A Conceptual Model for Treatment Processes

Dwayne Simpson & Patrick Flynn
TCU Institute of Behavioral Research
Fort Worth, Texas

Systems Infrastructure for Treatment Monitoring and Change

Positive Outcomes

Treatment Process

Program Change

Program Structure
Organizational Climate
Program Resources

Evidence-Based Treatment Model

Program Change Model

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Patient Retention Rates for Programs
(beyond minimum “thresholds”)

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Time in Program</th>
<th>Retention Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>3+ Mos in Long-Term Residential</td>
<td>(n=17)</td>
<td>65%</td>
</tr>
<tr>
<td>3+ Mos in Outpatient Drug-Free</td>
<td>(n=14)</td>
<td>75%</td>
</tr>
<tr>
<td>12+ Mos in Outpatient Methadone</td>
<td>(n=10)</td>
<td>76%</td>
</tr>
<tr>
<td>Best Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poorest Program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Simpson, Joe, Broome, Hiller, Knight, & Rowan-Szal, 1997 (PAB)

Counseling Rapport
(% with HIGH Scores in 12 Programs)

<table>
<thead>
<tr>
<th>Program</th>
<th>Retention Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>35%</td>
</tr>
<tr>
<td>2</td>
<td>38%</td>
</tr>
<tr>
<td>3</td>
<td>43%</td>
</tr>
<tr>
<td>4</td>
<td>47%</td>
</tr>
<tr>
<td>5</td>
<td>48%</td>
</tr>
<tr>
<td>6</td>
<td>48%</td>
</tr>
<tr>
<td>7</td>
<td>53%</td>
</tr>
<tr>
<td>8</td>
<td>59%</td>
</tr>
<tr>
<td>9</td>
<td>61%</td>
</tr>
<tr>
<td>10</td>
<td>61%</td>
</tr>
<tr>
<td>11</td>
<td>66%</td>
</tr>
<tr>
<td>12</td>
<td>69%</td>
</tr>
</tbody>
</table>

TCU/NF-ATTC Survey (April 2001; “High” scores = >40)

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“Black Box” of Treatment

Changes in –
• Cognitive
• Behavioral
• Psychological
• Social functioning

Integrate & Strengthen for Recovery?

Stages of Treatment Process

Patient Readiness/Motivation

Program Participation

Therapeutic Relationship

Behavioral Change

Cognitive Change

Adequate Stay in Trt.

Use Targeted Interventions
**Induction to Treatment**
(Readiness Training)

- Patient Severity
- Readiness
- Early Engagement
- Program Participation
- Therapeutic Relationship

- Early Recovery
- Behavioral Change
- Psycho-Social Change

- Retention/Transition
- Sufficient Retention
- Drug Use
- Crime
- Social Relations

Simpson & Joe, 1993 (Pt); Blankenship et al., 1999 (PJ); Sia, Dansereau, & Czuchry, 2000 (JSAT)

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**Contingency Management**
(Token Rewards)

- Patient Severity
- Readiness
- Early Engagement
- Program Participation
- Therapeutic Relationship

- Early Recovery
- Behavioral Change
- Psycho-Social Change

- Retention/Transition
- Sufficient Retention
- Drug Use
- Crime
- Social Relations

Rowan-Szal et al., 1994 (JSAT); 1997 (JMA); Griffith, Rowan-Szal et al., 2000 (DAD)
Counseling Enhancements
(Cognitive “Mapping”)

Specialized Interventions
(Skills-Based Counseling Manuals)
**NI DA List of “Scientifically Based Approaches”**

- Sufficient Retention
- Early Engagement
- Early Recovery
- Behavioral Change
- Therapeutic Relationship
- Psycho-Social Change
- Drug Use
- Crime
- Social Relations
- Posttreatment

**Motivational Enhancement (ME)**

- Patient Severity Readiness
- Early Engagement
- Program Participation
- Early Recovery
- Retention/Transition
- Sufficient Retention

Voucher Based Reinforcement Therapy

Matrix Model
Relapse Prevention

Simpson, 2001 (Addiction)

Evidence-Based Treatment Model

Simpson, 2001 (Addiction)
“Evidence-Based” Interventions

Reviewed & Categorized in Conceptual Framework for Stage-Based Treatment

Clinical Performance Measures

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A Conceptual Model for Treatment Processes

Dr. Dwayne Simpson and Dr. Patrick Flynn
Texas Christian University

NIDA Meeting on Treatment & Recovery Processes
Washington, DC
January 15, 2004
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Client Evaluation of Self & Treatment (CEST)

**Psychosocial**
- A. Motivational
- B. Psychological
- C. Social

**Treatment Engagement**
- A. Treatment Participation
- B. Treatment Satisfaction
- C. Counseling Rapport
- D. Peer Support (Clients)
- E. Social Support (Family/Friends)

- 30-min (Self-Admin)
- 6-8 item scales
- Scores = 10-50 (5-pt Agree-Disagree)

\( \alpha = .70 - .90 \)

Validity evidence

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NEW CJ Criminal Thinking Scales
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Joe, Broome, Rowan-Szal, & Simpson, 2002 (J Substance Abuse Treatment)

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Client Functioning Profiles

(During-Treatment Progress in CJ Program)

TCU Client Evaluation of Self & Treatment (CEST) Scores

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Client Functioning Summary
(During-Treatment Progress in CJ Program)

Systems Infrastructure for Treatment Monitoring and Change

TCU Client Evaluation of Self & Treatment (CEST) Scores

January 15, 2004
Washington, DC
Program Change Model

Organizational Dynamics

Stages of Change

1-Exposure (Training)
- Lecture
- Self Study
- Workshop
- Consultant

2-Adoption (Leadership decision)

3-Implementation (Exploratory use)

4-Practice (Routine use)

Institutional & Personal Readiness

Motivation

Resources

Reception & Utility

- Satisfaction
- Ease of use
- Values fit

Program Improvement
(Services/Process/Management)

Staff

Organizational Functioning Profile
(Compared to Total Sample of N-ATTC Treatment Staff)

TCU Organizational Readiness for Change (ORC) Scales

Lowest

Highest

Mid-point on Scale

Sample Scores for 12 programs

Organizational Functioning & Readiness
(based on Staff ratings)

TCU “ORC” Survey

- Web based
- Program profiles
- Program comparisons
- “Normed” comparisons

Simpson, 2002 (J Substance Abuse Treatment)
Organizational Functioning

Patient Severity Readiness
Program Climate Resources Staff Motivation

Early Engagement Early Recovery Retention/Transition
Program Participation Change: Behavioral Change: Psycho-Social
Therapeutic Relationship

Sufficient Retention

Drug Use Crime Social Relations

Organizational Functioning

Patient Severity Readiness
Program Climate Resources Staff Motivation

Early Engagement Early Recovery Retention/Transition
Program Participation Change: Behavioral Change: Psycho-Social
Therapeutic Relationship

Sufficient Retention

Drug Use Crime Social Relations

Organizational Functioning

Climate:
- Mission
- Cohesion
- Autonomy
- Communication
- Stress
- Change

Resources
- Offices/Staffing
- Training
- Equipment

Staff:
- Growth
- Efficacy
- Influence
- Adaptability
- Orientation

Motivation
- Program Needs
- Training Needs
- Pressures

Simpson, 2002 (J Substance Abuse Treatment)
**Org. Climate: Cohesion**
(Average scores - range 10-50)

<table>
<thead>
<tr>
<th>Level</th>
<th>Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>1 24</td>
</tr>
<tr>
<td>2</td>
<td>28</td>
</tr>
<tr>
<td>3</td>
<td>28</td>
</tr>
<tr>
<td>4</td>
<td>31</td>
</tr>
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<td>5</td>
<td>33</td>
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<tr>
<td>6</td>
<td>36</td>
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<td>7</td>
<td>37</td>
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<td>37</td>
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<td>9</td>
<td>37</td>
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<td>10</td>
<td>39</td>
</tr>
<tr>
<td>11</td>
<td>39</td>
</tr>
<tr>
<td>12</td>
<td>39</td>
</tr>
</tbody>
</table>

12 programs at TCU Workshop

TCU/NF-ATTC Survey (April 2001)

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**Organizational Functioning**

- **Counselor Rating**
  - Mission
  - Cohesion
  - Communication
  - Autonomy
  - Open to change

- **Client Rating**
  - Rapport
  - Satisfaction

- **Early Engagement**
  - Program Participation
  - Therapeutic Relationship

- **Early Recovery**
  - Change: Behavioral

- **Retention/Transition**
  - Change: Psycho-Social

- **Sufficient Retention**

Lehman, Greener, & Simpson, 2002 (J Substance Abuse Treatment)
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Tracking & Evaluating Change

6 Mos Before
PTN
Program Needs
Training Plans

3-4 Mos Before
ORC & CEST
Org/Client Functioning

3-4 Mos After
Training Adoption
WAFU
Org/Client Functioning

6-9 Mos After
ORC & CEST

Tracking & Evaluating Change

6 Mos Before
PTN
Program Needs

3-4 Mos Before
ORC & CEST
Org/Client Functioning

3-4 Mos After
Training Adoption
WAFU
Org/Client Functioning

6-9 Mos After
ORC & CEST

Is quality of training
(satisfaction & value fit)
related to its adoption?

Do those who “want/need”
certain training attend?

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Tracking & Evaluating Change

6 Mos Before  
PTN

3-4 Mos Before  
ORC & CEST

6-9 Mos After  
ORC & CEST

3-4 Mos After  
WAFU

6 Mos Before

Training

Is program functioning (staff & clients) related to adoption of training?

Tracking & Evaluating Change

6 Mos Before  
PTN

3-4 Mos Before  
ORC & CEST

6-9 Mos After  
ORC & CEST

3-4 Mos After  
WAFU

6 Mos Before

Training

Did “program improvements” (staff & clients) follow adoption of training?
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Tracking & Evaluating Change

6 Mos Before
PTN
Program Needs

3-4 Mos Before
Org/Client Functioning

3-4 Mos After
A
Training

6-9 Mos After
B
C
D
Org/Client Functioning

Are program needs & structure related to how well staff adapt changes into long-term practice?

Program Change Process

[If Client Engagement (1) was ‘Mod-Low’]

Client Engagement (2)

Motivation

Training Implementation (Exploratory use)

Reception & Utility

Resources

• Office
• Staff
• Training

• Pgr Needs
• Trn Needs
• Pressures

• Participation
• Satisfaction
• Rapport

• Cohesion
• Commun.
• Change

PTN ORC(1) / WAFU / WEVAL ORC(2-1) / CEST(2)
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Spotlight:
- The IBR Website has been redesigned to streamline access and highlight integrated sets of materials – manuals, forms, findings – on selected topics listed in the new Resource Collections.
- CJ-DATS & TCOM Projects funded by NIDA.
- Studies on “transferring research to practice” were recently published in a special issue of Journal of Substance Abuse Treatment.
- Newest releases of Research Summaries, Newsletters, & Data Collection Instruments.
- Handouts from conference presentations listed.
- Core Forms & Research Summaries available.
- Latest Publication Abstracts.

Institute of Behavioral Research
at Texas Christian University

Resource Collections
- Overview
- National Evaluations
- Correctional Evaluations
- Treatment Process
- Counseling Manuals
- Cognitive Interventions
- Organizational Functioning
- Assessment Systems
- PowerPoint Presentations

A National Research Center for addiction treatment studies in community and correctional settings

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