

ATON Center

Treatment Effectiveness Report Sept 23 2017 - June 15 2018



Providing insightful data to help treatment
programs improve their outcomes



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BACKGROUND

AToN Center (“AToN”) is a residential treatment program for dual-diagnosis clients with Substance Use Disorder in San Diego, California. Medically-supervised detox is available on-site. AToN recommends that patients complete 30 days of treatment prior to discharge.

This report summarizes data reported by clients being treated at AToN during the period between September 23, 2017 and June 15, 2018. Because few patients are being assigned to a specific program, it is not possible to analyze the performance of the detox and residential programs separately.

PATIENT CHARACTERISTICS AT INTAKE

INSIGHT™ received Intake data from 114 clients who attended treatment at AToN at some point during the period between September 23, 2017 and June 15, 2018.

Demographics

Over half (61%) of the patients submitting Intake surveys were male.

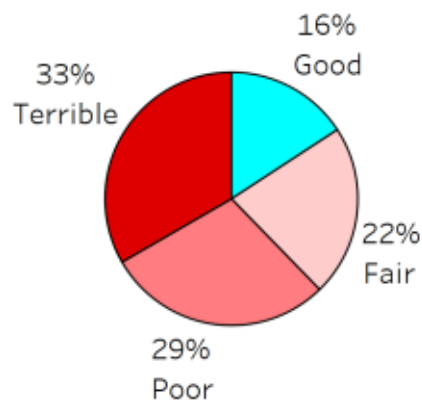
Most of the patients (95%) were in a stable living environment, and 60% were working either full-time or part-time. AToN's clients typically have attained a high level of education, with 62% holding a degree of some sort.

Appendix A contains detailed demographics of the patients submitting Intake questionnaires.

How Feeling Overall Before Treatment

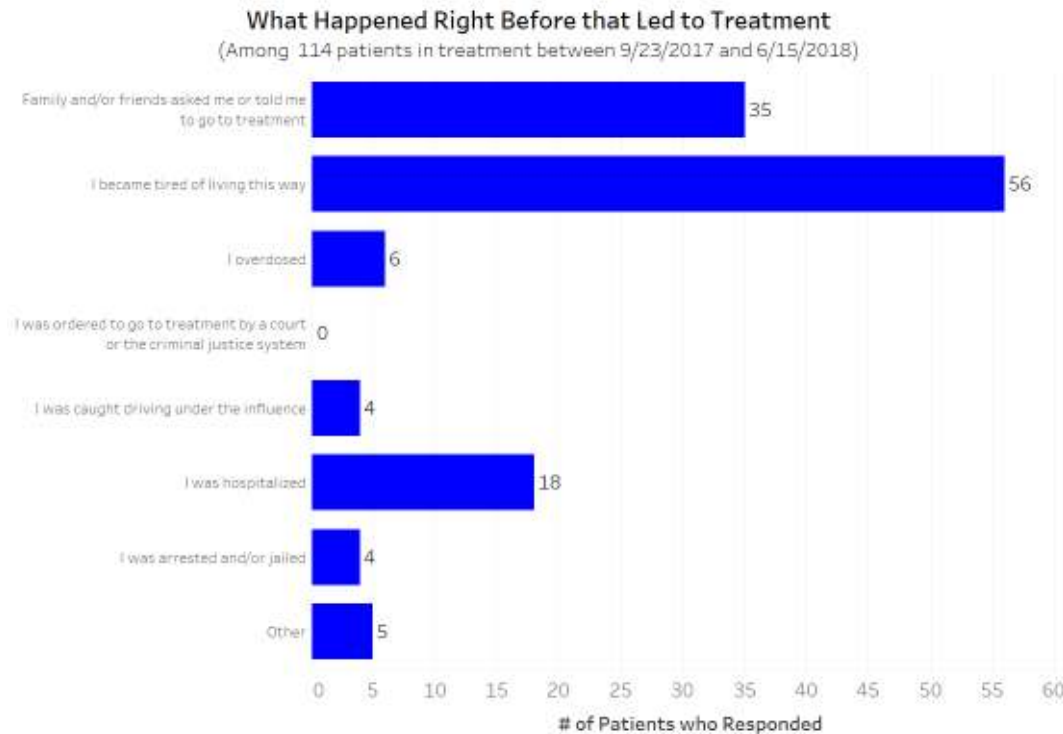
62% of the patients entering treatment during this period reported feeling bad or terrible during the 30 days before beginning treatment:

Overall Feeling Prior to Treatment
(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



What Brought Patients to Treatment

About half of patients (49%) reported that they had started treatment because they became tired of living the way they were. 31% reported being asked to go to treatment by family or friends.

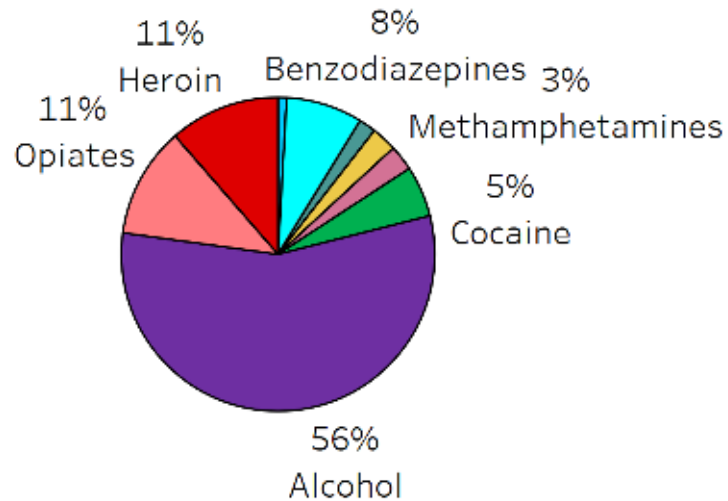


Alcohol or Drug Usage

Alcohol was the primary drug of choice for 56% of the patients. Heroin (11%), opiates (11%) and benzodiazepines (8%) were also common drugs of choice.

What is Your Primary Drug of Choice?

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)

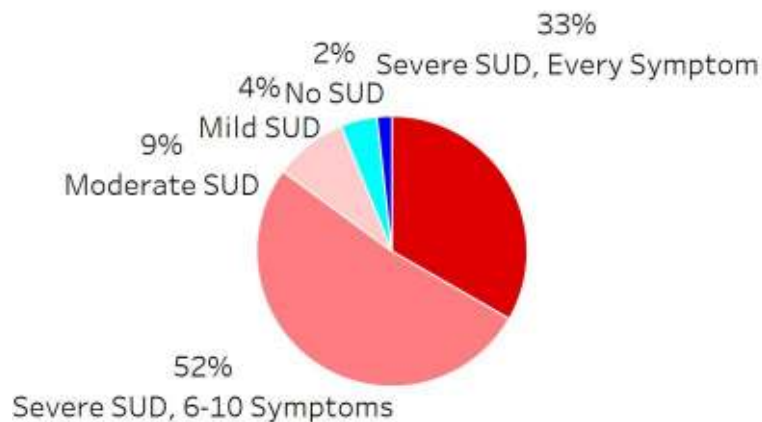


Addiction Severity

The vast majority (85%) of AToN's patients in treatment for SUD met the definition of having a severe alcohol or drug use disorder, and 33% reported having experienced all 11 of the DSM-5 SUD criteria in the year before starting treatment.

Addiction Severity

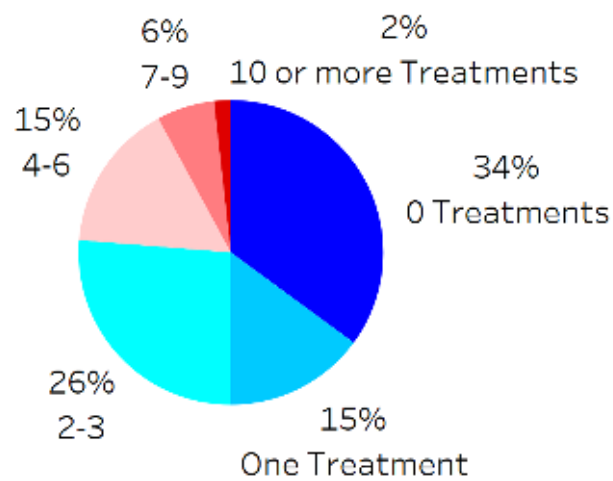
(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



Previous SUD Treatment Episodes

Two-thirds (66%) of the patients had been in SUD treatment before, with 23% having attended four or more previous treatment programs.

No. of Previous Treatments (SUD Group)
(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)

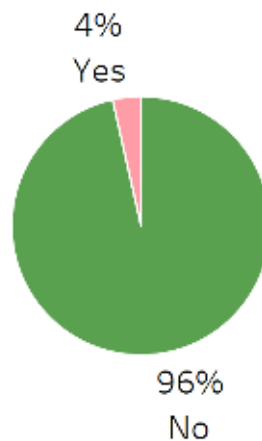


Use of Medication Assisted Treatment

Only a very small portion of AToN's patients are using Opioid Maintenance Therapy:

Are you enrolled in a drug maintenance program where you use methadone, buprenorphine, Suboxone, Subutex or another opioid drug on a regular basis?

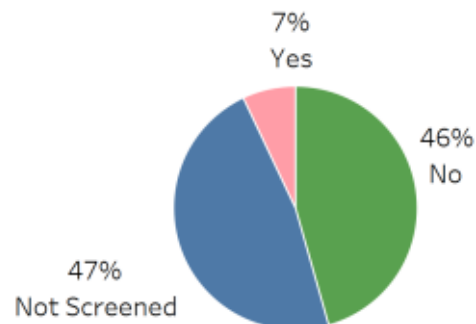
(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



A slightly larger percentage (13% of those who were asked the question) are using Vivitrol or Naltrexone to control cravings:

Are you receiving Vivitrol (naltrexone) injections?

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



Presence of Mental Disorders

As part of their Intake Questionnaire, the patients were asked a series of screening questions about the 30 days before they started treatment. If they answered one or more of the screening questions for a particular co-occurring disorder positively, they were then taken to a full instrument to measure the severity of their symptoms of that disorder.

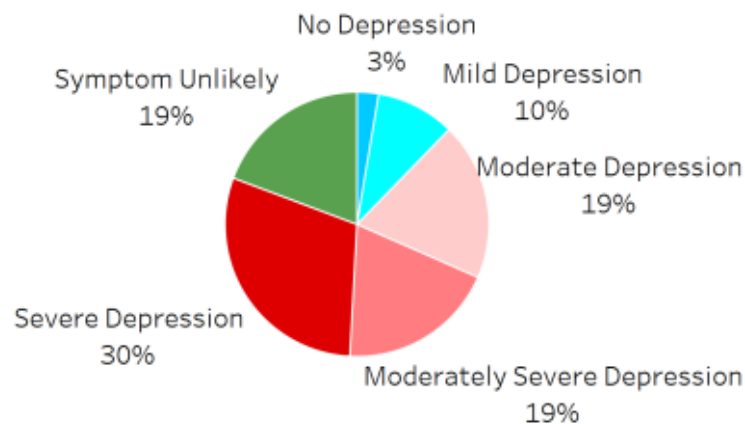
The majority of patients entering AToN reported suffering moderate or severe symptoms of one or more co-occurring disorders in the 30 days prior to entering treatment:

Patients with Moderate or Severe Symptoms at Intake

Depression	68%
Anxiety	63%
PTSD	54%
Eating Disorder	35%

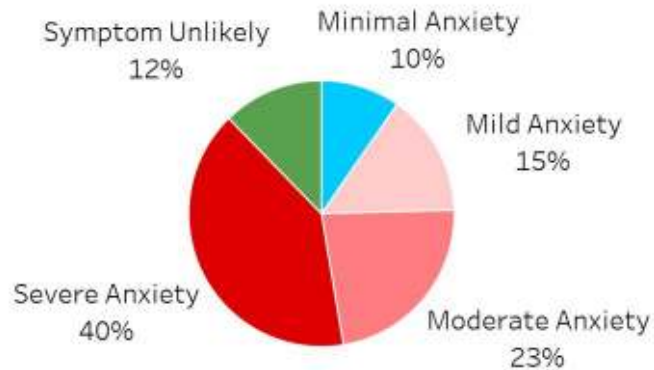
Depression Symptoms at Intake

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



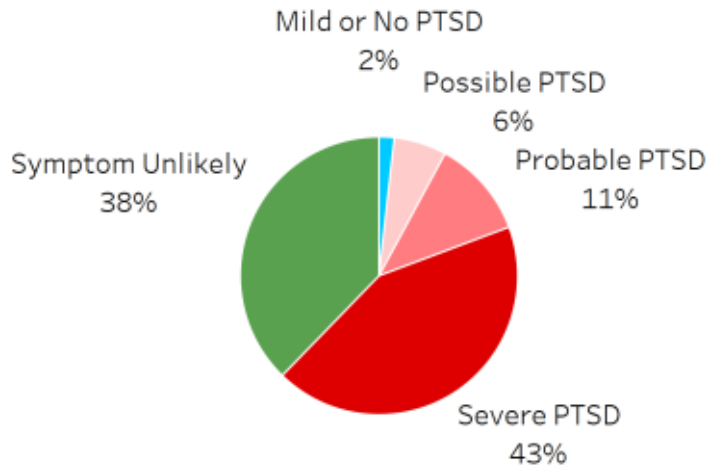
Anxiety Symptoms at Intake

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



Trauma Symptoms at Intake

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)

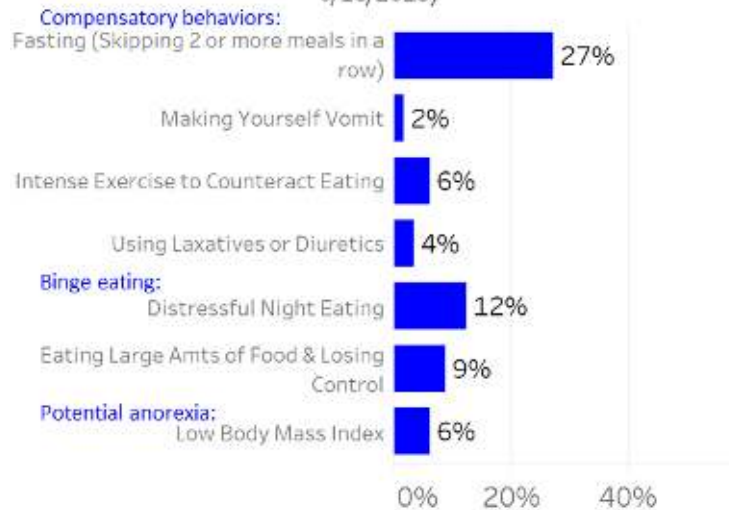


Eating Disorders

Additionally, a number of patients reported behaviors typically associated with eating disorders in the 30 days before starting treatment. The most common behavior was fasting (skipping two or more meals in a row), which was reported by 27% of patients. Other common eating disorder symptoms were those associated with binge eating: 12% reported eating during the night after awakening from sleep or eating an unusually large amount of food after their evening meal and being distressed by the night eating, and 9% reported eating large amounts of food and losing control.

% of Patients Exhibiting Eating Disorder Symptoms

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)

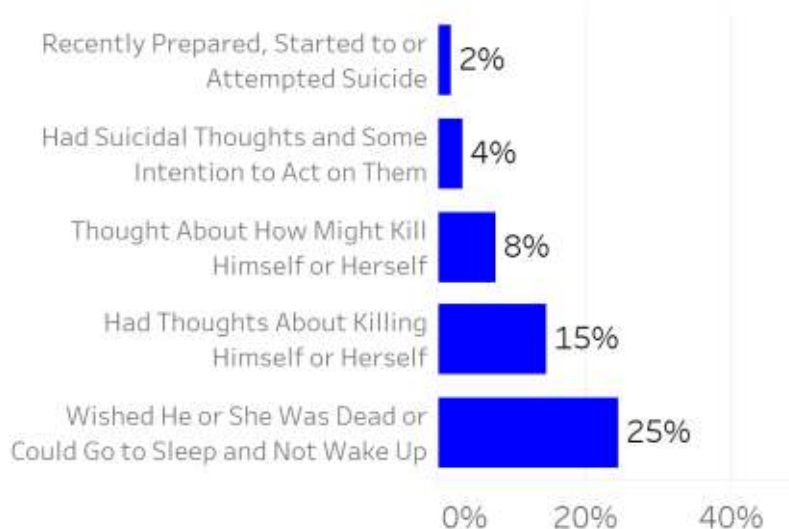


Suicidal Thoughts and Self-Harming Behaviors

One-quarter (25%) of AToN patients reported having had some level of suicidal thought in the month before entering treatment. 8% reported thinking about how they might kill themselves, and 2% had actually prepared to, started to or attempted suicide in the 30 days before treatment:

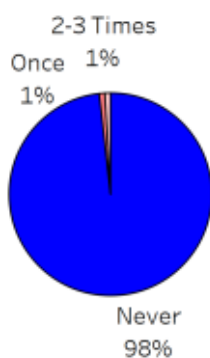
Suicidity in the Month Before Treatment

(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



Only 2% of the AToN patients reported harming themselves on purpose, such as by cutting themselves, in the month before starting treatment.

Times Self Harmed in the 30 Days Before Treatment
(Among 114 patients in treatment between 9/23/2017 and 6/15/2018)



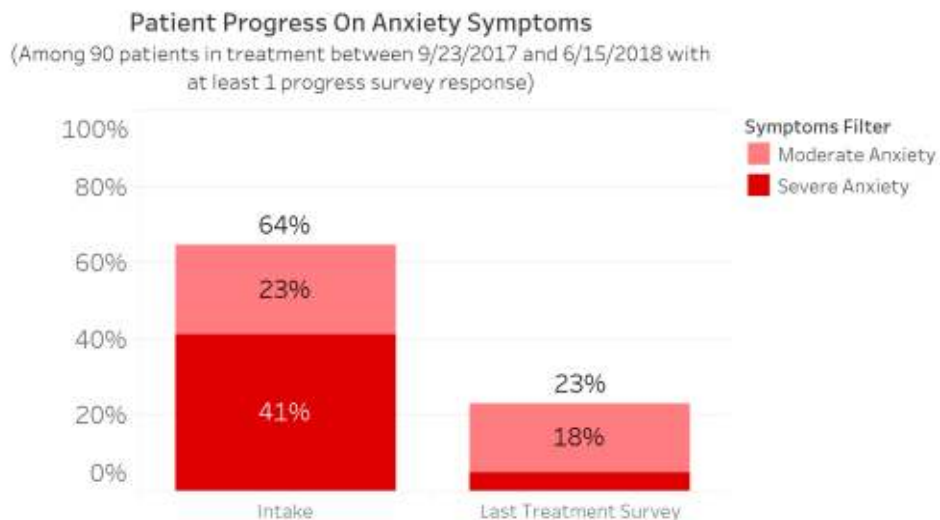
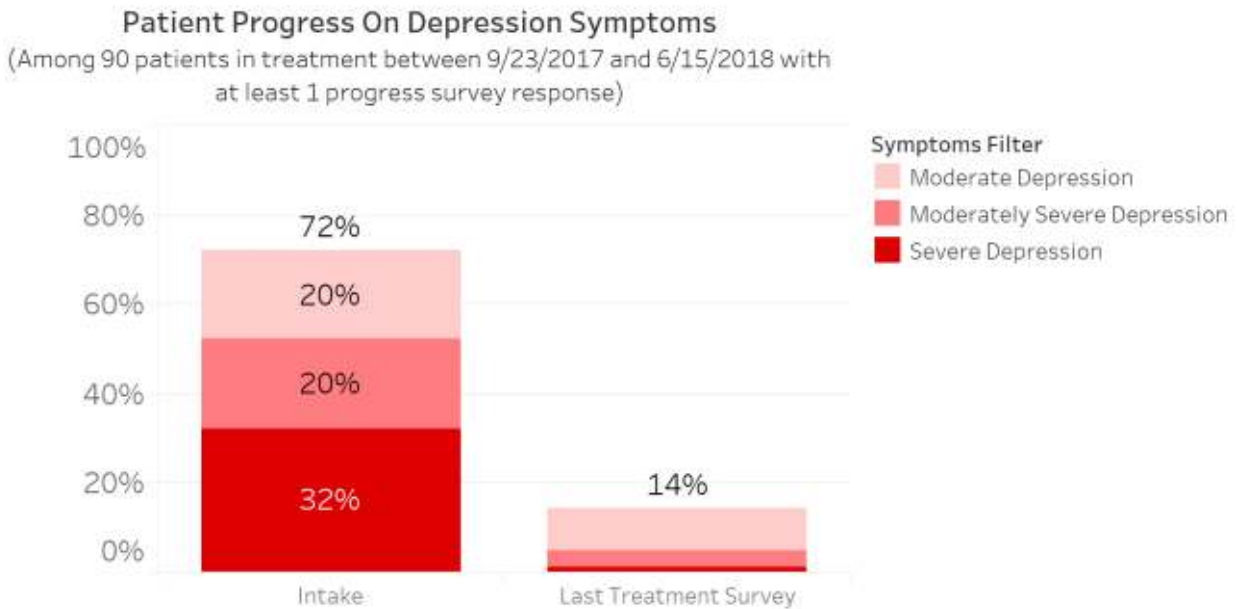
Other Issues and Disorders

Only 3 of the 77 patients who were asked whether there was another issue that had been a significant factor in their starting treatment responded positively. One person each reported having a personality disorder, ADHD, or a gambling addiction.

PROGRESS DURING TREATMENT

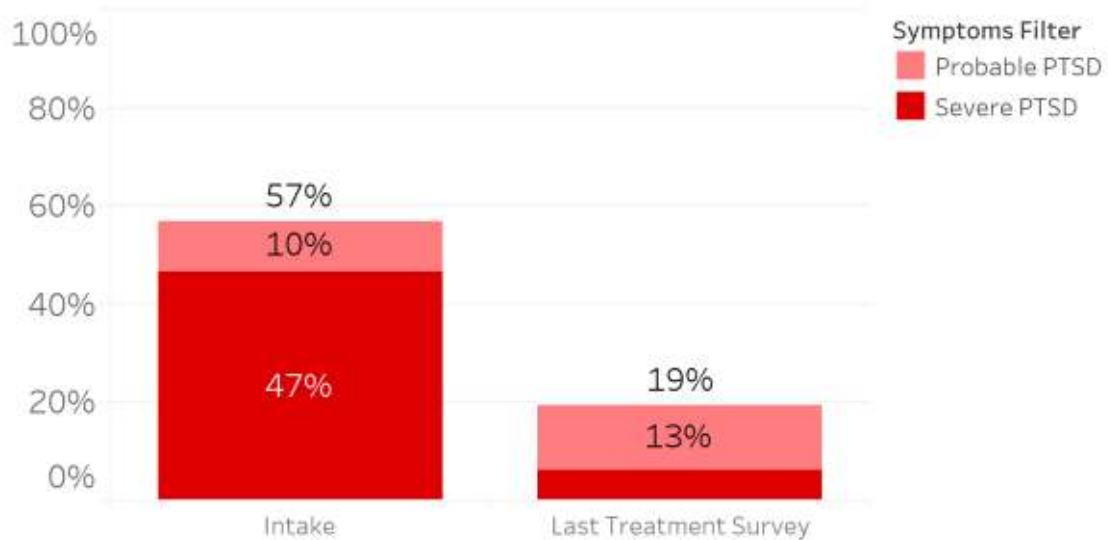
Improvement in Co-Occurring Disorders

During the time they were in treatment, the severity of the co-occurring disorder symptoms that AToN patients were experiencing declined dramatically. The following graphs compare how the percentage of patients reporting moderate to severe symptoms of depression, anxiety and PTSD declined between intake and the last Progress Monitoring survey they submitted:



Patient Progress On Trauma Symptoms

(Among 90 patients in treatment between 9/23/2017 and 6/15/2018 with at least 1 progress survey response)



Reduced Suicidal Thoughts

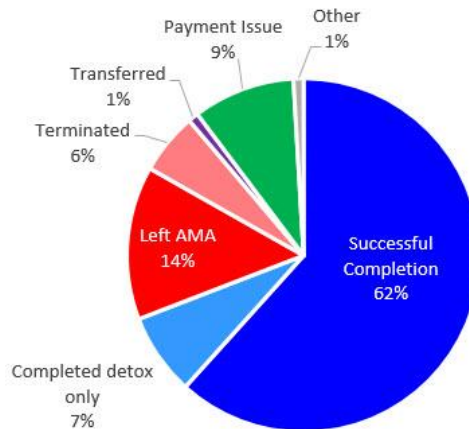
The percentage of patients reporting that they wish they could go to sleep and not wake up decreased from 25% at intake to 3% by the last survey before discharge. Only 2% still reported having thoughts about killing himself or herself.

TREATMENT SUCCESS

Treatment Completion Rate vs. National Norms

Among the 107 clients known to have been discharged from AToN during the period September 23, 2017 to June 15, 2018, 62% successfully completed treatment:

Reason for Discharge
(107 patients discharged between 9/23/17 and 6/15/18)

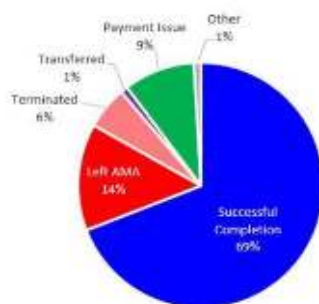


The closest comparable national data is the 2014 TEDS-D Discharge data for short-term residential treatment programs (less than 30 days) as AToN's median length of stay of 30 days is similar to the 26 days reported for this group.

AToN's 69% completion rate is substantially higher than the 56% completion rate reported for 158,127 patients in short-term residential SUD treatment in the 2014 Treatment Episode Data Set - Discharges (TEDS-D):

Treatment Completion Rate vs. National Average

(107 AToN discharges vs. 158,127 2014 TEDS-D results for Short-Term Res. discharges)



**AToN: 69%
Successful Completion**

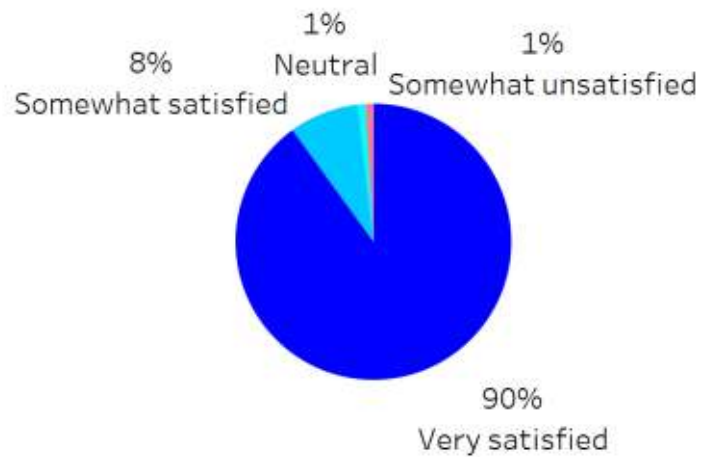


**ST Residential National Avg.: 56%
Successful Completion**

Satisfaction with Treatment

The large majority of AToN patients completing ongoing monitoring surveys were satisfied with the treatment they were receiving:

Patient Satisfaction with Treatment
(Based upon 110 patient reports for patients in treatment between 9/23/2017 and 6/15/2018)



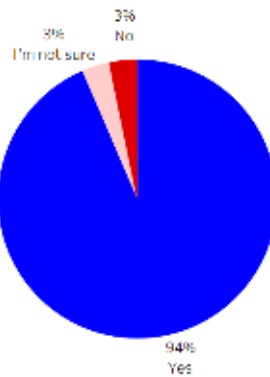
Sample comments from patients about the treatment they were receiving at AToN are included in Appendix B.

Meeting Treatment Goals

In mid-December, 2018, we started asking patients preparing to leave treatment about their treatment goals. Almost all (94%) of the 31 patients who responded reported that they had been asked about their treatment goals:

Were Patients Asked About Treatment Goals?

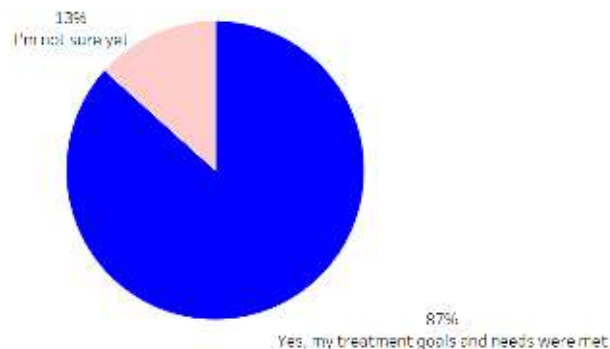
(Reported by 31 patients on their final survey in treatment between 9/23/2017 and 6/15/2018)



All but 4 of these patients reported that their treatment goals had been met, with the remainder reserving judgement until later:

Were Your Treatment Goals Met?

(Reported by 30 patients on their final survey in treatment between 9/23/2017 and 6/15/2018)



APPENDIX A: PATIENT DEMOGRAPHIC INFORMATION

<u>Characteristic</u>	<u>Total AToN</u>
Number of Patients	114
Gender:	
Male	61%
Female	39%
Age (years):	
Median	43
Range	18 – 75
Ethnicity:	
White, non-Hispanic	81%
Hispanic or Latino	10%
Other	9%
Marital Status:	
Married	43%
Single, never married	33%
Divorced	16%
Separated	5%
Widowed	3%
Highest Level of Education Completed:	
Attended high school, but have not graduated	2%
Have graduated from high school or received a GED	9%
Attended college, but have not received a degree	22%
Associate's degree	8%
Bachelor's degree	43%
Master's degree	11%
Other	5%
Employment Prior to Treatment:	
Employed	60%
Working in the home	5%
Neither (by choice)	20%
Fired or kicked out	1%
Other	14%

	<u>Total AToN</u>
Living Arrangements Prior to Treatment:	
Living in their own home, apartment or dorm room	82%
Living in their parent's, guardian's or other family member's home	9%
Living in a sober living environment, such as a half-way house	1%
Living in a place where they could stay as long as they wanted	3%
Stable Living Arrangement	95%
Moving from place to place	2%
Homeless	1%
Other	3%
Unstable Living Arrangement	6%

Resident Satisfaction

AToN has been on the forefront of research in resident outcomes from its inception.

However, there are two major pitfalls in AToN completing our own research. First, many individuals do not trust a facility that conducts their own research as there is an obvious incentive to having positive results! Second, how does AToN compare with other treatment facilities if we aren't measuring the same variables? To bridge this gap, AToN has partnered with Vista Research Group (<https://www.vista-research-group.com/>) who assesses our resident's outcomes and assists AToN with identifying our programmatic strengths and weaknesses for our continued improvement.

One area that was studied was Resident Satisfaction. Resident Satisfaction is based on a number of variables – anywhere from the comfort and cleanliness of a facility, to obtaining treatment goals! The benchmark responses of a total of 9,848 patient reports from other facilities conducting program evaluations with Vista Research Group indicate that 73% of residents are Very Satisfied with their treatment. In comparison, 90% of our residents are Very Satisfied with our treatment!

Our Resident Satisfaction is 17% HIGHER than other treatment centers. Eight percent of our residents are "Somewhat Satisfied," while 1% reported feeling "Neutral" about their treatment and 1% reported feeling "Somewhat Unsatisfied" with their treatment at AToN Center. These results are highly encouraging for our staff, as they demonstrate that AToN is succeeding (and surpassing other treatment centers) in providing exceptional quality of care.

