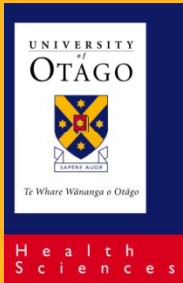


# **What Makes Them Stay? What Makes Them Go?**

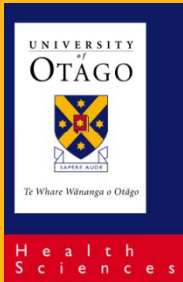
## **Factors associated with treatment retention in AOD services for youth**

**Ria Schroder**  
**National Addiction Centre**



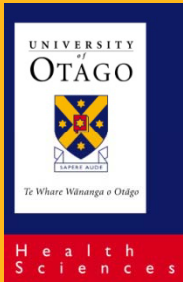
# Acknowledgements

- Treatment services
- Participants
- Funded by ALAC
- Co-Investigators
  - Doug Sellman
  - Daryle Deering
  - Chris Frampton



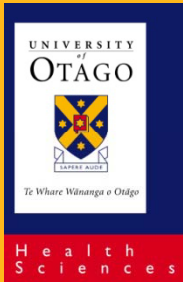
# Overview

- Youth Treatment Retention Study (YTRS) – What is it?
- Why and how we did it
- What we did and didn't find
- Implications for treatment provision



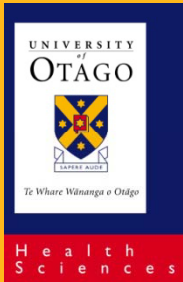
# YTRS - What Is It?

- Study initiated by ALAC
- Aimed at improving AOD treatment for youth by asking:
  - What makes youth stay in or leave AOD treatment?
- Talk to youth who have been in treatment and the services who work with them.
- Check out existing ideas, but allow room for new ones.



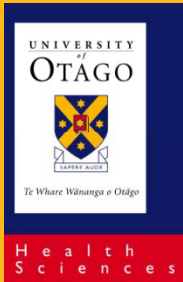
# Why Did We Do It?

- Treatment Retention = Better Treatment Outcome
- Findings from adult literature
  - Differences between adults and adolescents
- Limited information on youth
  - Inconclusive findings
  - NZ context



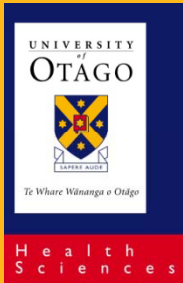
# What Did We Do?

- Interviewed 79 youth who attended a youth AOD treatment service in 2003 and/or 2004
  - 8 services
  - Auckland, Hamilton, Hawkes Bay, Christchurch
  - Day, Residential, Outpatient
  - Mainstream, Kaupapa Maori, Pacifica
- File searches
  - 79 participants
  - 105 non participants
- Questionnaire for key workers about their perceptions of why youth clients stay in or leave treatment
  - Related to specific participant
  - Related to youth in general

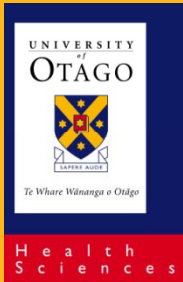


# What Did We Ask?

- Questions for youth about:
  - Background details
  - Substance use (AUDIT, CUDIT, M.I.N.I.)
  - Mental health (SCL-90R, M.I.N.I.)
  - General health (SF-36)
  - Relationships with family and friends
  - Personality (TCI, Barrett Impulsiveness Scale)
  - Treatment experiences and reasons for staying/leaving

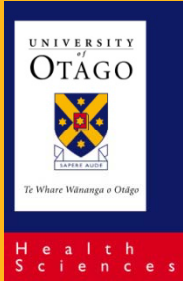


# Who Have We Interviewed?



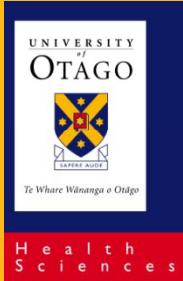
# A Great Group of Youth With Fairly Complex Lives

- 79 young people
- Age at Interview
  - Median 18.3 years
  - Range 15.4-22.6 years
- 56% Male\*
- Ethnicity\*
  - 41.8% NZ European
  - 45.6% Maori
  - 10.1% Pacific
  - 2.5% Other
- 58.2% had criminal convictions\*



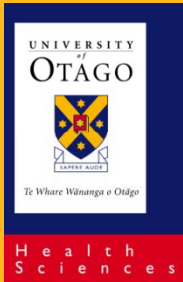
# ...Significant Substance Misuse at Treatment Entry

- Nicotine Dependence 98.7%
- Alcohol Dependence 52.2%
- Cannabis Dependence 74.8%
- AUDIT (median score) 23.0
- CUDIT (median score) 24.5\*



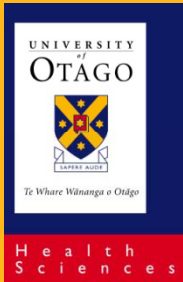
# ...and a Range of Psychological and Behavioural Problems

- Major Depression 26.6%
- Conduct Disorder 22.8%
- ADD/ADHD 11.4%\*
- SUD & MH 48.1%
- SUD Only 30.4%
- MH Only 6.3%
- No Diagnosis 15.2%



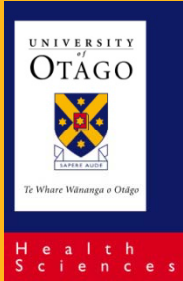
# A Group of Youth Who Went To AOD Treatment

<b>Treatment Modality</b>	<b>(%)</b>
Day/Residential	53.2
OT	46.8
<b>Age at Treatment</b>	<b>(Years)</b>
Median	16.1
Range	13.8-19.6
<b>Source of Referral</b>	<b>(%)</b>
Justice referred	28.2
Other referred	60.3
Self referred	11.5



# ...and Left Again

<b>Length of stay (Day/Res)</b>	<b>(Months)</b>
Median	2.7
Range	0.13-13.02
<b>No. of Sessions (OT)</b>	
Median	4.0
Range	1-63
<b>Early Dropouts (All Services)</b>	<b>(%)</b>
Yes	24.1
<b>Reason for Discharge*</b>	<b>(%)</b>
Conducive to treatment	48.1
Not conducive to treatment	50.6
Still attending	1.3
<b>Service Helped</b>	<b>(%)</b>
Yes	76.2

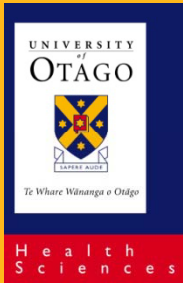


## In Summary They Are...

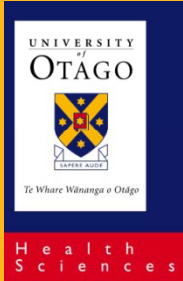
- Young people who presented with a range of current and past issues
- Those who went to Day/Residential treatment had more severe issues than those in OT settings

BUT

- All of the youth had multiple issues to deal with when they went to AOD treatment

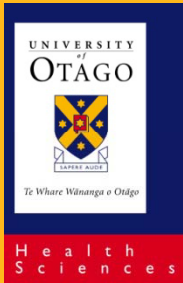


# What Factors Were Associated With The Length of Time Spent in Treatment?

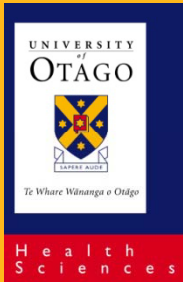


# ...Essentially None

- Fixed and dynamic client characteristics
- Programme characteristics
- Treatment modality

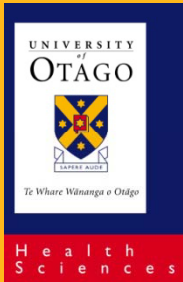


# What Factors Were Associated with Leaving Treatment Early?



# “Early Dropout”

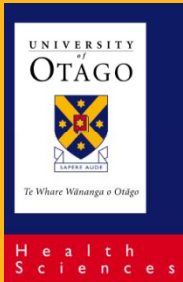
- Stayed only 1-2 sessions in OT  
or  
< 1 month in Day/Residential
- 24.1% Dropped out early
  - 16.7% of Day/Residential
  - 32.4% of OT



## ... Nothing to do with fixed client characteristics

	p
Age at treatment	0.76
Gender	0.76
Ethnicity	0.57
Criminal Conviction	0.97
Living Circumstances at treatment	0.52

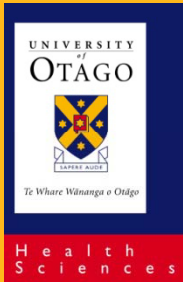
\* $p < 0.05$



# ...including their substance use

	p
Nicotine Dependence	0.84
Alcohol Dependence	0.16
Cannabis Dependence	0.68
AUDIT	0.28
CUDIT	0.17

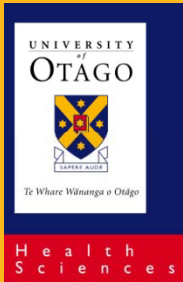
\*p < 0.05



# ...and their psychological problems

	p
Major Depression	0.58
Conduct Disorder	1.00
ADD/ADHD	1.00

\* $p < 0.05$

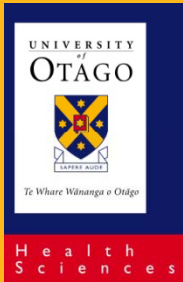


# But more to do with.... Dynamic client characteristics

	p
Perceived problem with substance use	0.91
Internally motivated to attend treatment	0.03*
Externally motivated to attend treatment	0.01*
Substance related treatment goals	0.04*
Treatment goals achieved	0.24
Expected positive general life outcomes	0.00**
Expected positive AOD outcomes	0.01*
Important to complete treatment	0.17
Treatment as expected	0.69

\*p < 0.05

\*\*p < 0.01

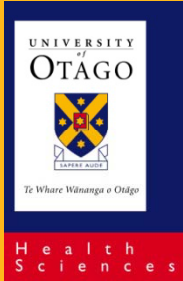


## ... and their treatment experiences

	p
Source of Referral	0.20
Reason for Discharge	0.07
Treatment goals set and involved	0.00**
Good relationship with staff	0.00**
Felt connected to the programme	0.07
Fun important in the programme	0.08
Transportation issues	0.60
Treatment format useful	0.15
Whanau/friend involvement useful	0.61
Overall service help	0.08

\* $p < 0.05$

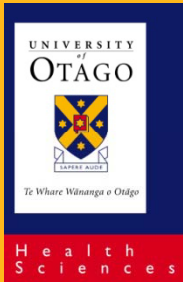
\*\* $p < 0.01$



# Clinicians Perceptions

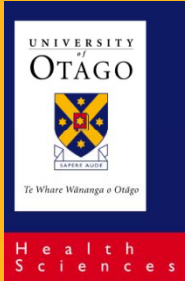
What makes young people stay in AOD treatment?

What makes young people leave AOD treatment?



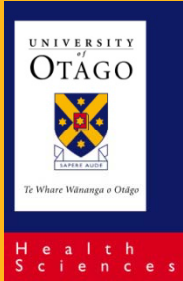
# Clinician's Perceptions

Clinician Why Stay	(%)
Individual	9.1
Programme/External	57.6
Individual & Prog/Ext	33.3
Clinician Why Leave	(%)
Individual	68.9
Programme/External	10.8
Individual & Prog/Ext	20.3

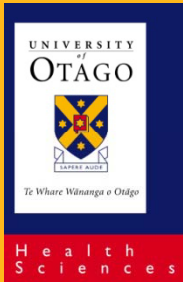


# Other Points to Consider

- Recruitment
  - Aftercare
  - Under representation of youth with CD and males
- Mental Health and AOD Assessment



# What Does This Mean for the Provision of Youth AOD Treatment Services?



# Thinking and Doing Differently

- Retention is a complex issue
  - Need to know more
- Re-evaluating perceptions and expectations
  - Education of staff and funders
  - Intake criteria
- Provides many positive opportunities for improvement of programmes
  - Focus on working on motivation, expectations
  - Youth friendly programmes
- Need for aftercare
  - Funding!!!!
- Comprehensive assessment and good treatment records