

RESEARCH ROUNDUP

I B R ' S Q U A R T E R L Y N E W S L E T T E R

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IBR studies problem drinking among methadone clients

The sample of heavy drinking clients were defined as those consuming one or more ounces of absolute alcohol per day.



Methadone clients who continue to drink heavily during treatment are a problem for clinical staff because they not only present more management problems than the non-problematic drinking clients but also appear to respond less favorably to treatment. As a result, heavy drinking by methadone clients is generally seen by clinicians as a predictor of unsuccessful treatment outcome.

This clinical impression is supported by some research studies, but not by others. A recent study by DATAR researchers may help explain some of these seeming discrepancies. It was conducted by Drs. Lois Chatham, Grace Rowan-Szal, George Joe, Barry Brown, and Dwayne Simpson and looked at a sample of heavy drinking clients, defined as those consuming one or more ounces of absolute alcohol per day. This sample of heavy drinkers was divided into two groups—those with no self-reported DSM-III-R dependency symptoms (N=110) and those with 3 or more dependency symptoms (N=89).

The results show clients meeting dependency criteria were significantly more likely to report longer criminal histories, more psychological problems, and more dysfunctional relationships with family and peers than were drinkers who did not meet dependency criteria. Nevertheless, those meeting depen-

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Prison Treatment Assessment project begins follow-up



Researchers with IBR's Prison Treatment Assessment (PTA) project have begun overseeing follow-up assessments of parolees who received treatment as part of the Texas Criminal Justice Treatment Initiative. The Texas Commission on Alcohol and Drug Abuse (TCADA) contracted with IBR earlier this year to conduct 6 and 12 month evaluations of both treated and nontreated parolees. Approximately 200 graduates of an in-prison therapeutic community program

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Women's module evaluated in residential programs



In a recent study conducted by IBR researchers **Norma Bartholomew, Drs. Grace Rowan-Szal, Lois Chatham, and Dwayne Simpson,**

DATAR's assertiveness and sexuality module (*Time Out! For Me*) was shown to be an effective intervention for women in community-based methadone programs. The study (published in the latest *Journal of Psychoactive Drugs*) found that frequent participation in the *Time Out!* women groups had a positive impact on knowledge, self-esteem, and treatment tenure.

In order to further assess the generalizability

of the research findings, an evaluation of the module's impact on women in residential treatment programs is currently underway. Gateway Foundation Treatment Program, a therapeutic community based at the Houston Recovery Campus, is collaborating with IBR in a study of women clients randomly assigned to either attend or not attend *Time Out!* groups. Researchers will compare outcomes for the two groups using measures of knowledge, psychosocial functioning, and treatment retention. A subsequent evaluation later this year will focus on residents of a drug treatment program for pregnant and/or parenting women located in Fort Worth. ■

Researchers measured knowledge, psychosocial functioning, and treatment retention.

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in Kyle will be followed and compared with 100 parolees from other Texas prisons who did not receive substance abuse treatment at Kyle.

In preparation for the follow-up activities, a one day training workshop was held at IBR under the direction of **Dr. Lois Chatham,** Associate Director of the Institute and Follow-up Manager for the PTA project. Twelve outreach workers from the six metropolitan areas represented in the study (Austin, Dallas, Corpus Christi, Fort Worth, Houston, and San Antonio) exchanged ideas about how to locate parolees, learned how to administer follow-up interviews, and practiced collecting hair samples for drug screening. The outreach workers selected for the project are experienced in tracking and locating subjects "on the street." Many of them have worked with criminal justice populations in the past; others have experience through AIDS/HIV street outreach and drug treatment outreach programs. They will be supported in their tracking efforts by parole officers and case workers who have access to information on parolees through the Texas Department of Criminal Justice (TDCJ) computer system.

Meanwhile, PTA Project Manager **Dr. Kevin Knight,** Data Manger **Dr. Mabel Camacho,** and Research Assistant **Melynda Cloud** continue to work with Kyle treatment staff to assure proper collection of baseline data on program graduates prior to their release dates. The 6-month follow-up interviews with Kyle graduates and with parolees not treated at Kyle will continue through the early part of 1995, after which the 12-month follow-up process will begin with the same cohort. Parolees will receive \$20 for each interview, and an extra \$5 per interview if they agree to provide hair samples. **Dr. Knight** anticipates most parolees will be successfully located and interviewed. Results from the PTA study will help state officials evaluate the effectiveness of in-prison substance abuse treatment for reducing criminal recidivism and managing prison overcrowding in Texas. ■

Staff notes

Welcome to **Drs. Urvasi Pitre** and **Joel Bennett,** who join the IBR Staff as Associate Research Scientists. **Urvasi** will work on the DATAR and CETOP projects, and **Joel's** skills will benefit the Workplace project. ■

Results from this study will help state officials evaluate the effectiveness of in-prison substance abuse treatment.

Corpus Christi Drug Abuse Council: a strong ally in treatment research



For over four years, Corpus Christi Drug Abuse Council (CCDAC) served as one of three treatment sites for IBR's DATAR project (Improving Drug Abuse Treatment for AIDS-risk Reduction). In carrying out this NIDA-funded project, IBR provided treatment for over 1,000 individuals with drug abuse problems, primarily in the form of methadone treatment for opiate abusers. In addition to the Corpus site, research was conducted at DARCO Drug Services, Inc. in Dallas and at adVance Treatment Center in Houston. However, CCDAC was the first program to admit DATAR clients in 1990, and in August of this year it was the last program to complete data collection for the project.

DATAR staff at CCDAC helped researchers refine data collection forms and pilot many of the treatment enhancement materials designed for the project. Early research on the effectiveness of DATAR modules dealing with AIDS/HIV prevention, assertiveness training for women, relapse prevention, and node-link mapping was carried out at

CCDAC. In addition, information collected from CCDAC clients provided data for several recently published IBR studies, including studies on treatment process, suicide risk among clients, contingency management, and behavioral changes related to HIV/AIDS prevention. In their final year of collaboration with IBR, CCDAC staff worked diligently with representatives of the criminal justice system in Corpus to recruit probated cocaine users into treatment. This special sample was recruited for a series of studies comparing noninjecting cocaine users with methadone maintenance clients.

Community-based drug treatment programs such as CCDAC are the cornerstone of our nation's fight against chronic drug abuse. This agency, and others like it, can take pride in their contribution to evaluative research in this important field. IBR wishes to thank the DATAR staff at CCDAC for their cooperation, enthusiasm, and for the quality of client care they provided. Their professionalism has contributed immeasurably to the rigor and integrity of DATAR research findings. ■

CCDAC and other agencies like it can take pride in their contribution to evaluative research.

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Book available on DARP follow-up studies

The final research publication based on the Drug Abuse Reporting Program (DARP) is now available through IBR at a special price. Krieger Publishing Company has given permission for IBR to purchase surplus stock of the 1990 book, *Opioid Addiction and Treatment: A 12-Year Follow-up* (edited by D.D. Simpson and S.B. Sells). The 274-page bound volume contains chapters on opioid

addiction career issues, including long-term outcomes, reasons for addiction, relapse, treatment histories, alcohol use, crime, death rates, and others. Copies can be ordered from IBR for \$10 each (\$8.00 per book, plus \$2.00 shipping.) To order, send check to IBR, Texas Christian University, Box 32880, Fort Worth, TX 76129 or order by FAX at (817) 921-7290.

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dency criteria were more likely to remain in treatment longer. Further analysis found this group also was significantly more likely to have had prior experience with alcohol treatment and self-help groups, which researchers believe may have contributed to their relatively better ability to focus on opiate dependency problems and treatment readiness. The results suggest that metha-

done maintenance clients who use alcohol should be evaluated carefully in terms of both the amount they drink and their alcohol dependency status, because when separated in this manner, clients appear to present different histories, different personality profiles, and different responses to treatment. ■

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