

IBR

Institute of Behavioral Research

2001 ANNUAL REPORT



**Texas Christian University
Fort Worth, Texas**

**INSTITUTE OF BEHAVIORAL RESEARCH
TEXAS CHRISTIAN UNIVERSITY**

TCU Box 298740
Fort Worth, TX 76129
Phone: 817/257-7226
Fax: 817/257-7290
E-mail: ibr@tcu.edu
Webmaster: c.pevoto@tcu.edu



IBR Web site:
www.ibr.tcu.edu



DATOS Web site:
www.datos.org

This Annual Report presents a summary of IBR research for 2001. We encourage you to visit the IBR and DATOS Web sites, where our research activities are reported with timely updates. The report is also provided as an Adobe® Acrobat® online document at the IBR site (www.ibr.tcu.edu/intro/01annrept.pdf). Direct links to related Web resources are identified as underlined text.

On January 10, 2001, IBR's online 2000 Annual Report received the Award of Merit from the Lone Star Chapter of the Society of Technical Communication. The report was honored for features that included "great links to external sources" and "very clear navigation."

2001 Annual Report

“Commemorating 39 Years of Social Science Research”

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About IBR

Bringing together qualified and dedicated research scientists to collaborate in a supportive environment promotes an exciting and productive research atmosphere.

Mission

To evaluate and improve the effectiveness of programs for reducing drug abuse and related problems.

Objectives

A multidisciplinary research approach encourages scientists from a variety of academic fields to apply their knowledge to problems that have broad societal implications. Bringing together qualified and dedicated research scientists to collaborate in a supportive environment promotes an exciting and productive research atmosphere. Collectively, these efforts are intended to 1) generate and disseminate research knowledge that impacts state and national policy decisions in the addictions field, 2) provide critical methodological and substantive research training for graduate students, 3) help Institute of Behavioral Research (IBR) faculty members achieve their highest professional and scientific potential, and 4) raise the research reputation and visibility of Texas Christian University (TCU) through professional publications and related scientific contributions.

Focus

For many years, research staff of the IBR have given special attention to evaluations of substance abuse and behavioral interventions provided by community-based programs, including prevention and treatment, and to the study of long-term addiction careers. Emphasis is given to naturalistic designs for studies in real-world settings and the use of advanced multivariate methodologies. Research interests have broadened in recent years to include related areas of significant public concern, such as drug abuse treatment for criminal justice populations as well as the spread of AIDS among injecting drug users and methods for reducing these and other high-risk behaviors. Other areas of interest include drug use in the workplace, organizational effectiveness, and technology transfer.

History

The IBR was organized in 1962 by Dr. Saul B. Sells who served as its Director until his retirement. Dr. D. Dwayne Simpson, a member of the IBR faculty since 1970, became its new Director in 1982 when he temporarily moved the Institute to Texas A&M University. Reestablished at TCU in 1989, the IBR's mission and role in the University has remained essentially unchanged for more than three decades. In 1996, it was designated as a "Center of Excellence" at TCU. The research program provides valuable training opportunities in graduate and postgraduate education, contributing to the success of many former students and staff members in academic and applied research leadership positions today.

Organization

Although the Institute operates as a separate academic unit of the University, through common research training goals and interests it is closely affiliated with the Department of Psychology and other academic departments. Research Scientists in the IBR function much like other University faculty members; they may hold Adjunct Professor and Graduate Faculty appointments in

the psychology department, serve on student thesis and dissertation committees, and teach formal courses when time and opportunities permit. Their special skills in advanced data management and multivariate analytic techniques provide the foundations for graduate training in evaluation research at TCU.

Graduate Student Training Opportunities

Research training is an integral part of IBR's commitment to the conduct of quality behavioral research. Graduate and postgraduate training is carried out in close collaboration with the Department of Psychology and other departments at TCU. Since IBR does not award academic degrees, the student must meet all requirements of the department in which a degree is to be awarded.

IBR's training program emphasizes:

- Health services research, especially evaluation of drug abuse interventions
- Formulating original research plans and appropriate data collection instrumentation
- Collecting and editing data, creating research files, and management of large data systems
- Use of sophisticated analytic techniques, and publication of findings
- Combining theory with practice, and communicating applied implications of results

A limited number of stipends are awarded on a competitive basis.

Applications

Potential students should contact the [Graduate Program at TCU's Department of Psychology](#), TCU Box 298920, Fort Worth, TX 76129 for application information. Specific interest in the IBR and its emphasis on applied evaluation research in the drug abuse field should be noted at the time of the contact. Based on this information, the IBR Director and faculty will be notified of the application and its status. (TCU Policies apply equally regardless of sex, religion, handicap, race, or ethnic origin.)

Facilities

Located on the East Campus of Texas Christian University, the IBR houses research faculty, staff, and student offices in a building that is convenient to the Department of Psychology. It contains its own library of selected books and monographs as well as a collection of over 25 journals central to its research mission. A network of microcomputers meets the needs of research and training applications and is linked to the main University computer center and the World Wide Web. TCU's Mary Couts Burnett Library is located in a nearby building.

Texas Christian University

The University, founded in 1873, is an independent and self-governing institution that occupies a total of 71 buildings on a campus of 237 acres in southwest Fort Worth. It is composed of six schools and colleges, all fully accredited by their respective professional organizations. Together, there are 79 undergraduate, 39 masters, and 7 doctoral programs available to the student body of about 7,600 students. The campus is located within minutes of the downtown area, the historic "Old West" Stockyards, the nationally-recognized museum district, and the city zoo. The Dallas/Fort Worth International Airport is 30 minutes away.



[About IBR](#)

provides a link to the TCU Psychology Web page that includes information to download a Graduate Program application in PDF format.

**IBR's
research
program
provides
valuable
training
opportunities
in graduate
and
postgraduate
education.**

Research Staff and Personnel

Faculty

**Director
and Saul B. Sells
Professor of
Psychology**

D. Dwayne Simpson (Ph.D., Experimental Psychology)

came to the Institute of Behavioral Research (IBR) at TCU in 1966 as a graduate student. He joined the faculty in 1970 and later assumed leadership responsibilities for the 20-year Drug Abuse Research Program (DARP) on effectiveness of the national community-based treatment system. After moving to Texas A&M University and serving as Professor of Psychology and Director of the Behavioral Research Program from 1982 to 1989, he returned to TCU as Professor of Psychology and Director of the IBR. In 1992, he was named the S. B. Sells Professor of Psychology. Simpson's principal research interests focus on therapeutic enhancement and program management strategies, assessments of client attributes and organizational functioning, treatment process, and technology transfer. He serves on advisory boards for national research centers and other treatment evaluation projects, is on the editorial boards for professional journals, and is a Fellow in the American Psychological Association and Society. He has published over 240 papers, edited 8 books or special volumes, and consults with local, national, and international agencies about substance abuse and evaluation issues.

**Associate Director
and Senior
Research Scientist**

Lois R. Chatham (Ph.D., Clinical Psychology)

came to the Institute of Behavioral Research in 1989 from the US Department of Health and Human Services where she served as a member of the Senior Executive Service. She has worked at NIMH, NIDA, and NIAAA. In addition to being Associate Director of IBR, she is Co-Principal Investigator of the DATAR Project. Areas of interest include treatment exposure as a predictor of outcome, gender differences in drug use and response to treatment, and the development of techniques for encouraging the incorporation of treatment research findings into clinical practice.

**Research Scientist;
Workplace Projects**

Joel B. Bennett (Ph.D., Social Psychology)

joined the IBR in 1994, and is currently involved in the Workplace Project, studying drug use in the workplace. His research interests include attitudes towards substance abuse policy, work group (team) involvement in substance abuse, and the analysis of health and behavioral risk at individual, group, and corporate levels. He helped to design and evaluate the "Team Awareness" training modules for substance abuse prevention that integrate principles of organizational development with wellness programming. Methodological specializations include the design, delivery, and evaluation of training/wellness programs, large-scale survey and focus group designs, and the assessment of corporate culture.

**Research Scientist;
DATOS Project**

Kirk M. Broome (Ph.D., Experimental Psychology)

has been with the Institute of Behavioral Research since 1993, first as a graduate student and then as a Postdoctoral Research Associate in 1996-97. His research focuses primarily on program differences in treatment structure and process, and how they relate to client progress. His experience covers the design and analysis of treatment program evaluations, with special emphasis on structural equation modeling and hierarchical linear modeling. He is currently involved in data analysis and management for the DATOS project.

**Associate Research
Scientist;
CETOP Project**

Michael L. Czuchry (Ph.D., Experimental Psychology)

began working with the IBR as a graduate student in January, 1993, and currently serves as an Associate Research Scientist on the CETOP Project. His research interests involve the use of cognitive enhancement tools in educational and treatment settings. Other areas of interest include the development of pedagogical games that may facilitate an openness and readiness for treatment or transition into aftercare.

Donald F. Dansereau (Ph.D., Cognitive Psychology)

has been on the faculty at Texas Christian University since 1969, where he is now Professor of Psychology and Senior Research Scientist in the IBR. He also is Principal Investigator for the CETOP (Cognitive Enhancements for the Treatment of Probationers) Project, a NIDA-funded research grant conducted in collaboration with the Tarrant County Community Corrections Department. Dr. Dansereau teaches graduate statistics and cognitive psychology, and his research focuses on cognitive approaches for improving education, drug abuse prevention, and treatment. His interests include the development of theoretical models on how individuals acquire and use complex information. Grants from the Defense Advanced Research Projects Agency, Department of Education, U.S. Army Research Institute, National Science Foundation, and National Institute on Drug Abuse have funded his work. His publications include over 150 papers.

Sandra M. Dees (Ph.D., Experimental Psychology)

joined the IBR in 1992 and is the CETOP Project Manager. Dr. Dees, a licensed psychologist, came to TCU from the Fort Worth Independent School District where she developed a central special education student database and evaluated special education and substance abuse programs. At TCU, under the aegis of a National Institute on Drug Abuse project directed by Dr. Donald F. Dansereau, she conducted research targeting the use of cognitive tools in drug prevention activities for college students. Her work with IBR has focused on the development and use of cognitive strategies within a framework of substance abuse treatment in the criminal justice system.

Patrick M. Flynn (Ph.D., Counseling Psychology)

joined the IBR in July of 2000. He has participated in several national drug treatment evaluation projects including TOPS and DATOS. In DATOS he had responsibility for much of the sample selection process and field work for data collection. Dr. Flynn's academic background includes appointments as associate professor, college vice president, and dean of academic affairs, and he has clinical experience as a counselor in a therapeutic community. His research has focused on the effectiveness and benefits of treatment, and included clinical assessment, questionnaire development, and multi-site survey research. He is a Fellow in the American Psychological Association, a frequent member of federal grant review panels, and editorial reviewer for professional journals. His publications include studies of drug treatment outcomes, clinical issues, and mental health.

Jack M. Greener (Ph.D., Industrial/Organizational Psychology)

joined the IBR in 1978 and supervised its industrial psychology research program until 1983. Since that time he has been an independent management consultant and was a Visiting Associate Professor of Psychology at Texas A&M University from 1986 to 1988. He rejoined the IBR in 1989. Dr. Greener's major interests are in industrial-organizational psychology, research methodology, measurement, and evaluation. Recent activities include job analysis surveys, data system management, electronic forms development, and substance abuse treatment evaluation research. He has directed contract research projects and published articles in professional journals in these areas.

George W. Joe (Ed.D., Research Design and Educational Measurement)

originally joined the IBR at TCU in 1969. In 1983 he became a Research Scientist in the Behavioral Research Program at Texas A&M University, and returned to TCU in 1989. His research has focused on the components of the treatment process, evaluation models for treatment effectiveness, etiology of drug abuse, and statistical methodology. He is senior statistician for the IBR. He is experienced in the application of univariate and multivariate statistical methods, in the analytic modeling of data, in questionnaire development, sample selection, and survey research. His publications include over 80 articles in professional journals.

Senior Research Scientist; Principal Investigator, CETOP Project

Research Scientist; Project Manager, CETOP Project

Senior Research Scientist; DATOS and DATAR Projects

Research Scientist; DATAR and Workplace Projects

Senior Research Scientist; Senior Statistician; Co-Principal Investigator, DATOS Project

Research Staff and Personnel

- Research Scientist;
Principal Investigator,
Women & Children
Project** [**Danica K. Knight**](#) (Ph.D., Experimental Psychology) joined the IBR in 1992. Her previous work included performing longitudinal data collection, assessment construction, and analysis of developmental data. Her interests focus on the effects of substance abusing lifestyles on parenting and child development, and she has examined changes in family relations over time and how they are associated with drug abuse treatment process and outcomes in the DATAR Project. She served as Principal Investigator for an evaluation of the Salvation Army First Choice Program and is currently Principal Investigator for a NIDA-funded project, "Social Stress Among Mothers in Treatment." Both projects are aimed at examining the role of family functioning and social support systems in relation to drug abuse treatment outcomes for women with dependent children.
- Research Scientist;
Principal Investigator,
BOP, RSAT, and
TCUDS Projects
(Criminal Justice)** [**Kevin Knight**](#) (Ph.D., Experimental Psychology) joined the IBR faculty in 1991 and has contributed to the design and implementation of several longitudinal evaluations for treatment of probation and prison populations. As a result, he has worked closely with criminal justice agencies and data systems at national and regional levels. He is Principal Investigator for the BOP, RSAT, and TCUDS Projects, and his primary research interest centers on the evaluation of substance abuse treatment in criminal justice settings. Other interests include instrument development, the application of cognitive enhancement strategies to drug abuse counseling and education, and the study of treatment process.
- Research Scientist;
DATAR Project
Principal
Investigator,
Workplace Projects** [**Wayne E. K. Lehman**](#) (Ph.D., Experimental Psychology) was a Research Scientist with the Behavioral Research Program at Texas A&M University from 1982 to 1989, before returning to the IBR at TCU. He is Principal Investigator and Project Manager for the Workplace Project. His major research efforts focus on the assessment of organizational factors in drug treatment programs, technology transfer, the relationship of drug use to job performance and the work environment, and workplace substance use prevention training. Methodological specializations include design and implementation of large-scale survey studies, management of complex data systems, multivariate data analysis, structural equation modeling, and hierarchical linear modeling.
- Research Scientist;
DATAR and
DATOS Projects** [**Grace A. Rowan-Szal**](#) (Ph.D., Behavioral Neuroscience) joined the IBR faculty in 1990. As a recipient of a National Research Service Award from NIDA, she was a postdoctoral trainee at the University of Pennsylvania (Department of psychiatry and pharmacology) in 1988. While her early studies focused on animal models of drug dependence, Dr. Rowan-Szal's current research centers on behavioral treatment approaches for drug users. Her research interests include the development of client assessment and data management systems, treatment process, gender issues, and the investigation of alcohol and cocaine use among methadone clients. A special research area has been the development of a low-cost Contingency Management (CM) strategy for community-based drug treatment programs. Dr. Rowan-Szal's current focus includes the development and evaluation of technology transfer and training programs for these strategies and techniques.
- Associate Research
Scientist;
CETOP Project** [**Tiffany L. Sia**](#) (Ph.D., Experimental Psychology) has been with the IBR since 1995, first as a graduate student and then as a part-time research associate. She currently is working with research for the CETOP project and is also involved in the development of cognitive enhancements in both educational and treatment settings. Her interests include the implementation and investigation of pedagogical games and techniques aimed at facilitating clients' motivation for substance abuse treatment and facilitating client transition from treatment back into the community.

Additional Research Staff

Norma G. Bartholomew (M.A., Communication and Public Address)

joined the IBR in 1991. Her background is in community health education, professional training, and media. As part of the DATAR Project, she has developed psycho-educational intervention modules and counselor training programs in the areas of communication skills and assertiveness, human sexuality, HIV/AIDS, aftercare, and parenting. She serves as editor of the IBR newsletter, *Research Roundup*, and assists with program evaluation studies, publications, and technical reports.

Janis T. Rhodes (M.Ed., Educational Psychology)

joined IBR in 2001. Her background is in education, psychology, and brain research. As part of the BOP and TCUDS Projects, she assists with data collection and management, as well as program evaluation studies, publications, and technical reports. Janis is also involved in developing forms using the Teleform® software system.

Ryan R. Roark (B.A., Psychology)

first joined the IBR in 1997 as a graduate research assistant and accepted a staff position as Research Associate in 2000. In this new role, Ryan helps to coordinate and maintain the Management Information System (MIS) for IBR's data management unit including the data collection efforts for the DATAR project. He is also responsible for developing forms using the IBR's recently acquired Teleform® software system.

Collaborating Scientist

Barry S. Brown (Ph.D., Clinical Psychology)

holds a faculty appointment with the University of North Carolina at Wilmington, and from there directs research projects on early retention and treatment aftercare services and AIDS prevention in Baltimore. In 1993, he was a Visiting Senior Scientist with the Institute of Behavioral Research after serving 17 years with the National Institute on Drug Abuse where he headed a variety of research units. He continues to work regularly with the IBR as an advisor and research collaborator on several studies, and currently chairs the Steering Committee for the Collaborative DATOS Project. Dr. Brown also is on a number of editorial and advisory boards, and has published more than 100 articles in the professional literature. Most importantly, he claims to be loved by small children and animals.

Support Staff

Alan Crume

Computer Systems Consultant, maintains microcomputer hardware and network systems.

Virginia Dias

Administrative Research Assistant, maintains materials inventory and financial records for CETOP, interfaces with the On-site Coordinator, oversees purchasing, and provides Spanish translation of manuals and maps, word processing, and graphics support.

Linda Ferdinand

Administrative Research Assistant, coordinates office and clerical functions and the activities of student assistants. Maintains inventory records and the IBR resource library.

**Research Associate;
DATAR Project**

**Research Associate;
Criminal Justice
Projects**

**Research Associate;
DATAR Projects**



**IBR
Web
Site**

www.ibr.tcu.edu

Staff provides:

- [Research Staff](#) pages with photos and additional information
- [Graduate Research Assistants](#) page
- [Support Staff](#) page
- [Tribute to Dr. Saul Sells](#), IBR Founder

Research Staff and Personnel

[Elena Garcia](#)

Administrative Research Coordinator, supervises clerical support staff, maintains personnel and financial records, and coordinates administrative and academic unit activities.

[Cindy Hayes](#)

CETOP Administrative Research Assistant, maintains a tracking system for publications, manuscripts, and grant-produced materials, in addition to providing word processing, graphics, and editing support.

[Helen Huskey](#)

Administrative Research Assistant, oversees secretarial and word processing services, as well as maintains publications and manuscript archives.

[Mary Morton](#)

On-site Coordinator for CETOP at a substance abuse treatment facility, acts as a liaison between university and facility personnel, maintains record files, and administers research measures.

[Charlotte Pevoto](#) (M.Ed., Instructional Technology)

Webmaster/Communications Specialist, develops and maintains the IBR and DATOS Web sites; supports research through the design and production of printed and online newsletters, special reports, training materials, and presentation graphics; consults with research staff for PowerPoint® presentations.

[Barbara Thomsen](#)

Research Assistant, provides logistical support for IBR's data management unit, coordinates project materials for production and distribution, and edits communications, reports, and publications.

Graduate Research Assistants

[Katherine Ortega](#)

TCU graduate student in Social Psychology interested in program evaluation research and social-organizational factors that affect technology transfer. Her other interests include psychosocial and motivational factors related to behavioral change. Katherine assists with the DATAR Project.

[Sandhya Rao](#)

TCU graduate student in Cognitive Psychology interested in program evaluation research. Her other interests include cognitive approaches to treatment enhancement and statistical methodologies. Sandhya assists with the DATOS Project.

[Shawn Reynolds](#)

TCU graduate student in Social Psychology engaged in evaluation research of workplace substance abuse prevention. He is interested in the influence of stigma and related social influences—attitudes, norms, and group perceptions—on the process of prevention and treatment. He is also interested in the development of culture and drug and alcohol using subcultures. Shawn assists the Workplace Projects.

Undergraduate Assistants

Chris Edwards
Kathleen Jeffery

Advisory and Service Activities

Patrick M. Flynn

National Institutes of Health, Washington, D.C.

- Reviewer, Small Business Innovation Research/Small Business Technology Transfer Grants

State of North Carolina

- Member, Office of Juvenile Justice, Residential Substance Abuse Treatment Planning Committee

George W. Joe

National Institutes of Health, National Institute on Drug Abuse (NIDA), Washington, D.C.

- Ad hoc member, Treatment Research Subcommittee
- Member, Drug Abuse Special Emphasis Panels

Kevin Knight

U.S. Department of Justice, Bureau of Prisons, Drug Abuse Treatment Programs, Washington, D.C.

Grants Application Reviewer: National Institute of Justice
National Institute on Drug Abuse
Robert Wood Johnson Foundation
Center for Substance Abuse

Addiction Technology Transfer Centers, funded by the **Center for Substance Abuse Treatment**, Washington, D.C.

- National
- Pacific Southwest
- Great Lakes

Texas Department of Criminal Justice, Austin, TX.

California Department of Corrections, Sacramento, CA.

Texas Comptroller of Public Accounts

- Member, Public Safety and Corrections Committee

Tarrant County Challenge, Inc.

- Member, Board of Directors

Editor: *Offender Substance Abuse Report*

2001 Annual Report

Journal Editorial Board: *American Journal of Drug and Alcohol Abuse*

Wayne E. K. Lehman

National Institutes of Health, Washington, D.C.

- Reviewer, NIH Social Services, Nursing, Epidemiology, and Methods Initial Review Group (SNEM-2)

National Institutes of Health, National Institute on Drug Abuse (NIDA), Washington, D.C.

- Member, Training and Career Development Review Committee (NIDA-K)
- Member, Special Committee on Therapeutic Communities

Wellcome Trust, London, England. Special grant review.

Fort Worth Independent School District, Safe and Drug-free Schools and Communities Advisory Council.

D. Dwayne Simpson

National Institute on Drug Abuse (NIDA), Washington, D.C.

- Ad Hoc Oversight Board for National Drug Abuse Clinical Trials Network (CTN)
- Linking Research to Drug Treatment in the Criminal Justice System (sponsored by Urban Institute)

Center for Substance Abuse Treatment (CSAT), Washington, D.C.

- General Expert Panel for the National Evaluation Data Services (NEDS)
- Addiction Technology Training Centers (ATTC)
- Practice Research Collaborative (PRC) Project

44th International ICAA Conference on Prevention and Treatment of Dependencies, Heidelberg, Germany, Member of Program Planning Committee

England's Ministry of Health, London, England. Research Advisor

Western Governor's Association, Boise, Idaho. Drug Policy Summit

California Department of Alcohol and Drug Programs, Sacramento, CA. Proposition 36 Evaluation Advisory Board (research conducted by UCLA Integrated Substance Abuse Program)

Integrated Substance Abuse Programs, directed by Walter Ling, M.D., Doug Anglin, Ph.D., and Richard Rawson, Ph.D., **University of California at Los Angeles**

Center for Therapeutic Community Research, directed by George De Leon, Ph.D., **National Development and Research Institutes, Inc.**, New York

Journal Editorial Boards: *American Journal of Drug and Alcohol Abuse*, *Psychology of Addictive Behaviors*, *Substance Use and Misuse*

Board of Trustees for Christian Homes of Abilene, Texas

Editorial Reviews by IBR Scientists:

Addiction, *Addictive Behaviors*, *American Journal of Drug and Alcohol Abuse*, *American Journal of Public Health*, *Archives of General Psychiatry*, *Crime and Delinquency*, *Crime and Justice Research*, *Criminology*, *Criminology and Public Policy*, *Drug and Alcohol Dependence*, *Evaluation and Program Planning*, *Journal of Applied Psychology*, *Journal of Consulting and Clinical Psychology*, *Journal of Occupational Health Psychology*, *Journal of Research in Crime and Delinquency*, *Journal of Studies on Alcohol*, *Journal of Substance Abuse*, *Journal of Substance Abuse Treatment*, *Offender Substance Abuse Report*, *Psychiatric Services*, *Psychological Bulletin*, *Psychology of Addictive Behaviors*, *Social Service Review*, *Substance Use and Misuse*, *The Prison Journal*

Projects

The DATAR Project – Phase 1

Improving Drug Abuse Treatment for AIDS-Risk Reduction

Highlights

[D. Dwayne Simpson, Ph.D.](#),
Principal Investigator
[Lois R. Chatham, Ph.D.](#),
Project Manager

Funded by:
National Institute on
Drug Abuse

Project Period:
Sept. 1989 to August 1995
Budgeted: \$7.7 million

DATAR Phase 1 studies provided the foundations for the “TCU Treatment Process Model” and demonstrated how cognitive and behavioral management strategies can be used to enhance treatment.

Project Summary

This project focused on the development of improved drug abuse treatment strategies to help reduce client dropout and relapse rates as well as AIDS-risky behaviors of injecting drug users (IDUs). It supported a network of treatment agencies in Texas in a collaborative effort to implement and evaluate new intervention strategies within the context of methadone maintenance services. The 5-year project provided treatment for approximately 1,000 IDUs in Texas.

The research objective was to isolate and evaluate separate components of the overall behavioral intervention process. A cognitive strategy, information and process mapping, was implemented with the help of other psychologists at TCU as a method for improving the psychoeducational and therapeutic process. This strategy was used by treatment counselors to improve the focus and organization of therapeutic efforts, as well as behavioral assessments, goal-setting, and decision-making practices of IDUs. The use of contingency management, involving client-contracted schedules of treatment and various incentives as positive reinforcers for changing target behaviors during and after treatment, was evaluated. Finally, the behavioral and psychological facilitation offered by life skills and ancillary training was assessed, including HIV/AIDS training to learn risk-reduction behaviors, assertiveness training (especially for women) to increase self-esteem and protection from risky drug use and sexual interactions, relapse prevention training to sensitize IDUs to psychological and environmental triggers for relapse and alternative coping strategies, and support network training to acquaint clients with self-help and treatment aftercare procedures and benefits in an effort to increase referral and attendance rates. Appropriateness and effectiveness of these methods were analyzed in relation to client characteristics.

Clients sociodemographic, family and cultural background, behavioral functioning, and psychological adjustment measures were examined as predictors at different stages of the intervention process. These were contained in a comprehensive battery of [data collection instruments](#) that were widely circulated and adopted for similar uses by other researchers across the country. Experimental and quasi-experimental methods were used to evaluate during-treatment and post-treatment outcomes as measured by length of treatment retention, behavioral performance (including urinalysis and self-report information), and psychological functioning. The study included follow-up interviews after treatment.

Results helped to develop treatment manuals and demonstrated ways to improve the quality and effectiveness of treatment for drug abusers. In addition, studies on treatment process contributed to the measurement and understanding of motivational and engagement stages that lead to better treatment outcomes.

Selected DATAR Phase 1 Publications

Simpson, D. D., Joe, G. W., Rowan-Szal, G. A., & Greener, J. M. (1995). Client engagement and change during drug abuse treatment. *Journal of Substance Abuse*, 7(1), 117-134. [[Abstract](#)]

Joe, G. W., Dansereau, D. F., Pitre, U., & Simpson, D. D. (1997). Effectiveness of node-link mapping enhanced counseling for opiate addicts: A 12-month posttreatment follow-up. *Journal of Nervous and Mental Disease*, 185(5), 306-313. [[Abstract](#)]

Simpson, D. D., Joe, G. W., Dansereau, D. F., & Chatham, L. R. (1997). Strategies for improving methadone treatment process and outcomes. *Journal of Drug Issues*, 27(2), 239-260. [[Abstract](#)]

Simpson, D. D., Joe, G. W., & Rowan-Szal, G. A. (1997). Drug abuse treatment retention and process effects on follow-up outcomes. *Drug and Alcohol Dependence*, 47, 227-235. [[Abstract](#)]

Simpson, D. D., Joe, G. W., Rowan-Szal, G. A., & Greener, J. M. (1997). Drug abuse treatment process components that improve retention. *Journal of Substance Abuse Treatment*, 14(6), 565-572. [[Abstract](#)]

Chatham, L. R., Hiller, M. L., Rowan-Szal, G. A., Joe, G. W., & Simpson, D. D. (1999). Gender differences at admission and follow-up in a sample of methadone maintenance clients. *Substance Use & Misuse*, 34(8), 1137-1165. [[Abstract](#)]

Joe, G. W., Simpson, D. D., Greener, J. M., & Rowan-Szal, G. A. (1999). Integrative modeling of client engagement and outcomes during the first 6 months of methadone treatment. *Addictive Behaviors*, 24(5), 649-659. [[Abstract](#)]



**IBR
Web
Site**

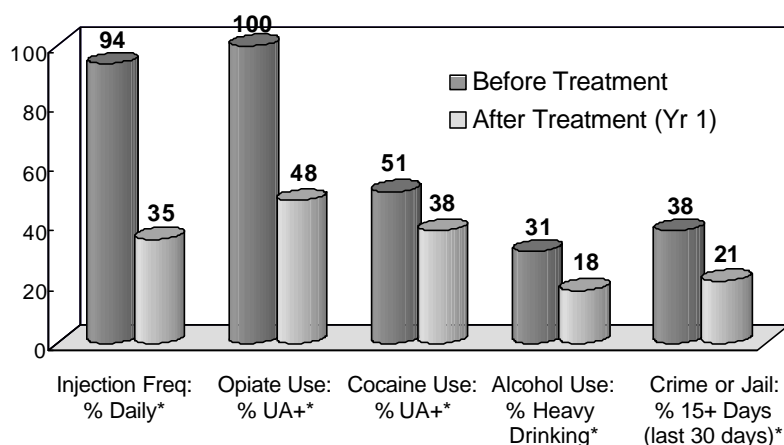
www.ibr.tcu.edu

[Projects](#) has a web page for each re-search project with:

Highlights, Project Summaries, Selected Publications, and links to other web sections that may include:

- [Forms](#) — Download data collection instruments in Adobe® Acrobat® PDF format free of charge.
- [Newsletters](#) — Read articles in quarterly issues of IBR's *Research Roundup* and featured *Research Summaries* (in PDF).
- [Manuals](#) — Download (in PDF) entire manuals, a sample first chapter, or other sections from treatment manuals.
- [Presentations](#) — View conference materials online in "web posters" and PowerPoint® animated slides. "Feature Presentations" offer printable handouts in PDF format.
- [Publications](#) — Browse a complete list of project publications with searchable abstracts.

Behavioral Changes from Before to After Methadone Treatment in DATAR (N=435)



* $p < .01$

The DATAR Project – Phase 2

Improving Drug Abuse Treatment Assessment and Research

Highlights

[D. Dwayne Simpson, Ph.D.](#),
Principal Investigator
[Lois R. Chatham, Ph.D.](#),
Co-Principal Investigator

Funded by:
National Institute on
Drug Abuse

Project Period:
Sept. 1995 to July 2000
Budgeted: \$4.8 million

**DATAR Phase 2
included plans for
further counseling
improvements and
easy-to-use
manuals.**

Project Summary

This 5-year project continued work begun in 1989 and focused on the development of improved drug abuse treatment to help reduce client dropout and relapse rates in a population of opiate-dependent injection drug users (IDUs). It implemented and evaluated new intervention strategies for methadone maintenance services being provided by Drug Dependence Associates (Dr. J. Thomas Payte, Medical Director) in San Antonio. The DATAR Project funded additional treatment services (static capacity for approximately 120 outpatients) at a time when public financial support for these services was unstable.

The overall research objective was to isolate and evaluate significant components of the therapeutic intervention process. Using a three-part strategy, the project investigated ways to improve counseling procedures, improve client engagement and focus—especially early in treatment—and address special counseling needs of clients. Improvement of counseling procedures built on the use of a cognitive learning approach—called **node-link mapping**—found in earlier DATAR work to be effective for improving the counseling process and client retention. Further refinements and applications focused on including abbreviated mapping strategies for addressing crisis issues and enhancing client skills in defining problems and making decisions. To improve client engagement and focus early in treatment, cognitive guides (using mapping) were developed for the purpose of increasing client self-examination and for strengthening their treatment involvement and commitment as evidenced by session attendance and urinalysis results. The impact of treatment intensity variations and combinations of individual and group counseling during different treatment stages were studied. A scale designed to measure the role **Simpatía** has on client engagement and retention was added to the assessment battery. To address the special needs of clients, manual-driven psychoeducational curricula were tested dealing with issues such as improved communication skills and increased awareness of sexual health issues for men, improved parenting skills for both men and women, as well as a structured curricula developed specifically for the purpose of motivating clients to reduce cocaine use. To further strengthen our repertoire of engagement strategies a **Contingency Management (CM)** program utilizing small rewards for positive behaviors was implemented during the first 90 days of treatment.

Finally, the project focused on treatment process and outcomes. The effects of both external and internal treatment factors on outcomes were examined. To do this, a series of studies were conducted to investigate individual differences (including motivation and other elements of cognitive functioning) related to treatment engagement and mapping success, the role of gender and cultural issues in the treatment process, and the relationship of outcomes during and after treatment with the level of services provided and counselor alliance. Follow-up interviews with all clients were conducted 18 months after admission to treatment.

Selected DATAR Phase 2 Publications

Bartholomew, N. G., Hiller, M. L., Knight, K., Nucatola, D. C., & Simpson, D. D. (2000). Effectiveness of communication and relationship skills training for men in substance abuse treatment. *Journal of Substance Abuse Treatment*, 18(3), 217-225. [[Abstract](#)]

Griffith, J. D., Rowan-Szal, G. A., Roark, R. R., & Simpson, D. D. (2000). Contingency management in outpatient methadone treatment: A meta-analysis. *Drug and Alcohol Dependence*, 58, 55-66. [[Abstract](#)]

Rowan-Szal, G. A., Chatham, L. R., & Simpson, D. D. (2000). Importance of identifying cocaine and alcohol dependent methadone clients. *The American Journal on Addictions*, 9, 38-50. [[Abstract](#)]

Psychoeducational Treatment Intervention Manuals from the DATAR Project

To order printed manuals, contact the **Lighthouse Publications Web Site** (www.chestnut.org/li/publications/index.html), phone toll-free (888)547-8271, or FAX (309) 829-4661. The Manuals section of the IBR Web site (www.ibr.tcu.edu/pubs/trtmanual/manuals.html) also provides more information and downloads for these manuals:

Bartholomew, N. G., Chatham, L. R., & Simpson, D. D. (1994, revised). *Manual for Time Out! For Me: An Assertiveness/Sexuality Workshop Specially Designed for Women*. Bloomington, IL: Lighthouse Institute Publishing.

Bartholomew, N. G., & Simpson, D. D. (1996). *Manual for Time Out! For Men: A communication skills and sexuality workshop for men*. Bloomington, IL: Lighthouse Institute Publishing.

Bartholomew, N. G., Simpson, D. D., & Chatham, L. R. (1993). *Manual for Straight Ahead: Transition Skills for Recovery*. Bloomington, IL: Lighthouse Institute Publishing.



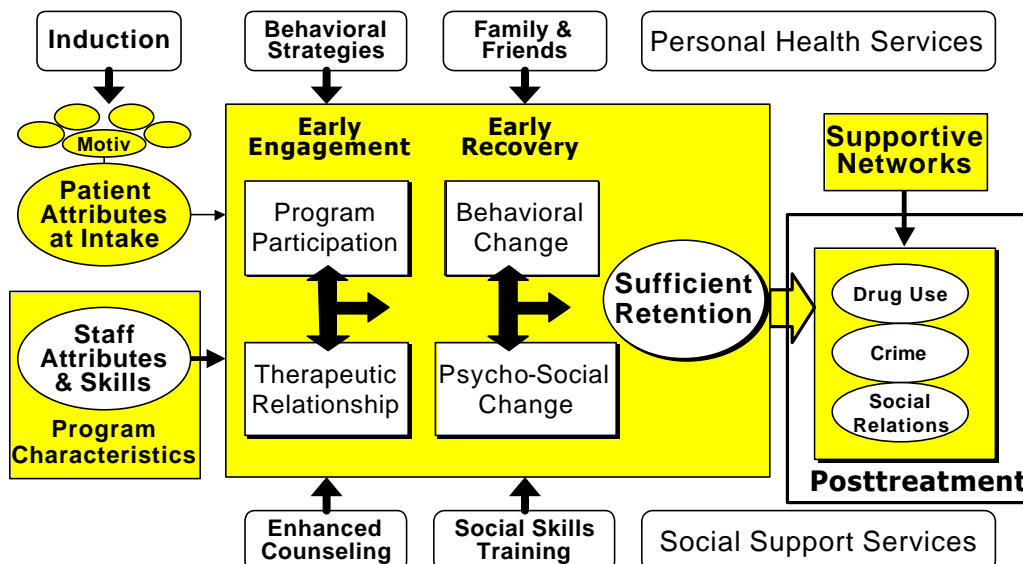
**IBR
Web
Site**

www.ibr.tcu.edu

Other **DATAR Phase 2** materials provided in:

- **Forms** — Download (in PDF) the [TCU Methadone Outpatient Treatment forms](#) and [Simpatia Scale](#).
- **Newsletters** — Download (in PDF) *Research Summaries* on "[Treatment Process and Outcomes](#)," "[Intervention Manuals for Counselors](#)," "[Contingency Management](#)," and "[Treatment Assessment](#)."
- **Manuals** — Download (in PDF) treatment manuals developed in DATAR. See information at left.
- **Presentations** — View several PowerPoint® presentations that summarize DATAR findings for the "[TCU Treatment Process Model](#)."
- **Publications** — Examine lists of **DATAR** publications arranged by [year](#) and [topic](#) (with abstracts).

TCU Model for Treatment Process and Outcomes



The DATAR Project – Phase 3

Transferring Drug Abuse Treatment and Assessment Resources

Highlights

[D. Dwayne Simpson, Ph.D.](#),

Principal Investigator

[Lois R. Chatham, Ph.D.](#),

Co-Principal Investigator

Funded by:

National Institute on
Drug Abuse

Project Period:

Sept. 1999 to July 2004

Budgeted: \$3.7 million

Project Summary

Field-based drug abuse treatment research conducted at Texas Christian University (TCU) over the past 30 years has contributed to the broad base of literature supporting its effectiveness and the use of comprehensive patient and services assessments for evaluation purposes. The TCU Treatment Process Model provides a conceptual framework for how treatment “works” and how cognitive and behavioral interventions operate to improve patient engagement and outcomes (see Research Summaries at www.ibr.tcu.edu). Years of practical experience, however, declare that research findings (especially if disseminated in printed form alone) are seldom sufficient for getting an intervention fully implemented and incorporated as part of the treatment culture for community-based programs. In order for research to be translated into practice, technology transfer is in desperate need of attention. Towards this goal, TCU was recently awarded a new grant by NIDA, entitled “Transferring Drug Abuse Treatment and Assessment Resources” (DATAR-3). It focuses particular attention on organizational atmosphere in relation to how programs respond to training opportunities for patient assessment and intervention strategies, and how they change over time.

In the face of competing demands on staff time and resources, treatment programs often are reluctant to make operational changes unless forced by new regulations or otherwise convinced that significant benefits will accrue. More information is therefore needed on factors that influence these important organizational decisions and behaviors. The major objectives of this project are to (1) develop a comprehensive and reliable assessment instrument for organizational readiness for change, based on motivation and related attributes of program leaders and staff, institutional resources, and organizational climate, (2) examine changes in organizational readiness over time in relation to specialized training offered to meet program needs, (3) use measures defined by the TCU Treatment Process Model—particularly the Client Evaluation of Self and Treatment (CEST)—to assess the impact of technology transfer efforts on client performance, (4) compare the effectiveness of “enhanced” training strategies designed to address low levels of organizational readiness for change, and (5) provide training to program directors for improving program self-monitoring and management. It is expected that staff attributes (particularly motivational readiness) and organizational factors largely determine the success of technology transfer efforts.

Several regional Addiction Technology Transfer Centers (ATTCs, funded by CSAT) have co-hosted TCU Workshops for training in the use of our manual-guided cognitive and behavioral interventions. Several other regional ATTCs also plan to use the TCU Organizational Readiness for Change (ORC) instrument, and in return for our assistance with automated scoring of data, are collecting information to help examine psychometric properties of the instrument and establish normative standards for comparisons.



**IBR
Web
Site**

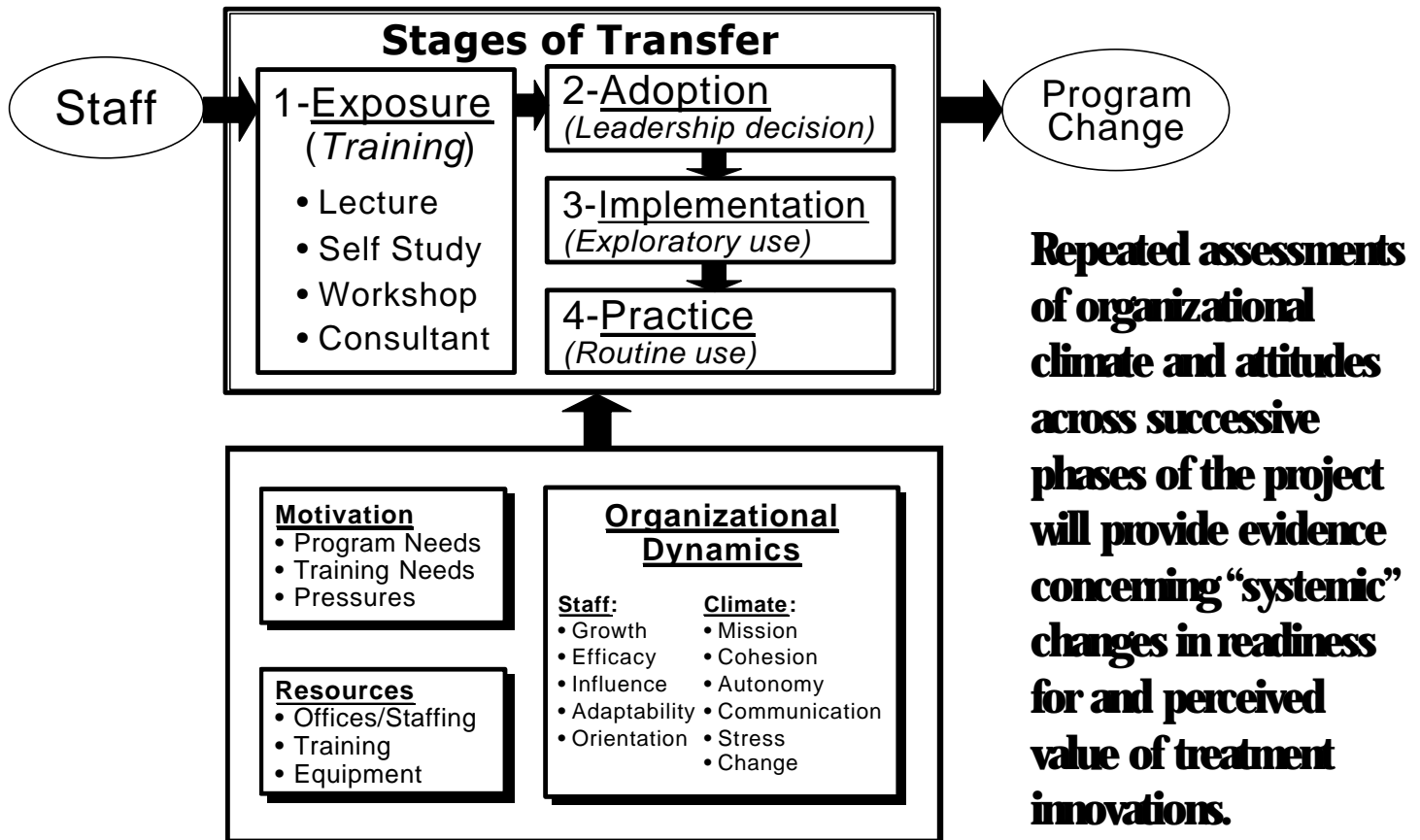
www.ibr.tcu.edu

Other [DATAR Phase 3](#) materials provided in:

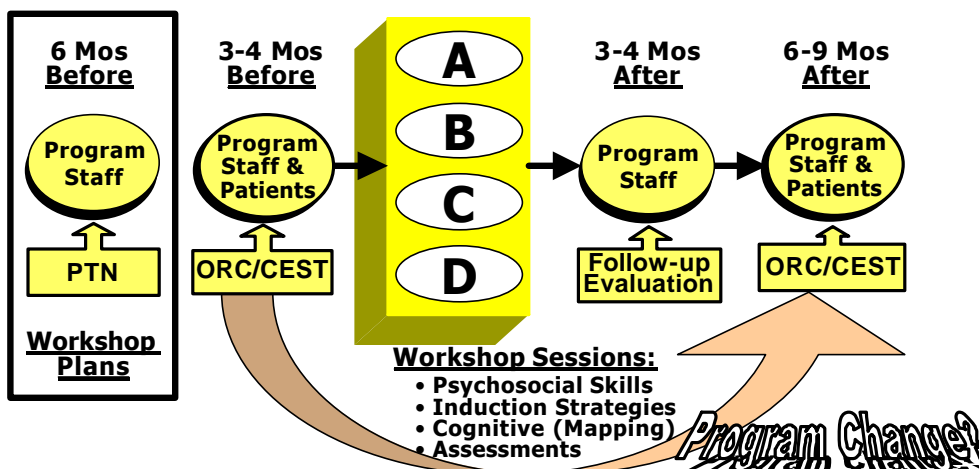
- [Forms](#) — Download the **CEST**, **ORC** (Staff and Program Director versions), and **PTN** from the [Core Set of Forms](#).
- [Newsletters](#) — Read the front page article, “DATAR-3: Building foundations for technology transfer,” from the Fall-Winter 2001-02 issue of *Research Roundup* (available as [HTML](#) or [PDF format](#)). Also download (in PDF) the *Research Summary* on “[Treatment Assessment](#).”
- [Presentations](#) — View several PowerPoint® conference and workshop presentations under “[Transferring Research to Practice](#).”

A new survey instrument, the Professional Training Needs (PTN) form has been developed and is being administered state-wide in one of the ATTC regions. The results of this survey will be used to design training aimed at developing new evidence-based counselor skills. The factors that assist or impede the utilization (transfer) of these skills into practice will be studied.

Influences on Change Process?



Workshop Planning & Evaluation Design



The DATOS Project

Drug Abuse Treatment Outcome Studies Research Center

Highlights

[D. Dwayne Simpson, Ph.D.](#),

Principal Investigator

[George W. Joe, Ed.D.](#),

Co-Principal Investigator

[Barry S. Brown, Ph.D.](#),

Collaborating Scientist

Funded by:

National Institute on
Drug Abuse

Project Period:

Sept. 1995 to August 2001

Budgeted: \$2.14 million

**National treatment
evaluation studies
such as DATOS help
guide policy
development at state
and federal levels.**

Project Summary

The National Drug Abuse Treatment Outcome Studies (DATOS) is a 5-year collaborative research project, funded by the National Institute on Drug Abuse (NIDA). It brings together four teams of scientists to explore separate but complementary research themes. As part of this initiative, the TCU research team is exploring issues of client retention and engagement in treatment, including the significance of selected client and program variables on retention, treatment process, and program compliance. Attention is given to problem severity and its interactions with treatment variables. Also, factors associated with client motivation for treatment and client perceptions of treatment are being examined to better understand their impact on program retention.

The National Development and Research Institutes of North Carolina (NDRI-NC) team, with **Dr. Robert L. Hubbard** as Principal Investigator, is examining issues involving the selection of treatment by drug users, including client needs, access to services, and support and impediments to treatment selections. In addition, NDRI-NC will look at factors related to service delivery and client subtypes. UCLA's Drug Abuse Research Center (**Dr. M. Douglas Anglin**, Principal Investigator) is exploring factors in the addiction and treatment careers of drug abusers that influence response to treatment, including the relationship of background variables and drug use histories on decisions to enter treatment. The UCLA team also plans to test models of the process of addiction (initiation, progression, cessation, and relapse) among treatment clients. The Services Research Branch at NIDA, with **Dr. Bennett Fletcher** serving as Principal Investigator, is focusing on issues significant to policy development including cost-benefit analyses, the changing nature of drug abuse treatment clients and the implications for treatment programming and services, and the relations of client economic conditions to treatment performance.

Within their identified research themes, DATOS investigators are examining treatment process, retention, and outcome in relation to four variable domains identified as having particular significance for contemporary drug abuse treatment. These include HIV risk behaviors, cocaine use, psychiatric comorbidity, and criminal justice status and activity. Sequential waves of studies will be undertaken to look deeper into these research themes and variable domains described.

Core data for the DATOS project includes client information from 10,010 admissions to 96 treatment programs that participated between 1991 and 1993 in this third national evaluation study, representing outpatient methadone, outpatient drug free, long-term residential, and short-term inpatient services. One-year and 5-year posttreatment follow-ups with DATOS clients have been analyzed. Additional research has addressed during-treatment and 1-year posttreatment outcomes of adolescent DATOS clients.

Selected DATOS Project Publications

Simpson, D. D. & Curry, S. J. (Editors). (1997). Special issue: Drug Abuse Treatment Outcome Study (DATOS). *Psychology of Addictive Behavior*, 11(4), 211-337.

Simpson, D. D., & Brown, B. S. (Editors). (1999). Special issue: Treatment process and outcomes studies from DATOS. *Drug and Alcohol Dependence*, 57(2), 81-174.

Grella, C. E., & Hser, Y. (Eds.) (2001). Special issue on Drug Abuse Treatment Outcome Studies for Adolescents (DATOS-A). *Journal of Adolescent Research*, 16(6).

Simpson, D. D., Joe, G. W., Fletcher, B. W., Hubbard, R. L., & Anglin, M. D. (1999). Treatments for cocaine addiction: A national evaluation of outcomes. *Archives of General Psychiatry*, 56, 507-514. [[Abstract](#)]

Joe, G. W., Simpson, D. D., & Broome, K. M. (1998). Effects of readiness for drug abuse treatment on client retention and assessment of process. *Addiction*, 93(8), 1177-1190. [[Abstract](#)]

Broome, K. M., Flynn, P. M., & Simpson, D. D. (1999). Psychiatric comorbidity measures as predictors of retention in drug abuse treatment programs. *Health Services Research*, 34, 791-806. [[Abstract](#)]

Broome, K. M., Simpson, D. D., & Joe, G. W. (1999). Patient and program attributes related to treatment process indicators in DATOS. *Drug and Alcohol Dependence*, 57(2), 127-135. [[Abstract](#)]

Joe, G. W., Simpson, D. D., & Broome, K. M. (1999). Retention and engagement models for different treatments modalities in DATOS. *Drug and Alcohol Dependence*, 57(2), 113-125. [[Abstract](#)]

Knight, K., Hiller, M. L., Broome, K. M., & Simpson, D. D. (2000). Legal pressure, treatment readiness, and engagement in long-term residential programs. *Journal of Offender Rehabilitation*, 31(1/2), 101-115. [[Abstract](#)]

Rowan-Szal, G. A., Joe, G. W., & Simpson, D. D. (2000). Treatment retention of crack and cocaine users in a national sample of long term residential clients. *Addiction Research*, 8(1), 51-64. [[Abstract](#)]

Hser, Y., Grella, C. E., Hubbard, R. L., Hsieh, S. C., Fletcher, B. W., Brown, B. S., and Anglin, M. D. (2001). An evaluation of drug treatment for adolescents in four U.S. cities. *Archives of General Psychiatry*, 58(7), 689-695. [[Abstract](#)]



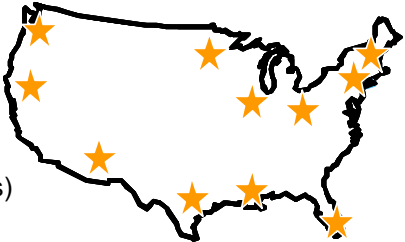
www.datos.org

IBR hosts an entire Web site that focuses on the coordinated research of the four DATOS research centers. The DATOS Web site has been redesigned recently to streamline access and highlight studies focused on [Adolescents](#) versus [Adults](#). Other sections include [Background](#), [Presentations](#), and [Publications](#).

DATOS

Drug Abuse Treatment Outcome Studies

Third National Evaluation of Treatment Effectiveness

<p><u>1991-93</u> (Adults) 11 Cities 96 Programs ~10,000 Adults All treatment types (1 & 5 Year Follow-ups)</p>		<p><u>1993-95</u> (Youth) 4 Cities 23 Programs 1,167 Adolescents All treatment types (1 Year Follow-ups)</p>
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70 Studies Published (Special Issues)
Psychology of Addictive Behaviors (1997)
Drug and Alcohol Dependence (1999)
Journal of Adolescent Research (2001)
Archives of General Psychiatry (1999, 2001, and in press)

The Women and Children Project

Social Stress Among Mothers in Treatment

Highlights

[Danica K. Knight, Ph.D.](#),
Principal Investigator

Current Funding:
National Institute on Drug
Abuse (NIDA)

Former Funding:
Center for Substance
Abuse Treatment through
the Texas Commission on
Alcohol and Drug Abuse

Project Period:
October 1995 to Sept.
2003
Budgeted: \$667,520

**Research goals
include examining the
impact of women's
social systems on
their ability to engage
in and profit from
treatment.**

Project Summary

The focus of the Women and Children Project is to evaluate the effectiveness of treatment services provided to substance abusing women and their dependent children at the Salvation Army's First Choice Program in Fort Worth. Women who enter this 12-month residential program live with their children in small apartments on the First Choice campus and participate in a comprehensive treatment program. They receive individual, group, and family therapy, special assistance in relapse prevention, nutrition, and vocational training, and are connected with a variety of local agencies designed to assist them in securing housing, employment, and health care following graduation from the program. Children also receive special services and are integrated into the treatment program through special activities, play therapy, and family therapy. Child care is provided for children younger than school age.

The original research project, funded by CSAT, focused on evaluating services provided by the agency and examining individual, family, and treatment-related factors that impact substance abuse problems and facilitate recovery. During the period between April 1996 and September 2000, a variety of **data collection instruments** were administered at intake, regular intervals during treatment, and follow-up interviews were conducted at 6 and 12 months after discharge.

Evaluation of treatment services included documenting the type and intensity of services received by women and children, and evaluating the effectiveness of several specialized interventions, including a specially developed IBR module entitled *Partners in Parenting*.

The project has yielded useful information about women and children as they enter treatment. Alcohol and crack/cocaine are the primary drugs of choice among these women. A large percentage have psychosocial problems and nearly all report a history of victimization. Approximately half of the children also have a history of victimization and a large percentage exhibit behavior problems. A recent study of social relationships documented significant positive change in family relationships during the first three months of treatment, and even greater change among peer relationships during that period, particularly with regard to deviance and the development of supportive relationships with fellow residents. Other studies examining factors related to treatment participation have indicated that various aspects of social relationships differentially impact treatment retention and completion. Specifically, a greater number of children in treatment and a lack of partner support are inversely related to retention. Additionally, clients reporting higher levels of social deviance (i.e., recent arrests, association with deviant peers) are less likely to complete treatment requirements.

In an effort to more fully explore the role of social relationships in women's treatment engagement and recovery, the women and children's project has been extended through September, 2003.

Funds from NIDA will enable us to examine the impact of women's social systems on their ability to engage in and profit from treatment. Changes in social networks, the inability to fulfill responsibilities in various roles, and a lack of support from family members and peers, are conceptualized as constituting social stress. It is hypothesized that women who experience a high degree of social stress (e.g., family conflict, continued contact with drug-using partners or peers, parenting problems) will have more difficulty focusing their attention on treatment. Special emphasis will be placed on issues related to children's level of functioning and parenting responsibilities.

Women and Children Project Manual

To order a printed manual, contact the **Lighthouse Publications Web Site** (www.chestnut.org/li/publications/index.html), phone toll-free (888) 547-8271, or FAX (309) 829-4661. The Manuals section of the IBR Web site (www.ibr.tcu.edu/pubs/trtmanual/manuals.html) also provides more information and downloads for this manual:

Bartholomew, N. G., Knight, D. K., Chatham, L. R., & Simpson, D. D. (2000). *Partners in Parenting*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Women and Children Project Publications

Knight, D. K., Hood, P. E., Logan, S. M., & Chatham, L. R. (1999). Residential treatment for women with dependent child: One agency's approach. *Journal of Psychoactive Drugs*, 31(4), 339-351. [[Abstract](#)]

Knight, D. K., Logan, S. M., & Simpson, D. D. (2001). Predictors of program completion for women in residential substance abuse treatment. *American Journal of Drug and Alcohol Abuse*, 27(1), 1-18. [[Abstract](#)]

Knight, D. K., Wallace, G. L., Joe, G. W., & Logan, S. M. (2001). Change in psychosocial functioning and social relations among women in residential substance abuse treatment. *Journal of Substance Abuse*, 13, 533-547. [[Abstract](#)]



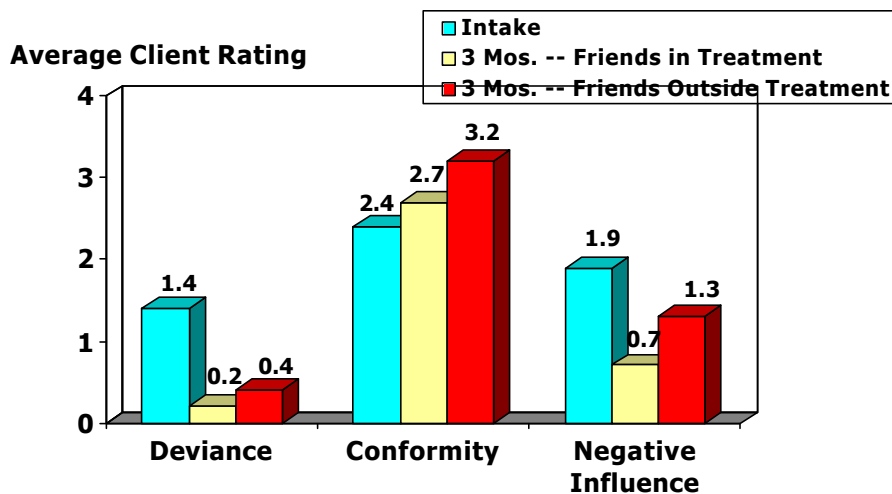
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Site**

www.ibr.tcu.edu

Other [Women and Children Project](#) materials provided in:

- [Forms](#) — Download (in PDF) [Women and Children forms](#) free of charge.
- [Newsletters](#) — Read the featured article, "Parenting study underway" from the Summer 2001 issue of *Research Roundup* (available as [HTML](#) or download in [PDF format](#)).
- [Manuals](#) — Download (in PDF) the manual developed in this project. See information at left.
- [Publications](#) — Download (in PDF) the featured technical report, ["Mutually beneficial collaboration: Using evaluation to improve service delivery."](#)

Change in Relationship with Friends during the First 3 Months of Treatment



The Criminal Justice Projects

The CETOP Project -- Phase 1

Cognitive Enhancements for the Treatment of Probationers

Highlights

[Donald F. Dansereau, Ph.D.](#),

Principal Investigator

[D. Dwayne Simpson, Ph.D.](#),

Co-Principal Investigator

[Sandra M. Dees, Ph.D.](#),

Project Manager

Funded by:

National Institute on

Drug Abuse

Project Period:

Sept. 1994 to August 2000

Budgeted: \$2.3 million

CETOP's objectives include the evaluation of enhanced treatment components designed to improve probationer functioning and outcomes.

Project Summary

The focus of the first 5-year phase of the CETOP (Cognitive Enhancements for the Treatment of Probationers) project was to study the impact of enhancing mandated substance abuse treatment with cognitive/behavioral tools. The Tarrant County Substance Abuse Treatment Facility (SATF) provides 4 months of intensive residential treatment to 420 probationers each year. This facility is located in the Community Correctional Facility in Mansfield, Texas, and shares a physical plant with two other units (a boot camp and a halfway house). Probationers mandated by judges to the SATF spend their 4 months in a small "community" of residents, where counseling is provided daily. The program also offers a variety of educational and life management activities. Standard treatment program components include (1) a modified therapeutic community approach, (2) counseling to provide professional guidance and support in recovery efforts, (3) special induction and transition sessions to plan for treatment, and later, for recovery maintenance, and (4) life skills instruction and recovery education activities.

Core elements of the cognitive enhancement system introduced by this project were node-link mapping, motivational tools, cognitive skills activities, and scripted collaboration. These tools were used independently and interactively to enhance the drug abuse treatment components at the SATF. During-treatment and follow-up assessment measures were used to assess reactions to treatment. The comprehensive battery of measures developed in the DATAR Project was modified for use in this project.

Node-link mapping and associated visual representation strategies were designed to enhance communication and understanding. These techniques are simple methods of eliciting, representing, and organizing information so that relationships between ideas, feelings, and actions can be easily recognized and understood.

Motivational tools were designed to enhance the induction and transition phases of treatment. A series of self-study booklets provide training in the **cognitive skills** (e.g., decision making, problem solving) that are the "basics" of life skills.

The final element consisted of a set of strategies structured to encourage **cooperative activities** among probationers. Probationers working together on a specific task can help each other clarify and elicit ideas and feelings, detect "glitches" in thinking, provide emotional support, develop alternative perspectives, and improve decision-making.

Responses of residents receiving enhanced treatment were compared to those receiving standard treatment components.

Four studies were conducted. The first three focused on enhancements to counseling, induction/transition, and life skills education, respectively. The overall research design was cumulative in that

enhancements developed and tested in each study became a regular part of treatment for all probationers entering the SATF during later studies. The fourth study examined the effectiveness of the enhancements with special populations (e.g., females).

Findings

Mapping. Residents rated counseling sessions with extensive map use as “deeper” and having greater group participation. Compared to residents who were not in mapping communities, mapping residents gave more favorable ratings to: their counselors; group counseling sessions; their fellow-residents; security staff; their own efforts to benefit from treatment; and their own abilities to benefit from treatment. In addition, mapping residents also reported better progress toward treatment goals, more participation in group sessions, and more positive responses to treatment as a whole.

Readiness and Re-entry (induction into treatment; transition back to society). Residents who received these activities (which included the Tower of Strengths and Downward Spiral) rated their communities as significantly more engaged in treatment and more helpful to them than those receiving the standard treatment. They rated themselves as more involved in treatment and gave higher ratings to the treatment program and personnel. Those with lower levels of educational experience who received the Readiness and Re-entry activities rated their confidence and motivation higher than did a similar group in the standard program.

(Results from the Cognitive Skills Series are currently being analyzed.)

Selected CETOP Project Publications

Blankenship, J., Dansereau, D. F., & Simpson, D. D. (1999). Cognitive enhancements of readiness for corrections-based treatment for drug abuse. *The Prison Journal*, 79(4), 431-445. [[Abstract](#)]


Czuchry, M. L., & Dansereau, D. F. (1999). Node-link mapping and psychological problems: Perceptions of a residential drug abuse treatment program for probationers. *Journal of Substance Abuse Treatment*, 17(4), 321-329. [[Abstract](#)]

Czuchry, M. L., Sia, T. L., & Dansereau, D. F. (1999). Preventing alcohol abuse: An examination of the “Downward Spiral” game and educational videos. *Journal of Drug Education*, 29(4), 323-335. [[Abstract](#)]

Czuchry, M. L., Dansereau, D. F., & Sia, T. L. (1998). Using peer, self-, and counselor ratings to evaluate treatment process. *Journal of Psychoactive Drugs*, (30)1, 81-87. [[Abstract](#)]

Czuchry, M. L., & Dansereau, D. F. (2000). Drug abuse treatment in criminal justice settings: Enhancing community engagement and helpfulness. *American Journal of Drug & Alcohol Abuse*, 26(4), 537-552. [[Abstract](#)]

Sia, T. L., Dansereau, D. F., & Czuchry, M. L. (2000). Treatment readiness activities and probationers’ evaluations of substance abuse treatment in a criminal justice setting. *Journal of Substance Abuse Treatment*, 19, 459-467. [[Abstract](#)]



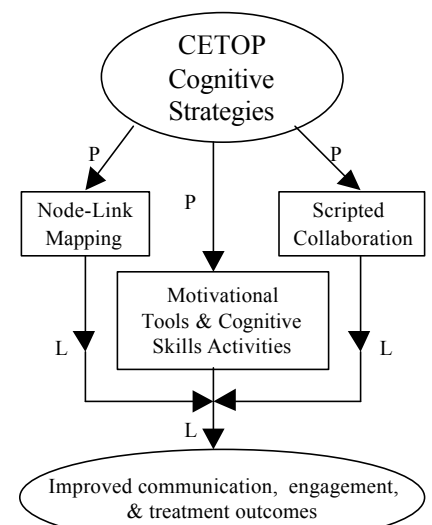
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www.ibr.tcu.edu

Other **CETOP Project** materials provided in:

- **Manuals** — See information on page 25.
- **Newsletters** — Download (in PDF) *Research Summaries* on “[Treatment Mapping](#),” and “[Treatment Readiness and Induction Strategies](#).”
- **Publications** — Examine complete details of CETOP publications in the list, “[Drug Abuse Treatment: Criminal Justice Evaluation Studies](#)” (with abstracts).

Sample Node-Link Map



MAP LEGEND: P= Part L= Leads to

The Criminal Justice Projects

The CETOP Project -- Phase 2

Cognitive Enhancements for the Treatment of Probationers

Project Summary

Building on research findings from Phase 1, the primary objective of the 5-year CETOP Phase 2 is to assess the impact of introducing into a criminal justice substance abuse treatment program cognitive activities specifically designed to (a) increase probationers' motivation for treatment and (b) promote development of skills that can be useful during treatment. Since probationers frequently come to a criminal justice treatment program with little motivation and no concept of what to do to benefit from treatment, this second project phase employs and extends the motivational and skill-based elements found to be effective with this population. A second major objective is to determine how these activities can be most effectively combined and efficiently delivered.

On-site implementation has been relocated to the Dallas County Judicial Treatment Center (under the administration of Cornell Companies, Inc.) in Wilmer, Texas. [The Tarrant County Substance Abuse Treatment Facility site has become an outpatient center.] The Wilmer facility provides 6 months of residential treatment to approximately 450 probationers each year.

Three major studies will be conducted to assess the effects of the Motivation Module (Study #1), the Skills Module (Study #2) and the combination of Motivation and Skills Modules (Study #3). The broad research questions that will guide each study are:

1. **What are the during-treatment effects of these modules** on indicators of motivation and on responses to critical aspects of the treatment program and on perceptions of personal change during treatment? Questionnaires will be administered at the beginning, middle, and end of treatment.
2. **What are the effects after treatment** on drug use (urinalysis data) and criminal recidivism during aftercare?
3. **Which residents benefit most?**

Each study will span 16-20 months and residents will be randomly assigned to counseling groups.

The MOTIVATION Module: the "TCU Personal Power Series"

Tower of Strengths. Participants examine 60 cards containing examples of "personal strengths," each choosing 10 that currently describe one's self and 5 that are desired. They display these strengths graphically in a "tower." Discussions and other activities are used to elaborate the strengths (Sia, Czuchry, & Dansereau, 1999).

Downward Spiral. Five to six participants take on the roles of people who are committed to a life of substance abuse. In this board game, the "winner" is the player who stays alive and loses the least of the allotted life resources (e.g., health, family, friends). Players "move" by drawing cards to read about real situations; they suffer consequences of continued substance abuse by losing "life points"

Highlights

[Donald F. Dansereau, Ph.D.](#),

Principal Investigator

[Sandra M. Dees, Ph.D.](#),

Project Manager

Funded by:

National Institute on
Drug Abuse

Project Period:

March 2000 to August 2005

Budgeted: \$2.3 million

This phase extends the prior research on the motivational and skill-based elements by examining how they can be combined and efficiently delivered.

(Czuchry, Sia, & Dansereau, 1999; Czuchry, Sia, Dansereau, & Dees, 1997).

Personal Power Manuals and RAFTing. Participants read and complete 4 workbooks, both in session and as homework. They learn a Relax And Focus Technique (RAFTing) that can be used regularly as a self-modulation and control strategy.

The COGNITIVE SKILLS Module

The Thought Team. Participants are taught to visualize a "team" of people who can give them quality input on personal decisions and plans (i.e., perspective taking). They then use this team as they create written solutions to sets of "tough situation" scenarios. These are real-life situations which they may themselves encounter (Weldon & Dansereau, 1999).

Mapping. Participants will be taught to organize their thoughts into graphic node-link representations using either free form or "guide" maps (a fill-in-the node structure; Czuchry & Dansereau, 1999; Newbern, Dansereau, & Dees, 1997; Newbern, Dansereau, & Pitre, 1997; Pitre, Dansereau, Newbern, & Simpson, 1998; Pitre, Dees, Dansereau, & Simpson, 1997).

Node-Link Mapping Manuals from CETOP

To order printed manuals, contact the **Lighthouse Publications Web Site** (www.chestnut.org/li/publications/index.html), phone toll-free (888) 547-8271, or FAX (309) 829-4661. The Manuals section of the IBR Web site (www.ibr.tcu.edu/pubs/trtmanual/manuals.html) also provides more information and downloads for these manuals:

Dansereau, D. F., Dees, S. M., Chatham, L. R., Boatler, J. F., & Simpson, D. D. (1993). *Mapping New Roads to Recovery: Cognitive Enhancements to Counseling*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Sia, T. L., Czuchry, M. L., Dansereau, D. F., & Blankenship, J. (1998). *Preparation for Change: The Tower of Strengths and The Weekly Planner*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Dees, S. M., & Dansereau, D. F. (2000). *TCU Guide Maps: A Resource for Counselors*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Additional materials from CETOP

Czuchry, M. L., Sia, T. L., Blankenship, J., & Dansereau, D. F. (1998). *Downward Spiral Manual: The game you really do not want to play*. Fort Worth: Texas Christian University, Institute of Behavioral Research. To order, contact the **Lighthouse Publications Web Site** (www.chestnut.org/li/publications/index.html), phone toll-free (888) 547-8271, or FAX (309) 829-4661

Czuchry, M. L., Sia, T. L., Dansereau, D. F., & Dees, S. M. (1997). Downward Spiral: A pedagogical game depicting the dangers of substance abuse. *Journal of Drug Education*, 27(4), 373-387. [[Abstract](#)]

Dees, S. M., & Dansereau, D. F. (Eds.). (1997). *A jumpstart for substance abuse treatment: Readiness activities, a TCU/CETOP manual for counselors*. Fort Worth, TX: Texas Christian University, Institute of Behavioral Research.

Dees, S. M., & Dansereau, D. F. (Eds.). (1998). *A jumpstart to Real Life: Re-Entry activities, a TCU/CETOP manual for counselors*. Fort Worth, TX: Texas Christian University, Institute of Behavioral Research.

Sia, T. L., Dansereau, D. F., & Dees, S. M. (2001). *Mapping your step: Twelve step guide maps*. Fort Worth, TX: Texas Christian University, Institute of Behavioral Research.



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Other [CETOP](#)
[Project](#) materials:

- [Manuals](#) — Download (in PDF) node-link mapping manuals developed in CETOP. See information below.
- [Newsletters](#) — Read "CETOP-2 targets motivation, recovery skills," from the Summer 2001 issue of *Research Roundup* (available as [HTML](#) or download in [PDF format](#)).

The Criminal Justice Projects

The BOP Project

Bureau of Prisons (BOP) Treatment Process Evaluation

Highlights

[Kevin Knight, Ph.D.](#),

Principal Investigator

[D. Dwayne Simpson, Ph.D.](#),

Co-Principal Investigator

Funded by:

National Institute of Corrections

Project Period:

September 2000 to September 2001

Budgeted: \$125,000

The project is reviewing existing data collection procedures in BOP treatment programs as the first step toward implementing a comprehensive assessment system based on the TCU treatment process model.

Project Summary

Research has demonstrated that one way to reduce criminality and drug use following incarceration is to provide quality drug treatment to drug-involved offenders while they are in custody. Particularly within correctional settings, long-term residential treatment programs, such as residential drug abuse treatment programs (DAP) provided by the Bureau of Prisons (BOP), have been found to reduce post-incarceration drug use and criminal activity. Nevertheless, the majority of offenders with substance abuse problems continue to return to society untreated, and go back to a life of alcohol and drug use and criminal activity. Given the limited availability of treatment, therefore, it is critical that correctional programs know who can benefit most from their treatment program and which components are having the greatest impact on effecting behavioral change.

Through a Cooperative Agreement between Texas Christian University and the BOP's National Institute of Corrections, this project evaluates an assessment instrument for identifying and monitoring the essential components of the therapeutic treatment process that link with favorable during- and post-treatment outcomes. The specific goals were to (1) identify existing key BOP data points relevant to treatment process; (2) prepare a psychometrically sound assessment instrument that tracks changes in inmate attitudes and cognitive processes over time as they progress through DAP programs, and (3) evaluate the assessment instrument in 6 BOP DAP programs.

Data were collected cross-sectionally on 667 BOP DAP inmates from 6 BOP drug treatment programs located in Texas. Results indicated that the revised TCU-CEST has good psychometric properties and was sensitive to variations across sites.



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Other BOP Project materials provided in:

- [Newsletters](#) — Read the featured article, "New CJ Project hones prison assessments," from the Fall 2000 issue of *Research Roundup* (available as [HTML](#) or download in [PDF format](#)).

TCU Drug Screen (TCUDS) Evaluation

Project Summary

Although most criminal justice agencies across the United States have become invested in treating drug-abusing offenders in the past decade, the demand for treatment resources has continued to exceed availability. Not only must officials decide who should have access to limited treatment services, but they also need to determine the most appropriate type and intensity of treatment in which a drug-involved offender should be placed. These critical decisions are complicated even further in large correctional systems such as the Texas Department of Criminal Justice (TDCJ), which processes over 3,300 new inmates per month. For these agencies, improved drug abuse screening and treatment referral protocols are essential.

The primary goal of this proposal, therefore, is to examine closely the psychometric properties and validity of the Texas Christian University Drug Screen (TCUDS), an experimental instrument in early stages of implementation at several large correctional settings. Initially, the manner in which the TCUDS is being used in the TDCJ-Institutional Division and the TDCJ-State Jail Division will be explored and documented. Psychometric criteria for this instrument also will be established, particularly focusing on the internal consistency of the scale. During the latter part of the project, normative data will be gathered on levels of inmate pre-incarceration drug use and will include prominent subgroups defined by sociodemographic and criminal background variables.

Ultimately, this project is expected to help in the development of a reliable and valid drug screen that can be used to assess the severity of drug use problems and guide efficient and effective treatment decisions within correctional settings.

TCUDS Project Publication

Knight, K., Simpson, D. D., & Hiller, M. L. (2002). Screening and referral for substance-abuse treatment in the criminal justice system. In C. G. Leukefeld, F. Tims, & D. Farabee (Eds.), *Treatment of drug offenders: Policies and issues* (pp. 259-272). New York: Springer.

Highlights

[Kevin Knight, Ph.D.](#),
Principal Investigator
[D. Dwayne Simpson, Ph.D.](#),
Co-Principal Investigator

Funded by:
National Institute of Justice

Project Period:
Jan. 1999 to Jan. 2002
Budgeted: \$234,757

Nearly half of Texas inmates are identified as needing treatment.



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Other **TCUDS Project** materials provided in:

- [Forms](#) — Download (in PDF) the [TCU Drug Screen](#) free of charge.
- [Newsletters](#) — Read the front page article, "Treatment outcomes studies in criminal justice," from the Winter 2000-01 issue of *Research Roundup* (available as [HTML](#) or download in [PDF format](#)).

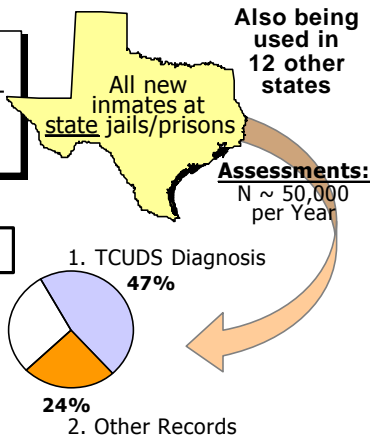
Assessing Treatment Needs

TCU Drug Screen (TCUDS):

- Short assessment (2 pages) for --
- Drug problems/dependence
 - Treatment history/needs

71% referred to treatment

- In-prison TC (ITC)
- Brief interventions
 - 12-step groups
 - Drug education



The Criminal Justice Projects

Residential Substance Abuse Treatment (RSAT)

Highlights

[Kevin Knight, Ph.D.](#),
Principal Investigator

Funded by:
National Institute of Justice

Process Project Period:
Sept. 1998 to Nov. 1999
Budgeted: \$59,946

Outcome Project Period:
Nov. 1999 to Aug. 2002
Budgeted: \$99,400



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Other **Criminal Justice
Projects** materials
provided in:

- **Forms** — Download (in PDF) the [Correctional Residential](#) (PTA) and [Correctional Outpatient](#) (RSAT) treatment forms.
- **Newsletters** — Download (in PDF) the *Research Summary* on "[Drug Treatment Outcomes for Correctional Settings](#)."
- **Presentations** — View the PowerPoint® presentation under "[Treatment in Correctional Settings](#)."
- **Publications** — Examine the entire list of Criminal Justice publications in, "[Drug Abuse Treatment: Criminal Justice Evaluation Studies](#)" (with abstracts).

Projects Summary

According to a recent Bureau of Justice Statistics report, 5.4 million Americans nationwide were under correctional supervision in 1995, including about 1.6 million in prisons and jails. However, the majority of individuals were under supervision in community corrections (3.1 million on probation, 700,000 on parole). Texas had the largest number of probationers (400,000), surpassing California, Florida, and New York. Of these, most were felony (56%) or driving while intoxicated (felony or misdemeanor, 32%) offenders.

National data also indicates the majority of new arrestees have substance abuse problems. Data from the Arrestee Drug Abuse Monitoring (ADAM) program, formerly the Drug Use Forecasting (DUF) system, showed that about 68% tested positive for one or more illicit drugs at the time of their arrest in 1996. Accordingly, the criminal justice system is considered one of the most important gateways to the treatment delivery system. A study from the DATOS Project showed clients who were under legal pressure remained in community-based long-term residential treatment longer, thereby improving post-treatment outcomes.

Many states are increasing resources for corrections-based treatment of criminal offenders with substance abuse problems. Similar programs were used in the 1970s, with the most visible being the Treatment Alternatives to Street Crime (TASC) program. In 1991, Texas adopted a major initiative (House Bill #2335) which authorized the development of a statewide network of community corrections-based residential substance abuse treatment facilities, or SATFs. The IBR has established an evaluation program for one of the first SATFs in Texas, the Dallas County Judicial Treatment Center (DCJTC).

The DCJTC is an intermediate sanctions facility located in Wilmer (on the southern edge of Dallas). It provides 228 treatment beds (70% male, 30% female) for drug-involved felony probationers court-mandated to the program in lieu of incarceration. In addition to a 6-month primary care residential phase, the DCJTC also includes 2-to-3 month residential and 6-month outpatient aftercare components. Probationers receive substance abuse treatment, life skills training, relapse prevention, and educational and vocational training in a modified therapeutic community setting. Early investigations conducted by the IBR showed that program graduates had lower rearrest rates than did program non-completers, both at 6 months and 1 year after treatment discharge. Longer follow-up evaluations are in progress.

Selected RSAT Project Publications

Hiller, M. L., Knight, K., Leukefeld, C., & Simpson, D. D. (2002). Motivation as a predictor of therapeutic engagement in mandated residential substance abuse treatment. *Criminal Justice and Behavior*, 29(1), 56-75. [[Abstract](#)]

Hiller, M. L., Knight, K., & Simpson, D. D. (1999). Risk factors that predict treatment dropout from a corrections-based therapeutic community. *The Prison Journal*, 79(4), 411-430. [[Abstract](#)]

Prison-Based Treatment Assessment (PTA)

Project Summary

Treatment of substance abusers in prison settings has been gaining interest throughout the United States, and the Texas Criminal Justice System has been a leader in this area by its progress toward establishing thousands of treatment beds in state correctional facilities. As part of the landmark legislation signed into law in 1991, the "Texas Criminal Justice Treatment Initiatives" have established 800 In-Prison Therapeutic Community (ITC) treatment beds and another 5,000 beds for probationers with substance abuse problems. Each provides 9 months of primary treatment, followed by mandatory participation in community-based Transitional Treatment Centers (TTCs). These Centers require up to 3 months of residential treatment followed by 12 months of nonresidential treatment after release from prison. The Texas Initiatives created one of the largest treatment systems in the nation and has been viewed as a farsighted and progressive attempt to break the crime and drug connection.

Because scientific assessment and evaluation of the ITC is vital, the Texas Commission on Alcohol and Drug Abuse (TCADA) contracted with TCU to carry out the first phase of the Prison-Based Treatment Assessment (PTA) Project. It was completed during 1995 and included the collection of baseline data on 293 ITC clients during the weeks immediately prior to their release from the Kyle New Vision Chemical Dependency Treatment Facility (south of Austin). Data related to treatment process issues (such as program structure and counseling activities) and psychosocial functioning also were collected. The Kyle ITC had an 80% graduation rate and the treatment sample included prison inmates who were appropriately selected for drug abuse treatment. Six and 12-month face-to-face follow-up interviews were collected with Kyle ITC graduates as well as with approximately 100 other Texas prison parolees identified as having a substance abuse problem who did not participate in the Kyle ITC program. Hair samples were obtained in conjunction with face-to-face interviews to determine whether drugs were used in the previous 90 days. The second phase of the evaluation was funded in June 1996 by the National Institute of Justice for conducting further analyses of the prison-based treatment process and 12-month follow-up data. Follow-up interview data indicate that the Kyle ITC graduates, particularly those who completed the aftercare program, had lower relapse and recidivism rates than did the comparison sample.

Selected PTA Project Publications

Knight, K., Simpson, D. D., & Hiller, M. L. (1999). Three-year reincarceration outcomes for in-prison therapeutic community treatment in Texas. *The Prison Journal*, 79(3), 337-351. [[Abstract](#)]

Griffith J. D., Hiller, M. L., Knight, K., & Simpson, D. D. (1999). A cost-effectiveness analysis of in-prison therapeutic community treatment and risk classification. *The Prison Journal*, 79(3), 352-368. [[Abstract](#)]

Hiller, M. L., Knight, K., & Simpson, D. D. (1999). Prison-based substance abuse treatment, residential aftercare and recidivism. *Addiction*, 94(6), 833-842. [[Abstract](#)]

Highlights

[D. Dwayne Simpson, Ph.D.](#),

Principal Investigator

[Kevin Knight, Ph.D.](#),

Co-Principal Investigator

Phase 1 funded by:

Texas Commission on Alcohol and Drug Abuse

Project Period:

Feb. 1994 to August 1995

Budgeted: \$349,813

Phase 2 funded by:

National Institute of Justice

Project Period:

March 1996 to Feb. 1998

Budgeted: \$177,728

The "Texas Criminal Justice Treatment Initiatives" for corrections-based treatment have drawn national attention as farsighted and progressive attempts to break the crime and drug connection.

The Workplace Projects

Project 1:

Employee Surveys on Drug Use and Organizational Climate

Highlights

[Wayne E. K. Lehman, Ph.D.](#),

Principal Investigator

[D. Dwayne Simpson, Ph.D.](#),

Co-Principal Investigator

Funded by:

National Institute on Drug Abuse

Phase 1 Project Period:

Sept. 1988 to August 1991

Budgeted: \$600,000

Phase 2 Project Period:

Sept. 1991 to August 1997

Budgeted: \$2.8 million

The objectives were to obtain estimates of drug use prevalence among employees and to identify factors which contribute to drug use and impaired job performance.

Project Summary

Concern about drug abuse in the United States work force has increased in recent years because of its serious implications for worker productivity and health. The causes and prevalence of drug use in different work settings presumably reflect greater social acceptance of some forms of drug use, increased availability of drugs, and factors in the workplace such as stress and boredom. Although objective data concerning the size or effects of drug use in the work site are limited, larger numbers of employers are implementing mandatory drug testing programs to identify drug users.

This project addressed the need for empirical information and for a clearer understanding of this complex problem. Data in the first phase of the research were obtained from confidential self-report questionnaires completed by a sample of 2,000 employees in a large southwestern city in the U.S. The project was extended under a 5-year grant which added a second large municipal workforce and a smaller suburban municipality, and replicated the survey over a 3-year interval at the two larger sites. Approximately 3,400 surveys were completed in the three sites in the second phase.

The surveys included information on employee background, organizational climate and working conditions, self-reported drug use on and off the job, perceived drug use among co-workers, attitudes toward drug use and related policies on drug testing, employee well-being, and job performance indicators such as absenteeism, sick days, accidents, and health care costs.

Participation in the study was voluntary and precautions were taken to insure confidentiality of responses.

The long-term objectives of the projects were to develop tools for assessing substance abuse risk in the workplace and to identify factors which contribute to drug use and impaired job performance. Major findings have been that personal background factors, particularly general deviance indicators, are the strongest predictors of personal substance use, and that substance use has strong associations with negative job behaviors (e.g. psychological withdrawal, antagonistic behaviors, accidents, and exposure to workplace violence). The complex role of policy, work group processes, and organizational culture also have been examined. Findings show that employee tolerance for co-worker substance use, attitudes toward discrete policy components, and work group drinking climates are each predictive of risk for substance-use related problems.

Results of this project led to the development of a prevention training program that is designed to address work group cultures and permissive attitudes that tolerate or enable employee substance use.

Project 2:

Drug Use in the Workplace: A Prevention Training Program

Project Summary

This 3-year project developed, implemented, and evaluated a team-based substance abuse prevention program for work settings. The program was designed to increase employee awareness of issues relating to workplace alcohol and other drug use and its consequences. Because these issues and consequences occur within an organizational context, the training addressed specific factors that aggravate employee substance use and prevent effective policy implementation. These factors included supervisor/co-worker relations, stress, work group climate, and organizational change.

Two samples were used to implement and evaluate the program: 1) a medium-sized suburban municipal workforce, and 2) three high-risk departments from a large municipality.

The specific goals of this project were: 1) to develop a participatory substance abuse prevention training program for the workplace which addresses work cultures that tolerate and enable employee substance use problems and their impact on productivity and wellness; 2) to implement this enhanced training program in different work settings; 3) to evaluate the program in terms of specific training goals, including awareness of policy and work group substance use, and employee skills at reducing enabling behaviors and tolerance; 4) to assess whether these individual goals of training are associated with a reduction in substance abuse and related problems for individuals and work groups; and 5) to produce training manuals documenting the content and implementation of the training program that can be used by other organizations. A manual to train trainers is also being produced.

Selected Workplace Projects Publications

Bennett, J. B., & Lehman, W. E. K. (2001). Workplace substance abuse prevention and help seeking: Comparing team-oriented and informational training. *Journal of Occupational Health Psychology, 6*(3), 243-254. [[Abstract](#)]

Bennett, J. B., Lehman, W. E. K., & Reynolds, S. (2000). Team awareness for workplace substance abuse prevention: The empirical and conceptual development of a training program. *Prevention Science, 1*(3), 157-172. [[Abstract](#)]

Bennett, J. B., & Lehman, W. E. K. (1998). Workplace drinking climate, stress, and problem indicators: Assessing the influence of team work (group cohesion). *Journal of Studies on Alcohol, 59*, 608-618. [[Abstract](#)]

Lehman, W. E. K., Farabee, D. J., & Bennett, J. B. (1998). Perceptions and correlates of co-worker substance use. *Employee Assistance Quarterly, 13*, 1-22. [[Abstract](#)]

Forst, J. K., & Lehman, W. E. K. (1997). Ethnic differences in the workplace environment by employees in two municipal workforces. *Hispanic Journal of Behavioral Sciences, 19*, 84-96. [[Abstract](#)]

Lehman, W. E. K., Farabee, D. J., Holcom, M. L., & Simpson, D. D. (1995). Prediction of substance use in the workplace: Unique contributions of demographic and work environment variables. *Journal of Drug Issues, 25*, 253-274. [[Abstract](#)]

Highlights

[Wayne E. K. Lehman, Ph.D.](#),
Principal Investigator

Funded by:
National Institute on Drug Abuse

Project Period:
March 1998 to Feb. 2001

Budgeted: \$1.1 million



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Other **Workplace
Projects** materials
provided in:

- [Newsletters](#) — Read the front page article, "Workplace prevention programs show promise," from the Summer 2001 issue of *Research Roundup* (available as [HTML](#) or download in [PDF format](#)).
- [Publications](#) — Examine the entire list of Workplace publications in, "[Drugs in the Workplace](#)" (with abstracts).

Publications and Presentations

2002 PUBLICATIONS

Bennett, J. B., & Lehman, W. E. K. (2002). Supervisor tolerance-responsiveness to substance abuse and workplace prevention training: Use of a cognitive mapping tool. *Health Education Research, 17*(1), 27-42. [[Abstract](#)]

Hiller, M. L., Knight, K., Leukefeld, C. G., & Simpson, D. D. (2002). Motivation as a predictor of therapeutic engagement in mandated residential substance abuse treatment. *Criminal Justice and Behavior, 29*(1), 56-75. [[Abstract](#)]

Hiller, M. L., Knight, K., Rao, S. R., & Simpson, D. D. (2002). Assessing and evaluating mandated correctional substance-abuse treatment. In C. G. Leukefeld, F. Tims, & D. Farabee (Eds.), *Treatment of drug offenders: Policies and issues* (pp. 41-56). New York: Springer.

Knight, K., Simpson, D. D., & Hiller, M. L. (2002). Screening and referral for substance-abuse treatment in the criminal justice system. In C. G. Leukefeld, F. Tims, & D. Farabee (Eds.), *Treatment of drug offenders: Policies and issues* (pp. 259-272). New York: Springer.

2001 PUBLICATIONS

Bennett, J. B., & Lehman, W. E. K. (2001). Workplace substance

abuse prevention and help seeking: Comparing team-oriented and informational training. *Journal of Occupational Health Psychology, 6*(3), 243-254. [[Abstract](#)]

Broome, K. M., Joe, G. W., & Simpson, D. D. (2001). Engagement models for adolescents in DATOS-A. *Journal of Adolescent Research, 16*(6), 608-623. [[Abstract](#)]

Broome, K. M., Simpson, D. D., & Joe, G. W. (2001). Relapse to opioid and cocaine use following methadone treatment. In F. M. Tims, C. G. Leukefeld, & J. J. Platt (Eds.), *Relapse and recovery in addictions* (pp. 334-354). New Haven, CT: Yale University Press.

Collier, C. R., Czuchry, M., Dansereau, D. F., & Pitre, U. (2001). The use of node-link mapping in the chemical dependency treatment of adolescents. *Journal of Drug Education, 31*(3), 305-317. [[Abstract](#)]

Delany, P. J., Broome, K. M., Flynn, P. M., & Fletcher, B. W. (2001). Treatment service patterns and organizational structures: An analysis of programs in DATOS-A. *Journal of Adolescent Research, 16*(6), 590-607. [[Abstract](#)]

Flynn, P. M., Simpson, D. D., Anglin, M. D., & Hubbard, R. L. (2001). Comment on "nonresponse and selection bias in treatment follow-up studies" [Letter to the

Editor]. *Substance Use & Misuse, 36*(12), 1749-1751.

Hubbard, R. L., Flynn, P. M., Craddock, S. G., & Fletcher, B. W. (2001). Relapse after drug abuse treatment. In F. M. Tims, C. G. Leukefeld, & J. J. Platt (Eds.), *Relapse and recovery in addictions* (pp. 109-121). New Haven, CT: Yale University Press.

Joe, G. W., Simpson, D. D., Dansereau, D. F., & Rowan-Szal, G. A. (2001). Relationships between counseling rapport and drug abuse treatment outcomes. *Psychiatric Services, 52*(9), 1223-1229. [[Abstract](#)]

Knight, D. K., Logan, S. M., & Simpson, D. D. (2001). Predictors of program completion for women in residential substance abuse treatment. *American Journal of Drug and Alcohol Abuse, 27*(1), 1-18. [[Abstract](#)]

Knight, D. K., Wallace, G. L., Joe, G. W., & Logan, S. M. (2001). Change in psychosocial functioning and social relations among women in residential substance abuse treatment. *Journal of Substance Abuse, 13*, 533-547. [[Abstract](#)]

Linhorst, D. M., Knight, K., Johnston, J. S., & Trickey, M. (2001). Situational influences on the implementation of a prison-based therapeutic community. *The Prison Journal, 81*(4), 436-453. [[Abstract](#)]



Updated comprehensive lists of IBR publications, arranged by year and research activity, are maintained in the [Publications](#) section of the IBR Web site (www.ibr.tcu.edu). The section also provides [searchable abstracts](#) of over 175 IBR journal articles published from 1990 to the present.

Simpson, D. D. (2001). Modeling treatment process and outcomes (editorial). *Addiction*, 96(2), 207-211. [Summary]

TECHNICAL REPORTS

Farabee, D., & Knight, K. (2001). *Final report on the psychometric properties of the Inmate Pre-Release Assessment (IPASS)*. Correctional Treatment Assessment Consortium, Pacific Southwest ATTC, San Diego, CA.

Knight, D. K., & Logan, S. (2001). *The Salvation Army First Choice Project: A description of services provided to women in residential treatment*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Knight, D. K., & Logan, S. (2001). *The Salvation Army First Choice Project: Descriptive statistics at admission*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

Knight, D. K., & Logan, S. (2001). *The Salvation Army First Choice Project: Descriptive statistics at follow-up*. Fort Worth: Texas Christian University, Institute of Behavioral Research.

IN PRESS

Bartholomew, N. G., Rowan-Szal, G. A., Chatham, L. R., Nucatola, D. C., & Simpson, D. D. (in press). Sexual abuse among women entering methadone treatment. *Journal of Psychoactive Drugs*.

Bennett, J. B., & Lehman, W. E. K. (Eds.). (in press). *Preventing workplace substance abuse: Beyond drug testing to wellness*.

Washington, DC: American Psychological Association.

- Bennett, J. B. (in press). Introduction.
- Bennett, J. B., Reynolds, G. S., & Lehman, W. E. K. (in press). Understanding employee substance use: Toward a multi-level approach.
- Lehman, W. E. K., Reynolds, G. S., & Bennett, J. B. (in press). Team and informational trainings for workplace substance abuse prevention.
- Bennett, J. B., Reynolds, G. S., & Lehman, W. E. K. (in press). Cautious optimism, next steps, and recommendations: The need for more research.

Broome, K. M., Simpson, D. D., & Joe, G. W. (in press). The role of social support following short-term inpatient treatment. *The American Journal on Addictions*.

Czuchry, M., & Dansereau, D. F. (in press). A model of the effects of node-link mapping on drug abuse counseling. *Addictive Behaviors*.

Flynn, P., Joe, G. W., Broome, K. M., Simpson, D. D., & Brown, B. S. (in press). Looking back on cocaine dependence: Reasons for recovery. *The American Journal on Addictions*.

Flynn, P. M., Porto, J. V., Rounds-Bryant, J. L., & Kristiansen, P. L. (in press). Costs and benefits of methadone treatment in DATOS—Part 1: Discharged versus continu-

ing patients. *Journal of Maintenance in the Addictions*.

Flynn, P. M., Porto, J. V., Rounds-Bryant, J. L., & Kristiansen, P. L. (in press). Costs and benefits of methadone treatment in DATOS—Part 2: Gender differences for discharged and continuing patients. *Journal of Maintenance in the Addictions*.

Hood, P., Knight, D. K., & Logan, S. M. (in press). Mutually beneficial collaboration: Using evaluation to improve service delivery. In M. Gershowitz (Ed.), *Practices that worked: Women's and children's drug treatment*. Washington, DC: U.S. Government Printing Office.

Lehman, W. E. K., & Bennett, J. B. (in press). Job risk and employee substance use: The influence of personal background and work environment factors. *American Journal of Drug and Alcohol Abuse*.

Simpson, D. D., Joe, G. W., & Broome, K. M. (in press). A national 5-year follow-up of treatment outcomes for cocaine dependence. *Archives of General Psychiatry*.

Simpson, D. D., & Knight, K. (in press). TCU model of treatment process and outcomes in correctional settings. In A. Fins (Ed.), *State of corrections*. Lanham, MD: American Correctional Association.

CONFERENCE PRESENTATIONS (Listed chronologically by month)

Simpson, D. D. (2001, January). *Organizational attributes and technology transfer*. Invited presentation to Director's Seminar, National Institute on Drug Abuse, Bethesda, MD.

Publications and Presentations

Bartholomew, N. G. (2001, March). *Straight Ahead: Applying solution-focused ideas in recovery groups*. Workshop presented at Metamorphosis, Texas Association of Alcohol and Drug Abuse Counselors, Regional Conference, Fort Worth, TX.

Knight, K. (2001, March). *Offender re-entry*. Invited presentation to the Prairielands Addiction Technology Transfer Center (ATTC) Re-entry Workshop, Iowa City, IA.

Northwest Frontier ATTC/TCU Conference

- Bartholomew, N. G. (2001, April). *Straight Ahead: Transition Skills for Recovery*. Workshop presentation at Research-Based Interventions to Improve Treatment Outcomes Training Conference, Northwest Frontier ATTC, Seattle, WA.
- Bartholomew, N. G. (2001, April). *Time Out! groups: Relationship skills for men and women*. Workshop presented at Research-Based Interventions to Improve Treatment Outcomes Training Conference, Northwest Frontier ATTC/TCU, Seattle, WA.
- Dansereau, D. F., & Sia, T. L. (2001, April). *Cognitive strategies for increasing treatment engagement*. Workshop presented at Research-Based Interventions to Improve Treatment Outcomes Training Conference, Northwest Frontier ATTC/TCU, Seattle, WA.
- Knight, D. K. (2001, April). *Partners in Parenting: Skill enhancements for parents in treatment*. Workshop presented at Research-Based Interventions to Improve Treatment Outcomes Training Conference, Northwest Frontier ATTC/TCU, Seattle, WA.
- Rowan-Szal, G. A. and Greener, J. M. (2001, April). *Assessment and monitoring of client progress*. Workshop presentation for Directors at the Northwest Frontier ATTC/TCU Conference on Research-Based Interventions to Improve Treatment Outcomes, Seattle, WA.
- Sia, T. L., & Dansereau, D. F. (2001, April). *Induction games and activities for improving treatment readiness and engagement*. Workshop presentation for Directors at the Northwest Frontier ATTC/TCU Conference on Research-Based Interventions to Improve Treatment Outcomes, Seattle, WA.
- Simpson, D. D. (2001, April). *An evidence-based treatment system: What it means and how to use it*. Plenary introduction to Northwest Frontier ATTC/TCU Conference on Research-Based Interventions to Improve Treatment Outcomes, Seattle, WA.
- Simpson, D. D. (2001, April). *Using assessments of programs and clients*. Workshop presentation for Directors at the Northwest Frontier ATTC/TCU Conference on Research-Based Interventions to Improve Treatment Outcomes, Seattle, WA.
- Knight, K. (2001, April). *The TCU Drug Screen*. Invited presentation at the annual meeting of the Academy of Criminal Justice Sciences (ACJS), Washington, DC.
- Rao, S. R., Sia, T. L., Dansereau, D. F., Wiitala, W. L., Bahr, G. S., & Atha-Weldon, C. (2001, April). *The use of medication by those not seeking it as a technique*. Poster presentation at American Association for Advancement of Science, Denton, TX.
- Simpson, D. D. (2001, April). *Organizational attributes and technology transfer*. Invited presentation to Work Group Meeting for Knowledge Adoption Studies, CSAT Practice Research Collaboration (PRC) Program, San Francisco, CA.
- Wiitala, W. L., Rao, S. R., Sia, T. L., Dansereau, D. F., Bahr, G. S., & Atha-Weldon, C. (2001, April). *Personal mapping and locus of control*. Poster presentation at American Association for Advancement of Science, Denton, TX.
- Knight, K., & Farabee, D. F. (2001, May). *Screening and assessment tools overview*. Invited presentation to the California Board of Prison Terms, San Diego, CA.
- Knight, K. (2001, May). *Screening and assessment*. Invited presentation at the Proposition 36 State-wide Conference, San Diego, CA.



Several online presentations of IBR conference materials are provided in the [Presentations](#) section of the IBR Web site (www.ibr.tcu.edu).

- Knight, K. (2001, May). *Post-incarceration continued care in the community: An essential ingredient*. Invited presentation to the National Association of Alcoholism and Drug Abuse Counselors (NAADAC), 25th Annual Conference on Addiction Treatment, Portland, OR.
- Knight, K. (2001, May). *Drug treatment and offender characteristics*. Invited plenary address at the Proposition 36 Statewide Conference, San Diego, CA.
- Simpson, D. D. (2001, June). *Treatment for substance abuse: Making it effective*. Invited presentation to the Western Governor's Association Drug Policy Summit, Boise, ID.
- Bennett, J. B. (2001, July). *Team-oriented wellness and substance abuse prevention: An evidence-based approach for the workplace*. Conference demonstration at the annual meeting of the National Wellness Institute, Stevens Point, WI.
- Simpson, D. D. (2001, July). *Organizational assessments for technology transfer*. Invited presentation to the Institute for Behavioral Research, University of Georgia, Athens, GA.
- Simpson, D. D. (2001, July). *Organizational assessments for technology transfer*. Invited presentation to The Change Book Workshop on Facilitating Change, CSAT Addiction Technology Transfer Centers (ATTC), Boston, MA.
- Flynn, P. M. & Simpson, D. D. (2001, September). *What is substance abuse treatment: The blending of research and practice*. Invited presentation for Demand Treatment! Leadership Seminar II, Denver, CO.
- Knight, D. K. & Bartholomew, N. G. (2001, September). *Partners in Parenting: Enhancing skills for parents in treatment*. Training workshop for Addiction Services Counselors of Tarrant County MHMR, Fort Worth, TX.
- Lehman, W. E. K. & Bennett, J. B. (2001, September). *Workplace substance abuse prevention and help-seeking: Comparing a team-oriented and informational training*. Invited presentation at the Center for Substance Abuse Prevention Knowledge Exchange Workshop III, Workplace Substance Abuse Prevention: Visualizing the Future — Research, Practice, and Policy, Crystal City, VA..
- Simpson, D. D. (2001, September). *Treatment for chronic drug use: Making it effective*. Invited presentation to Annual Meeting of the International Council on Alcohol and Addictions (ICAA): Science Meets Practice, Treatment & Management – Changing Paradigms, Heidelberg, Germany.
- Simpson, D. D. (2001, September). *Addiction treatment process & outcomes*. Invited presentation to Science Meets Practice Seminars, National Research Council, Rome, Italy.
- Simpson, D. D. (2001, September). *Addiction treatment process & outcomes*. Invited presentation to Science Meets Practice Seminars, Greek Organization Against Drugs, Athens, Greece.
- Czuchry, M. L., Sia, T. L., (2001, October). *Induction strategies for motivating clients*. Invited workshop conducted at the 2nd Annual Criminal Justice Institute, San Diego, CA.
- Knight, K. (2001, October). *Harnessing science to transform lives: Offender re-entry*. Invited presentation to the National Treatment Accountability and Safer Communities (TASC), 8th Conference on Drugs and Crime, FL.
- Simpson, D. D. (2001, October). *Treating offenders: Assessments and engagement for better outcomes*. Invited presentation to 2nd Annual Criminal Justice Institute, San Diego, CA.
- Dees, S. M., & Dansereau, D. F. (2001, November). *Treatment motivation and engagement among incarcerated substance abusers*. Paper presented at the annual meeting of the American Society of Criminology, Atlanta, GA.
- Knight, K. (2001, November). *Drug treatment in criminal justice settings: What we know*. Invited NIDA panel presentation at the annual meeting of the American Society of Addictive Medicine (ASAM) State of the Art Conference, Washington, DC.
- Knight, K. (2001, November). *TCU treatment performance measures*. Paper presented at the annual meeting of the American Society of Criminology (ASC), Atlanta, GA.
- O'Keefe, M. L., & Flynn, P. M. (2001, November). *Evaluating prison-based treatment: Using the MCMI-III Correctional Form*. Paper presented at the annual meeting of the American Evaluation Association, St. Louis, MO.
- Dansereau, D. F. (2001, December). *Treatment mapping*. Wisconsin Bureau of Substance Abuse Services — Monthly Teleconference Series, Madison, WI.



2001 IBR Annual Report

INSTITUTE OF **B**EHAVIORAL **R**ESearch
AT **T**EXAS **C**HRIStIAN **U**NIVERSITY

TCU Box 298740

Fort Worth, TX 76129

Phone: 817/ 257-7226

Fax: 817/ 257-7290

E-mail: ibr@tcu.edu

IBR Web site: www.ibr.tcu.edu

DATOS Web site: www.datos.org

Webmaster e-mail: c.pevoto@tcu.edu

Managing Editor:

D. Dwayne Simpson

Editorial Assistants:

Helen Huskey and **Barbara Thomsen**

Production Assistants:

Linda Ferdinand and **Elena Garcia**

Design and Composition:

Charlotte Pevoto