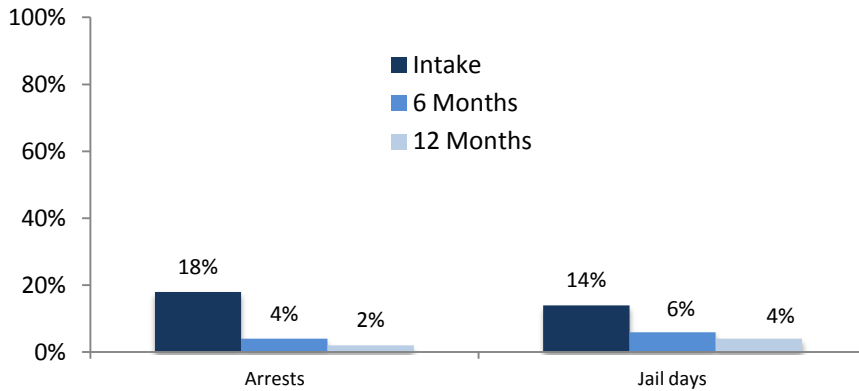


"The counselor taught me about mindfulness, which helped me control my anxiety. I thought it was great that she helped me with that rather than superficially treating my issues with alcohol."

~Study participant

*Note: Details can be found in the full report, which is available upon request.

Figure 2. Percentage of Study Participants Reporting New Arrests and/or Jail Time in the in the Past 30 Days, at Intake, 6 Months, and 12 Months*



Mental health improvements from baseline to 12 months (past 30 days):

- 67% decrease in reports of **serious depression**,
- 57% decrease in participant reports of **serious anxiety**,
- 50% decrease in reports of serious thoughts of **suicide**,
- 50% decrease in trouble controlling **violent behavior**, including episodes of rage or violence,
- 38% decrease in trouble **understanding, concentrating or remembering**,
- 6-day (32%) decrease in the number of days that study participants experienced **any mental health issues**.

Opportunities for improvement:

- When talking about their treatment experience, participants were least satisfied with **transportation** options to and from treatment.
- Based on participant feedback, there are opportunities for better **treatment matching** to better serve younger clients and individuals where language barriers exist.
- DUII clients had poorer outcomes than non-DUII clients.

“[Treatment taught me] How to address the situation and my triggers. They helped me control my urges and helped with my family, and be a good role model for my kids.”

~Study participant

*Because there were 26 known participants who were incarcerated during some or all of the 12-month follow-up period and could not be interviewed, the 12-month arrest and jail-day information is an underestimate.

“They helped me get into transitional housing after treatment. This was amazing because I was homeless before treatment. Now I am in school and doing well.”

~Study participant

Participant Characteristics

- Average age was 36 years
- 59% were male
- 82% identified as White, 12% Latino, 10% AI/AN, 6% Black

Substance Use History

- Alcohol was the substance of choice for over half (54%) the sample at intake, while 19% reported using amphetamines
- 72% reported using tobacco on a daily basis

Criminal Justice Involvement

- 69% of participants reported past incarceration
- 56% of participants had at least one previous DUII
- 28% were currently enrolled in some kind of treatment court at baseline

Medical Health History

- 45% of study participants reported having a chronic medical condition
- One quarter reported lifetime mental health issues serious enough to require hospitalization