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individual and group therapy, substance-abuse education, family group support, gender groups, parenting groups, job preparation skills, psychiatric evaluation, dual diagnosis groups, and HIV testing. Billy Gregory Detox offers similar services in addition to providing medically assisted detoxification from the effects of alcohol and other drugs.

PR aims to increase the likelihood that an individual will successfully complete residential treatment, improve the individual's quality of life, and promote productive citizenship after initial care is completed. PR also strives to instigate a lifestyle change among these individuals. It attempts to decrease substance abuse and relapse, reduce instances of criminal activity and incarceration, and increase stable housing and employment.

A preliminary study using data gathered through June 30, 2002, indicates a significant reduction in drug usage across all substances 12 months after individuals completed the PR program (Lorick 2002). Lorick, R.A. (2002). Project Recovery Evaluation Report. Fort Worth, TX: Mental Health Mental Retardation of Tarrant County. Use of any alcohol was reduced by 56 percent in a 6 month period, while binge drinking was reduced 73 percent in the same period. Use of cocaine dropped 90 percent in 6 months. Marijuana usage decreased 84 percent in 6 months, indicating significant harm reduction, (Figure 1).

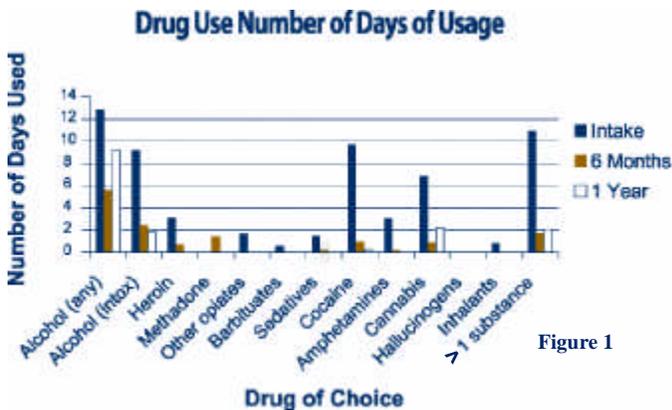


Figure 1

PR program “graduates” showed gains in housing. Individuals claiming to be in stable housing increased from 23 percent at intake to 63 percent at the 6 month follow-up (Figure 2).

Furthermore, the number of individuals reporting full- or part-time employment more than doubled from intake to six months. At six months, fewer individuals reported having poor or fair health and more reported having good health. Self-reported nights spent in jail/prison also decreased by 25 percent in that same period. Preliminary results indicate inpatient treatment and case management to be effective, with measurable positive results.

Where Have You Been Living the Last 30 Days

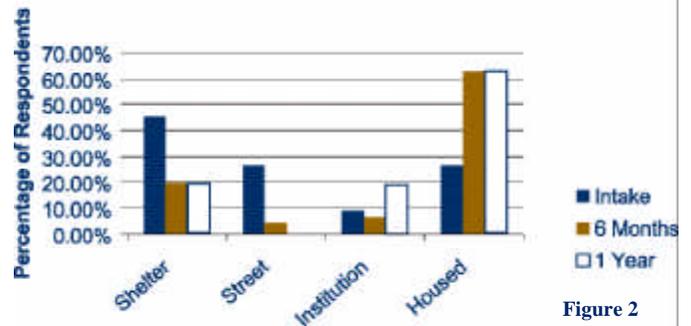


Figure 2

In September 2002, PR joins with Project Health First (PHF), a project designed to provide treatment for intravenous drug users, to conduct a one-day, faith-based initiative in downtown Fort Worth involving 80 to 100 faith-based and community organizations. The focus of the initiative is to build partnerships between substance-abuse treatment providers and faith-based community organizations. The goal is to spark increased involvement of faith-based partners in the Tarrant County Continuum of Care and to provide expanded services and aftercare services to the targeted population.

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MENTAL HEALTH STATUS OF MALE AND FEMALE CLIENTS BEFORE AND AFTER SUBSTANCE ABUSE TREATMENT

Taken from SAMHSA/CSAT NEDS Fact Sheet 135

This fact sheet presents an analysis of the influence of substance-abuse treatment on the mental health of male and female clients participating in the National Treatment Improvement Evaluation Study (NTIES). Information on treatment outcomes, including mental health status, is important to assist providers in both demonstrating treatment effectiveness and planning treatment services appropriate to both male and female clients. In this analysis, clients were asked at treatment intake and at follow-up (approximately one year after leaving treatment) about their mental health status, including whether they had received outpatient mental health treatment, been depressed, or attempted suicide in the past year. Compared to the year before treatment, there were declines in rates for all three measures of mental health status for both male and female clients. The largest declines were for attempted suicide—a reduction of about four-fifths for both male and female clients. Findings from this analysis suggest that substance abuse treatment has a positive impact on the overall mental health of male and female clients.

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