Funding from:

Is time in treatment associated with client engagement and counselor rapport?

Sample: 4580 clients (66% male, 66% White) from three types of programs.

- Regular (20%; less than 6 hours of programming per week)
- Intensive (5%; minimum of 2 hours of programming 3 days a week)
- Mixed (74%; includes both regular and intensive programs)

At the time of assessment, clients indicated how long they had been in treatment:
- Less than 30 days (28%)
- Between 30 and 90 days (39%)
- More than 90 days (32%)

Clients completed the Client Evaluation of Self and Treatment (CEST) which included the following client engagement measures:
- Treatment Needs
- Treatment Participation
- Peer Support
- Counseling Rapport
- Treatment Satisfaction

A series of two-way Analysis of Variance (ANOVAs) procedures were used to examine differences in engagement due to variations in program intensity and client tenure.

Post-hoc analyses were conducted using Tukey’s HSD tests.

Clients in intensive programs had the highest treatment needs. 

- Treatment needs were associated with intensity and tenure.
- Overall, clients in treatment for more than 90 days had higher treatment needs than clients in treatment for less than 90 days.

Clients in intensive programs had higher peer support than clients in regular and mixed programs.

Clients in treatment for more than 90 days reported the highest levels of peer support.

Clients in intensive programs were the most positive about their participation.

More time in treatment was associated with more involvement in treatment progress.

Intensive programs are associated with positive client attitudes toward treatment participation and peer support than regular and mixed programs.

Clients in treatment longer than 30 days report higher counseling rapport and participation than those new to treatment. More than 90 days tenure was related to greater satisfaction and perceptions of more support from other clients.

Clients in intensive programs longer than 90 days reported higher treatment needs suggesting that staying in treatment longer may promote greater problem recognition.

Treatment exposure and client retention are enhanced in intensive programs (Hoffman et al., 1994), and clients receive more contact with counselors and are required to participate in more sessions (Knight et al., 2008).