Research & Treatment: A Process-Based Approach

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Key Issues –

• How does treatment “work”?
• How do programs change?

Treatment Services and Resources:
The Way it SHOULD Be!

Evidence-Based Treatment Model

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Drug Abuse Treatment Outcome Studies
NIDA’s Third National Evaluation of Treatment Effectiveness

85 Studies Published (Special Issues) –
Psychology of Addictive Behaviors (Dec 97)
Drug and Alcohol Dependence (Dec 96)
Journal of Adolescent Research (Dec 01 for DATOS-A)
Journal of Substance Abuse Treatment (in press)
Archives of General Psychiatry (99, 01, & 02)

5-Year Outcomes for Cocaine Sample
Changes from Before to After Treatment

Weekly Cocaine Use (Adjusted) in Year After Treatment

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

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**“Black Box” of Treatment**

Changes in -  
- Cognitive  
- Behavioral  
- Psychological  
- Social functioning

Integrate & Strengthen for Recovery?

**Treatment Engagement Process**

Posttreatment  
Drug Use  
Crime  
Social Relations

Sufficient Retention

**Stages of Treatment Process**

**Induction to Treatment**  
(Readiness Training)

**Contingency Management**  
(Token Rewards)

**Counseling Enhancements**  
(Cognitive “Mapping”)

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**Specialized Interventions**  
(Skills-Based Counseling Manuals)

**“Evidence-Based” Interventions**  
(Categorized Conceptually by a Theoretical Model)

**TCU Counseling Manuals**
- Treatment Readiness/Induction
- Cognitive Mapping
- Social Relationships (*women & men*)
- HIV/AIDS Education
- Parenting Skills
- Cocaine Use
- Transition Skills (to Aftercare)

**NI DA List of “Scientifically Based Approaches”**

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