



# Planning for Effective Treatment Services and Implementing Change

D. Dwayne Simpson, Ph.D.  
Emeritus Director of IBR and  
S.B. Sells Distinguished Professor



1

## Sustaining & improving services?

“How do we keep doing *more with less* and  
also show favorable evidence for  
outcomes”?

- **Calibrate** needs & services for clients (care plans)
  - ✓ Triage clients into *intensity* levels (especially CJ)
- **Sustain** effective treatment system & process
  - ✓ Assessments & Interventions that *work & inter-connect*
- **Translate** local/national policy statements
  - ✓ Special care mandates & resource streams
- **Attend to** organizational climate/functioning

2





## Check List for System Effectiveness

1. Are current **assessments** reliable measures of client needs and stages of change?
2. Do current **interventions** show measureable evidence of effectiveness (*related to needs*)?
3. Are these **treatment components** clearly interconnected and understood by staff?
4. Has “better” **care planning** improved engagement and retention in treatment?
5. Are there **organizational/staff** barriers that limit operational/performance levels?

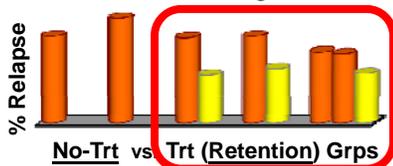
3

## NIDA's National Evaluations of Treatment Effectiveness in U.S.

[www.DATOS.org](http://www.DATOS.org)

- **DARP** (1<sup>st</sup> US Study 1970s)
- **TOPS** (2<sup>nd</sup> US Study 1980s)
- **DATOS** (3<sup>rd</sup> US Study 1990s)

**300+ Studies Published on  
 65,000 Drug Users Treated  
 in over 300 Programs**



**PROCESS  
 matters!!!**



### Drug Abuse Treatment Outcome Studies



#### Collaborating Centers

TCU NDRI UCLA NIDA

[HOME PAGE](#)  
[ABOUT DATOS](#)  
[BACKGROUND](#)  
 (DARP/TOPS)

**ADULTS**  
[Introduction](#)  
[Services](#)  
[1-Year Outcomes](#)  
[Retention](#)  
[Engagement](#)  
[History Effects](#)  
[Cocaine Treatment](#)  
[Cost Benefits](#)  
[5-Year Outcomes](#)

**ADOLESCENTS**  
[Introduction](#)  
[Services](#)  
[1-Year Outcomes](#)  
[Engagement](#)  
[Special Populations](#)

**PUBLICATIONS**  
[Listed by Year](#)  
[Listed by Topics](#)  
[Special Collections](#)

DATOS reports national patterns of treatment effectiveness in the U.S. during the 1990s

(much like **DARP** in the 1970s and **TOPS** in the 1980s) in over 85 publications summarized below — and listed by **year** and **topic**. Three addiction research centers and NIDA scientists conducted the treatment process and follow-up outcome studies.

Special Collections of DATOS publications:

- [Methods and 1-Year Outcomes](#) (1997 in PAB )
- [Treatment Process, Engagement, and Retention](#) (1999 in DAD )
- [Adolescent Treatment Outcomes](#) (2001 in JAR )
- [5-Year Outcomes and Recovery Patterns](#) (2003 in JSAT )
- Adolescent treatment follow-up outcome studies based on 1167 youth treated in 23 programs from 4 cities were reported in — [Archives of General Psychiatry](#) (2001)
- [Journal of Adolescent Research](#) (2001)



Summary  
 PowerPoint®  
 Presentations

1. [Overview of Treatment Outcome Studies](#) (PPT; 318KB / 20 slides)
2. [Overview of Treatment Retention Findings](#) (PPT; 440KB / 19 slides)
3. [Overview of Treatment Engagement Findings](#) (PPT; 225KB / 13 slides)
4. [Overview of](#)

4

## Pathways to Recovery

(A 12-Year Followup, Simpson & Sells, 1990)

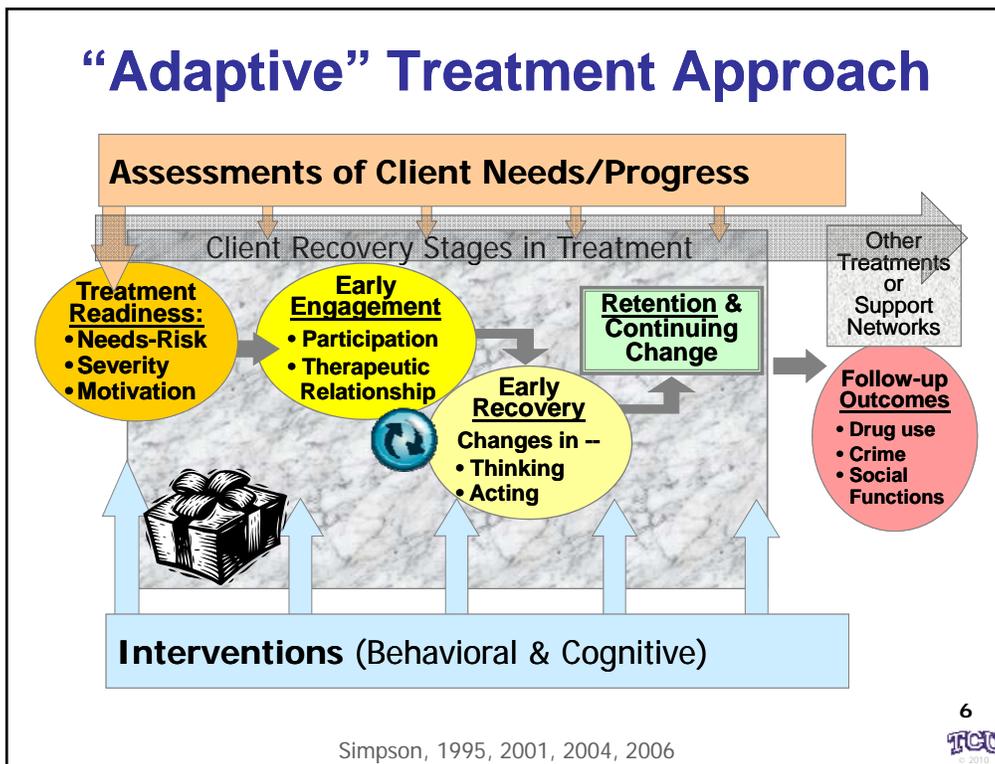


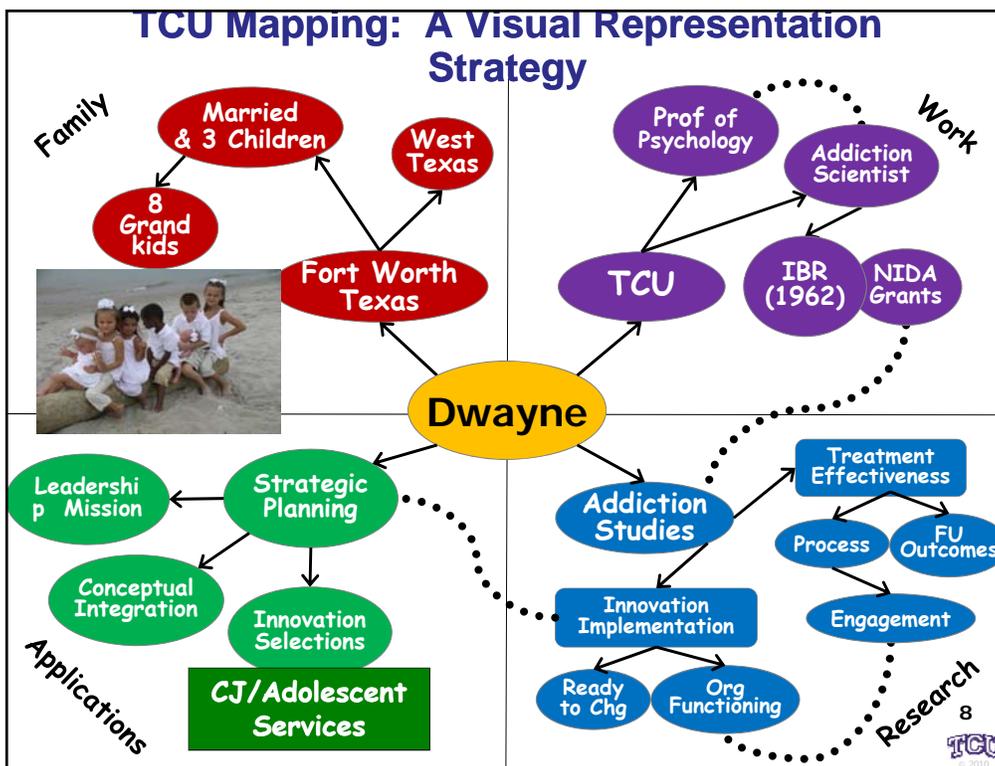
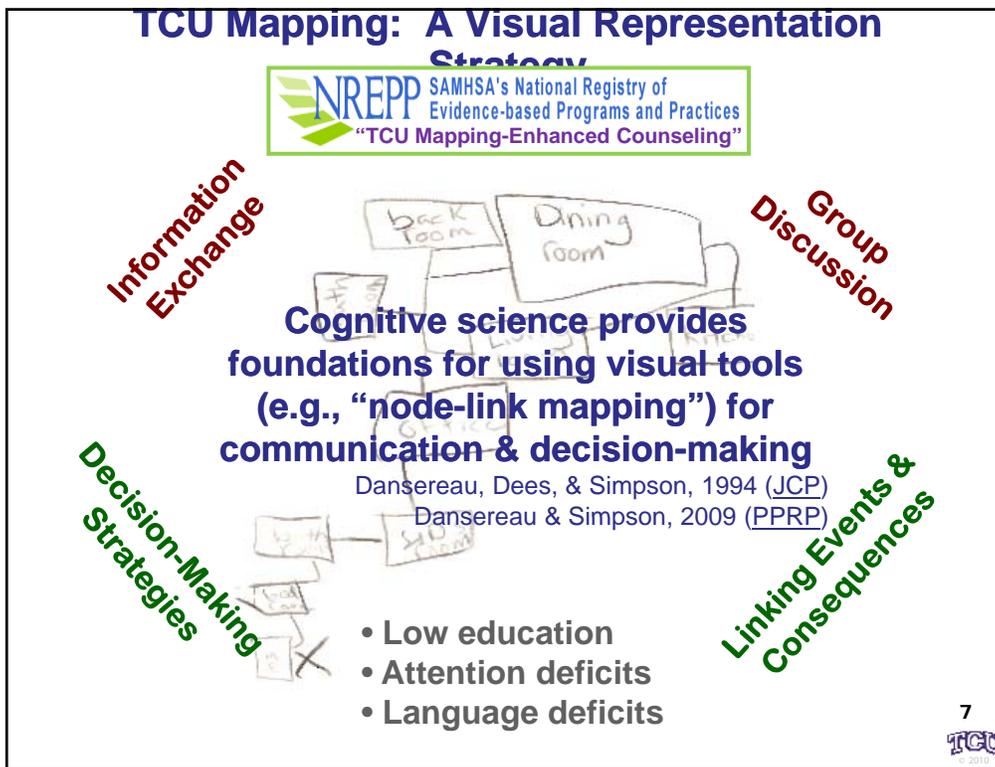
- **Tired of the hassle – “hitting bottom” ...**  
 (*intra-individual*)
- **Health/medical problems, religion ...**
- **Special events – getting married, family needs**  
 (*inter-personal*)
- **Fear of jail/violence ...**  
 (*environmental*)

**Starting place and route of  
 travel differs across  
 individuals!!**

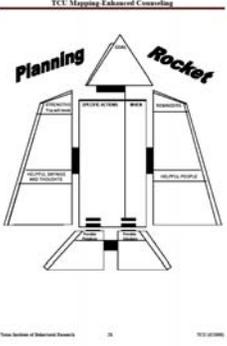


5  



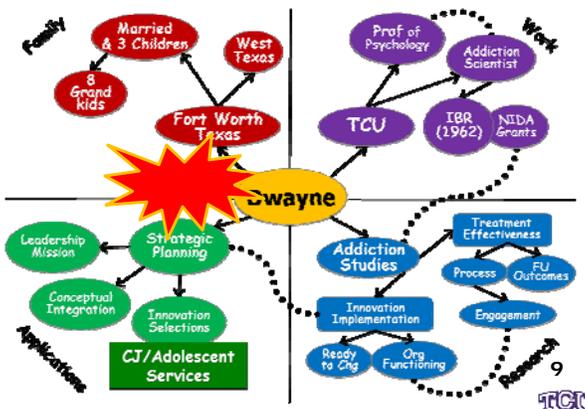
## TCU Mapping: A Visual Representation Strategy



TCU Mapping Enhanced Counseling

- “Free-style” maps
- “Information” maps
- “Guided” maps

‘Maps’ help place events into records with visual context for discussion of impact and action.



TCU © 2010



**Texas Institute of Behavioral Research**  
 at Texas Christian University

SEARCH

**IBR HOME PAGE**

[MANUALS](#)

[FORMS](#)

[EVIDENCE](#)

[ABOUT IBR-TCU](#)

[STAFF](#)

[PUBLICATIONS](#)

[PRESENTATIONS](#)

[PROJECTS](#)

[NEWSLETTERS](#)

[OTHER LINKS](#)

[WHAT'S NEW](#)

**SITE GUIDES:**




A National Research Center  
 for addiction treatment studies  
 in community and correctional settings  
 (over 600 free resource files available)

Check for  
 more info on  
[Mapping Training](#)

[www.ibr.tcu.edu](http://www.ibr.tcu.edu)

**EVIDENCE**

[SUMMARY](#)

TCU Mapping-Enhanced Counseling

Treatment Process

Counseling Manuals

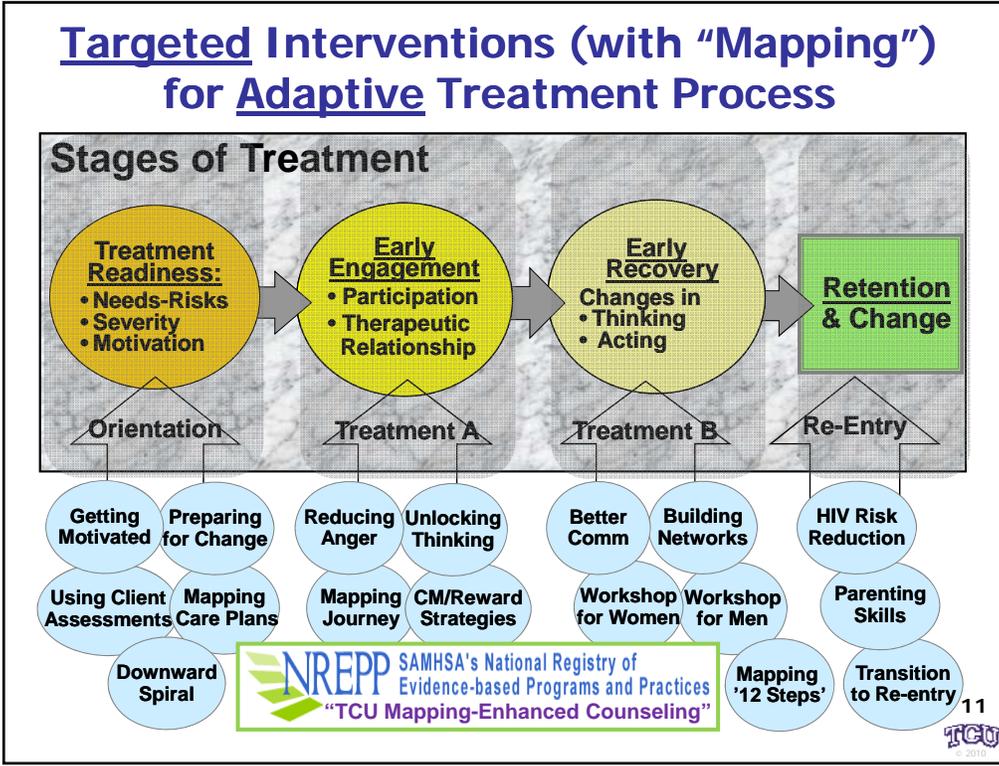
Corrections-Based Treatment

National Evaluations

Organizational Readiness

Assessment Fact Sheets (with norms)

10  
 TCU © 2010



## Over 20 Manuals Available

**TOOLS FOR BETTER COMMUNICATION**

**Getting Motivated To Change**

**UNLOCK YOUR THINKING OPEN YOUR MIND**

**MAPPING YOUR REENTRY PLAN: HEADING HOME**

Included in SAMHSA's National Registry of Evidence-based Programs and Practices

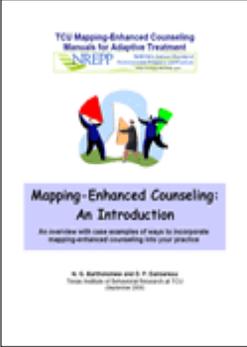
**Mapping-Enhanced Counseling: An Introduction**

Manuals (Page 1 of 3) Last updated: May 6, 2009	TCU Treatment Stage		Focal Topic Areas										Specific Population	Can use the manual for?												
Click on intervention title for manual information and link to download.	Medication and Infection (MI) TIC	Engaging/Participation in TIC	Improving early Recovery in TIC	Improving Retention and Re-entry	Improving Relational Interactions	Anger management	Communication	Contingency management	HIV/AIDS/STD	Mapping concepts utilized	Motivation	Relapse	Recovery/transition skills (others)	Personal health/behavioral/jur	Family Support Networks	Treatment services	Treatment planning	12-Step/12th Step	Workplaces/Organizational Issues	CI specific: version included	Women/Trans-specific	Youth/Adolescent-specific	Individualized Recovery/Treatment planning	Psychosocial/group therapy	Topic-focused modular applications	Training for community staff
<b>Mapping-Enhanced Counseling: An Introduction</b>	D	X	X																						X	
<b>Mapping New Roads to Recovery: Cognitive Enhancement in Counseling</b>	D	X	X	X																						
<b>Mapping Organizational Change: A Guidebook on Program Needs</b>	D				X																					
<b>Mapping the Journey: A Treatment Guidebook</b>	D	X	X	X																					X	
<b>NEW: Mapping Your Reentry Plan: Heading Home</b>	D			X									X												X	
<b>Mapping Your Steps: Twelve Step Guide (English and Spanish)</b>	D	\$20	X	X																					X	
<b>Mapping Your Treatment Plan: A Collaborative Approach</b>	D	X	X	X	X																				X	
<b>Preparation for Change: The Power of Structure and the Weekly Plan</b>	D	\$15	X	X	X								X												X	
<b>TCU Guide Maps: A Resource for Counselors</b>	D	\$25	X	X	X																				X	
<b>Using Client Assessment to Plan and Monitor Treatment (Using CBT Guide)</b>	D		X	X	X												X								X	

## Manuals



Included in SAMHSA's National Registry of Evidence-based Programs and Practices



# New! Mapping Atlas

Mapping Atlas for selecting guide maps for use in TCU Mapping-Enhanced Counseling for substance abuse treatment Mar/18/2010

(Page 1 of 7)  
 (A matrix for selecting TCU guide maps)  
 Instructions for Mapping Atlas

Links to manuals' info & download:  
[TCU: Setting Motivation to Change](#)  
[SECC: Mapping Enhanced Counseling: An Introduction](#)  
[MHC: Mapping the Journey](#)  
[MHP: Mapping Your Reentry Plan](#)  
[MTP: Mapping Your Treatment Plan](#)  
[TCUG: TCU Guide Maps](#)

© Copyright 2010 Texas Institute of Behavioral Research at TCU, Fort Worth. All rights reserved.  
 Atlas URL: [www.ibr.tcu.edu/ibrc/Manuals/mappingatlas.pdf](http://www.ibr.tcu.edu/ibrc/Manuals/mappingatlas.pdf)  
 Click on link below to download a map.

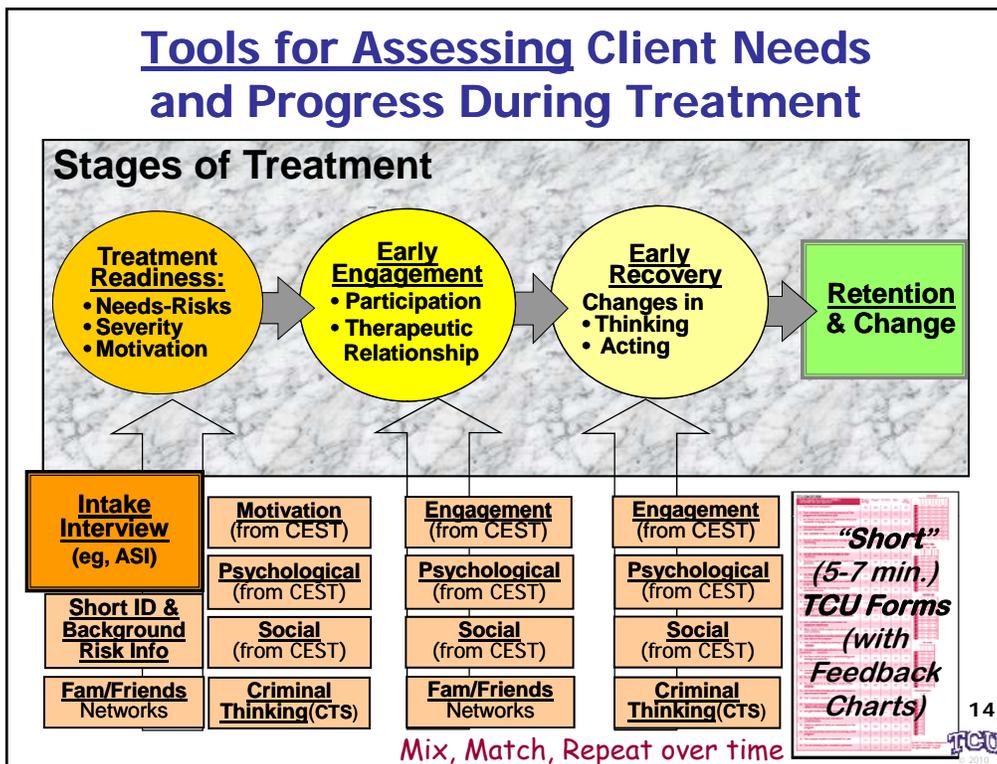
	Self and Others						Topic Areas											
	Experiencing self	Motivation	Dealing with emotions	Thinking errors	Healthy/HEV/AIDS/STIs	Improving communication	Improving relationships	Treatment planning/plan setting	Planning critical actions	Monitoring Progress	Problem-solving/ decision making	Reentry plan	Relapse prevention	Taking control	Social network/peer inventory	Coping/stress management	Success outcomes	Block walls/methods
<b>Activities</b> "There are some activities that I could get into that would make me feel good..."	TCUG pg 83	X	X					X					X					
<b>Attitude</b> "This is how I would describe my attitude about..."	TCUG pg 82	X					X			X				X				
<b>Avoid HIV/AIDS</b> "Ways to Avoid Getting and Giving HIV/AIDS"	TCUG pg 71				X	X			X					X				
<b>Bad Memories</b> "What is the bad thing that happened to you?"	TCUG pg 110		X							X					X			X
<b>Blank map #1</b> ("Issue" node with 3 white empty nodes)	TCUG pg 120																	
<b>Blank map #2</b> (all purpose wagon wheel shape of nodes)	TCUG pg 125																	
<b>Blank map #3</b> (with instructions for growing a tree map)	MCP pg 71																	
<b>Five Five Update</b> "Things I've said I want to work on" "Progress I have made in tackling them"	MTP pg 47		X					X	X								X	
<b>Critical Action List</b> for Aftercare and Recovery	TCUG pg 76	X							X					X				
<b>Decision Map</b> (You have a decision to make about...)	MCP pg 51								X	X				X				
<b>Define Your Critical Action</b> "Picture yourself doing this..."	TCUG pg 77		X					X	X				X					

Top 70 Maps!

13

NO Costs for TCU Manuals

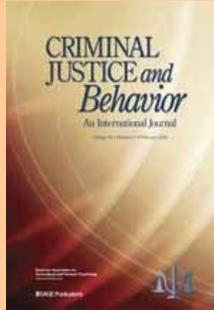




## Measures of Client Functioning

### Motivation

- Problems
- Desire for Help
- TX Readiness
- Needs/Pressures



### Social Functioning

- Hostility
- Risk Taking
- Social Support
- Social Desirability

### Psychological Functioning

- Self Esteem
- Depression/Anxiety
- Decision Making
- Expectancy

### Criminal Thinking

- Entitlement
- Justification
- Irresponsibility
- Power Orientation
- Cold Heartedness
- Rationalization

### Treatment Engagement

- Satisfaction
- Rapport
- Participation
- Peer Support

Joe et al, 2002; Simpson, 2004 (JSAT): Simpson & Knight, 2007 (CJB)

15



## TCU Short Forms for Client Assessments

### A. Client Drug Use and Crime Risk Forms:

1. TCU Drug Screen II (DRUG SCREEN II)
2. Global Risk Assessment (A/Y-RSKFORM)
3. Criminal History Risk Assessment (CRHSFORM)
4. Criminal Thinking Scales (CTSFORM)

### B. Client Health and Social Risk Forms:

1. Physical and Mental Health Status Screen (HLTHFORM)
2. Mental Trauma and PTSD Screen (TRMAFORM)
3. HIV/Hepatitis Risk Assessment (HVHPFORM)
4. Family and Friends Assessment (A/Y-FMFRFORM)

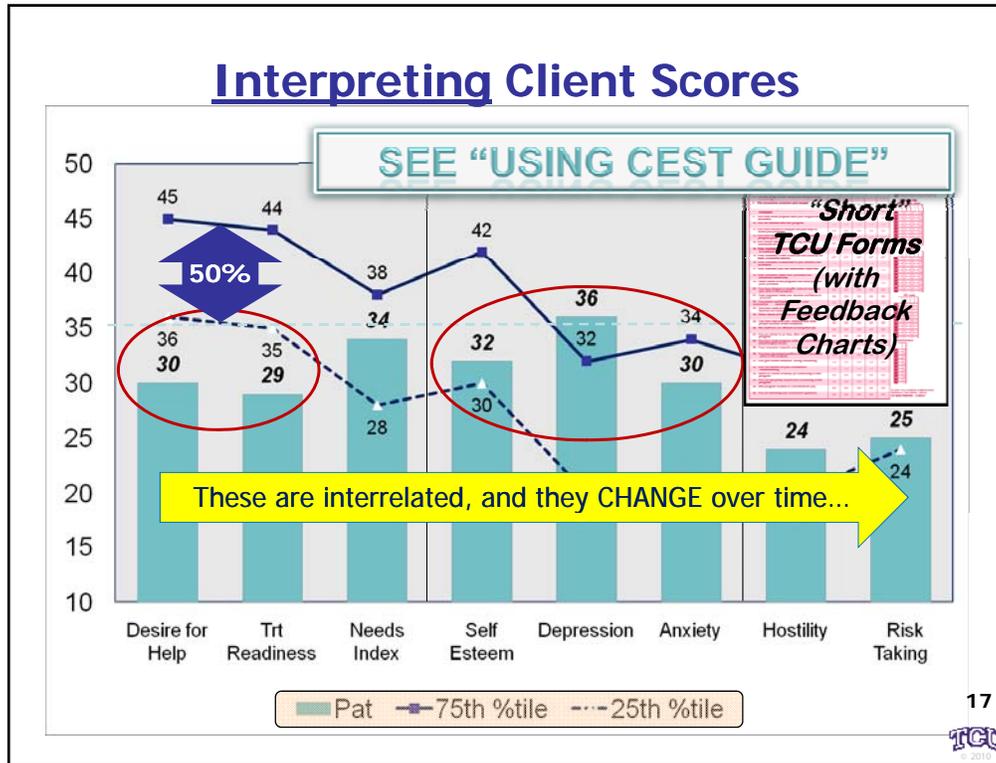
### C. Client Evaluation of Self and Treatment (CEST) Forms:

1. Treatment Needs and Motivation (MOTFORM)
2. Psychological Functioning (PSYFORM)
3. Social Functioning (SOCFORM)
4. Treatment Engagement (ENGFORM)



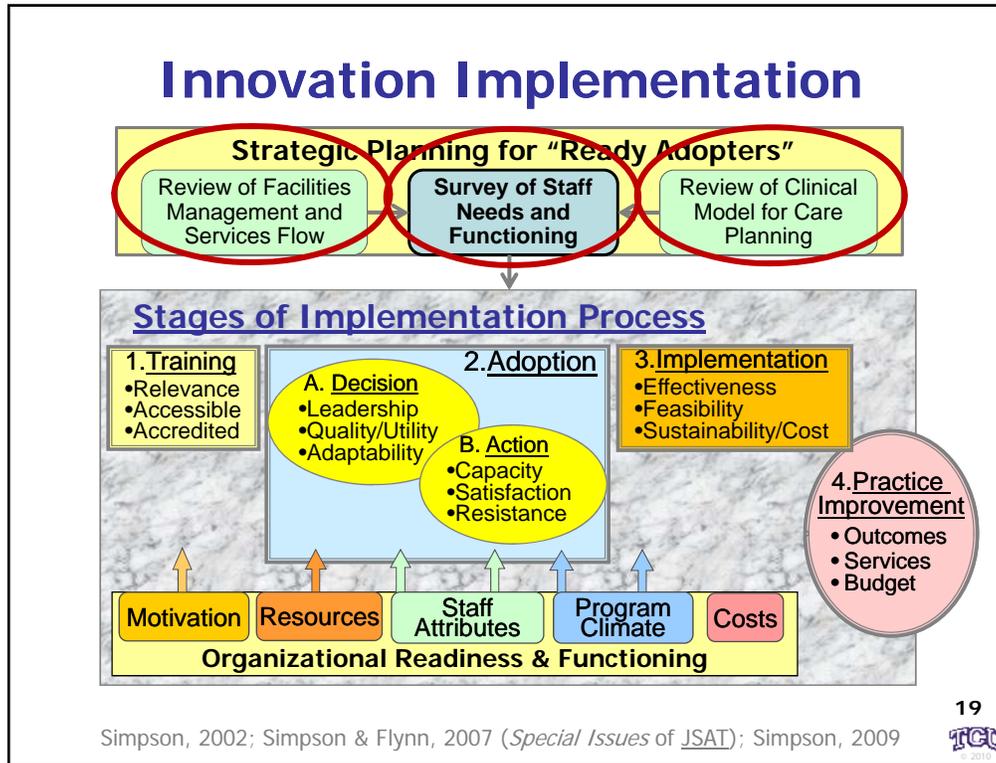
16

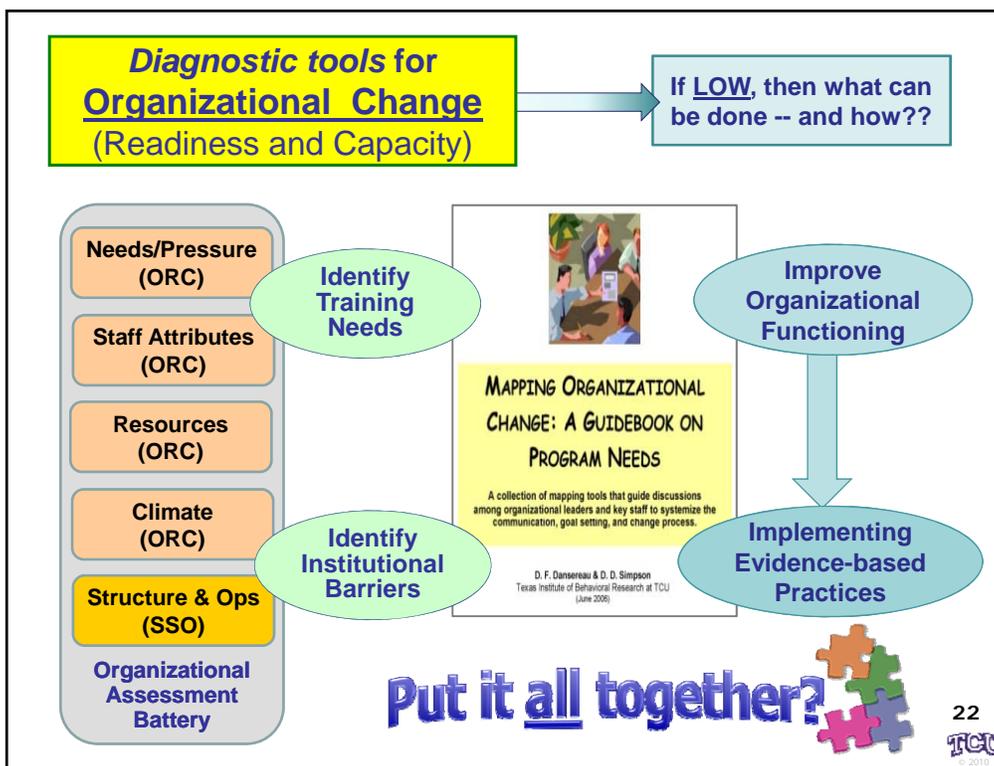
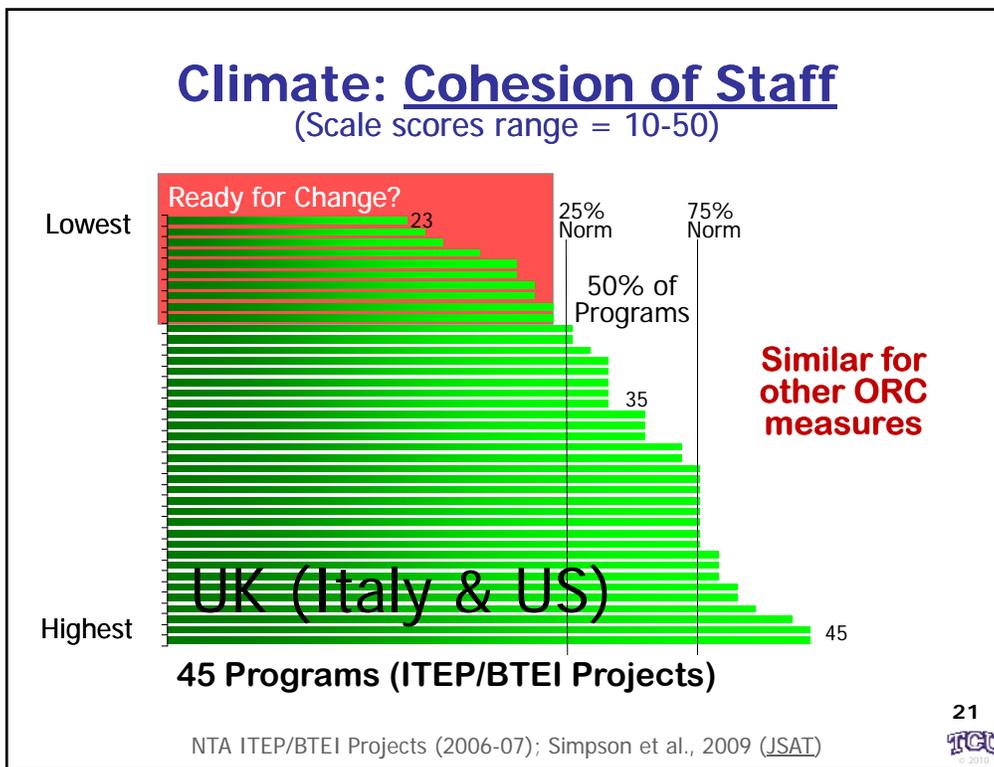


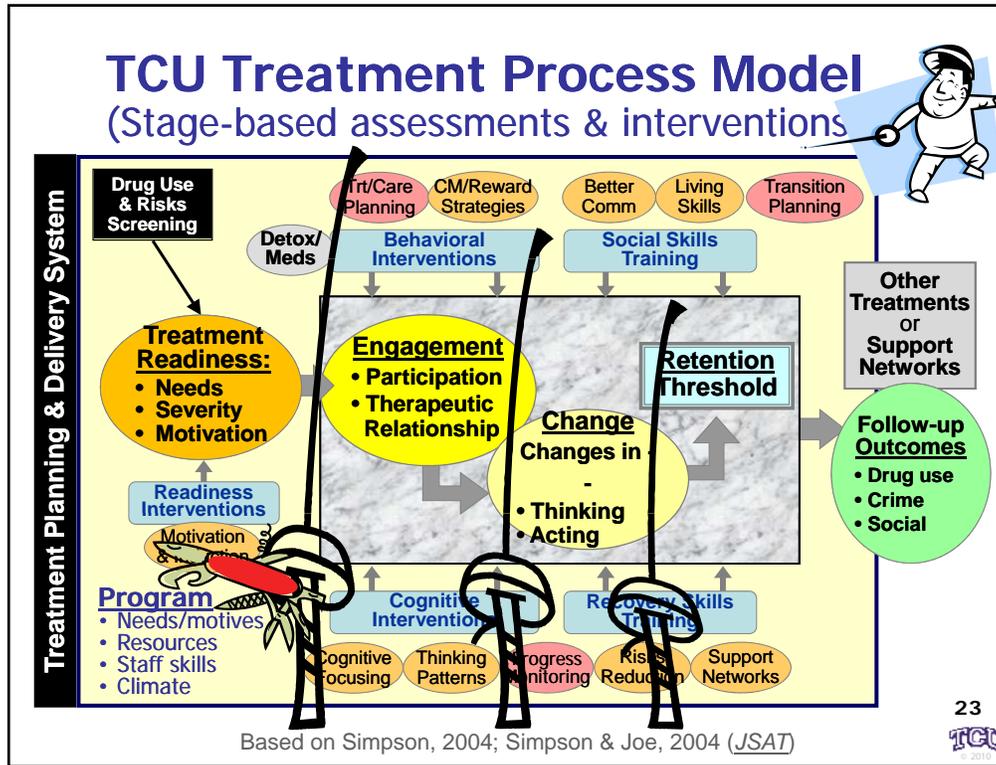


## Core Ingredients of "Effective System"

1. Conceptual framework for treatment process
2. Assessments of client functioning  
(*CEST/CTS*)
3. Guides (manuals) for *targeted* interventions:
  - *Motivation/thinking engagement*
  - *Care planning & behavioral skills training*
4. Publications for showing "evidence-base"
5. Implementation principles for organizations
6. Field network of innovation "ready adopters"







**Texas Institute of Behavioral Research**  
 at Texas Christian University

SEARCH

**IBR HOME PAGE**

[MANUALS](#)  
[FORMS](#)  
[EVIDENCE](#)

[ABOUT IBR-TCU](#)  
[STAFF](#)  
[PUBLICATIONS](#)  
[PRESENTATIONS](#)  
[PROJECTS](#)  
[NEWSLETTERS](#)

[OTHER LINKS](#)  
[WHAT'S NEW](#)

**SITE GUIDES:**

**A National Research Center  
 for addiction treatment studies  
 in community and correctional settings  
 (over 600 free resource files available)**

Guide for New Visitors

- Manuals
- Forms
- Conceptual Guides
- Publications

[www.ibr.tcu.edu](http://www.ibr.tcu.edu)

**EVIDENCE**

**SUMMARY**

[TCU Mapping-Enhanced Counseling](#)  
[Treatment Process](#)  
[Counseling Manuals](#)  
[Corrections-Based Treatment](#)  
[National Evaluations](#)  
[Organizational Readiness](#)  
[Assessment Fact Sheets \(with norms\)](#)

**"Visitors"**  
 1000+ /day  
 20 mins

24  
 TCU © 2010