



PERFORMANCE SUMMARY RESEARCH REPORT

December 10, 2018

External Evaluation Report & Analysis Provided By:
Dr. Michael W. Corrigan
Associate Professor, Marshall University
Vice President, Multi-Dimensional Education Inc.



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Introduction

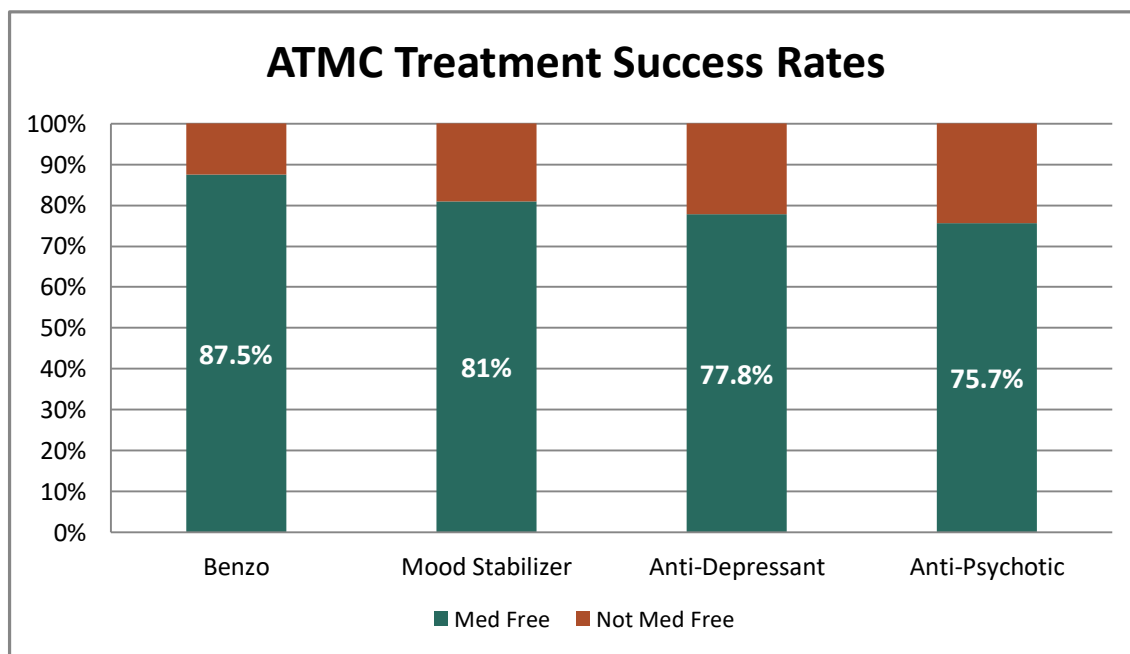
This report is based on analysis of longitudinal data collected by the staff at the Alternative to Meds Center (ATMC). The data file consisted of information collected during a client's care at ATMC, as well as follow up survey data. Posttest surveys seeking to document the extended effectiveness of ATMC treatment efforts were sent to approximately 300 clients who met the parameters of completing the treatment program and being out of care for more than six months. A total of 103 clients responded, equating to a 34% response rate (more than twice that of typical industry standards for survey response rates). After extensive review of the data set and ATMC's efforts, the research questions to follow were developed in collaboration with the external evaluator and ATMC staff. This research summary documents statistically significant evidence supportive of the admirable goals ATMC seeks to accomplish for their clients, as well as identifies information for continuous improvement efforts to better serve future clients.

Research Question 1 (RQ1): Is treatment at ATMC effective in helping clients?

The answer is a definitive yes. And the following research questions are designed to answer in which specific ways ATMC is effective in helping clients.

RQ1a: What percentage of ATMC graduates/clients succeed in staying med free for more than six months after their residential treatment period (by pharmaceutical category)?

- ✓ **Research documents ATMC's success rate, for helping clients become and stay med free, to be as high as 87.5%.**



Results suggest that ATMC is experiencing great accomplishment when it comes to the success rate of helping clients discontinue the use of pharmaceuticals and remain med free for extended periods of time; ranging from six to forty-seven months.

RQ1b: Is the reduction in medication use after ATMC treatment statistically significant?

- ✓ **Yes. With a confidence interval of 99.9%, research documents that ATMC's holistic treatment process can reduce with statistical significance a client's dependency on pharmaceuticals, if not eliminate use entirely.**

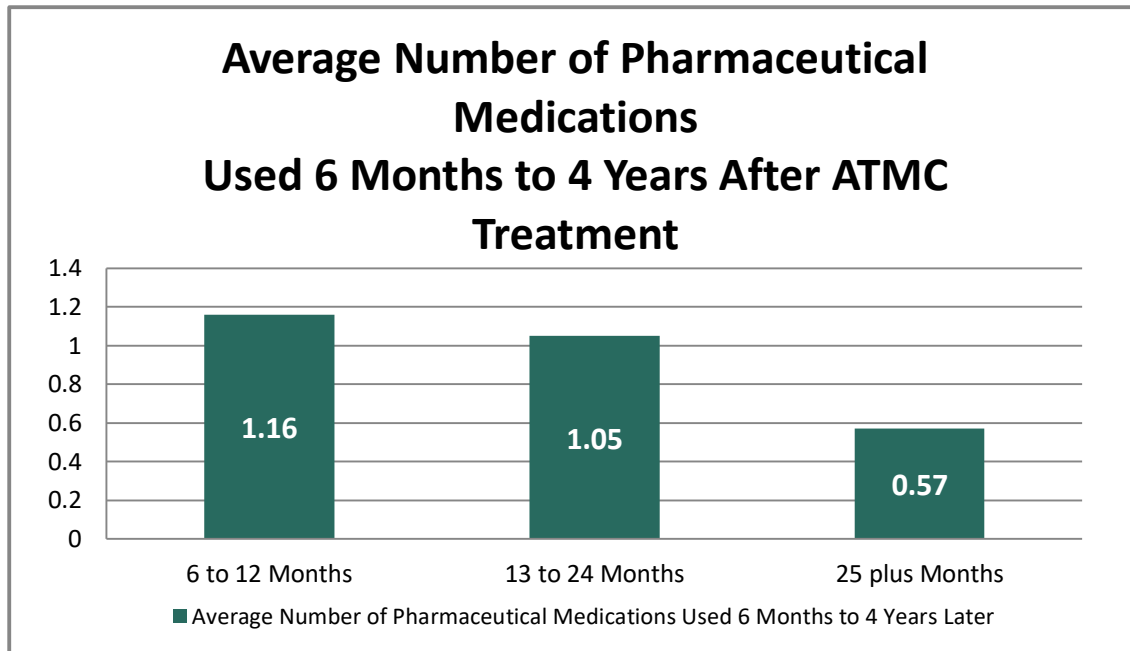
- ✓ **A paired sample *t*-test identified statistically significant decreases in the number of medications being used from intake ($M = 1.66$, $SD = 1.17$) to discharge from ATMC ($M = .63$, $SD = .86$), $t(94) = 9.43$, $p < .001$.**
- ✓ **A paired sample *t*-test also identified statistically significant decreases in the number of medications being used from intake ($M = 1.66$, $SD = 1.17$) to posttest assessments gathered six to 47 months after leaving treatment ($M = .63$, $SD = .88$), $t(79) = 6.33$, $p < .001$.**

Clients entering ATMC with varying degrees of pharmaceutical drug dependency reported a range of one to four categories of drugs being used inclusive mainly of benzos, antidepressants, antipsychotics, mood stabilizers, and various other pharmaceuticals ($M = 1.66$, $SD = 1.17$). At the time of discharge from ATMC, though some clients due to safety efforts encompassing drug tapering plans were still on up to four medications, the mean number of pharmaceutical drugs reported being used dropped to .63 ($SD = .86$). And after being away from ATMC for six months to four years, respondents reported a mean usage of .63 (less than one drug) ($SD = .88$).

A total of 59.8% of respondents reported not taking any medications at the time of the posttest assessment. Please note, however, 20.7% reported being on one pharmaceutical medication at posttest, as well as 15.9% reporting the use of two medications and 3.7% reporting the use of three medications. Please note that medications being used at the time of posttest were identified in the vast majority of cases to be respectively less dangerous and addictive medications as well as taken in lower dosages than what clients entered ATMC being dependent upon.

RQ1c: Does the ATMC treatment process have evidence of being long lasting?

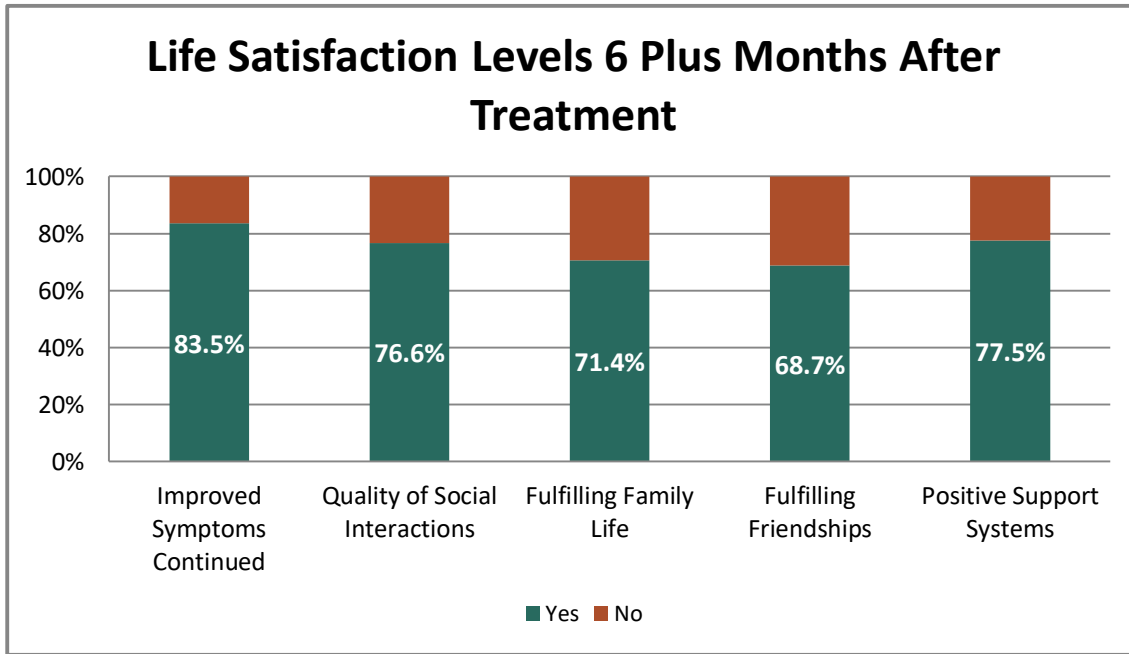
- ✓ **Yes. For the large percentage of clients who are able to dramatically reduce or end their pharmaceutical dependency during the ATMC treatment process, Analysis of Variance (ANOVA) performed documents that the results are long lasting.**
- ✓ **Trending data also suggests that the more time away equates to continued reduction in pharmaceutical medication use.**



To explore if the number of weeks away from ATMC after treatment had an impact on effectiveness to reduce pharmaceutical drug use, an Analysis of Variance (ANOVA) was performed. Results documented there were no statistically significant differences between clients grouped by six to 12 months, 13 to 24 months or more than 25 months, $F(2, 77) = 1.28, p = .28$. Considering this analysis shows no significant differences between clients six months to four years after treatment and a trend showing consistent further reduction in medication use as time has passed, the effectiveness of ATMC's efforts show evidence of being long lasting.

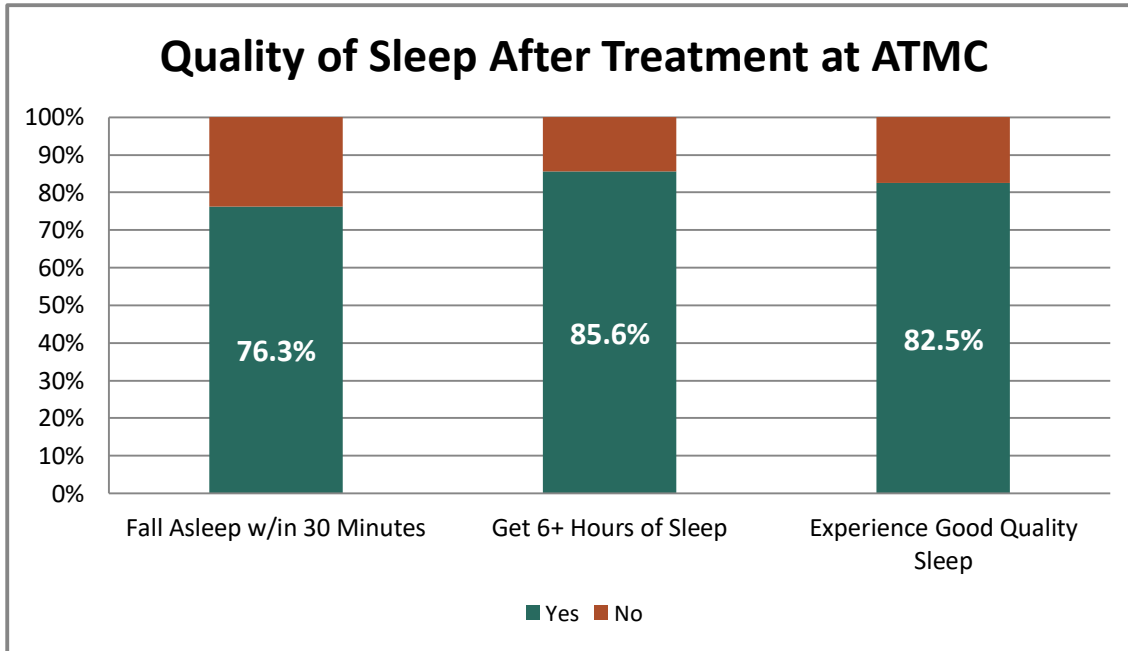
RQ1d: How does the success of ATMC treatment efforts relate to life satisfaction variables after treatment at the center?

- ✓ **For 83.5% of clients the improved symptom levels experienced before graduating from ATMC have continued for six months to four years.**
- ✓ **76.6% of ATMC clients report experiencing positive social relationships and interactions in life after graduating.**
- ✓ **71.4% of ATMC clients report having a fulfilling family life after graduating.**
- ✓ **68.7% of ATMC clients report having fulfilling friendships after graduating.**
- ✓ **77.5% of ATMC clients report having positive support systems after graduating.**



RQ1e: Do clients experience quality sleep after their care at ATMC?

- ✓ **More than 76% of ATMC graduates report experiencing quality sleep patterns continuing six months to four years after residential care.**



RQ1f: What is the overall satisfaction level with ATMC services?

- ✓ **On a scale of 1 (very dissatisfied) to 10 (most satisfied), clients reported a median score of 8; with the most frequent answer being a 10 out of 10.**