



Study Summary: Outcomes of a Community-Based Co-Occurring Disorders Treatment Program

WestBridge's successful treatment outcomes have been verified by independent researchers. The study: *Outcomes of a Community-Based Co-Occurring Disorders Treatment Program* has been submitted to a professional journal for publication.

97% of participants who completed our residential program and also completed or remained in our Assertive Community Treatment program were in recovery at follow-up.

Those who completed both programs maintained a near-zero rate of hospitalizations at follow-up as long as 4 years later.

Who conducted the study? Independent researchers from The Geisel School of Medicine at Dartmouth and Westat analyzed data that WestBridge has been collecting systematically for internal review and improvement purposes.

Who was studied? Men who started treatment with WestBridge from 2012 to 2016 who were willing and able to participate, as well as their families, were included in the study. The participants in treatment were most commonly diagnosed with Schizophrenia Spectrum Disorders, Bipolar I and Major Depressive Disorders, and co-occurring Multiple Substance Use Disorders or Cannabis Use Disorders. Prior to treatment at WestBridge, most participants had experienced multiple hospitalizations, residential treatments and outpatient treatments. On average, the participants were in treatment at WestBridge for 1-1.5 years.

What services were provided? WestBridge treats men by utilizing evidence-based practices and evidence-based treatments for co-occurring disorders, family education, supported employment/education, supported housing, and comprehensive residential and Assertive Community Treatment programs.

What outcomes were studied? Program completion rates, recovery status, hospitalization rates and recovery predictors.

What methods were used? In 2017, WestBridge identified participants who entered treatment between 2012 and 2016 and attempted to reach both a family member and the participant. We asked specific questions found in WestBridge's Recovery Index addressing how the participant was functioning, family relationships, housing status, education, employment, and management of mental health and substance use disorders.

The independent researchers validated data by reviewing all interview transcripts, analyzing medical record data, and rating recovery at follow-up based on mental health, substance use, and functioning status.

Our Findings:

Program completion rates: Of the 80 participants who began treatment between 2012 - 2016, 65% completed our residential program, and 39% went on to complete or were still involved in our community-based, Assertive Community Treatment program.

Recovery status: At time of contact in 2017, 60% of participants were in recovery. Participants who completed our residential program and either remained connected to or completed our Assertive Community Treatment program had excellent recovery outcomes of 97%.

Hospitalization rates for psychiatric or substance use disorders: Those who completed both programs maintained a near-zero rate of hospitalizations at follow-up.

What predicted recovery most? Treatment completion was the greatest predictor. The study found 97% of participants who completed our residential program and also completed or remained in our Assertive Community Treatment program were in recovery, versus 33% of those that did not complete our treatment. Recovery rates were consistent between both of WestBridge's FL and NH programs. Leaving residential treatment early, typically against medical advice, or Assertive Community Treatment early, typically due to financial constraints, contributed to lower recovery rates.

What else predicted recovery? Participants who had greater family involvement, attained supported housing, participated in competitive employment or education, or maintained abstinence from substances of abuse while in treatment were more likely to be in recovery at follow-up.

Conclusion: Full participation in evidence-based, residential and outpatient co-occurring disorders treatment can produce excellent outcomes.

Our full study is also available online at www.westbridge.org/white-paper-and-publications