

Treating Rural Adult Clients with Technology (TRACT)

Final Results

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Funding

- Funded by Center for Substance Abuse Treatment (CSAT) of the Substance Abuse and Mental Health Services Administration (SAMHSA)
- Initiative: Expand Care Coordination Targeted Capacity Expansion (TCE) through the Use of Technology Assisted Care (TAC) in Targeted Areas of Need
- September 2016 through March 2020

Project Goals

- Enhance Chestnut's capacity to provide evidence-based substance use treatment for adults living in rural/remote/underserved areas
 - Combination of tele-health and web-based services to deliver the Community Reinforcement Approach (CRA)

Washington Circle Performance Measures

Washington Circle Performance Criteria	Baseline
Continuity of Care Clients receiving their first continuing care service within 14 days of IOP or residential discharge	11%
Initiation Clients receiving their second continuing care service within 14 days of IOP or residential discharge	23%
Engagement Clients receiving 2 additional services within 30 days of continuing care initiation	9%

Why Target Rural and Remote Clients?

- Difficulties with access to services
 - May need to travel long distances
 - Research shows that > distance = less likely to initiate, engage in , or complete treatment
 - Lack of public transportation
 - Lack of working vehicle
 - Lack of valid driver's license

Target Population

- Clients living 6+ miles away from Chestnut's office-based services in Central Illinois (13 counties)
- Referred to continuing care at Chestnut following intensive outpatient or residential treatment

Community Reinforcement Approach (CRA) Model

- Focus on helping clients to:
 - Increase engagement with pro-social/pro-recovery activities and people such that non-substance-using behavior is more rewarding than using behavior
 - Learn or improve problem-solving, relationship, and other skills to increase engagement with pro-social/pro-recovery activities and people

Community Reinforcement Approach (CRA) Model

- 19 procedures in recovery-enhancing life-health areas, including substance use, relationships, emotional functioning, education/vocation/job-finding, and money management
- Client-directed small goals and homework
- Certification and quality assurance processes

TRACT Implementation of CRA

- Delivered weekly by telephone and video sessions over 6 months
 - Frequency adjusted as needed
- Face-to-face treatment plan reviews with urine screens
- Web-based program that aligns with CRA and reinforces skill acquisition
- Clients given the choice of Chestnut's regular OP/CC or TRACT

CBT4CBT

- 7 online modules
 - Staggered over 6 months of TRACT
 - Topics include recognizing triggers, dealing with craving, assertive communication skills, decision-making and problem-solving skills, and risky behaviors
 - Each module takes about 1 hour to complete

CBT4CBT

- 7 online modules
 - Information is presented through videos, graphics, text, interactive exercises, and quizzes
 - Homework using worksheets is assigned
 - Progress can be monitored by clinicians

Evaluation

- Measurement at intake, discharge, and 6 months post-intake
- Use Global Appraisal of Individual Needs (GAIN) and CSAT-required GPRA tool

Participant Characteristics (n=115)

Female	43%
Hispanic	1%
African American	6%
White	94%
American Indian	1%
Multiple Races	3%
18-25 Years Old	15%
26-49 Years Old	71%
50+ Years Old	10%

Participant Characteristics (n=115)

Weekly AOD use\1	70%
Weekly Alcohol Use\1	45%
Weekly Cannabis Use\1	19%
Weekly Crack/Cocaine Use\1	38%
Weekly Heroin/Opioid Use\1	18%
Weekly Amphetamine Use\1	9%
Weekly Other Drug Use\1	16%

\1 During the past 90 days

\2 Past year

\3 Lifetime

Participant Characteristics (n=115)

Substance Problem Disorder - Low\3	0%
Substance Problem Disorder - Moderate\3	1%
Substance Problem Disorder - High\3	99%
Any Prior Substance Treatment\3	100%

\1 During the past 90 days

\2 Past year

\3 Lifetime

Participant Characteristics (n=115)

Employed\1	58%
Current CJ Involvement\1	58%
Ever Homeless\3	44%
Health Problems\2	85%
Any Internalizing Disorder\2	90%
Suicidal Thoughts\2	25%
Any Externalizing Disorder\2	77%
Any MH Treatment\1	63%
Any Needle Use\1	17%

\1 During the past 90 days

\2 Past year

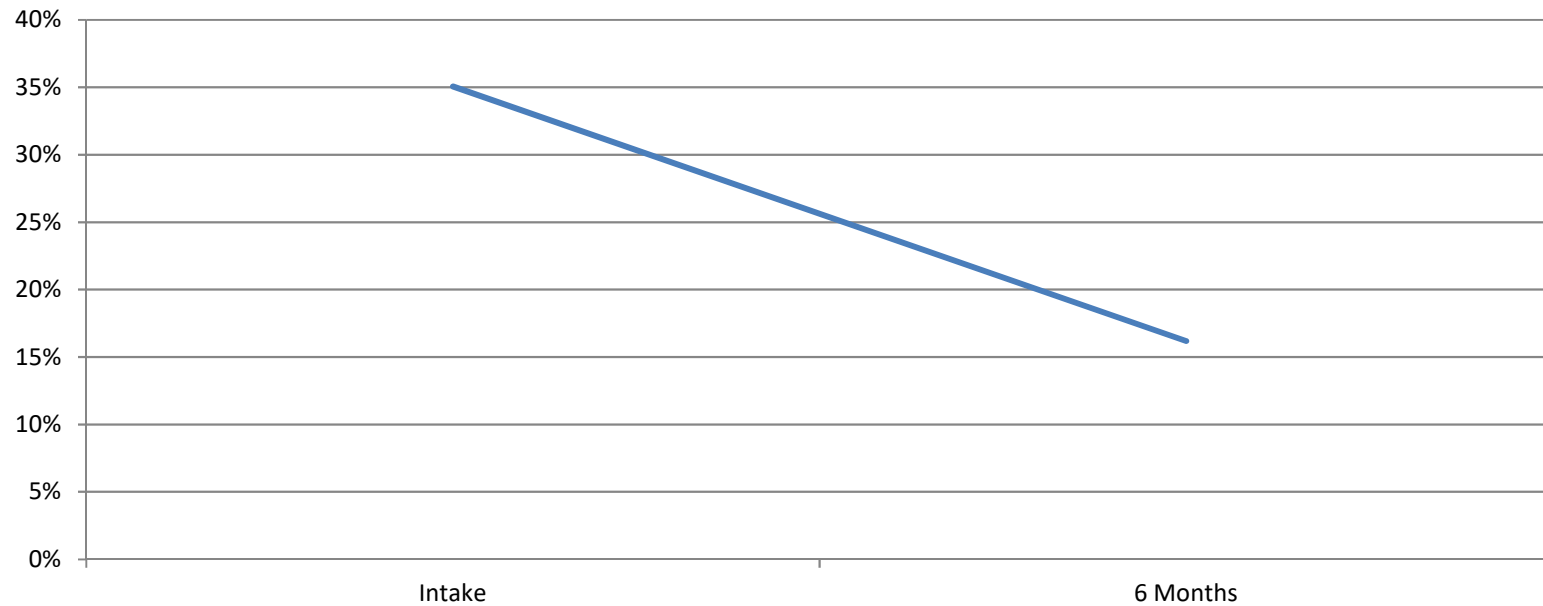
\3 Lifetime

Results

Washington Circle Performance Criteria	Baseline	TRACT
Continuity of Care Clients receiving their first continuing care service within 14 days of IOP or residential discharge	11%	66%
Initiation Clients receiving their second continuing care service within 14 days of IOP or residential discharge	23%	72%
Engagement Clients receiving 2 additional services within 30 days of continuing care initiation	9%	69%

% of Days Used Any Alcohol Out of the Past 90 Days

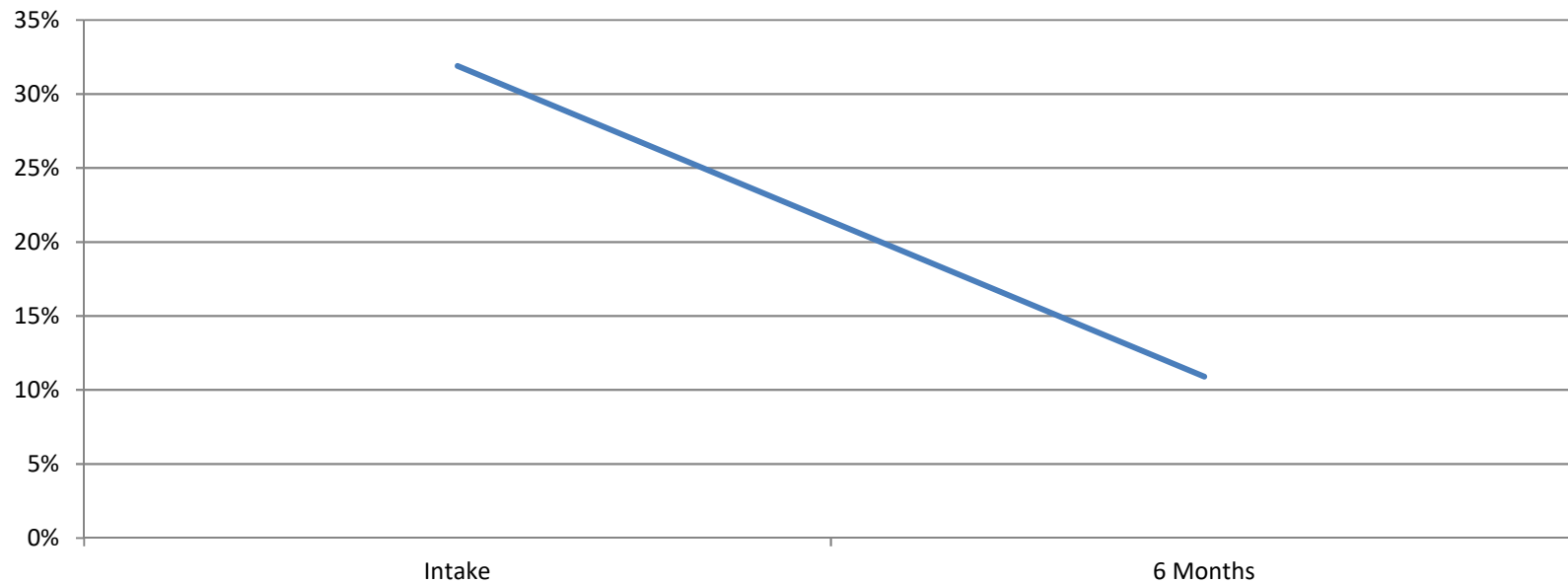
Total = 96



*Decreased by 54%; Significant decrease

% of Days Consuming 5+ Drinks Out of the Past 90 Days

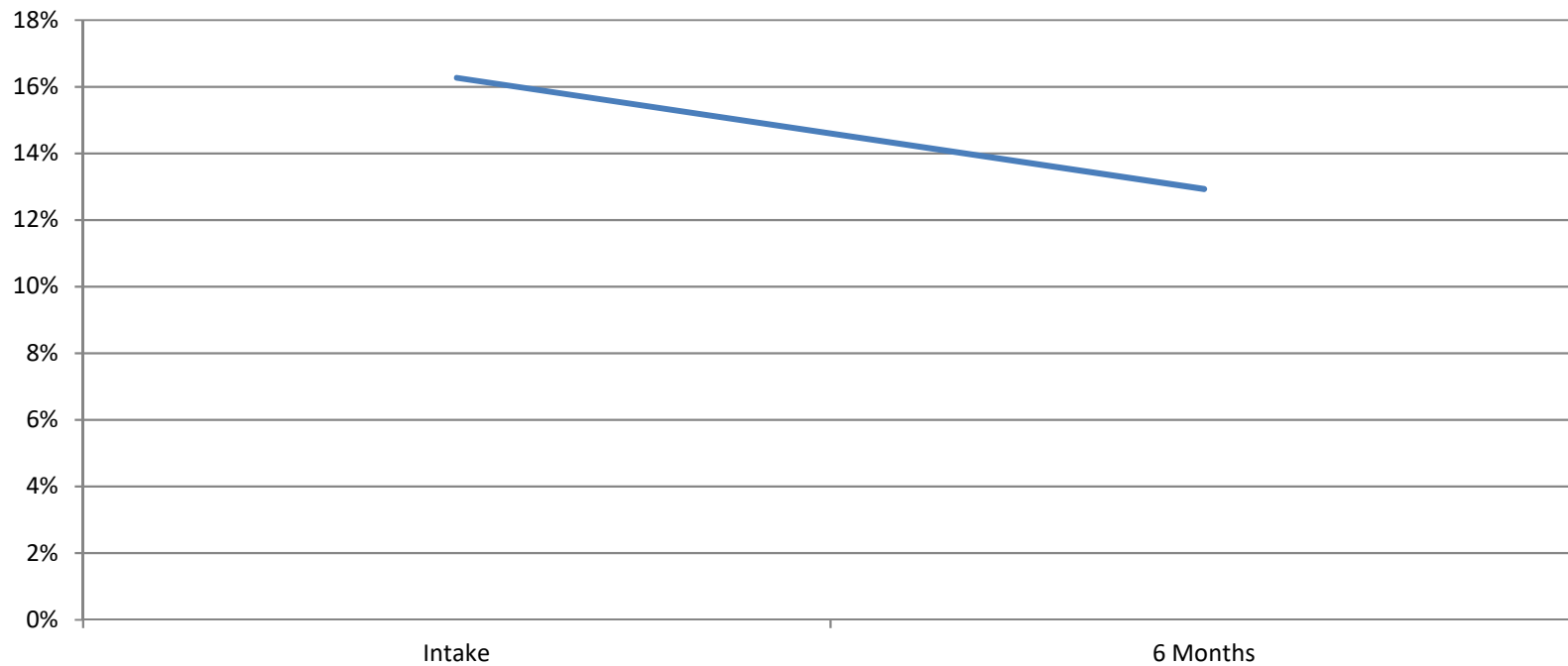
Total = 96



*Decreased by 66%; Significant decrease

% of Days Used Cannabis Out of the Past 90 Days

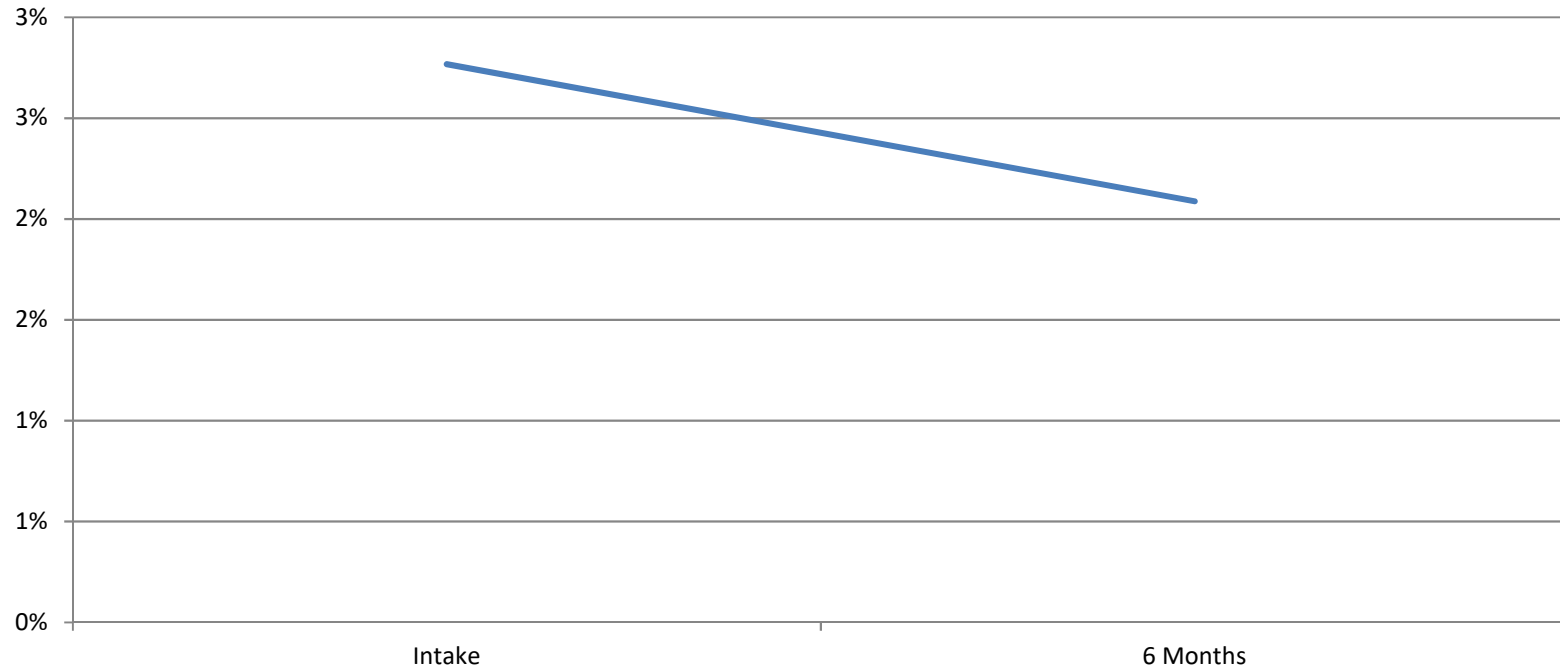
Total = 96



*Decreased by 19%

% of Days Used Cocaine Out of the Past 90 Days

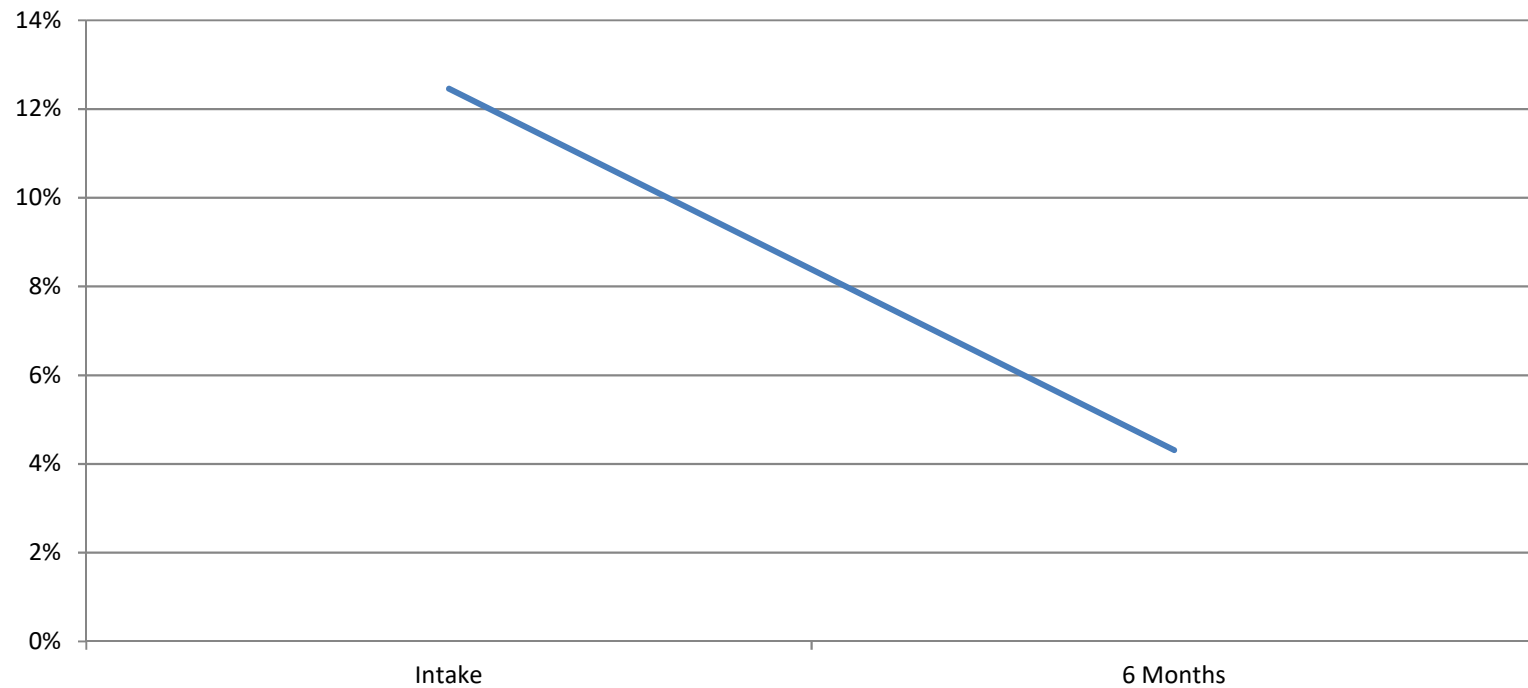
Total = 96



*Decreased by 33%

% of Days Used Opioids Out of the Past 90 Days

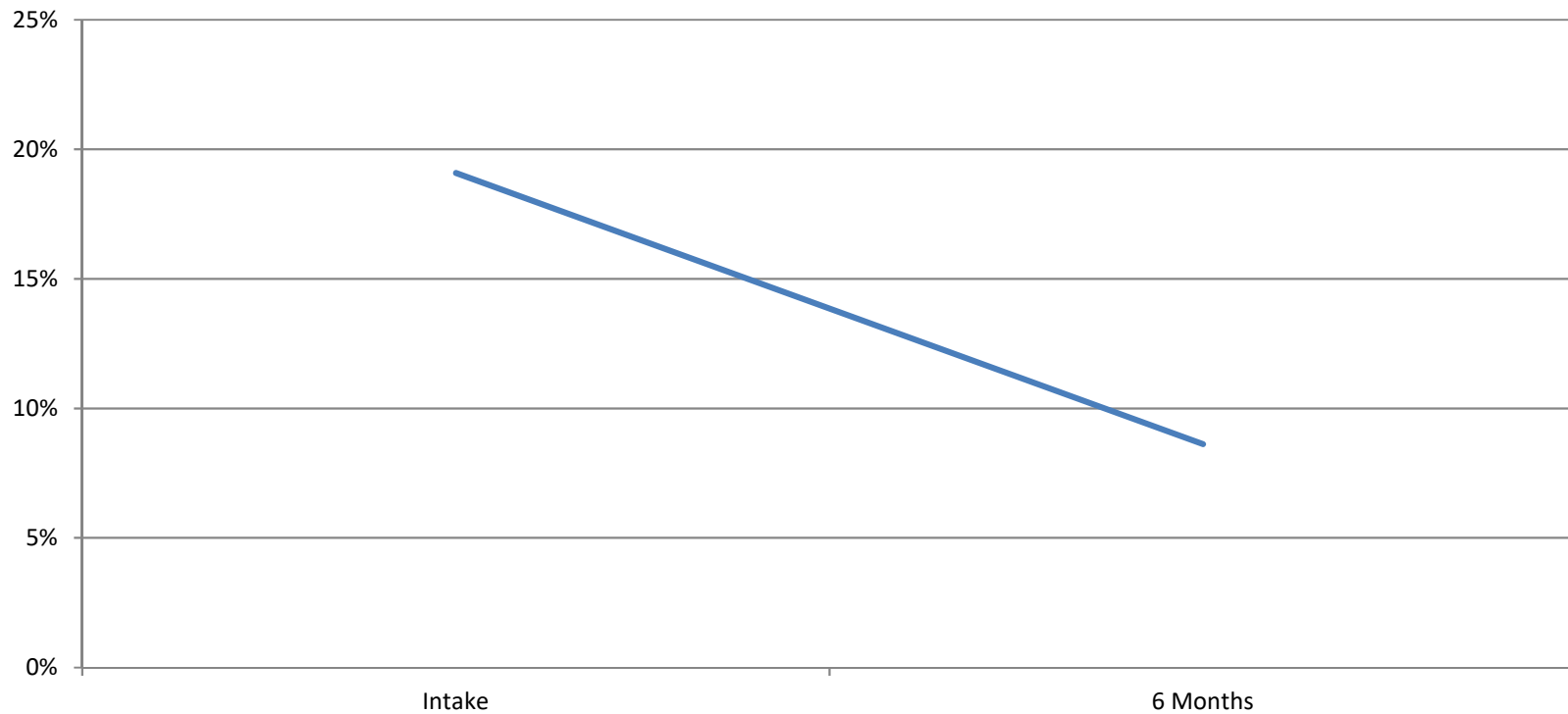
Total = 96



*Decreased 67%; Significant decrease

% of Days Used Other Drugs Out of the Past 90 Days

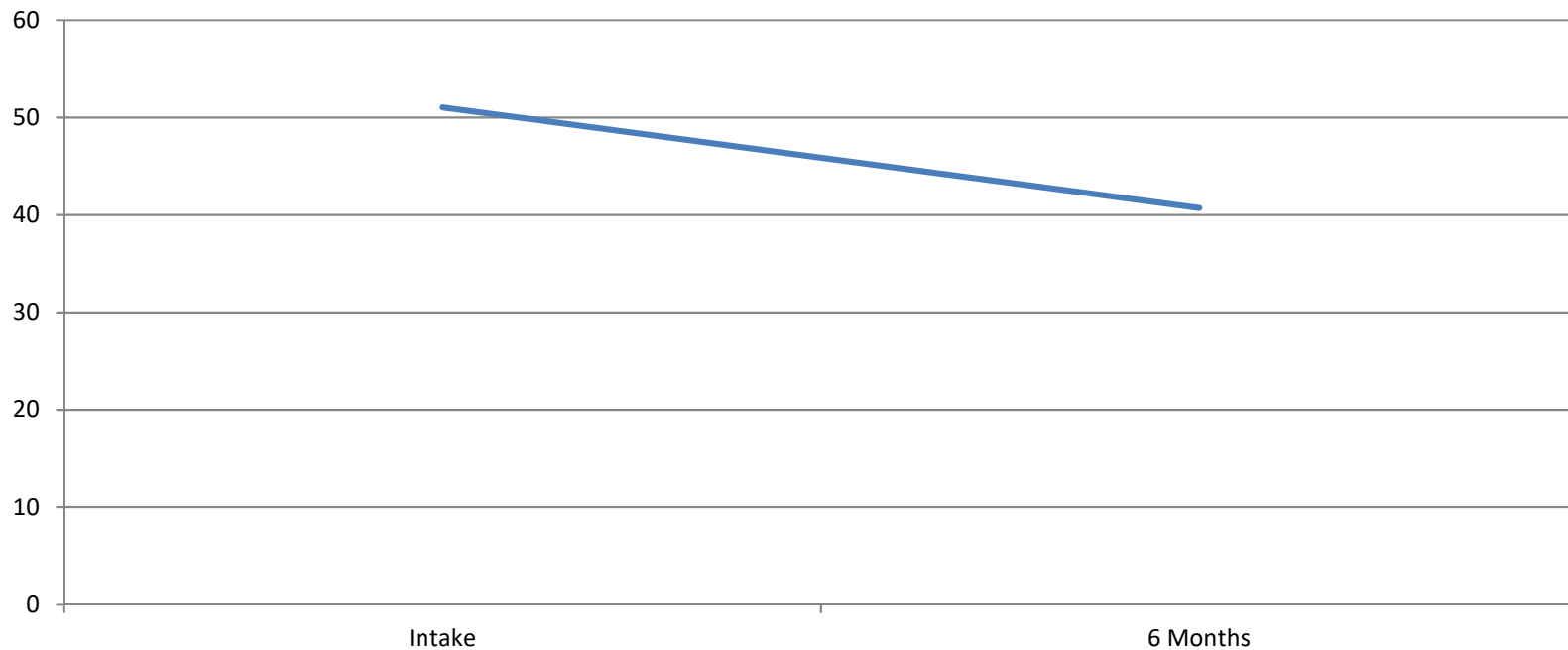
Total = 96



*Decreased 53%; Significant decrease

of Days Bothered by Nerve, Mental, or Psychological Problems Out of the Past 90 Days

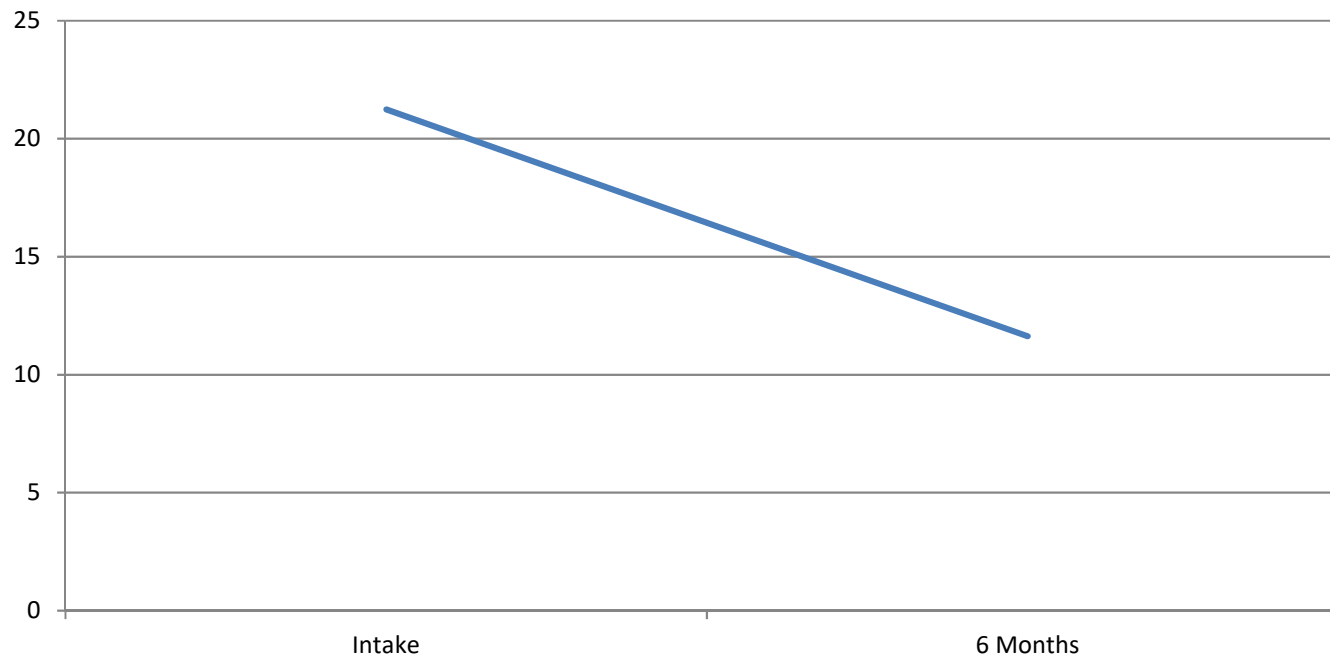
Total = 96



*Decreased 20%; Significant decrease

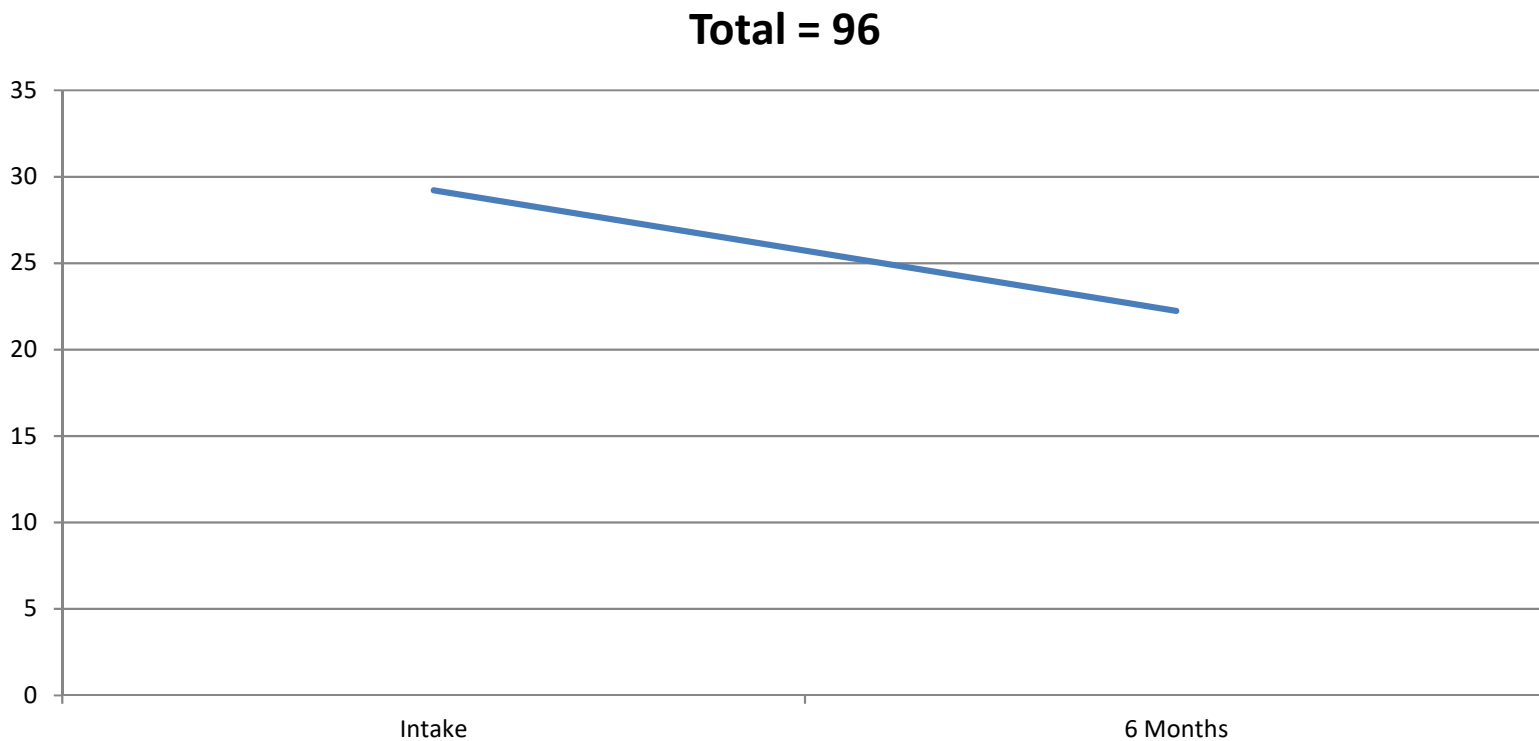
of Days Mental Health Problems Kept From Meeting Responsibilities Out of the Past 90 Days

Total = 96



*Decreased 43%; Significant decrease

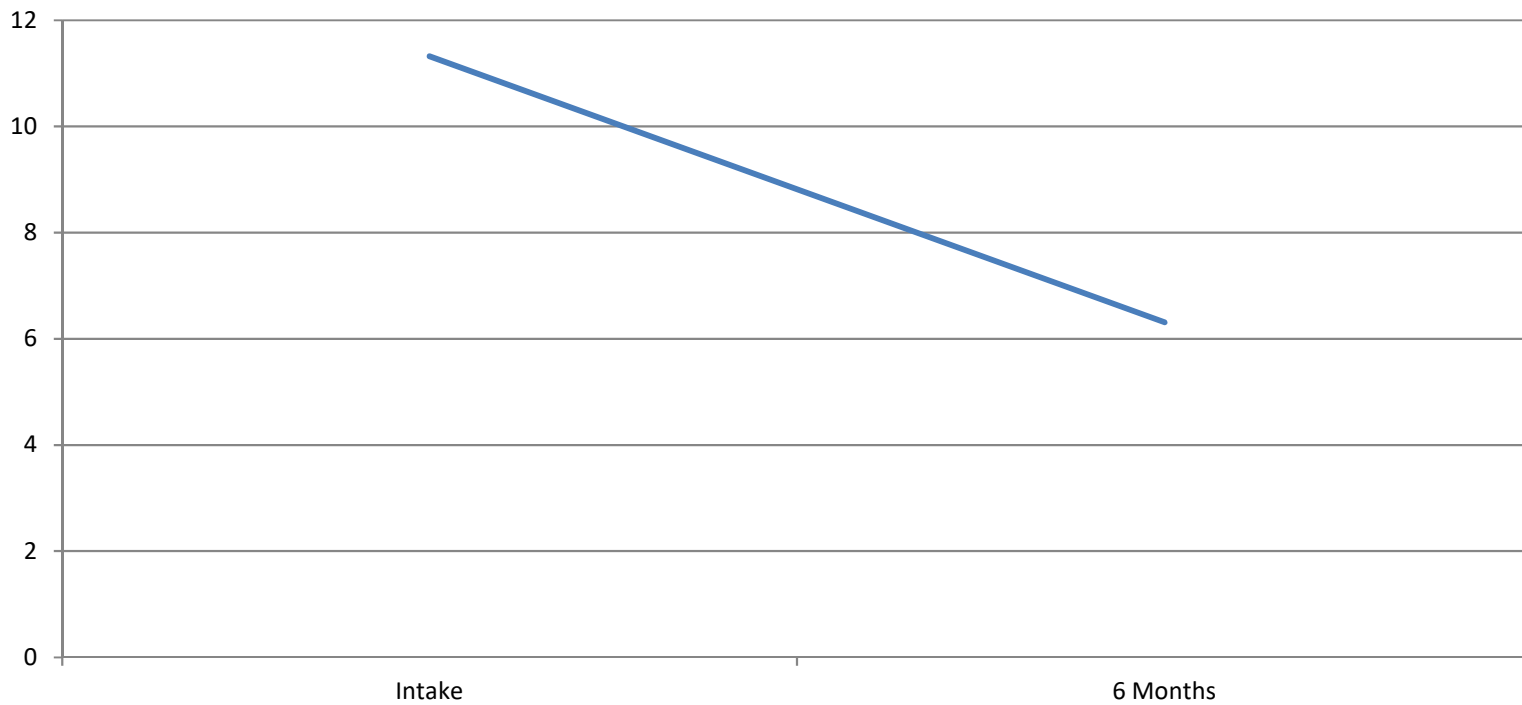
of Days Been Disturbed by Memories Out of the Past 90 Days



*Decreased 24%; Significant decrease

of Days Involved in Illegal Activity Out of the Past 90 Days

Total = 96



*Decreased 45%

Discussion

- TRACT appeared effective in removing barriers for rural and remote clients to access continuing care at Chestnut
- Participation in TRACT was associated with significantly decreased alcohol, opioid, and other drug use as well as significantly decreased mental health problems

Challenges to Implementation

- Session completion
- Clinician and participant comfort with technology
 - Training
 - Flexibility and repeated encouragement
- Reimbursement for sessions using technology
 - Waiver from state funding agency
 - Development of procedures to be approved company-wide



More Information

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