

# Good signs in preliminary report of treatment

A study conducted for the Alaska Division

The study will follow 1,600 people for a year after receiving counseling to see what percentage is successful at staying off drugs and alcohol.

Alaska treatment programs care for about 2,500 residential and about 5,500 outpatients a year at 45 different sites.

What follows are some of the preliminary findings of the study (300 patients followed from admission to six months later).

- Eighty five percent of outpatients who received at least 50 hours of care are still sober six months after admission. The success rate drops to 62 percent when the treatment drops under 50 hours.

- Over one third of the residential patients admitted to being

sexually abused compared to 17 percent of the outpatients.

- Maximum benefit from residential/step down treatment occurs after three to four weeks. Fifty six percent of the residential patients (usually have worse symptoms for use and other coexisting problems than outpatients) were still abstaining after six months compared to 65 percent for outpatients.

- Residential patients with weekly after care almost doubled the success rate of those without after care; 69 percent compared to 36 percent.

- Sixty eight percent of the residential patients and 76 percent of the outpatients gave the treatment top rating.

The study is not scheduled to be completed until mid-1997.