

# Access to Recovery III

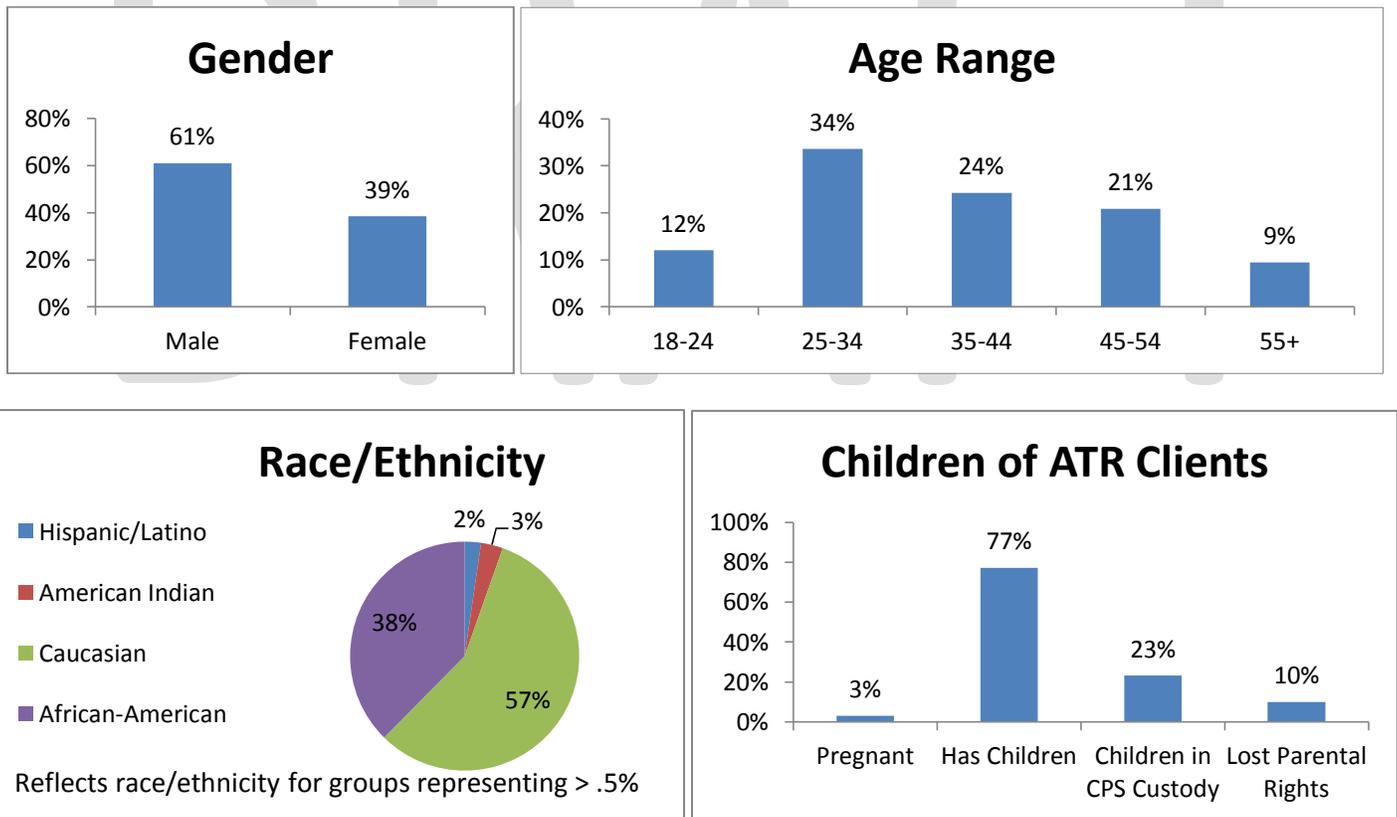
## Evaluation Outcomes Update 7.31.13

### Background

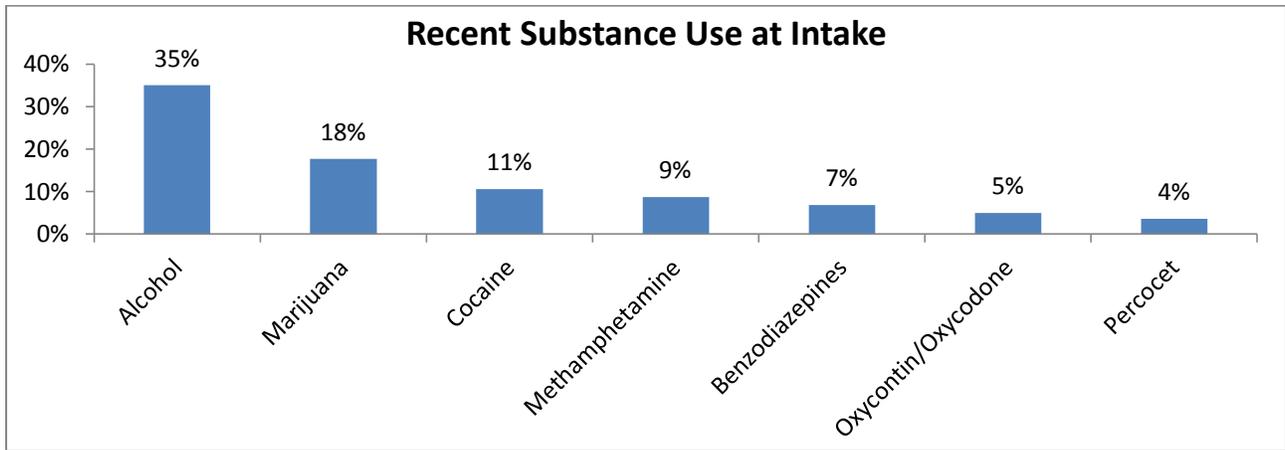
The Access to Recovery III (ATR 3) project is an initiative of the Substance Abuse and Mental Health Services Administration (SAMHSA). The Arkansas Department of Human Services/Division of Behavioral Health Services (DBHS) was awarded a four year ATR grant under the third wave of ATR funding, with funding to the state beginning on September 29, 2011. The ATR grants provide vouchers to people with drug and alcohol use problems to assist with payment for needed treatment and recovery support services. The focus of the ATR grants is to help shift the focus of care from acute treatment needs to building on the strengths of clients in recovery and sustained recovery management.

Clients are interviewed at intake and six months post-intake to evaluate the impact of ATR III services on their functioning across a variety of domains. This brief evaluation update summarizes client demographics and improvements in client functioning from intake to the six month follow-up (data current as of 7/30/13).

### Client Demographics (N = 6,798)



Overall, ATR III clients are almost two-thirds male, over half are Caucasian, with the majority between 25 and 44 years of age. About one-fifth (21.7%) had less than a high school education, and 48% completed 12<sup>th</sup> grade but did not go on to college. Since a question about veteran status was added, 16% of ATR clients enrolled were veterans. Most clients (77.1%) had children under age 18, and of those with children, 23% had a child in the custody of child protective services (CPS). Specifically, 1205 parents had a total of 2,519 children living elsewhere due to a CPS order. Only 2.9% (n = 197) of ATR clients were pregnant (7.5% of women served).

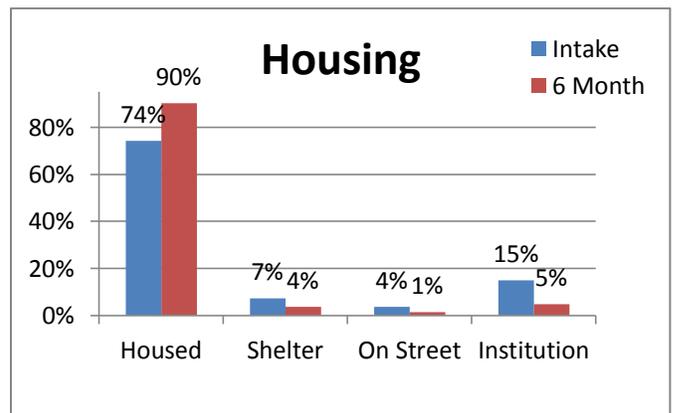
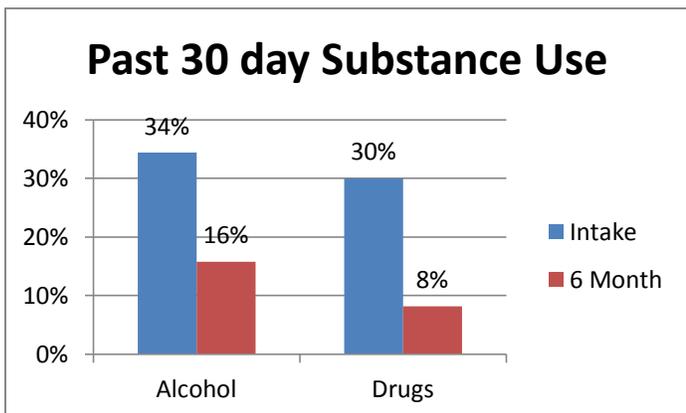


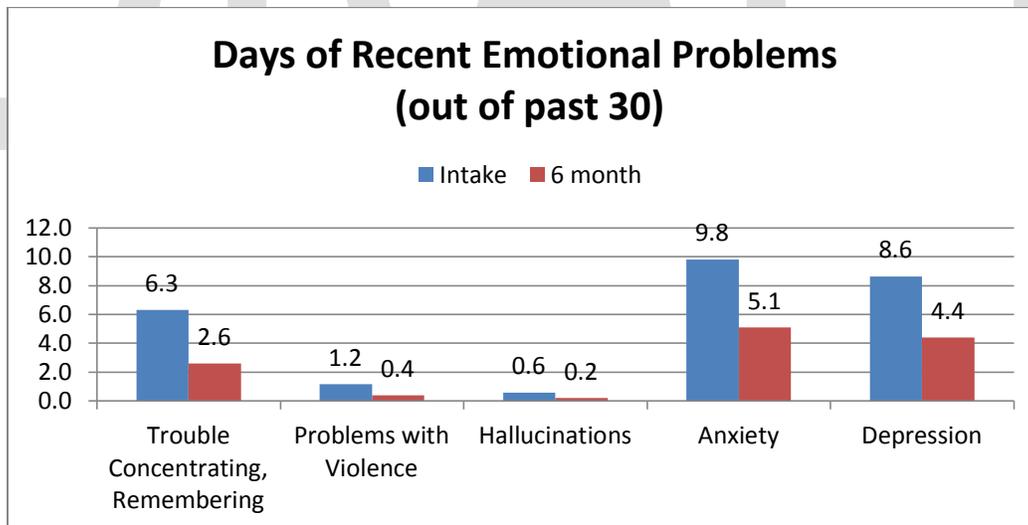
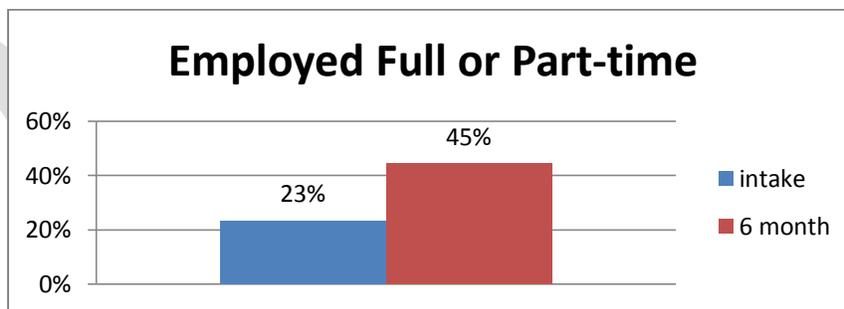
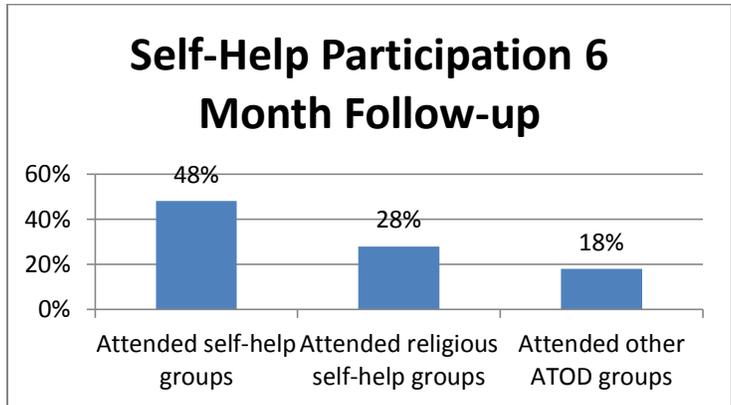
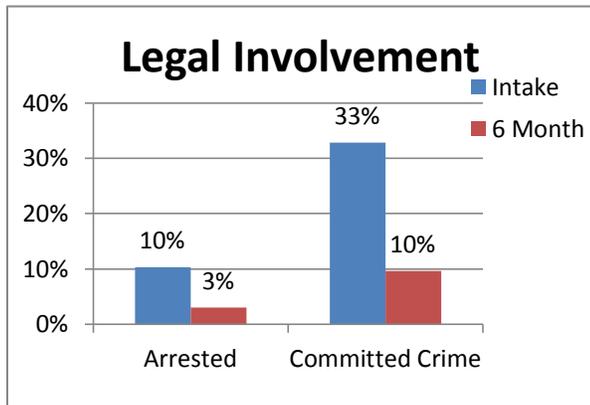
Many clients enrolling in the ATR program had already ceased alcohol and drug use and were engaged in activities to support their recovery. In the 30 days prior to enrollment in ATR, 45% of clients reported active use of alcohol or drugs. Alcohol was the most commonly used substance followed by marijuana.

### Comparison of Client Functioning From Intake to Six Month Follow-up (Matched Sample N = 4,505)

As shown below, client outcomes are positive, with meaningful reductions in substance use, criminal activity and legal problems, symptoms of emotional problems and employment and self-sufficiency. Below we compare client functioning in the 30 days prior to intake to the 30 days prior to their 6 month follow-up.

- Substance Use:** There was a significant decrease in both the percentage of clients using any substances and in the number of days they used substances. Days of alcohol use (out of past 30) decreased from 3.64 (sd = 7.5) to 1.30 (sd = 4.35), and days of other drug use decreased from 4.09 (sd = 8.5) to 1.03 (4.57).
- Housing and Employment:** As shown in the tables below, there was a significant increase in the percent of clients with independent housing. In addition the percent of clients employed full or part-time nearly doubled from 23% to 45%.
- Legal Involvement:** There was a significant decrease in the percent of clients arrested as well as a large decrease in the percent of clients committing a criminal act (33% vs 10%).
- Mental Health Symptoms:** As shown below, the frequency with which clients experienced symptoms of mental health problems (e.g. anxiety, depression) decreased by about half.





**Physical Health:** There were small but significant improvements in overall physical health status. In addition, the incidence of unprotected sexual activity decreased significantly (8.61 incidents at intake; 7.51 incidents at follow-up).

**Child Custody:** The number of children of ATR III clients in the custody of CPS decreased. Of those with a matched intake and follow-up, 24% had a child living with someone else due to CPS order at intake, compared to 19% at follow-up. More specifically, for this matched sample with intake and follow-up data, 888 ATR parents had 1841 children in CPS custody at intake, compared to 643 ATR parents with 1344 in CPS custody at the six month follow-up, a 27% decrease.