Using Treatment Progress Indicators to Monitor Client Change
Dr. Kevin Knight
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College on Problems with Drug Dependence
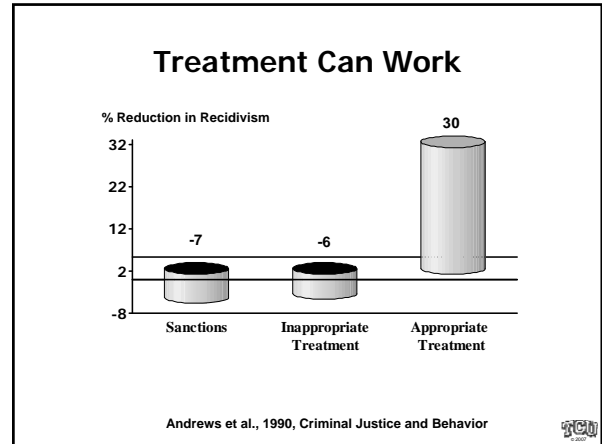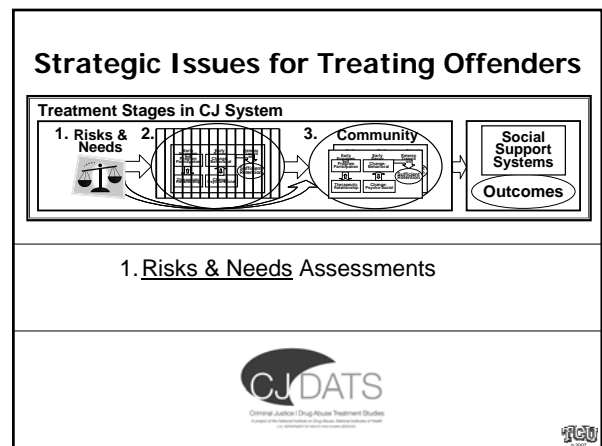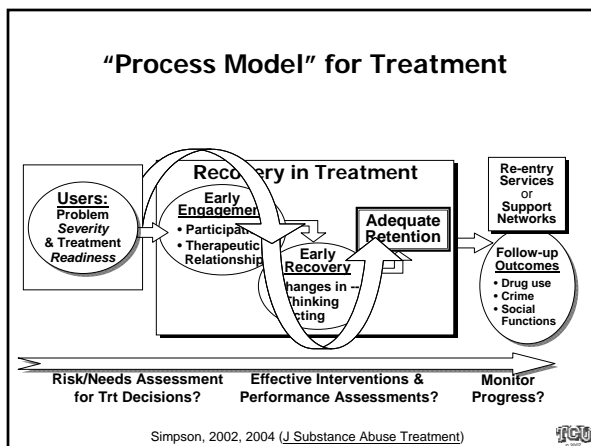**69th Annual Scientific Meeting**
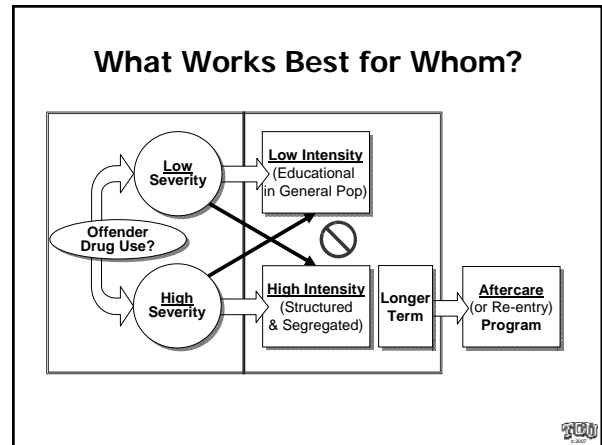June, 2007, Québec City, Canada
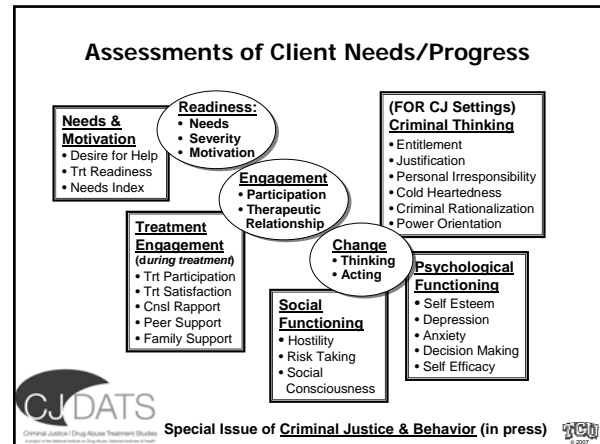
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Quebec City, Canada
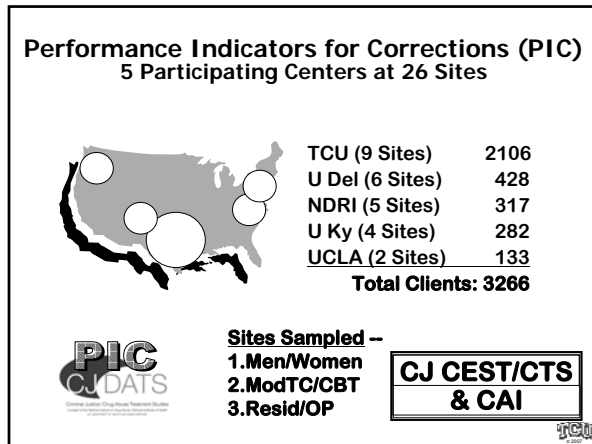
Using Treatment Progress Indicators to Monitor Client Change

Kevin Knight
TCU Institute of Behavioral Research

Treatment Can Work

% Reduction in Recidivism

-7	Sanctions
-6	Inappropriate Treatment
30	Appropriate Treatment

Andrews et al., 1990, Criminal Justice and Behavior

Not
"Does Treatment Work?"
but
"What Works?"

What Works Best for Whom?

"Process Model" for Treatment

Recovery in Treatment

Users: Problem *Severity* & Treatment *Readiness*

Early Engagement
• Participation
• Therapeutic Relationship

Adequate Retention

Early Recovery
Changes in Thinking Acting

Re-entry Services or Support Networks

Follow-up Outcomes
• Drug use
• Crime
• Social Functions

Risk/Needs Assessment for Trt Decisions? Effective Interventions & Performance Assessments? Monitor Progress?

Simpson, 2002, 2004 (*J Substance Abuse Treatment*)

Strategic Issues for Treating Offenders

Treatment Stages in CJ System

1. Risks & Needs   2.   3. Community   Social Support Systems   Outcomes

1. Risks & Needs Assessments

CJDATS

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Performance Indicators for Corrections (PIC)
5 Participating Centers at 26 Sites

TCU (9 Sites)	2106
U Del (6 Sites)	428
NDRI (5 Sites)	317
U Ky (4 Sites)	282
UCLA (2 Sites)	133
Total Clients:	**3266**

Sites Sampled --
1. Men/Women
2. ModTC/CBT
3. Resid/OP

CJ CEST/CTS & CAI

Assessments of Client Needs/Progress

Needs & Motivation
• Desire for Help
• Trt Readiness
• Needs Index

Readiness:
• Needs
• Severity
• Motivation

Engagement
• Participation
• Therapeutic Relationship

Treatment Engagement (*during treatment*)
• Trt Participation
• Trt Satisfaction
• Cnsl Rapport
• Peer Support
• Family Support

Change
• Thinking
• Acting

Social Functioning
• Hostility
• Risk Taking
• Social Consciousness

(FOR CJ Settings) Criminal Thinking
• Entitlement
• Justification
• Personal Irresponsibility
• Cold Heartedness
• Criminal Rationalization
• Power Orientation

Psychological Functioning
• Self Esteem
• Depression
• Anxiety
• Decision Making
• Self Efficacy

Special Issue of <u>Criminal Justice & Behavior</u> (in press)

5-point Likert Scale (Strongly Agree – Strongly Disagree)
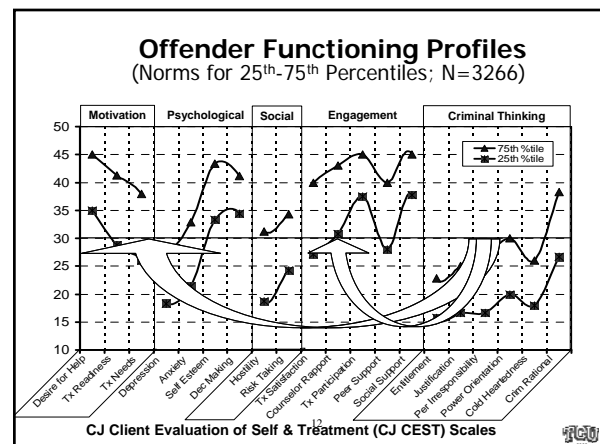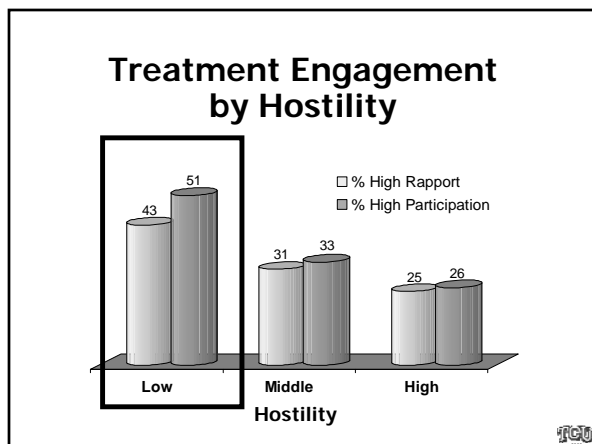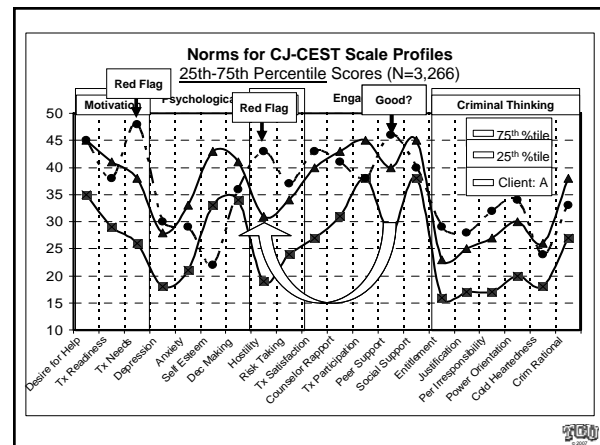
5 – 13 Items per Scale

30-45 Minutes (Self-Administration)
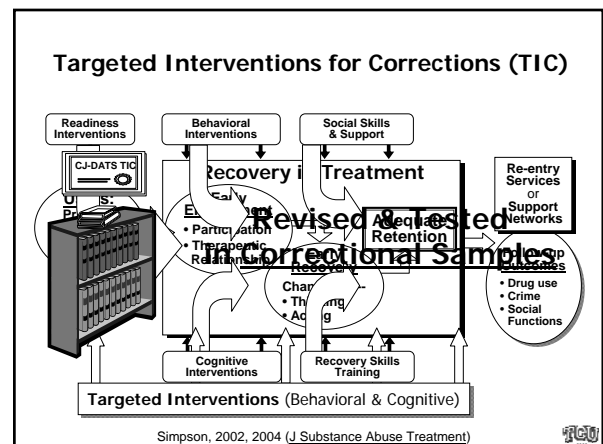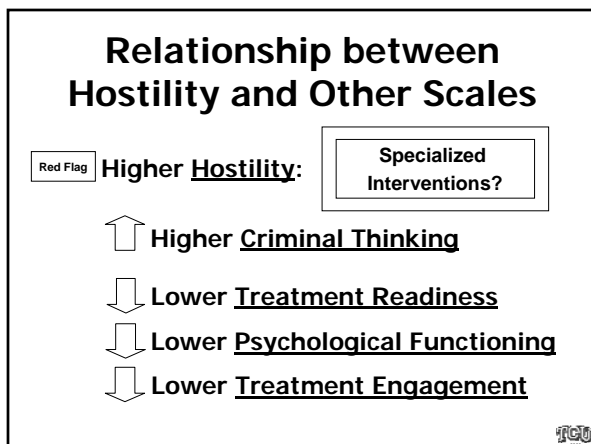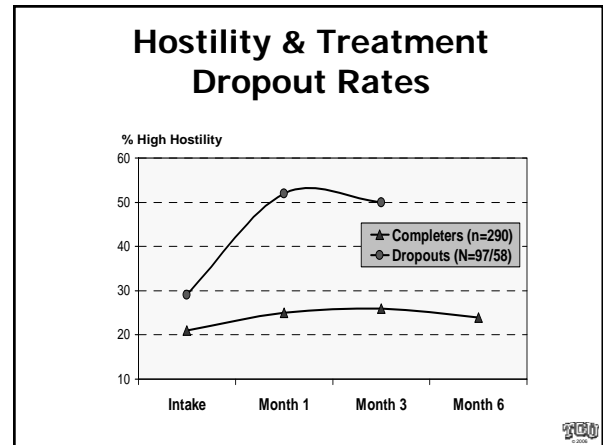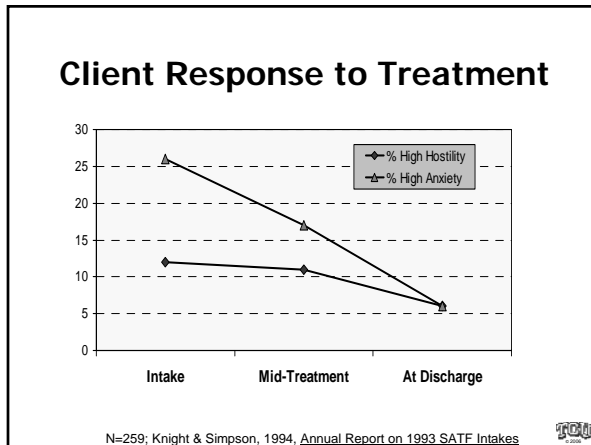
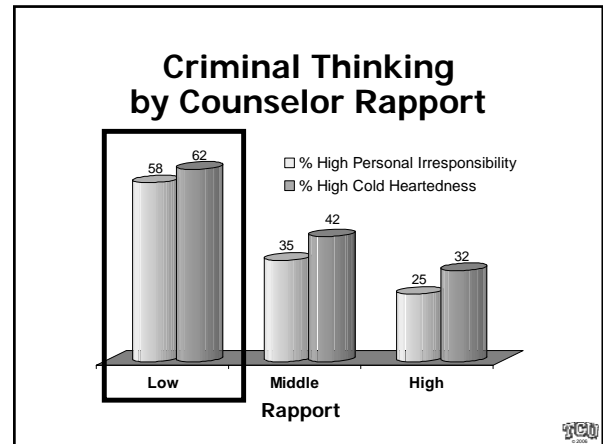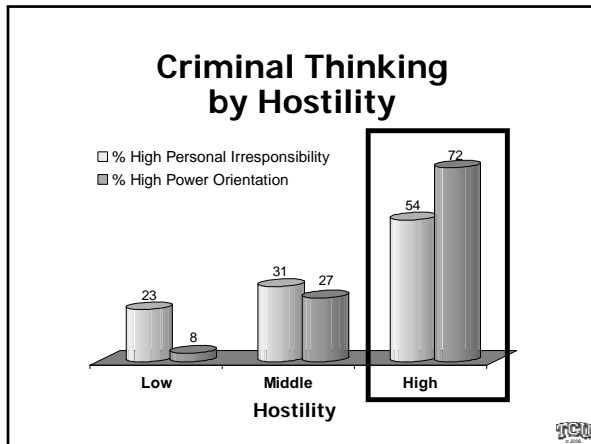Community-based Version: Good Reliability and Validity

PIC RESULTS for CJ Version

Good Reliability (Internal Consistency)

Good Test-Retest Reliability

Predictive Validity?

Norms for CJ-CEST Scale Profiles
25th-75th Percentile Scores (N=3,266)

Motivation · Psychological · Engagement · Good? · Criminal Thinking
Red Flag · Red Flag

Legend: 75th %tile, 25th %tile, Client: A

Treatment Engagement by Hostility

☐ % High Rapport
▨ % High Participation

Low: 43, 51
Middle: 31, 33
High: 25, 26

Hostility

Offender Functioning Profiles
(Norms for 25th-75th Percentiles; N=3266)

Motivation · Psychological · Social · Engagement · Criminal Thinking

Legend: 75th %tile, 25th %tile

CJ Client Evaluation of Self & Treatment (CJ CEST) Scales

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Criminal Thinking by Hostility

□ % High Personal Irresponsibility
■ % High Power Orientation

Low: 23, 8
Middle: 31, 27
High: 54, 72

Hostility

Criminal Thinking by Counselor Rapport

□ % High Personal Irresponsibility
■ % High Cold Heartedness

Low: 58, 62
Middle: 35, 42
High: 25, 32

Rapport

Client Response to Treatment

◆ % High Hostility
▲ % High Anxiety

Intake — Mid-Treatment — At Discharge

N=259; Knight & Simpson, 1994, Annual Report on 1993 SATF Intakes

Hostility & Treatment Dropout Rates

% High Hostility

▲ Completers (n=290)
● Dropouts (N=97/58)

Intake — Month 1 — Month 3 — Month 6

Relationship between Hostility and Other Scales

Red Flag **Higher Hostility:**

⬜ Specialized Interventions?

⬆ **Higher Criminal Thinking**

⬇ **Lower Treatment Readiness**

⬇ **Lower Psychological Functioning**

⬇ **Lower Treatment Engagement**

Targeted Interventions for Corrections (TIC)

Readiness Interventions

Behavioral Interventions

Social Skills & Support

CJ-DATS TIC

Recovery in Treatment

Re-entry Services or Support Networks

Revised & Tested Correctional Sample

Cognitive Interventions

Recovery Skills Training

Targeted Interventions (Behavioral & Cognitive)

Simpson, 2002, 2004 (J Substance Abuse Treatment)

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TIC HIV Module
Knowledge, Attitude, and
Psychosocial/Motivation Ratings
(Controlling for Program Site Variance)

	TIC (n=127) Mean	Comparison (n=103) Mean
Knowledge Scores (% Correct)*	84	78
Attitude Ratings		
Risky*	2.1	2.4
Belief*	3.8	3.7
Help	4.3	4.2
Intent*	4.4	4.2
Self-Control*	4.3	4.0
Psychosocial & Motivation Ratings		
Desire for Help	42.3	41.6
Treatment Readiness	37.2	36.9
Self-Esteem	37.6	37.0

* p < .05

TIC Anger Module
Knowledge, Attitude, and Psychosocial Ratings
(Controlling for Program Site Variance)

	TIC (n=87) Mean	Comparison (n=73) Mean
Knowledge Scores		
General facts about anger	.78	.73
Controlling anger difficult*	.78	.59
Attitude Ratings		
Confidence in managing anger*	3.8	3.4
Treatment Ratings		
Treatment Satisfaction	35.0	32.9

* p < .05