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Insight on Substance Abuse Treatment for Better Outcomes

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COMMITMENT

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Conflict of Interest

Michael Treanor

Has no real or apparent conflicts of interest to report.

Agenda

- Michael Treanor introduction
- Dimensions Recovery background
- Client demographics and snapshot
- Understanding lack of and difficulty tracking outcomes in the industry
- The logical solution and strategy
- Where we are today in working toward the solution

Learning Objectives

- Explain the lack of outcome tracking initiatives
- Summarize the collaborative strategy to address problems
- Evaluate success of the strategy to date

Dimensions Recovery Snapshot

- Four licensed facilities for a total of 46 treatment beds
 - Locations: Santa Monica, Culver City, West LA, Indian Wells
- Total staff headcount is approximately 75
- Treatment is 24 hours a day, seven days a week basis
 - Individual therapy sessions, Group therapy, Family therapy, etc.
- Typical length of stay in residential treatment is 23-30 days
- Similar residential treatment provider organizations throughout Southern California

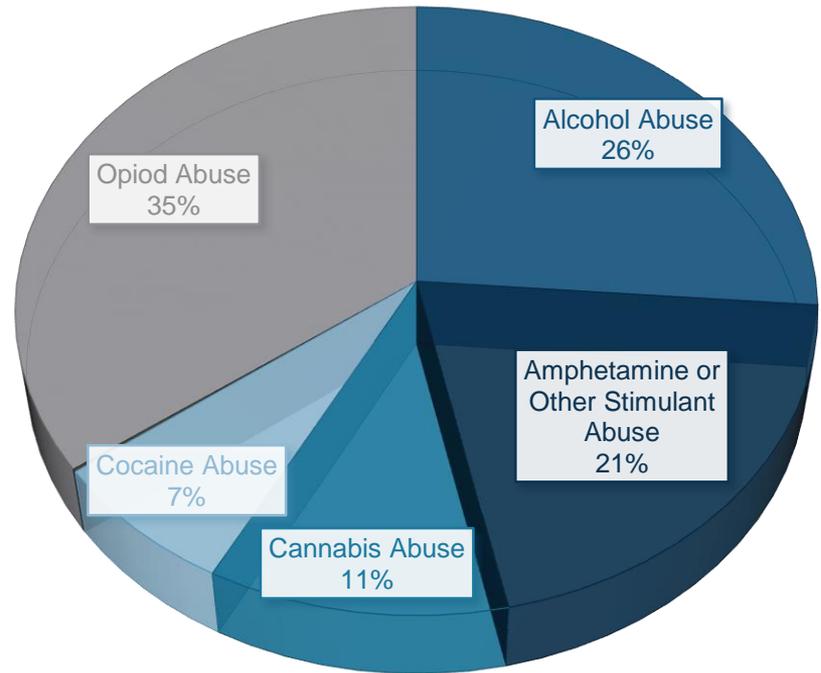
Dimensions Client Demographics

- Data supports full year 2016
- Almost half of the clients in a year are between the ages of 18-26

Age Range	Total	%	MALE	% of total	FEMALE	% of total
57-66	9	1.92%	2	0.43%	7	1.49%
47-56	51	10.87%	38	8.10%	13	2.77%
37-46	72	15.35%	39	8.32%	33	7.04%
27-36	115	24.52%	82	17.48%	33	7.04%
18-26	222	47.33%	144	30.70%	78	16.63%
Total	469	100.00%	305	65.03%	164	34.97%

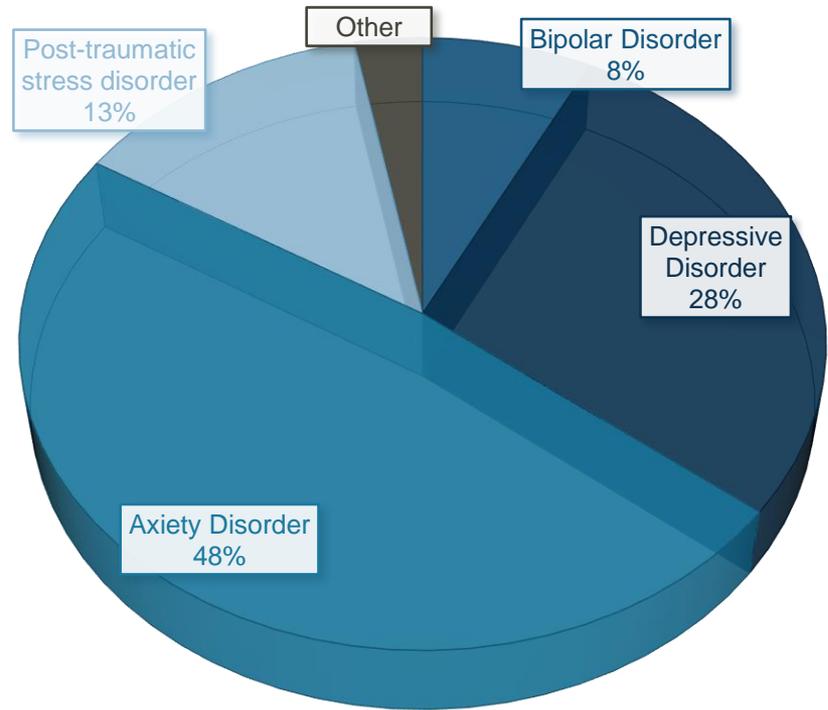
Dimensions Clientele Drug Abuse Snapshot

- Data supports full year 2016
- Data pulled from company EMR
- Percentages are of drug abuse diagnosis totals
- Most clients have co-occurring drug abuse diagnosis



Dimensions Clientele Co-Occurring Mental Health Snapshot

- Data supports full year 2016
- Data pulled from company EMR
- Percentages are of mental health diagnosis totals
- Most clients have co-occurring diagnosis



Substance Abuse Treatment Industry Continuum of Care

- I. Detoxification and Medical Stabilization
- II. Residential Treatment
- III. Partial Hospitalization (PHP)
- IV. Intensive Outpatient Treatment (IOP)
- V. Outpatient
- VI. Sober Living

Substance Abuse Treatment Industry Continuum of Care

Detoxification and Medical Stabilization

- I. Depending on what drugs there are in a person's system upon arrival they may require a detoxification process, or "detox."
- II. Clinical Detox has the highest level of around-the-clock care and involves consistent monitoring of the withdrawal process by trained and experienced professionals to ensure the body safely heals from chemical dependency
- III. During this process, which typically lasts 5-7 days, our clinical team provide 24/7 supervision for safe withdrawal
- IV. Complete medical assessment is performed by licensed physicians within 24 hours of arrival to our facilities

Substance Abuse Treatment Industry Continuum of Care

Residential Treatment

- I. A structured treatment approach designed to prepare clients to return to the general community
- II. Treatment is provided on a 24 hours a day, seven days a week basis, and services include:
 - I. A minimum of two individual therapy sessions per week
 - II. Regular group therapy
 - III. Family therapy
 - IV. Didactic and psycho-educational groups
 - V. Exercise (if cleared by medical staff)
 - VI. Case management
 - VII. Routine urinalysis screenings
 - VIII. Recreational activities

Substance Abuse Treatment Industry Continuum of Care

Partial Hospitalization (PHP)

- I. Partial hospitalization is a structured program providing care at least five days a week for no fewer than six hours a day
- II. This program is designed for clients who are stable enough physically and psychologically to participate in everyday activities, but who still require a degree of medical monitoring
- III. Services include a minimum of:
 - I. Weekly individual therapy
 - II. Regular group therapy
 - III. Family education and therapy
 - IV. Didactic and psycho-educational groups
 - V. Exercise (if cleared by medical staff)
 - VI. Case management
 - VII. Routine urinalysis screenings
 - VIII. Off-site recovery meetings and activities

Substance Abuse Treatment Industry Continuum of Care

Intensive Outpatient Treatment (IOP)

- I. A structured program providing care three days a week for three hours per day at a minimum
- II. Its services include:
 - I. Weekly individual therapy
 - II. Group therapy
 - III. Family education and therapy
 - IV. Didactic and psycho-educational groups
 - V. Case management
 - VI. Frequent urinalysis screenings
 - VII. Off-site recovery meetings and activities
 - VIII. Intensive transitional and aftercare planning

Substance Abuse Treatment Industry Continuum of Care

- I. Detoxification and Medical Stabilization
- II. Residential Treatment
- III. Partial Hospitalization (PHP)
- IV. Intensive Outpatient Treatment (IOP)
- V. Outpatient
- VI. Sober Living

These levels of care make up the mix of a 24-30 day stay at Dimensions

Dimensions does not offer these services

So What Happens Next?

- After a 23-30 day stay in our residential treatment program the client either:
 1. Is referred to a sober living or outpatient program either in California or out of state
 2. Goes home
- Follow up text, email, phone outreach campaigns to measure:
 1. Periods of abstinence
 2. Periods of relapse
 3. Involvement in recovery support
 4. Treatment experience

The Problems

- Recidivism rates are very high in the industry
 - Sick people are not getting healthier
- Multiple episodes of treatment is very common
 - The burden of the cost of ineffective treatment

Roots of the Problems

- Difficulty in coordinating continuum of care when client leaves residential care
 - Less often than we would like the patient case file does not follow with the client to the next level of care
 - Disconnect between residential and aftercare providers because of isolated and individualized data collection process, reporting, etc.
- Follow up data collection is challenging because follow up evaluation is based on client self reporting
 - Getting in contact with client and client contacts (family) is also difficult, time-intensive, and resource-intensive
- A client with multiple treatment episode history is admitted and our clinicians have very little background to understand unless they were a past client of ours
 - Challenging to understand what did not work in the past

The Goals

- Correct the problems by:
 - Keeping people healthy and sober
 - Reduce the potential for relapse
 - Reduce the burden of cost due to ineffective treatment

The Vision for a Logical Solution

- All providers within the substance abuse industry share the same electronic database and standardize outcome tracking
- This would:
 - Create aggregation of data from disparate systems and allow large scale analysis and insight
 - Allow the client case file to follow them down the continuum of care and give all treatment providers visibility on client outcomes
 - Subsequent treatment program evaluation based on historical client specific outcomes

Collaborative Relationship to Tackle Vision

- In early 2017 Dimensions Recovery connected with an organization to discuss industry problems and potential solutions
- The Dimensions team had identified to the collaborative partner the issues with lack of unified outcome based reporting along with high recidivism rates in the residential substance abuse treatment industry
- The collaborative partner had some success implementing their health data management platform in various national Family and Youth Drug Courts

Commonalities with Youth Drug Courts Case

- Youth Drug Courts goals:
 - Reduce recidivism
 - Save money
 - Restore families
 - Create healthier and more productive citizens
- Statistic from drug courts:
 - Unless a substance abusing offender is regularly supervised by a judge, 70% of them drop out of treatment prematurely
- Very similar percentage of clients in our industry who don't continue supportive treatment post residential care

Drug Court Implementation

- Currently helping organize individual cases data more efficiently and transparently
 - Judges are able efficiently refer back to historical data on actions and results
 - Helps them use that information to make new decisions
 - Can spend more time to spend with youths and their families
- As data aggregates over time the platform will allow the judges to analyze scenarios based on location, persona demographics and help make recommendations backed by analytics
- Dimensions vision is to implement the platform in a similar way to use new insights to help clinicians tailor their treatment programs toward success measured by lower recidivism rates

Where we are today

- Dimensions have spent 2017 working on configuring the platform to form fit the substance abuse treatment industry
 - Configuring standard for assessments, notes, goals, actions, objectives, care team relationships, etc.
- We want to have a platform that will be accepted by a majority if not all residential treatment providers and partner with them to provide an all around better continuum of care
- Acceptance is the most important because that allows for standardization and unification on outcomes tracking
- The more providers who join in on adopting the platform the more promising outlook is on creating a standard for outcomes based tracking

Questions

- Email: mtreanor@dimensionsrecovery.com
- Facebook: [@dimensionsrecovery](#)
- Would appreciate it if the audience can complete online session evaluation
- Thank you!

