



the retreat

**2012  
PROGRAM  
EVALUATION  
ANNUAL REPORT**

**April 2013**

This program evaluation has been funded by The Retreat. Questions regarding The Retreat, or requests for copies of this report, should be directed to John H. Curtiss, MA, LADC, NCRS, President, 1221 Wayzata Blvd. East, Wayzata, MN 55391; 866-928-3434 or [info@theretreat.org](mailto:info@theretreat.org),

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*The opinions expressed in this report are those of the author and do not necessarily reflect those of The Retreat.*

## Abstract

This is the annual update of a longitudinal evaluations effort conducted by Herbert & Louis, LLC, an independent evaluation company, for calendar year 2012. This report compares current year findings with past year (2011) and all previous years' data from 2001 to 2010. It includes sections for the residential, two non-residential, and the sober housing efforts. The findings discussed confirm and reinforce positive findings consistently reported in past reports.

Demographically, there were very few differences of note. The average age of guests was 39.7 years with males continuing to be younger (37.7 years) than females (43.2 years). The population was predominantly White (94.9%), single (never married) 43.0%, and unemployed 42.1%. As expected, most guests reporting using a variety of substance prior to registration. Alcohol continued to be reported as the most frequently cited substance (92.5%) followed by marijuana (41.0%), cocaine powder (31.6%), opiates (other than heroin) 25.0%, and illegal prescription drugs (21.2%). Utilization of medical services, and incidences with the criminal justice system prior to registration, remained relative low and similar to previous years.

Significant improvements were reported by guests across a spectrum of key recovery measures at the time of departure. Subsequently, guest satisfaction was extremely positive as indicated by a 98% positive endorsement of their willingness to recommend the Retreat to others. At six months post departure an abstinence rate of 59.2% was reported and at 12 months post departure the rate was 55.9%. The non-residential programs mirrored these high satisfaction and abstinence ratings.

Participation in The Retreat's sober housing continued to provide evidence that the resource was effective. Those participating in sober housing were more likely to be younger, single, and unemployed – recipes for characteristically difficult recoveries. Nonetheless, at follow-up, their rates of abstinence were similar to those who were older, married, and employed.

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## Introduction

This report is an annual update for the period of January 1, 2012 through December 31, 2012 of an evaluation project that was started in early 2001. The report provides previous year data comparisons for critical indicators. This year's report also contains findings from the non-residential program (including the elder program) that are presented in their own section of the report.

At the time of registration, all guests are requested to complete a registration survey comprised of several domains including general demographics (i.e., age, gender, income, etc.), substance use, prior year health care access, prior year involvement in the legal system, mutual help participation, employment, and quality of life. This registration survey contains 53 questions consisting of checklists and Likert-type response scales with which respondents can indicate their level of agreement with statements (i.e., very great extent, great extent, some extent, little extent, or very little extent).

Guests are requested to complete a satisfaction survey at the time of departure from The Retreat. This 23-question survey contains 20 questions with Likert-type scales covering the domains of satisfaction of facilities, assistance received, critical life-relationships, quality of life, and willingness to recommend The Retreat to others. The final three questions are open-ended seeking responses regarding the most helpful and least helpful experiences during their stay as well as requesting suggestions or comments for program improvement.

All guests are also invited by Retreat staff at the time of registration to participate in the longitudinal follow-up at six and twelve months following their departure. Those who volunteer for this element of the program evaluation complete an informed consent to participate form and provide contact information for the evaluator. At six and twelve months

post departure, guests are contacted to complete the survey. Contact is with a first class mailing of the survey first attempted by the contractor with up to two US Postal Service First Class mailings. If the instruments are not returned, the evaluator then attempts telephone contact up to five times during different times and on different days. Failing this attempt, a contact person, identified by the guest, is contacted in an attempt to locate the guest. For the report period, the six-month follow-up completion rate was 64.2% and the 12-month follow-up completion rate was 61.0% of those who provided consent and locator information. These are considered to be very good for the level of funding for the follow-up.

For the most part, the follow-up survey is a mirror of both the registration and departure satisfaction surveys containing the same questions; the form also includes additional questions regarding current substance use compared to substance use prior to their stay at The Retreat.

As with all annual reports, this should be considered an interim report of the key findings to date and viewed as dynamic with the expectation that changes over time will be seen. The report contains a discussion of the guest demographics, findings at departure, the impact of sober housing on recovery rates, as well as outcomes at six and twelve months.

## **Residential**

### ***Demographics***

The average age of guests this year was 39.7 years, slightly older than reported last year (Table 1). Males continued to be significantly ( $p < .01$ ) younger than females as has been consistently reported previously. The gender mix ratio has remained relatively constant at approximately 64%± males across all years.

<b>Table 1. Age and Gender</b>			
	n	mean	sd
<b>2012</b>			
All	487	39.7	12.3
Males	312	37.7	11.8
Females	174	43.2	12.4
<b>2011</b>			
All	436	38.6	13.5
Males	281	37.7	13.5
Females	154	40.2	13.3
<b>Previous Years</b>			
All	3498	39.0	12.3
Males	2266	38.1	12.3
Females	1214	40.7	12.2

<b>Table 2. Race/Ethnicity (In Percent)</b>			
	2012	2011	Previous
Caucasian	94.9	94.3	94.4
Native American	0.2	1.6	0.4
Black/African American	0.8	1.1	0.6
Latino	1.5	0.7	0.5
Asian	1.3	0.2	0.3
Other/Not Reported	1.3	2.1	3.8

Although there has been some minor shifting of the reported race/ethnicity of guests across all years, these fluctuations have not been statistically

significant. Approximately 94% ± of the guests continue to be reported as White/Caucasian.

This year it appears that fewer Native American and Black/African American registered while more Latino/Hispanic and Asian registered. (Table 2)

<b>Table 3. Marital Status (In Percent)</b>			
	2012	2011	Previous
Single	43.0	49.5	44.6
Married	28.2	25.9	27.5
Divorced	19.1	15.2	18.5
Separated	5.9	6.1	5.6
Living as Married	2.8	2.3	2.5
Widowed	1.1	1.1	1.3

The largest distribution of guests remained to be single – never married (43.0%) but decreased from previous years. The 49.5% reported in 2011 now appears to be an anomaly. Those reporting as married or divorced increased slightly, but the changes were not statistically significant.

(Table 3.)

Full-time employment increased slightly this year from 28.2% to 30.1%. Part-time employment decreased slightly from 11.7 to 10.6%. Those reported being unemployed remained essentially the same as last year and slightly more than all previous years. (Table 4.)

Approximately 19.0% of the current year guests, compared to 18.8% of all years reported being self-employed slightly different.

<b>Table 4. Employment Status (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Full-time	30.1	28.2	31.2
Part-time	10.6	11.7	7.6
Irregular	5.7	5.9	5.6
Homemaker	3.4	4.4	5.2
Student	3.6	5.1	4.8
Retired	4.5	8.7	5.4
Unemployed	42.1	36.0	40.2

<b>Table 5. Education (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Not Completed HS Graduate	0.2	1.9	2.2
HS Graduate	13.7	11.1	11.2
Some College/Trade School	40.7	46.5	44.5
College Graduate	28.3	25.8	26.2
Post-graduate Course Work	4.6	5.2	5.6
Post-graduate Degree	10.7	9.4	10.3

The level of education of guests enrolling this year remained relatively high with a slight shifting that saw guests somewhat more likely to report a high school (13.7%) or college degree (28.3%) and subsequently slightly less likely to report not completing high school. (Table 5.)

The majority of guests (51.5%) reported coming from a household with an annual income range of \$50,000 or more, down significantly ( $p < .05$ ) from 59.5% last year. The second largest group was those reporting an income of less than \$20,000 (18.6%). (Table 6.)

<b>Table 6. Income Range (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
<b>(Thousands of Dollars)</b>			
< 20	18.6	17.4	18.0
20 to 29.9	8.0	7.3	7.7
30 to 39.9	11.7	8.1	9.4
40 to 49.9	10.1	7.7	8.9
> 50	51.5	59.5	56.0

Although Table 7, on the following page, is rather “busy,” it provides a presentation of the frequency with which enrolling guests report key employment related activities often seen as cost/benefit indicators relating to the increased readiness for employment following

recovery from additions. Across the years there have mostly been minor fluctuations in the frequency with which guests have responded to the questions. This year a few more guests than last year reported being promoted and taking a new job. There were also insignificant shifts in the categories of being fired or having had an accident while on the job.

**Table 7. Job Related Indicators  
(In Percent)**

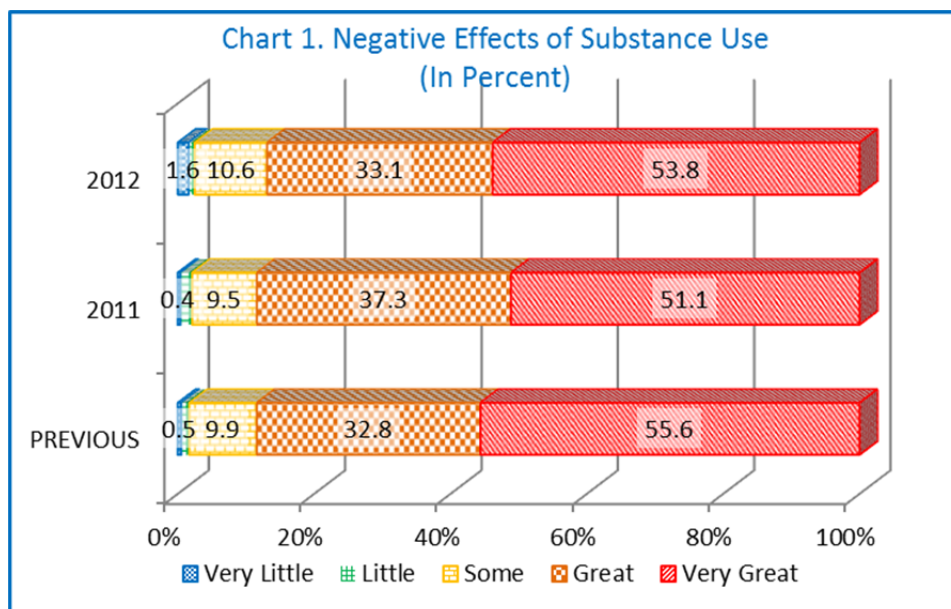
	Never		Once		Twice		Thrice		> Thrice		All				
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011					
Promoted	70.7	68.8	68.3	15.6	17.8	15.9	7.4	4.5	6.8	2.4	3.7	2.5	3.9	5.2	6.5
Took a New Job	71.3	69.3	68.9	16.8	17.5	16.9	7.3	6.8	6.2	1.7	0.9	2.5	2.8	5.5	5.6
Fired From Job	70.2	74.3	72.1	22.7	18.2	19.2	5.2	4.4	4.8	1.3	1.0	1.6	0.6	2.1	2.3
On Job Accident	92.0	95.8	92.9	6.5	2.9	5.2	0.4	0.8	1.2	0.2	0.0	0.2	0.9	0.4	0.5
Filed Work Comp Claim	94.2	93.3	94.2	5.4	6.5	5.2	0.2	0.2	0.4	0.0	0.0	0.0	0.2	0.0	0.2
Filed Grievance	98.1	98.3	98.4	1.7	1.5	1.5	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.2	0.1
Formal Disciplinary Action	78.2	78.3	78.8	13.1	14.3	12.7	5.6	3.8	4.9	0.9	1.7	1.6	2.2	1.9	2.2

On the enrollment survey, guests are asked to indicate all the substances they have use in the past 12 months. Over the years, preference in substances used has seen regional trends. These trends are important to monitor as techniques to recover from various substances, especially those involved with stereotypically strong sub-cultures, can influence mid- to long-term recovery as the individual breaks away from the subculture.

**Table 8. Substances Used Prior to Registration (In Percent)**

	2012	2011	Previous
Alcohol	92.5	94.2	91.8
Prescription	38.0	37.4	37.5
Marijuana/Hash	41.0	43.0	41.9
Cocaine (Powder)	31.6	32.2	36.2
Other Opiates	25.0	27.3	22.6
Illegal Rx	21.2	26.7	21.1
Over the Counter	19.0	19.8	19.5
Sedatives	15.0	17.5	18.7
Meth/amphetamines	19.2	18.2	18.3
Crack	15.6	16.3	21.6
Hallucinogens	14.1	17.5	17.8
Heroin	16.0	16.9	14.0
Other Stimulants	8.3	9.6	9.9
Inhalants	6.2	6.7	7.1
Other Substances	5.8	6.5	5.7

This year there were some very minor shifts in the distribution of reported substances used with a general, non-significant trend, for fewer substances to be identified. (Table 8.) Alcohol was the most frequently identified substance of choice (67.1%) followed distantly by heroin at 7.7%. (Data not in a table.)



Clearly, guests reported major negative effects associated with substance use as would be expected. This year 86.9% reported “very great” or “great” negative effects which compares to previous years. (Chart 1.)

### **Service Utilization**

Approximately 51.2% of this year’s guests reported accessing detoxification services in the past 12 months prior to enrollment. This is slightly up from last year with a slight tendency for guests to report more multiple detox episodes than previous years. (Table 9.)

<b>Table 9. Detoxification Episodes (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	48.8	46.1	48.0
One Time	25.1	31.5	26.2
Two Times	15.0	11.8	12.9
Three Times	5.4	5.1	6.1
More than Three Times	5.8	5.5	6.7

<b>Table 10. Outpatient Episodes (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	63.5	62.8	62.9
One Time	24.4	25.8	24.3
Two Times	6.9	6.1	7.3
Three Times	1.9	2.1	2.2
More than Three Times	3.2	3.2	3.3

The number of outpatient episodes in the past 12 months was down very slightly (36.5%) from previous years (37.2%). Reporting of multiple episodes was quite similar across the years. (Table 10.)

<b>Table 11. Residential A&amp;D Episodes (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	56.7	47.9	48.0
One Time	21.6	28.3	26.4
Two Times	10.3	11.5	12.3
Three Times	5.6	4.5	5.7
More than Three Times	5.8	7.9	7.6

<b>Table 12. Hospitalizations A&amp;D Related (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	54.2	57.1	58.7
One Time	21.9	19.9	20.5
Two Times	11.5	11.4	9.4
Three Times	3.7	3.8	4.3
More than Three Times	8.7	7.8	7.1

The number of guests reporting no substance related residential treatment in the past 12 months (56.7%) prior to enrollment increased significantly ( $p < .01$ ) from 47.9% reported last year. The number of multiple episodes was similar to previous years. (Table 11.)

Guests' utilization of medical hospitalizations for substance related issues increased to 45.8% from 42.9% although this was not statistically significant. (Table 12.)

The number of guests seeing individual therapists in the 12 months prior to registration remained relatively stable with 60.0% reporting some visits with a slight tendency to report more than 20 visits than last year. (Table 13.)

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	40.0	37.7	35.5
One to Five	26.9	27.8	28.9
Six to Ten	9.8	14.0	12.3
Eleven to Twenty	8.7	9.3	10.0
More than Twenty	14.6	11.2	13.3

Emergency room use went up very slightly from last year, but remained lower than all previous years. Hospitalizations for mental health issues have decreased along with hospitalizations for physical health issues. These changes are not statistically significant and do not yet constitute a trend. (Table 14.)

Participation in recovery activities prior to registration, including meeting attendance, contact with a sponsor, involvement of a spouse or significant other (SO), and prayer/meditation, have remained relatively stable. It is interesting to note that over 50% of the guests have attended meetings at least once a month prior to registration and over 35% have had contact with a sponsor. (Table 15.)



**Table 14. Other Service Utilization  
(In Percent)**

	Never		Once		Twice		Thrice		> Thrice						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011					
Hospitalization (Physical Problem)	75.6	74.8	78.4	14.7	16.0	13.0	5.0	5.9	4.5	1.3	5.9	1.4	3.5	2.3	2.7
Emergency Room	48.5	51.9	53.1	27.7	22.8	24.3	11.0	14.0	4.8	5.4	14.0	4.8	7.4	7.1	6.7
Hospitalization (Mental Problem)	89.1	84.1	86.7	7.4	11.2	8.8	2.0	2.7	2.7	1.1	2.7	0.9	0.4	0.8	0.9

**Table 15. AA/NA Participation  
(In Percent)**

	> 3 / Week		2 to 3 / Week		1 / Week		1 / Month		< 1 / Month/None						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011					
Attend AA/NA	17.7	17.9	18.7	18.8	18.4	18.6	14.0	9.2	12.4	7.4	6.6	7.4	42.1	47.9	42.8
Contact Sponsor	11.4	11.1	11.8	8.8	9.0	9.6	12.1	11.6	11.9	4.5	5.1	6.2	63.2	63.2	60.4
Spouse/SO Attend Mutual Help	4.4	3.6	2.8	3.2	2.9	2.9	5.8	6.8	6.9	2.1	3.6	3.9	84.5	83.0	83.5
Prayer/Meditation	30.0	23.5	27.3	14.0	12.1	13.8	9.7	15.3	12.6	9.1	7.0	6.7	37.2	42.1	30.1

Approximately 4.7% of enrolling guests reported residing in a halfway house in the 12 months prior to registration. This year's sample was smaller than last year and the length of time reported in a halfway house (94.9 days) was longer, but the differences were not significant. (Table 16.)

**Table 16. Halfway House  
(In Days)**

	n	mean	sd
<b>2012</b>	23	94.9	80.0
<b>2011</b>	35	71.5	74.0
<b>Previous Years</b>	293	83.5	71.5

**Table 17. Sober House  
(In Days)**

	n	mean	sd
<b>2012</b>	76	125.6	104.6
<b>2011</b>	61	91.8	83.9
<b>Previous Years</b>	451	104.1	95.0

Approximately 15.6% of guests reported residing in a sober house prior to registration and their length of stay was significantly ( $p < .05$ ) longer at 125.6 days than what was reported last year. (Table 17.)

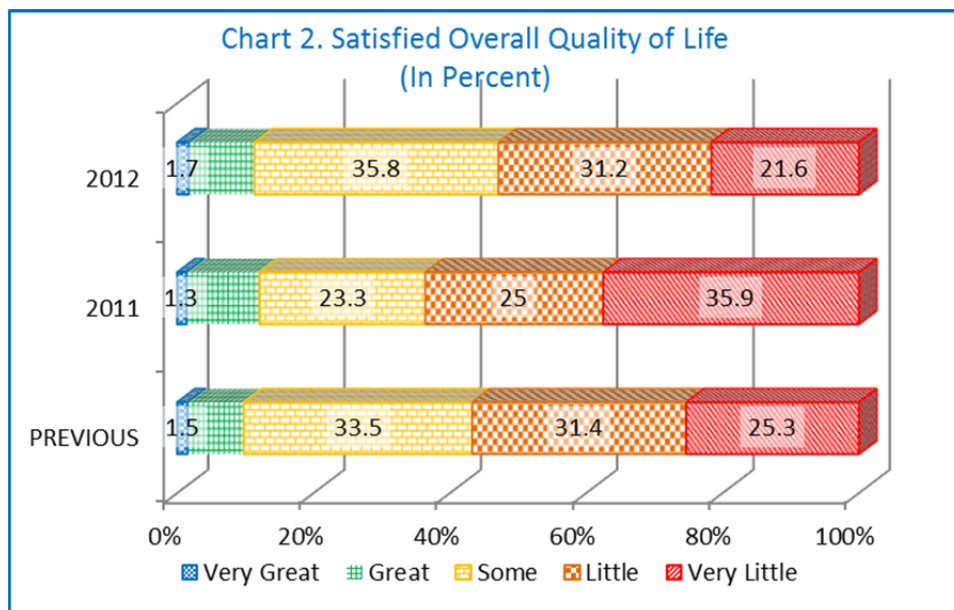
**Table 18. Community Related Indicators  
(In Percent)**

	Never		Once		Twice		Thrice		> Thrice						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011					
Driving While Intoxicated	78.6	81.2	78.7	16.4	14.4	15.6	3.2	3.3	3.4	1.3	0.6	1.2	0.4	0.4	1.0
Arrested A/D Related Crime	83.1	81.9	81.3	10.2	10.3	11.5	4.3	3.6	3.7	1.1	1.7	1.6	1.3	2.5	2.0
Arrested for Possession	92.9	92.7	92.7	5.6	5.8	5.3	1.1	0.4	1.2	0.2	0.6	0.5	0.2	0.4	0.3
Arrested for Other Offenses	89.6	90.4	88.0	6.3	6.1	7.6	3.5	1.5	2.1	0.0	0.6	0.6	0.7	1.5	1.6
Incarcerated	72.3	76.3	73.1	18.2	14.9	17.9	5.4	5.7	5.2	3.0	1.3	1.7	1.1	1.9	2.1

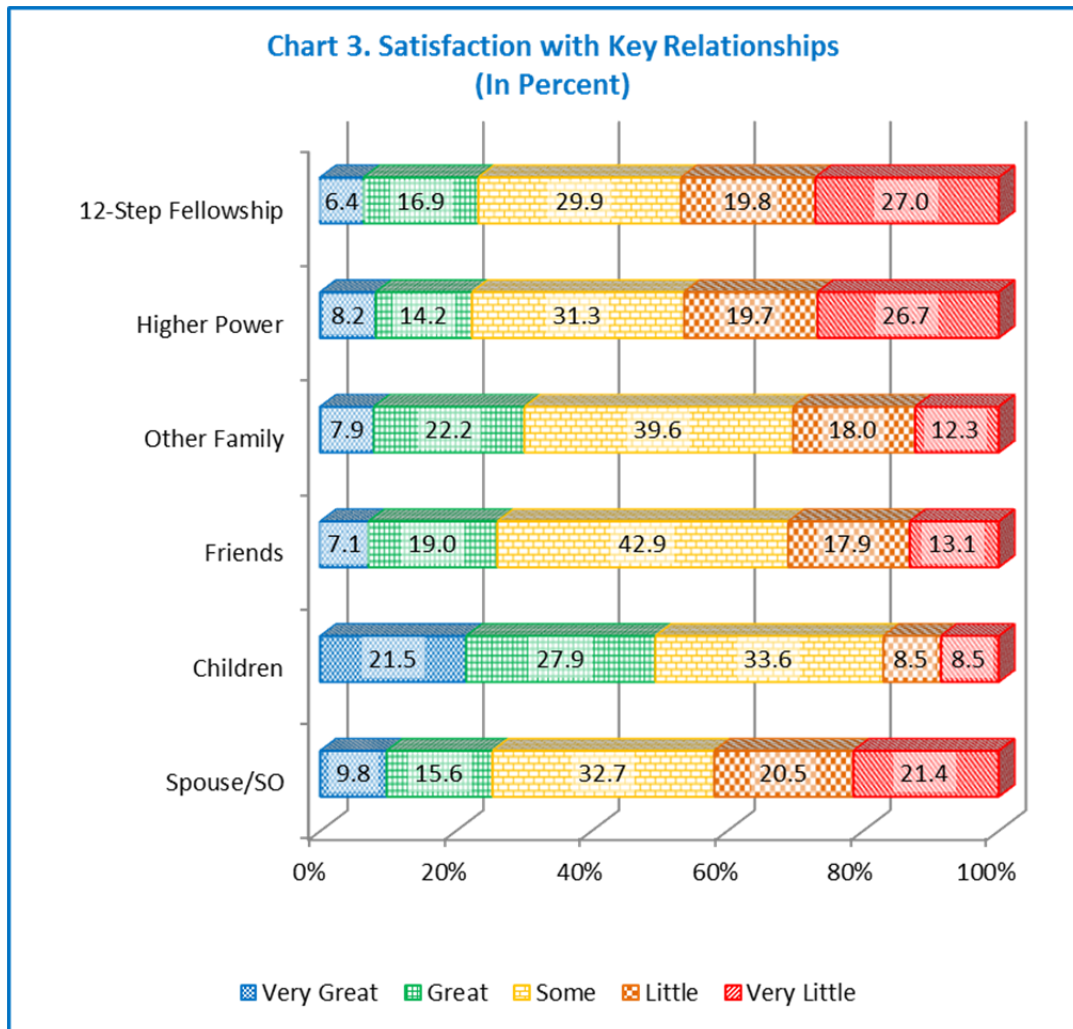
This year approximately 21.4% of guests reported at least one driving while intoxicated (DUI) arrest. This is somewhat more than what was reported last year (18.8%) but more consistent with all previous years. Similarly, A/D related arrests, other arrests, and incarcerations were slightly greater than last year, but again, more consistent with all previous years. (Table 18.)

### **Baseline Satisfaction with Key Recovery Supports**

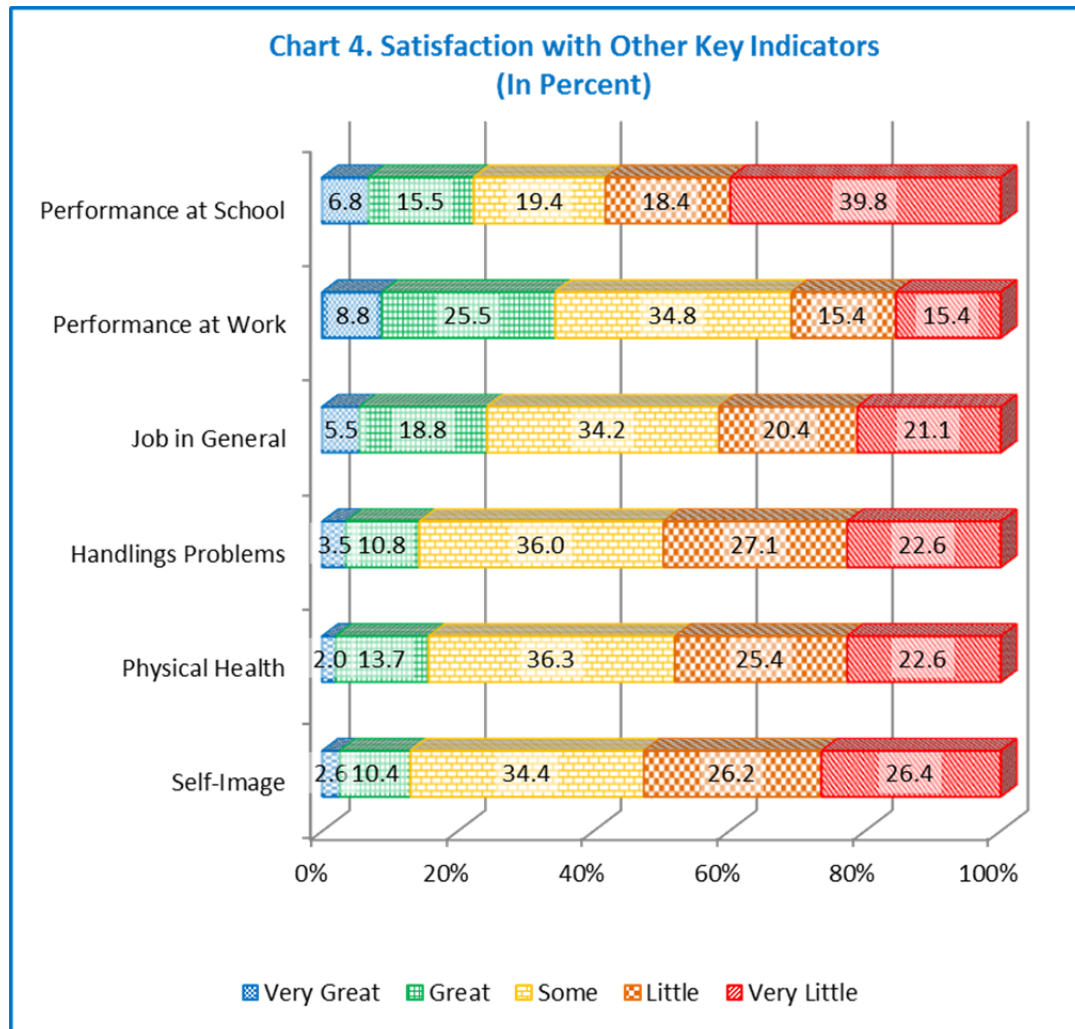
Approximately 52.8% of the guest reported experiencing “little” or “very little” overall satisfaction with their quality of life down from 60.3% reported last year and more in line with all previous years’ data. (Chart 2.)



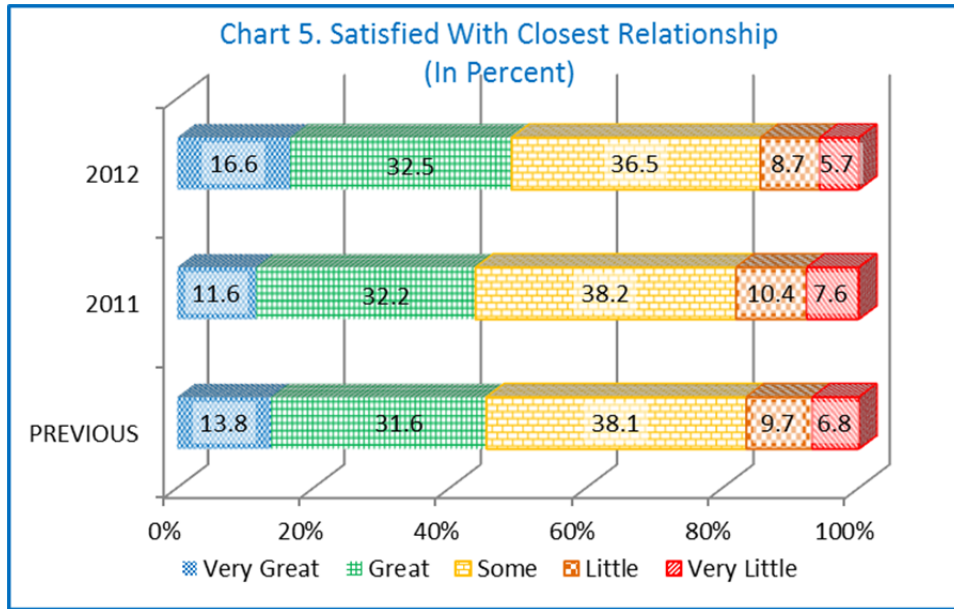
Guest responses to their level of satisfaction with key relationships paralleled closely with that previously reported and, as expected remained low with only about one-quarter of the guests reporting “great” or “very great” satisfaction with their spouse or significant other. Satisfaction with children has consistently been the highest marker in this domain with nearly 50% reporting positively. (Chart 3.)



Similarly, guest satisfaction with other key indicators remains problematic with 52.6% (compared to 55% last year) reporting “little” or “very little” satisfaction with their self-image. The largest distribution of satisfaction (34.3%) related to their perception of work performance. These distributions were statistically consistent with data from all previous years. (Chart 4.)



Interestingly, in response to the question regarding guests' satisfaction with the person with whom they talk most often about personal problems, satisfaction levels improved somewhat from 43.8% reporting positive satisfaction last year to 49.1% so reporting this year. These differences are not statistically significant. (Chart 5.)



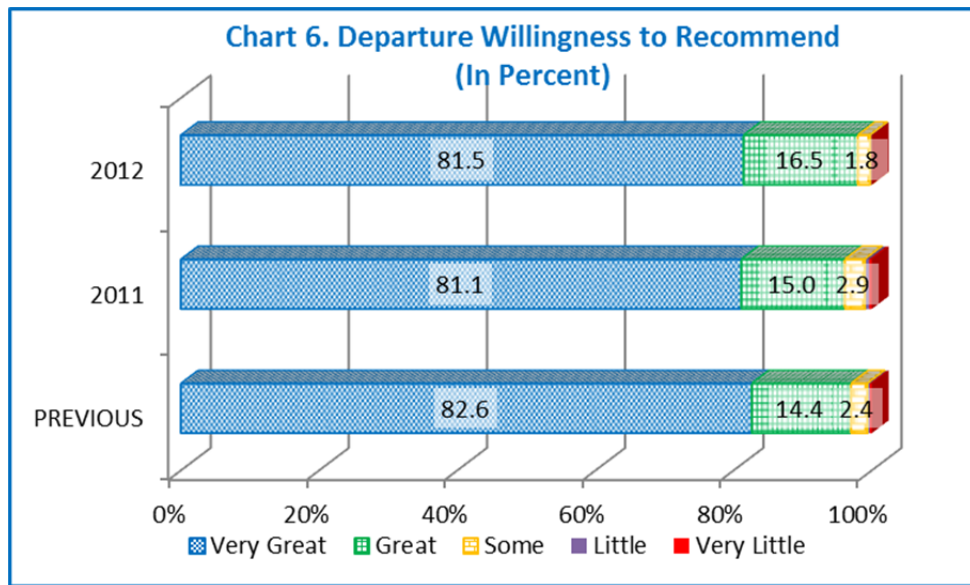
Across all years there continues to be little change in the order and distribution of individuals guests indicated they primarily talk with regarding personal problems. Characteristically, friends are the most frequently cited followed closely by spouse/SO. Over the past two years the number of guests indicating they talk primarily with a parent has increased significantly ( $p < .05$ ) from 11.6% all prior years to 14.9% this year. (Table 19.)

**Table 19. Talk With Most Often Prior to Registration  
(In Percent)**

	2012	2011	Previous
Friend	24.4	25.7	26.6
Spouse/Significant Other	23.3	24.6	23.0
Parent	14.9	14.5	11.6
Counselor	11.1	10.8	11.6
12-Step Sponsor	9.9	10.1	10.6
Did not Talk to Anyone	8.6	8.8	10.0
Other	4.7	2.8	3.5
Child	2.0	1.9	1.5
Priest, Minister, Rabbi	1.1	0.9	1.5

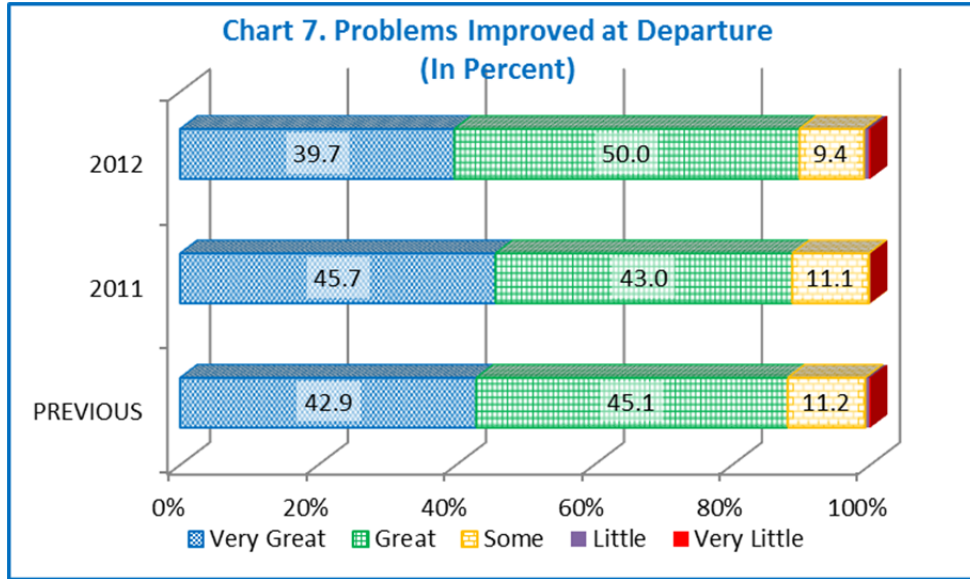
## Satisfaction at Time of Departure

*I have been so blessed to have had the opportunity to come. I know that I have received a great foundation to build new life and live happy in sobriety.*  
#62952

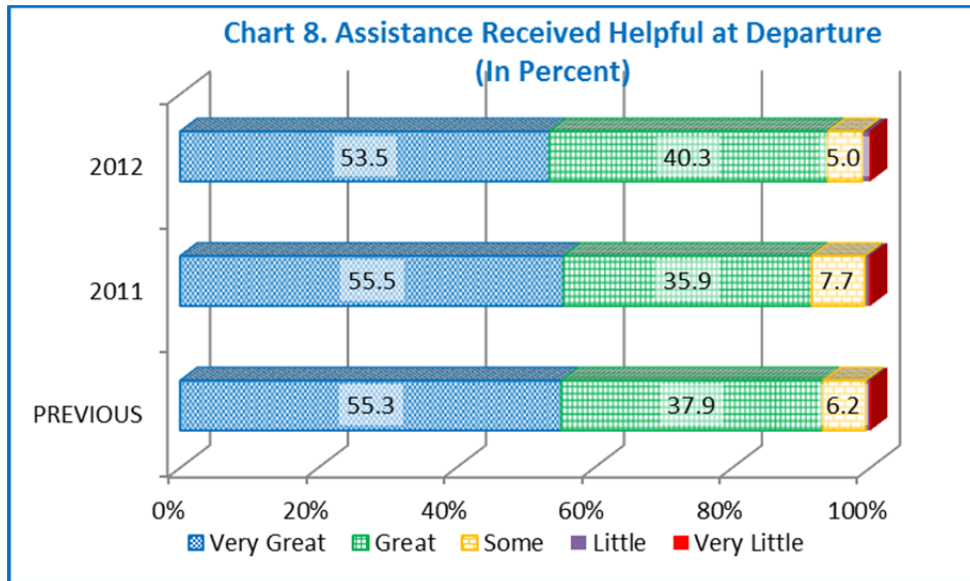


One of the more important global measurements for quality control and improvement at the time of departure is a guest's expressed willingness to refer others to The Retreat. A normal rule of thumb expectation is that a minimum of 85% of the respondents will indicate a favorable response ("great" and "very great") to the question regarding willingness to refer. Of the sample of 445 departing guests participating, a remarkable 98.0% reported they were willing to refer others to The Retreat to a "very great" and "great" extent. Although this is down slightly from 98.6% reported last year, it is still very strong and consistent with all previous years. (Chart 6.)



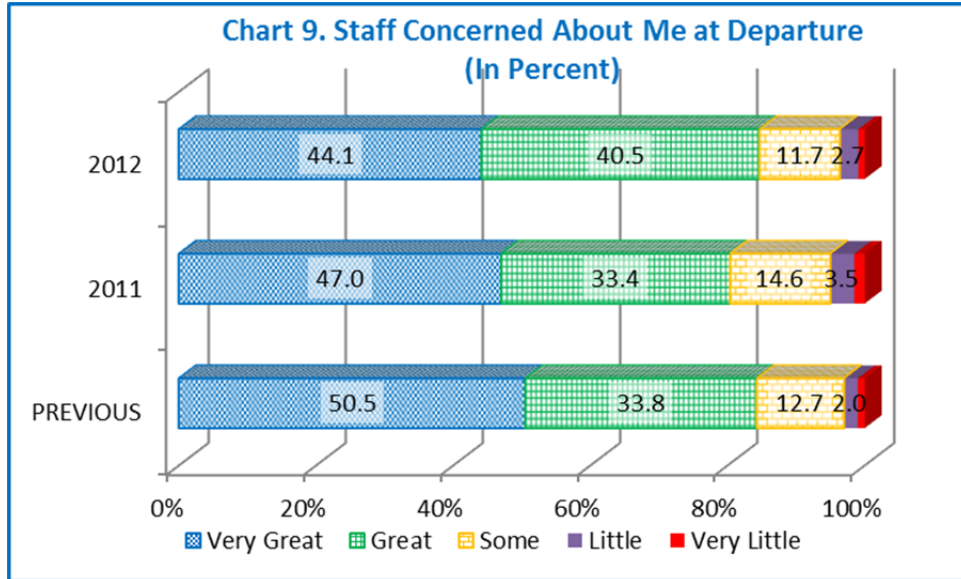


Approximately 89.7% responded to a “very great” and “great” extent in regards to the improvement of problems that brought them to The Retreat. This high level of self-reported outcomes has remained quite consistent throughout the evaluation efforts. (Chart 7.)

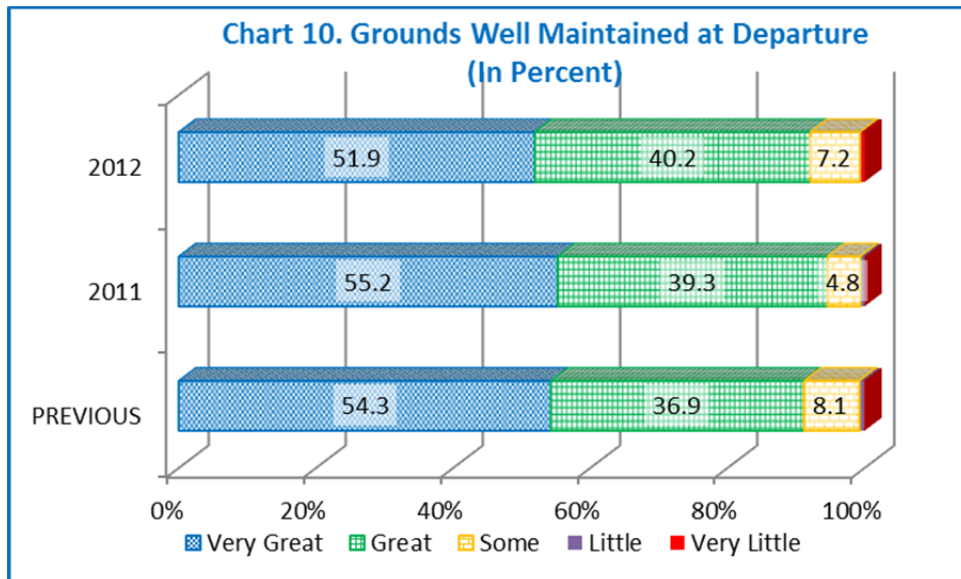


Only very minor shifting was observed in the distribution of responses across the years in response to the helpfulness of assistance received during their stay, with 93.8% positive endorsement this year. (Chart 8.)



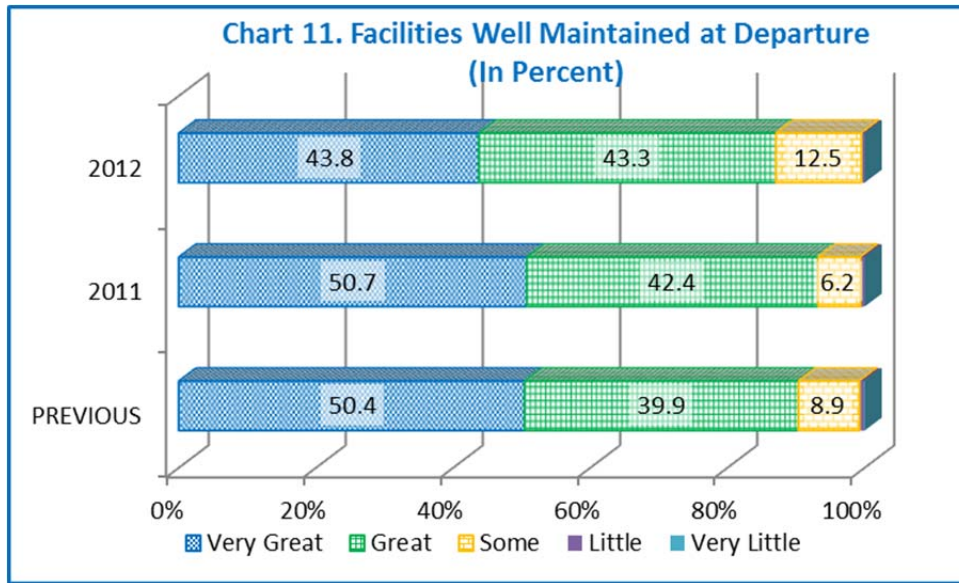


The distribution of positive responses to the guests’ perception of the staff’s concern for them improved slightly over last year from 80.4% to 84.6%. Again, the current year distribution is more closely aligned with the all previous year data. None of the differences were statistically significant. (Chart 9.)

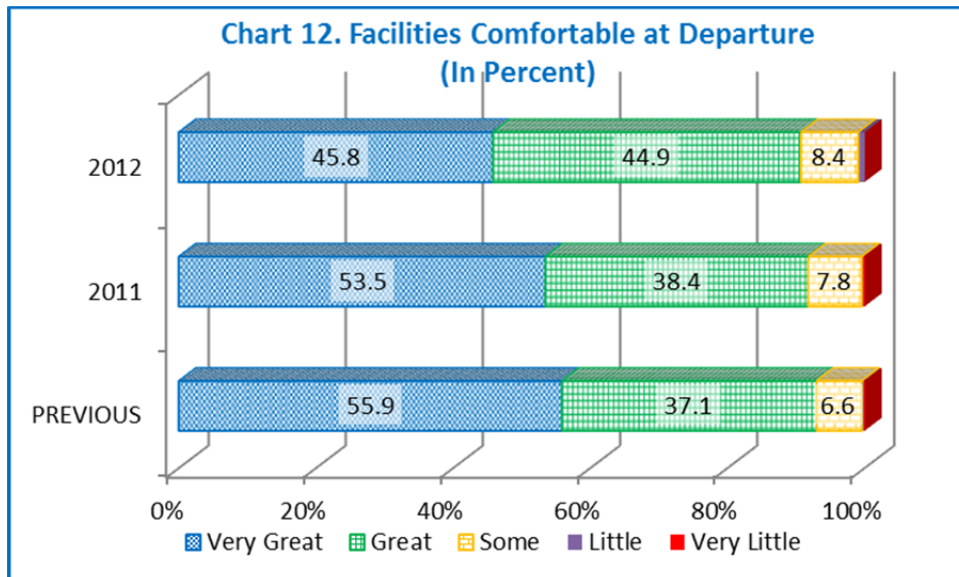


There was also a slight decrease in the positive satisfaction with the condition of the campus grounds from 94.5% to 92.1% this year. As with other markers, this year is more

closely aligned with the all year data than last year. Nonetheless, the differences were not statistically significant. (Chart 10.)

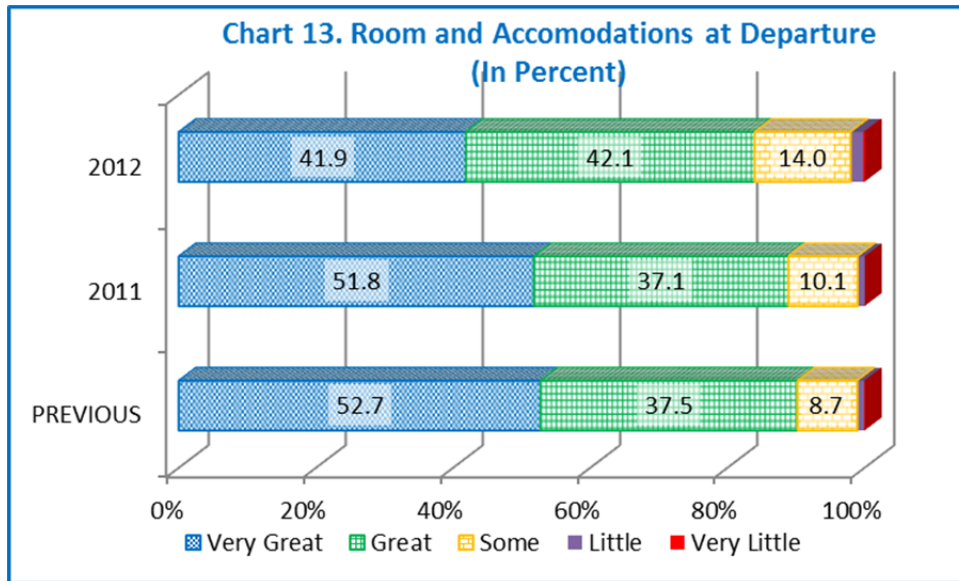


Regarding the physical plant, 87.1% reported positive agreement that the facilities were well maintained. This somewhat lower than the 93.1% last year and that for all previous years (90.3%). (Chart 11.)

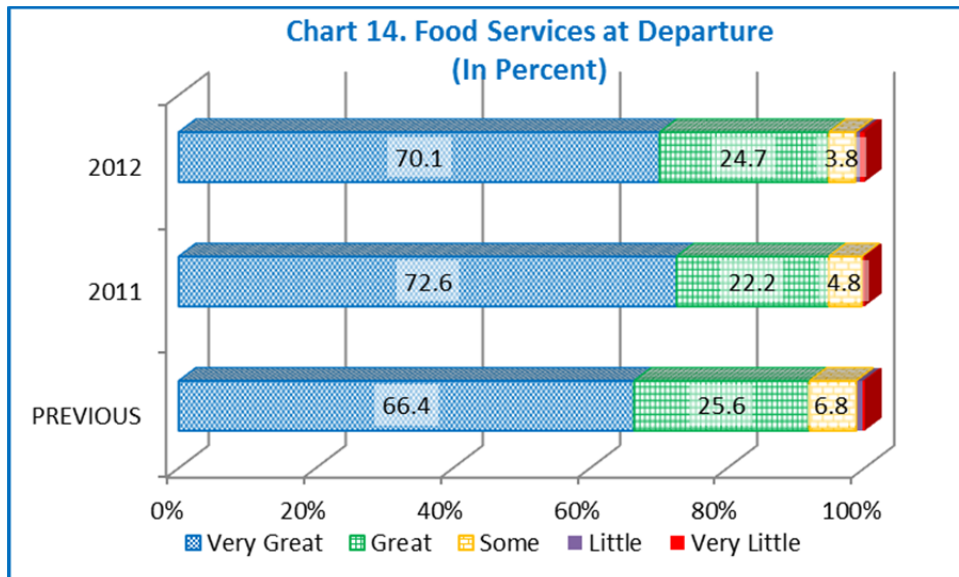


Perceptions regarding the comfortableness of the facility have continued to drop slightly from all past years (93.0%) to 91.9% last year and finally to 90.7% this year.

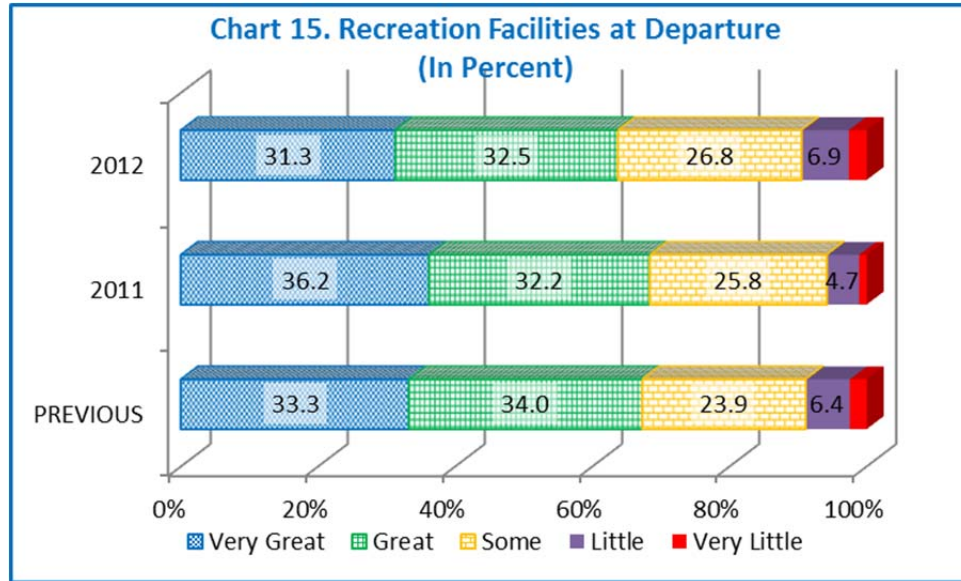
Although these changes are not statistically significant, they will be watched to see if a significant trend develops. (Chart 12.)



This year, 84% of the guests positively endorsed the statement regarding their room and accommodations were satisfactory. This is significantly ( $p < .01$ ) less positive than the 90.2% for all previous years. (Chart 13.)



Guests' satisfaction with food services was significantly ( $p < .01$ ) more positive this year (94.8%) than all previous years (92.0%) and the same as last year. It should be noted that this is remarkably high when compared with other residential programs. (Chart 14.)



Satisfaction with the recreation facilities this year (63.7%) was lower than last year and all prior years but not significantly so. (Chart 15.)

*Best 30 days overall. Amazing program!  
#62251*

<b>Table 20. Key Recovery Indicators at Departure ANOVA</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Relationship with Spouse/SO	p < .01	p < .01	p < .01
Relationship with Children	p < .01	p < .01	p < .01
Relationship with Friends	p < .01	p < .01	p < .01
Relationship with Other Family	p < .01	p < .01	p < .01
Higher Power	p < .01	p < .01	p < .01
AA or 12-Step Fellowship	p < .01	p < .01	p < .01
Self-image	p < .01	p < .01	p < .01
Physical Health	p < .01	p < .01	p < .01
Ability to Effectively Handle Problems	p < .01	p < .01	p < .01
Job in General	p < .01	p < .01	p < .01
School	p < .01	p < .01	p < .01
Overall Quality of Life	p < .01	p < .01	p < .01

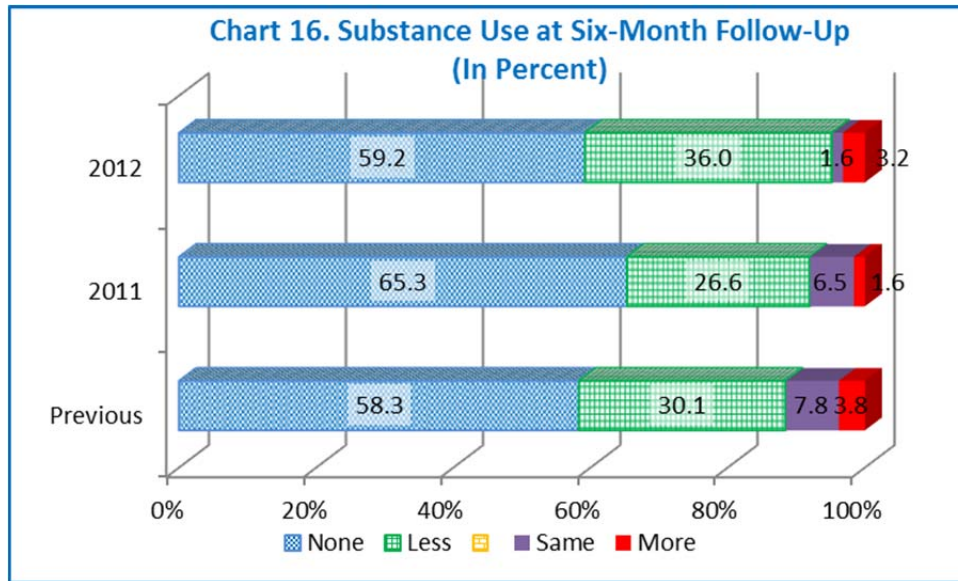
As has consistently been reported, an analysis of variance (ANOVA) between guests' scoring of the key quality of life indicators at registration and then again at departure demonstrates significant positive improvement across all indicator and across all years. This finding continues to be quite remarkable.

Normally this report provides a summary analysis of the qualitative comments guests provide on their departure survey in response to what was the most helpful, least helpful, and suggestions to improve the experience. These comments are monitored by the evaluation team on a monthly basis and an analysis of the current year's guest comments again revealed no trends. In departing from the regular report format, the individual guest comments for the year are contained in the appendices for staff to review to possibly obtain a richer appreciation of their guests' comments in their own words.

*I'm looking forward to volunteering out here. I'm also excited to try the MyRecovery.com #62389*



## Key Findings at Six-Month Follow-Up



At six-month follow-up 59.2% of the past guests reported abstinence since departing The Retreat. This was down from 65.3% reported in 2011, but similar to the all previous years of 58.3%. When compared to all past year data, this year's respondents were somewhat more likely to report using less

than before registration and less likely to report the same or greater amount of use. These findings are not significantly different than last or all previous years. (Chart 16.)

Of those who reported use, 27.8% reported using once and stopping while another 28% reported using two or more times with periods of abstinence of

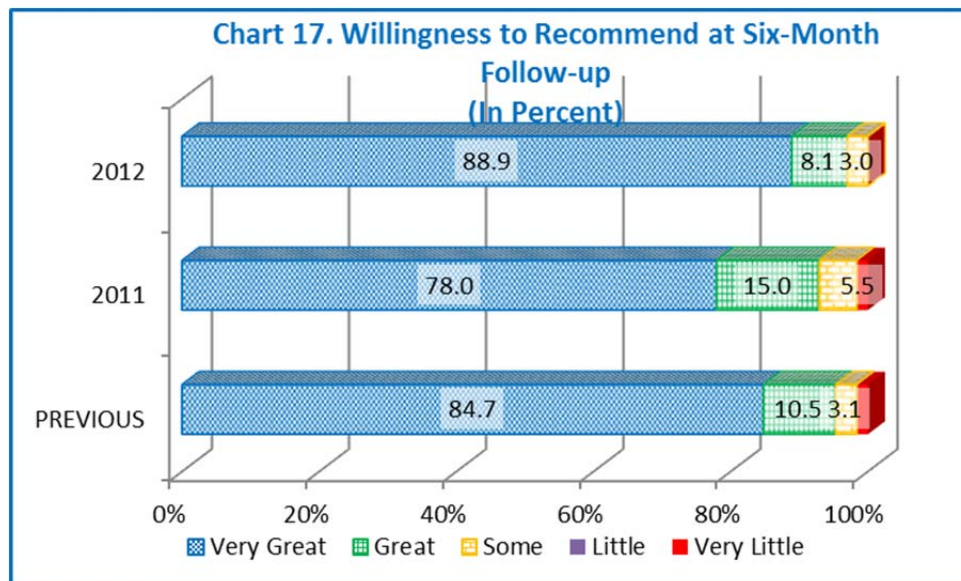
**Table 21. Substances Used at Six-Month Follow-up (In Percent)**

	2012	2011	Previous
Alcohol	37.2	33.6	38.6
Prescription Meds	12.4	17.2	12.8
Over-the-Counter	9.5	14.1	9.4
Marijuana/Hashish	5.8	8.6	7.8
Cocaine	4.4	3.1	7.1
Other Opiates	3.6	3.1	2.5
Heroin	2.9	3.1	2.6
Illegal Prescription Meds	2.9	3.1	2.6
Hallucinogens	2.2	0.8	2.2
Other Stimulants	2.2	2.3	1.7
Crack	1.5	2.3	5.1
Meth/amphetamines	1.5	3.1	3.0
Sedatives/Tranquilizers	1.5	1.6	2.2
Inhalants	0.7	0.8	0.8
Other Substances	1.5	0.8	1.0

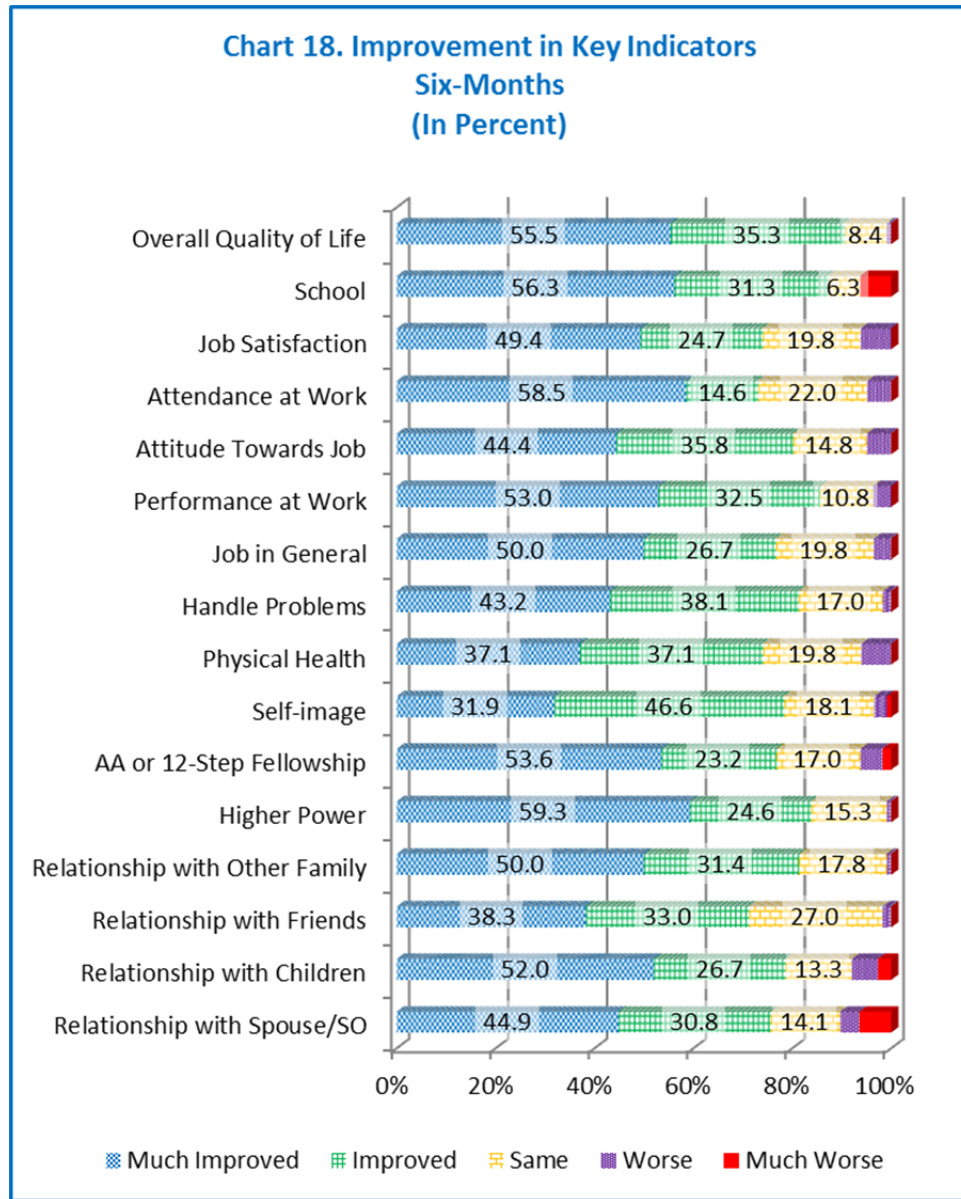
longer than 30 days. Approximately 20.4% reported using two or more times, but being sober for the past 60 prior to completing the survey while 24.1% reported using more or less continuously since departure. (Not in a table.)

Alcohol (37.2%) continued to be the most frequently identified substance for those who used following departure from The Retreat. The order of endorsement this year is quite similar to last and all past years with some minor fluctuations. (Prior guests are requested to indicate all of the substances they have used in Table 21.) A follow-up question pertaining to the primary drug of choice indicated Alcohol (32.8%) distantly followed by sedatives/tranquilizers (1.5%). The majority of respondents (48.9%) indicated that no one substance was their primary choice.

Past guests remained quite positive at six-month follow-up with 97.0% willing to recommend the Retreat to others to a “great” or “very great” extent. Although this was stronger than previously reported (last year 93.0% and all previous years 95.2%) it was not



possible to demonstrate statistical significance due to the tiny distribution of responses on the dissatisfied end of the continuum last year, although it is reasonable to say that the willingness to recommend was more positive this year. (Chart 17.)



At six-month follow-up, previous guests continued to report strong improvement across all of the key recovery relationship indicators. Approximately 55.5% report “much improvement” in their overall quality of life and another 35.3% report “improvement.” Only 8.4% reported their quality of life was about the “same” and before registering and 0.8%



worse. Relations with a spouse or significant other were reported as much improved (44.9%) and improved (30.8%) while approximately 10% reported that relationship had deteriorated. Even 74.2% reported their physical health had improved. (Chart 18.)

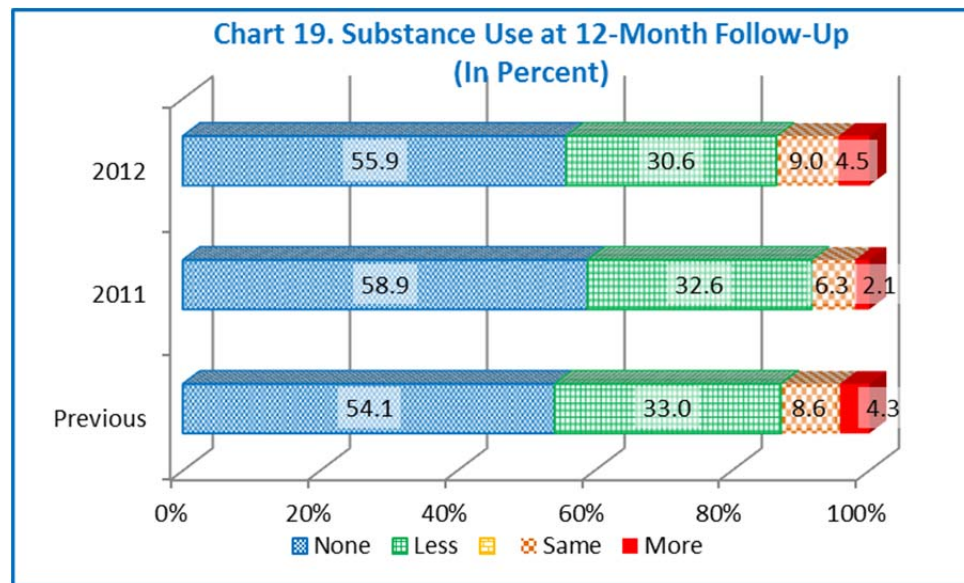
As has been consistently reported previously, past quests continued to report significant improvement in Fellowship involvement, including meeting attendance, contact with a sponsor, and increased use of prayer or meditation. However, this year there was not significant improvement reported regarding spouse/significant other attending Fellowship activities. (Table 22.)

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Detox Center			p < .01
Outpatient A&D			
Inpatient A&D			
Hospitalization A&D			
Attend Fellowship Meetings	p < .01	p < .01	p < .01
Contact Sponsor	p < .01	p < .01	p < .01
Spouse/SO Attend		p < .01	p < .01
Fellowship Service Work			
Prayer/Meditation	p < .01	p < .01	p < .01
Sponsored Someone			
Hospitalization Other			
ER Visits			p < .01
Hospitalization MH			
Non-Res/Outpatient Visits			
Arrests (Any Type)			
Incarceration			
Work/Employment Issues			p < .05
Started New Job			p < .01

Again, it needs to be stressed that the lack of statistically significant changes for many of these indicators is a function of the very small number of guests who report utilizing these services at registration and at follow-up.

## Findings at Twelve-Month Follow-Up

At twelve-month follow-up, approximately 55.9% of previous guests reported abstinence since departing the Retreat. This is down somewhat from 58.9% reported last year, but consistent with all previous years. Another 30.6% reported using less than before



registration. Approximately 9.0% reported using about the same and 4.5% reported using more than before registration. These rates of utilization are not statistically different across all years. (Chart 19.)

For those who used, 12.2% reported this year using once and stopping, down from 29.7% reporting last year. Approximately 19.5% used two or more times but with periods of abstinence 30 days or longer, and 31.7% reported using two or more times, but being sober for the past 60 days. Approximately 36.6% reported using more or less constantly since departure.

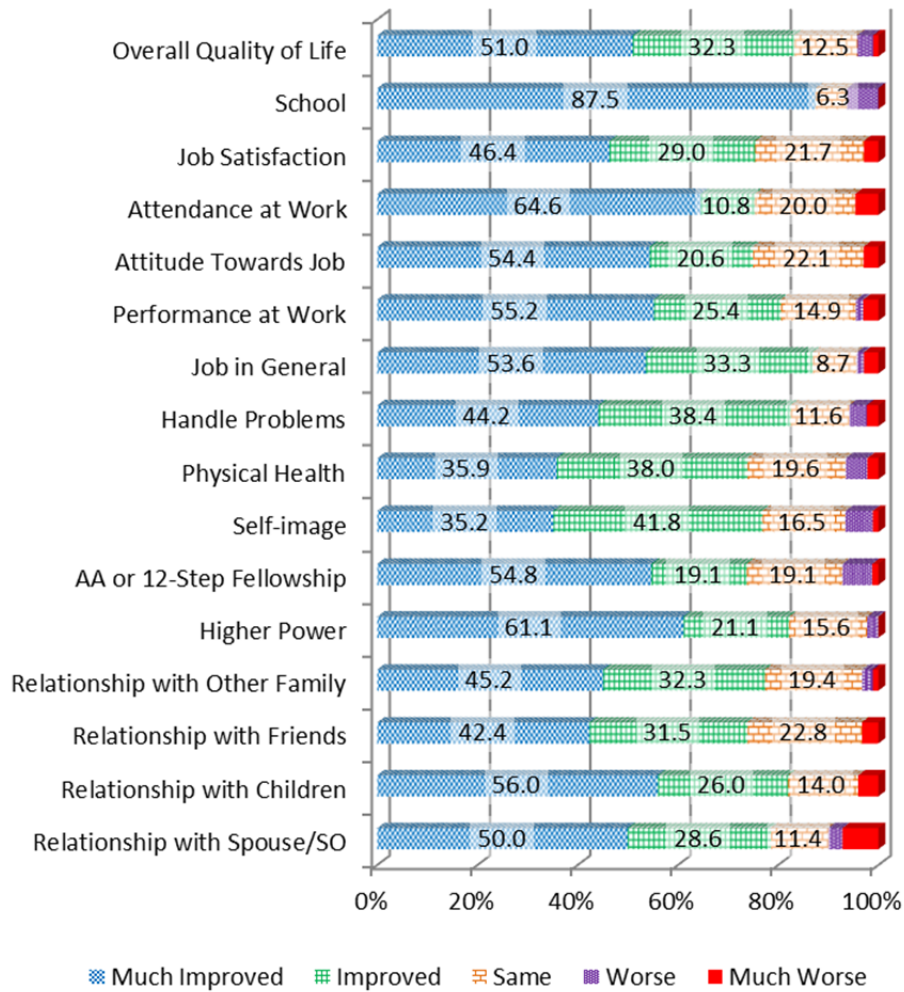
Substances used at twelve-month follow-up patterned generally similar to those reported at six-month follow-up and with previous years. There are some noticeable differences, but due to the relatively small sample of those who used, these differences are not statistically significant. (Table 23.)

**Table 23. Substances Used at 12-Month Follow-Up  
(In Percent)**

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Alcohol	37.8	38.0	41.5
Prescription Meds	17.7	16.0	11.7
Over-the-Counter	10.1	7.0	7.1
Cocaine	5.9	3.0	7.1
Heroin	4.2	5.0	2.8
Crack	3.4	2.0	5.5
Other Opiates	2.5	2.0	3.2
Meth/amphetamines	2.5	1.0	2.8
Sedatives/Tranquilizers	2.5	4.0	2.7
Illegal Prescription Meds	2.5	3.0	3.3
Hallucinogens	1.7	2.0	1.8
Other Stimulants	0.8	0	1.2
Marijuana/Hashish	0.1	6.0	0.1
Inhalants	0.0	1.0	1.0
Other Substances	0.8	0	0.9

At twelve-month follow-up, the distribution of responses regarding improvement of key indicators since departure remained quite similar to those in the six-month follow-up sample. Nonetheless, there was a subtle, generalized downward shift across all indicators that are frequently seen even with matched, or paired, samples. (Chart 20.)

**Chart 20. Improvement in Key Indicators  
12-Month Follow-Up  
(In Percent)**

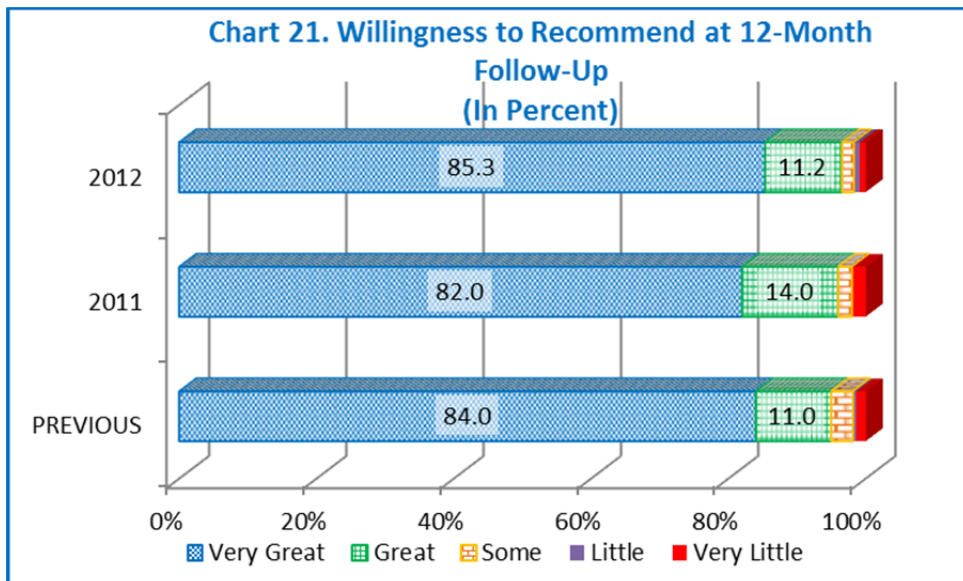


The results of the ANOVA for service utilization from registration to 12-month post enrollment demonstrated statistically significant improvement in attendance at fellowship meeting, contact with a sponsor, and prayer/meditation – same as reported last year.

There was some shifting also for the all previous years. Hospitalizations for A/D related physical illness is now demonstrating a statistically significant reduction in utilization. Sponsorship has increased to the point of statistical significance, utilization of outpatient professional services has increased, and incarcerations are no longer demonstrating a significant change. Although

Table 24. Key Service Utilization at 12-Months (ANOVA)			
	2012	2011	Previous
Detox Center			p < .05
Outpatient A&D			
Inpatient A&D			
Hospitalization A&D			p < .05
Attend Fellowship Meetings	P < .01	p < .01	p < .01
Contact Sponsor	p < .01	p < .01	p < .01
Spouse/SO Attend			p < .01
Fellowship Service Work			
Prayer/Meditation	p < .01	p < .01	p < .01
Sponsored Someone			p < .01
Hospitalization Other			
ER Visits			
Hospitalization MH			
Non-Res/Outpatient Visits			p < .05
Arrests (Any Type)			
Incarceration			
Work/Employment Issues			
Been Promoted			p < .05
Started New Job			

these changes are statistically significant, changes from time to time in an ongoing evaluation are not necessarily conclusive. (Table 24.)



As previously reported, willingness to recommend the Retreat to others remained very strong at twelve-months with 96.5% reporting “very great” or “great” endorsement. These rates have remained impressively constant across all years when, based on experience, it is quite common to see a noticeable dip in a person’s willingness to recommend similar programs the longer the time the individuals has been away from the program.

## Non-Residential Program

### Demographics

<b>Table 25. Age and Gender NRP</b>			
	n	mean	sd
<b>2012</b>			
All	79	37.7	11.4
Males	50	35.5	11.2
Females	29	41.4	10.8
<b>2011</b>			
All	65	44.5	13.8
Males	37	44.3	14.6
Females	28	44.8	12.6
<b>Previous Years</b>			
All	127	41.7	11.5
Males	76	40.1	11.1
Females	50	44.6	11.4

The average age of participants in the non-residential (NRP) program this year was 37.7 years, down significantly ( $p < .01$ ) from the average of 44.5 years reported last year and from that reported for all previous years (41.7 years,  $p < .05$ ). Males this year were significantly ( $p < .05$ ) younger than females. Although the average ages have increased, there were no statistically significant differences across years. There was no significant difference in the average of the NRP guests when compared with the average age

of residential guests. (Table 25.)

Last year, approximately 26.2% of the NRP participants indicated they had previously participated in the Retreat residential program. This year that percentage had dropped to 16.7%.

**Table 26. Race/Ethnicity  
NRP  
(In Percent)**

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Caucasian	97.8	97.3	96.9
Native American		1.4	1.0
Black/African American			1.0
Latino		1.4	1.0
Asian			
Other/Not Reported	2.2		

NRP participants were primarily Caucasian/White with only a very small representation of “other” this year. There were no statistical differences in the distribution of participants by marital status across all years. (Table 26.)

**Table 27. Marital Status  
NRP  
(In Percent)**

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Single	41.3	27.1	32.1
Married	37.3	42.4	41.1
Divorced	12.0	20.3	15.2
Separated	4.0	5.1	6.3
Living as Married	4.0	3.4	4.5
Widowed	1.3	1.7	0.9

Marital status of this year’s NRP participants, although fluctuating somewhat, is not significantly different for all years or those registering in the residential program. (Table 27.)

**Table 28. Employment Status  
NRP  
(In Percent)**

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Full-time	46.0	48.2	55.5
Part-time	6.8	7.1	8.2
Irregular	2.7	10.7	8.2
Homemaker	5.4	1.8	1.8
Student	4.1	3.6	2.7
Retired	2.7	12.5	6.4
Unemployed	32.4	16.1	17.3

This year’s NRP participants are significantly more likely ( $p < .05$ ) to report being unemployed than all previous years. Nonetheless, they are still more likely to be employed than those registering in the residential program. (Table 28.)

<b>Table 29. Education NRP (In Percent)</b>				
	<b>2012</b>	<b>2011</b>	<b>Previous</b>	
Not Completed HS Graduate	1.4	0	0	
HS Graduate	9.5	8.6	7.1	
Some College/Trade School	43.2	34.5	38.1	
College Graduate	37.8	32.8	31.0	
Post-graduate Course Work	5.4	8.6	8.0	
Post-graduate Degree	2.7	15.5	15.9	

The education levels of the current NRP cohort demonstrate a small distribution in the higher levels of education and more in the “some college/trade school” category. Due to the small number in some of the cells, it was not possible to appropriately test for

statistical significance with all prior years or the residential cohort. (Table 29.)

<b>Table 30. Income Range NRP (In Percent)</b>				
	<b>2012</b>	<b>2011</b>	<b>Previous</b>	
(Thousands of Dollars)				
< 20	11.1	10.5	9.1	
20 to 29.9	5.6	12.3	8.2	
30 to 39.9	9.7	10.5	6.4	
40 to 49.9	8.3	7.0	8.2	
> 50	65.3	59.6	68.2	

Even though there has been a shift away from the higher education levels this year, the income levels saw a slight shift towards the higher household income bracket, subsequently looking more like all previous years than last year. When attempting to compare, or contrast, the

income levels with those of the residential guests, especially in the \$50,000+ bracket the trends are reversed. For example, the number of residential guests in that bracket decreased over last year, while the number in the NRP cohort increased. (Table 30.)

The distribution of responses to the employment related questions by the NRP participants is not statistically dissimilar to those by the residential guest, although there is a slight tendency for the NRP cohort to be less involved with negative outcomes associated with employment. As well, the across years differences are not significant. (Table 31.)



**Table 31. Job Related Indicators  
NRP  
(In Percent)**

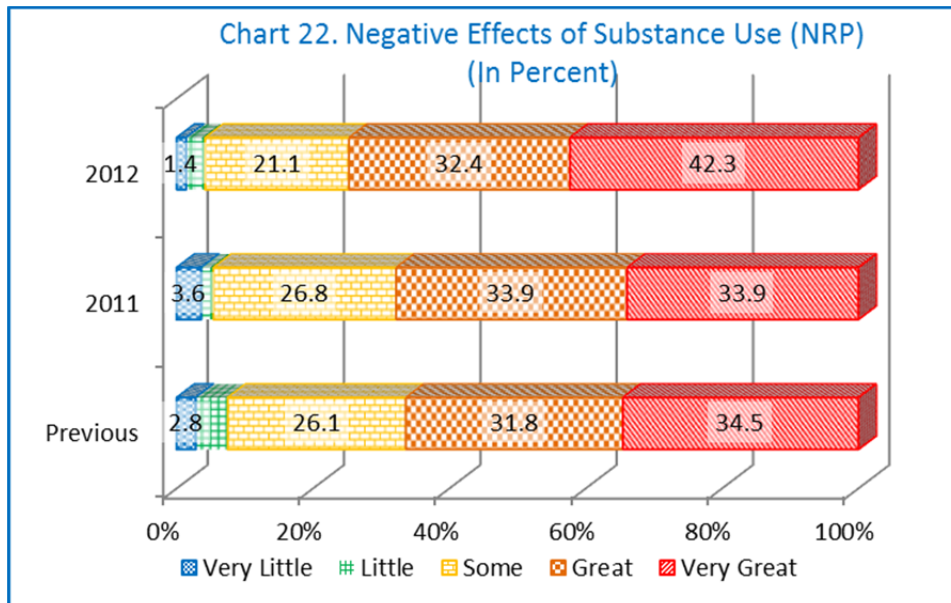
	Never		Once		Twice		Thrice		> Thrice			
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011		
Promoted	70.4	64.4	14.1	6.9	5.6	5.1	3.7	5.6	3.4	4.2	10.2	5.5
Took a New Job	68.5	64.4	20.6	23.7	6.8	8.5	7.2	0.0	3.4	4.1	0	0.9
Fired From Job	81.1	81.7	17.6	16.7	1.4	1.7	0.9	0.0	0	0.0	0	0.9
On Job Accident	98.7	98.3	1.4	1.7	3.5	0	1.8	0.0	0	0.0	0	0.0
Filed Work Comp Claim	98.7	98.3	1.4	1.7	0.0	0	0.0	0.0	0	0.0	0	0.0
Filed Grievance	100.0	98.3	0.0	1.7	0.9	0	0.0	0.0	0	0.0	0	0.0
Formal Disciplinary Action	94.6	88.3	4.1	6.7	6.1	1.7	0.9	0.0	1.7	0.9	0	0.9

The frequency of reported substances used by the NRP participants this year was similar to last year and all previous years with the exceptions of increases in heroin, other opiates, methamphetamine, and illegal prescription medications. (Table 32.) The primary substance of choice was alcohol (78.3%), followed distantly by marijuana/hashish (6.1%), crack (2.6%), and illegally obtained prescription drugs (2.6%). (Data not in a table.)

**Table 32. Substances Used at Six-Month Follow-up  
NRP  
(In Percent)**

	2012	2011	Previous
Alcohol	93.3	98.3	96.5
Marijuana/Hashish	36.0	31.7	33.9
Prescription Meds	25.3	23.3	23.5
Cocaine	21.3	21.7	21.7
Heroin	18.7	5.0	4.3
Other Opiates	16.0	8.3	13.9
Illegal Prescription Meds	14.7	8.3	7.0
Meth/amphetamines	13.3	6.7	7.0
Hallucinogens	12.0	16.7	13.0
Crack	9.3	13.3	8.7
Other Stimulants	9.3	8.3	6.1
Sedatives/Tranquilizers	9.3	8.3	10.4
Over-the-Counter	6.7	10.0	9.6
Inhalants	5.3	0	2.6
Other Substances	6.7	0	2.6

The reported negative impact of substance use has remained relatively stable over all years, with a slight increase in negative impact this year. As noted in previous reports, the NRP cohort continues to report less “severity” of the perceived negative impact than do the residential guests. (Chart 22.)



## Service Utilization

The NRP participants continue to report significantly ( $p < .01$ ) fewer episodes of detoxification in the 12 month prior to enrolling than do the residential guests. The frequency of detox episodes for the NRP cohort has not changed significantly when compared to all prior years. (Table 33.)

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	68.5	69.5	67.8
One Time	17.8	22.0	22.6
Two Times	8.2	1.7	4.3
Three Times	1.4	1.7	1.7
More than Three Times	4.1	5.1	3.5

The number of other formal outpatient treatment episodes continued to increase. Last year 32.4% reported at least one episode, 2011 saw 28.8%, and all previous years saw 27.0%. Although this could be considered a trend, the differences are not significant. The number of NRP individuals reporting outpatient treatment is not significantly different than the residential guests. (Table 34.)

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	67.6	71.2	73.0
One Time	20.3	20.3	19.1
Two Times	8.1	6.8	4.3
Three Times	1.4	0	2.6
More than Three Times	2.7	1.7	0.9

The number of individuals reporting any prior residential care in the past 12 months increased slightly from 47.5% to 50.0% this year. Although the residential guests were less likely

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	50.0	52.5	52.2
One Time	29.7	27.1	29.6
Two Times	10.8	13.6	12.2
Three Times	5.4	0	0.9
More than Three Times	4.1	6.8	5.2

(43.3%) to report prior residential care, the difference was not significant. (Table 35.)

<b>Table 36. Hospitalizations A&amp;D Related NRP (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	63.5	77.2	72.6
One Time	21.6	8.8	13.3
Two Times	5.4	3.5	5.3
Three Times	2.7	5.3	4.4
More than Three Times	6.8	5.3	4.4

Approximately 36.5% of the current NRP participants reported at least one hospitalization related to A&D problems in the past 12 months. Although this was an increase over previous years, the difference was not significant. The difference between the

NRP participants and the residential guests was also not significant, although 45.8% of the residential guests reported such hospitalizations. (Table 36.)

<b>Table 37. Therapist Visits NRP (In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
None	37.8	40.0	33.9
One to Five	25.7	18.3	21.7
Six to Ten	12.2	15.0	18.3
Eleven to Twenty	12.2	13.3	12.2
More than Twenty	12.2	13.3	13.9

NRP participants were as likely as residential guests to have seen a therapist or counselor in the 12 months prior. There was also no significant difference between the current NRP participants and all previous years. (Table 37.)

This year, NRP participants were significantly ( $p < .05$ ) less likely to have utilized emergency room services than the residential guests, only slightly more likely to have been hospitalized for other than A&D related issues and slightly less likely to have been hospitalized for mental issues. (Table 38.)

**Table 38. Other Service Utilization**

	NRP (In Percent)														
	Never		Once		Twice		Thrice		> Thrice						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	All		
Hospitalization (Physical Problem)	72.6	80.0	86.1	20.6	11.7	7.0	1.4	8.3	5.2	1.4	0	0.0	4.1	0	1.7
Emergency Room	60.8	58.3	66.1	21.6	25.0	18.3	8.1	11.7	9.6	2.7	1.7	1.7	6.8	3.3	4.3
Hospitalization (Mental Problem)	93.2	93.3	91.3	6.8	5.0	7.8	0.0	0	0.0	0.0	1.7	0.9	0.0	0	0

**Table 39. AA/NA Participation**

	NRP (In Percent)														
	> 3 / Week		2 to 3 / Week		1 / Week		1 / Month		< 1 / Month/None						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	All		
Attend AA/NA	23.0	15.5	14.4	23.0	24.1	22.5	12.2	17.2	14.4	2.7	3.4	3.6	39.2	39.7	45.0
Contact Sponsor	12.2	5.2	7.2	13.5	15.5	13.5	17.6	13.8	12.6	1.4	8.6	6.3	55.4	56.9	60.4
Spouse/SO Attend Mutual Help	2.8	5.5	6.5	2.8	1.8	0.9	2.8	10.9	13.0	4.2	1.8	2.8	87.5	80.0	76.9
Prayer/Meditation	30.1	32.8	36.9	17.8	17.2	14.4	15.1	20.7	13.5	4.1	3.4	6.3	32.9	25.9	28.8

This year there was some positive shifting towards contact with a sponsor prior to enrollment in the NRP than in previous years. Nonetheless, the differences were not significant. (Table 39.)

**Table 40. Halfway House**

NRP (In Days)		n	mean	sd
<b>2012</b>		4	89.8	51.2
<b>2011</b>		2	70.0	50.0
<b>Previous Years</b>		6	39.7	40.6

Only four NRP participants reported residing in a halfway house in the preceding 12 months. (These numbers are too small to test for significance. (Table 40.) Fourteen individuals reported residing in a sober house for an average 159.6 days which was significantly ( $p < .05$ ) longer than all

**Table 41. Sober House**

NRP (In Days)		n	mean	sd
<b>2012</b>		14	159.6	120.2
<b>2011</b>		8	106.5	83.0
<b>Previous Years</b>		14	75.4	78.1

previous years. (Table 41.) There was no significant difference in the length of stay between NRP and residential, nor was there a difference in the proportion of individuals who lived in sober housing.

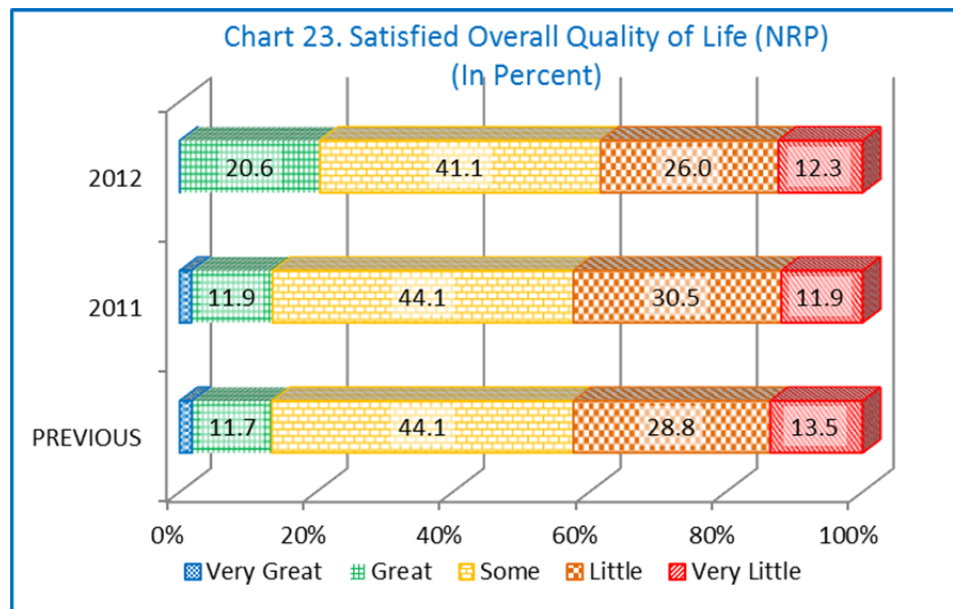
**Table 42. Criminal Justice Related Indicators**

	NRP (In Percent)														
	Never		Once		Twice		Thrice		> Thrice						
	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	All				
Driving While Intoxicated	70.3	65.0	63.5	25.7	23.3	25.2	2.7	10.0	8.7	0.0	1.7	2.6	1.4	0	0.0
Arrested A/D Related Crime	75.7	86.7	82.6	14.9	8.3	12.2	6.8	0	1.7	1.4	1.7	0.9	1.4	3.3	2.6
Arrested for Possession	90.5	90.0	93.0	6.8	8.3	6.1	2.7	0	0.0	0.0	0	0.0	0.0	1.7	0.9
Arrested for Other Offenses	90.5	91.5	91.2	5.4	5.1	6.2	2.7	1.7	1.8	0.0	1.7	0.9	1.4	0	0.0
Incarcerated	66.2	71.7	69.3	24.3	21.7	23.7	8.1	6.7	6.1	1.4	0	0.9	0.0	0	0.0

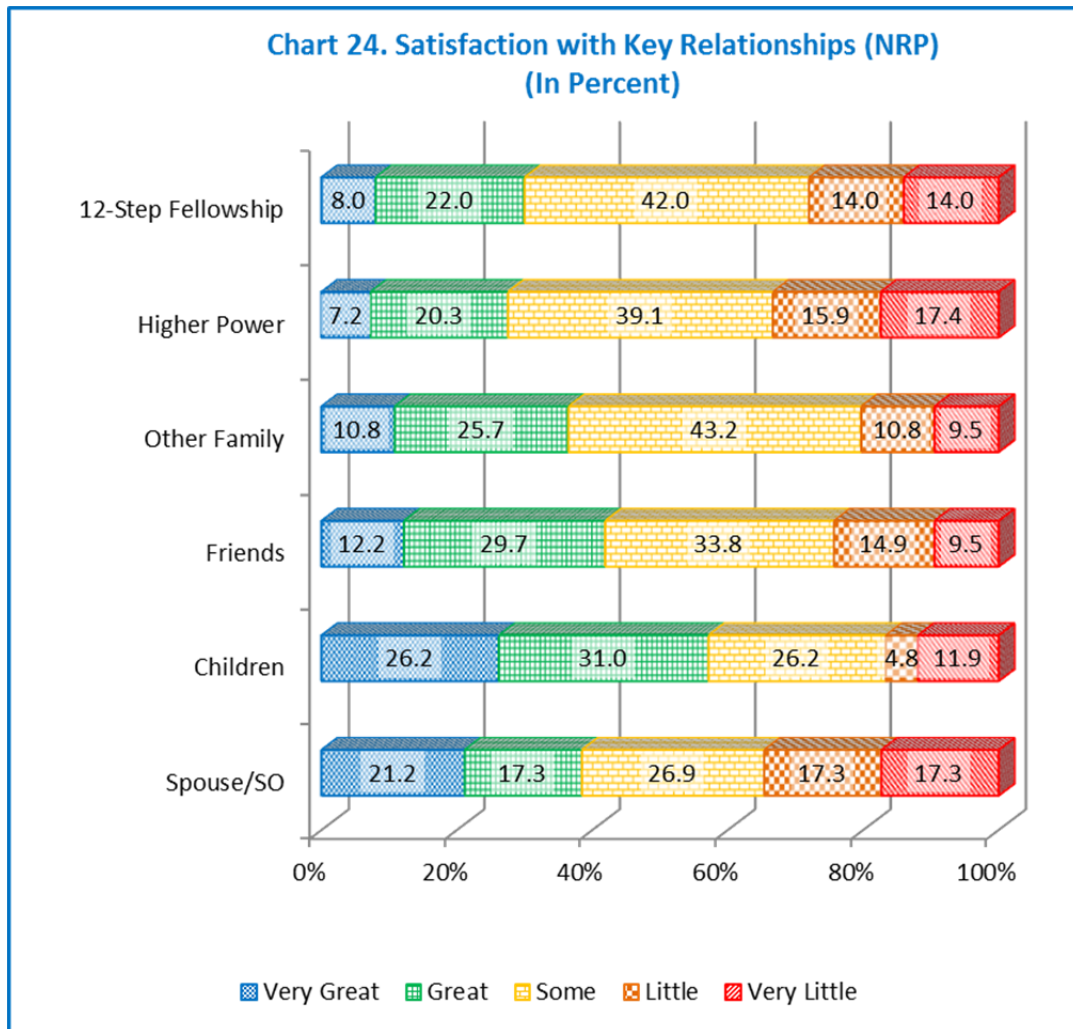
Changes in criminal justice indicators demonstrated no significant difference over the years for the NRP guests and were not significantly different than residential guests. (Table 42.)

### **Baseline Satisfaction with Key Recovery Supports**

NRP participants have been consistent over this, and prior, years in reporting significantly ( $p < .05$ ) better satisfaction with the overall quality of life than the residential guests. Interestingly, the exact distribution of participants (44.1%) have indicated “some” satisfaction in response to this question. (Chart 23.)

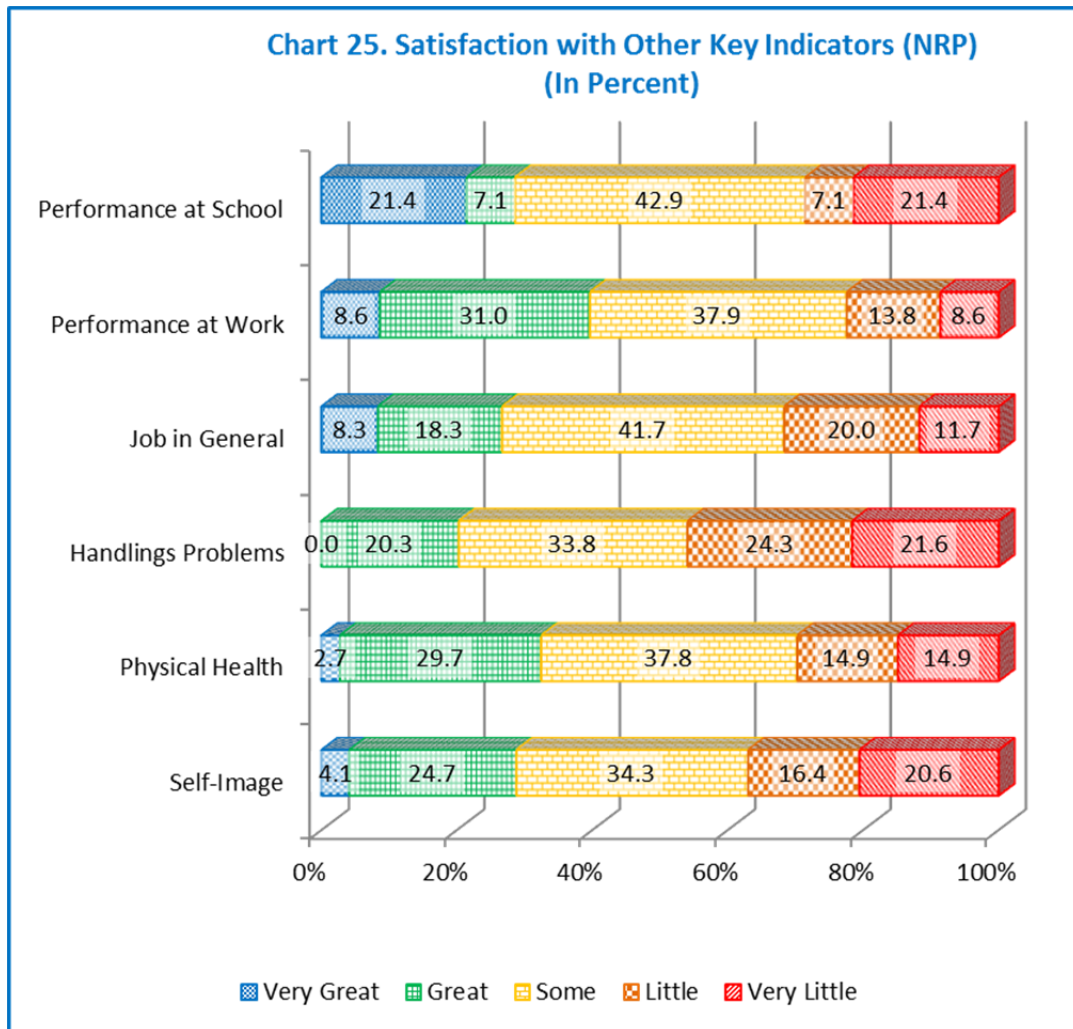


Generally, NRP participants are somewhat more satisfied at the time of enrollment with key relationships that are important to recovery than are the residential guests. (Chart 24.) This, as noted in the previous report, combined with less service utilization, strongly suggests that NRP participants are experiencing less generalized severity associated with substance use confirming that NRP enrollments are more a function of appropriateness than of convenience.



As with the key relationships, NRP participants tended to report less dissatisfaction with other key indicators of recovery including employment, physical health, self-image, and the ability to handle problems than did the residential guests. (Chart 25.)





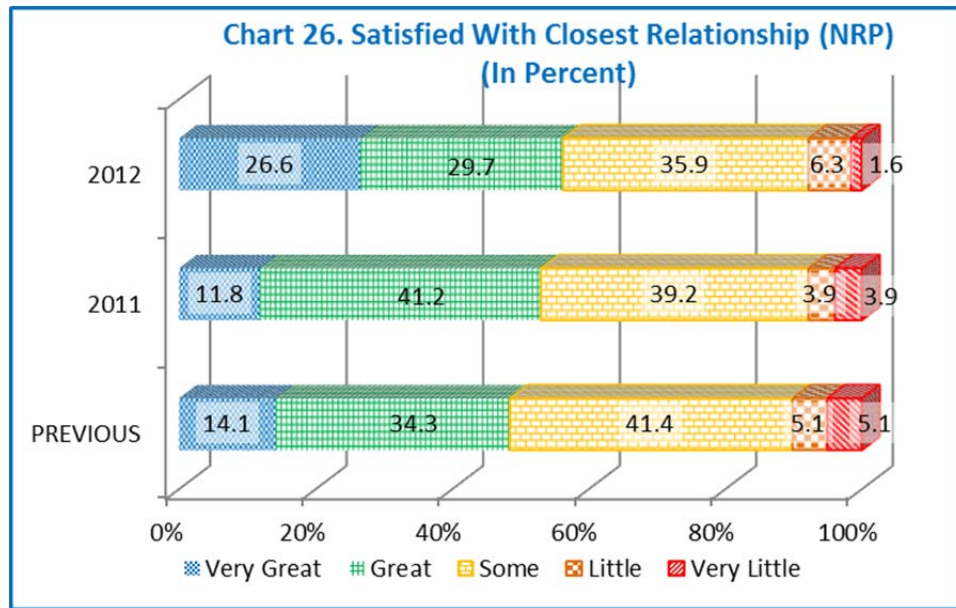
NRP participants reported speaking to a friend most often about personal problems. As with the residential guests, this was followed by spouse or significant other, parent, sponsor, or counselor. There was a tendency for more participants to indicated speaking

**Table 43. Talk With Most Often Prior to Registration  
(In Percent)**

	2012	2011	Previous
Friend	25.5	31.3	28.2
Spouse/Significant Other	20.8	25.3	25.3
Parent	15.1	8.4	11.2
12-Step Sponsor	14.2	8.4	5.3
Counselor	13.2	9.6	14.1
Did not Talk to Anyone	7.5	6.0	8.8
Child	2.8	3.6	0.6
Other	0.9	4.8	4.7
Priest, Minister, Rabbi	0	2.4	1.8

with a parent, sponsor, or counselor than last year, but these differences were not statistically significant. (Table 43.)

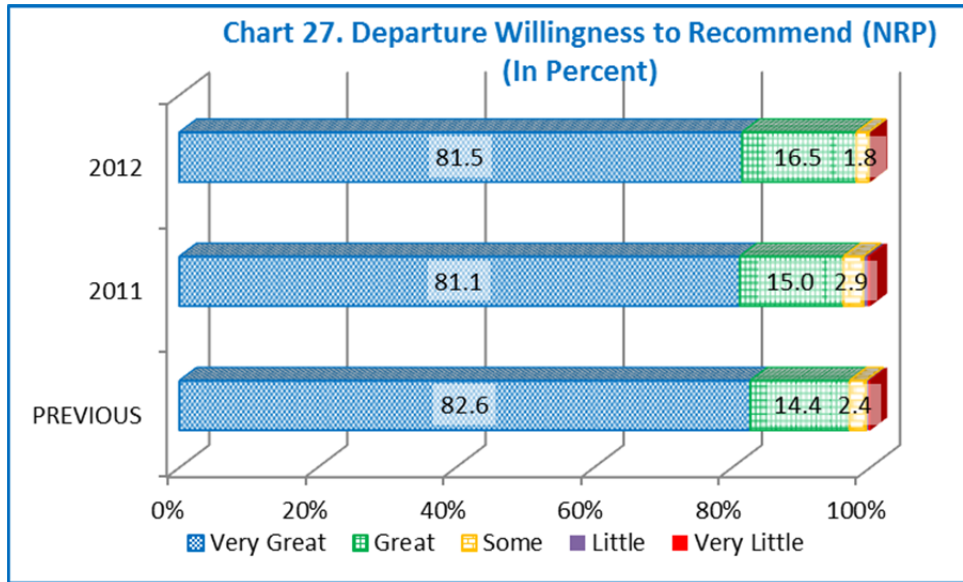
As with the residential guests, NRP participants were not overwhelmingly satisfied with this critical relationship. (Chart 26.)



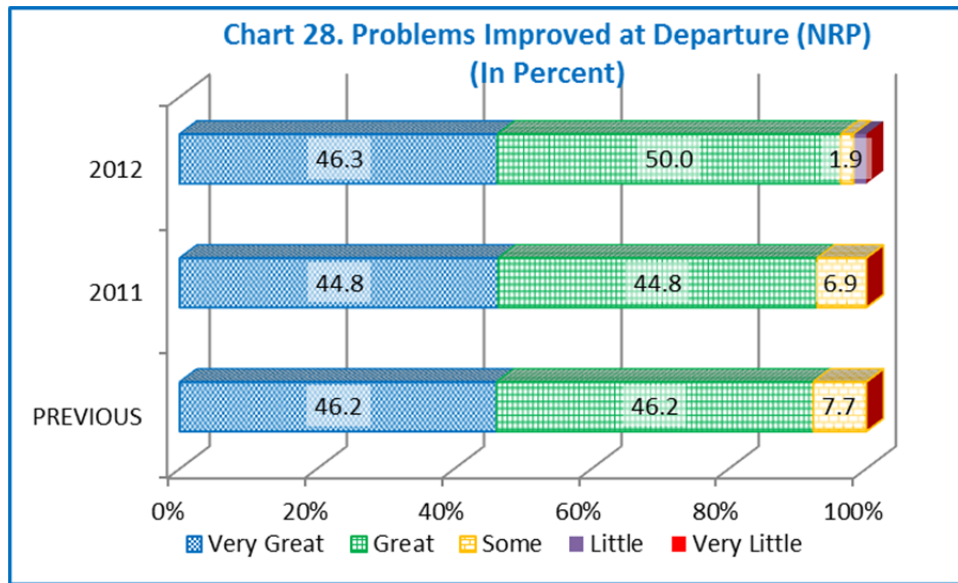
### Satisfaction at Time of Completion

*Staff always gave me something to walk out with. Always made me look at things differently. It was good. Comfortable and personable staff.  
#63098*

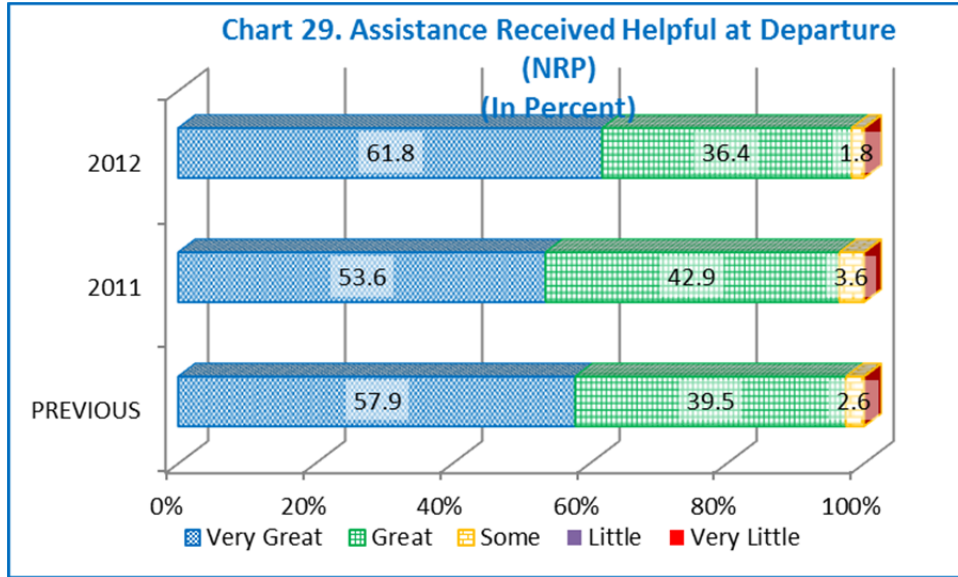
At the time of completing the NRP, participants were extremely positive regarding their willingness to recommend the program to other with 98% endorsing their willingness to recommend to a “very great” or “great” extent. This high level of satisfaction has been evident since the program started. (Chart 27.)



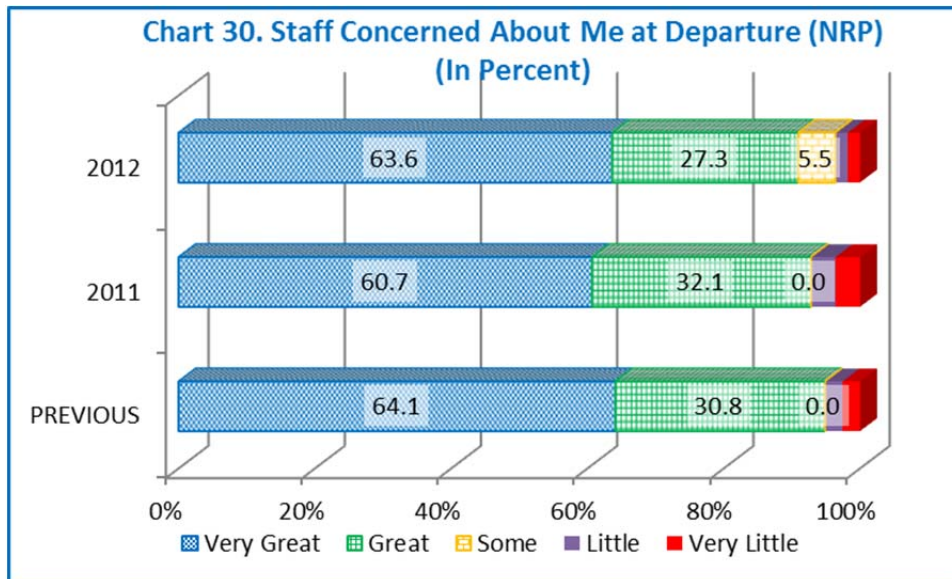
The consensus regarding improvement of the problems that brought them to the program had improved was also very positive with 96.3% responding positively. (Chart 28.)

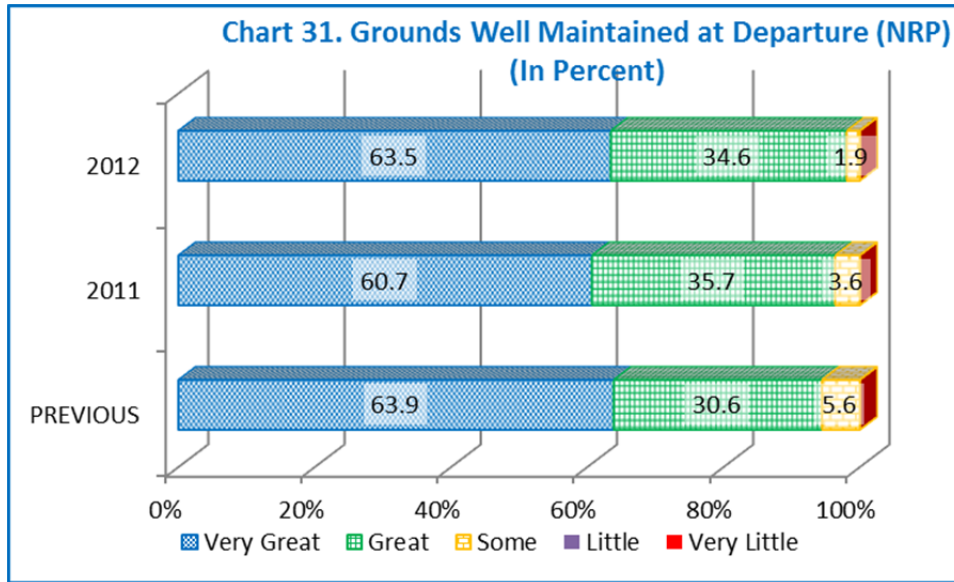


Participants were also very positive (98.2%) regarding the helpfulness of the assistance received. (Chart 29.)

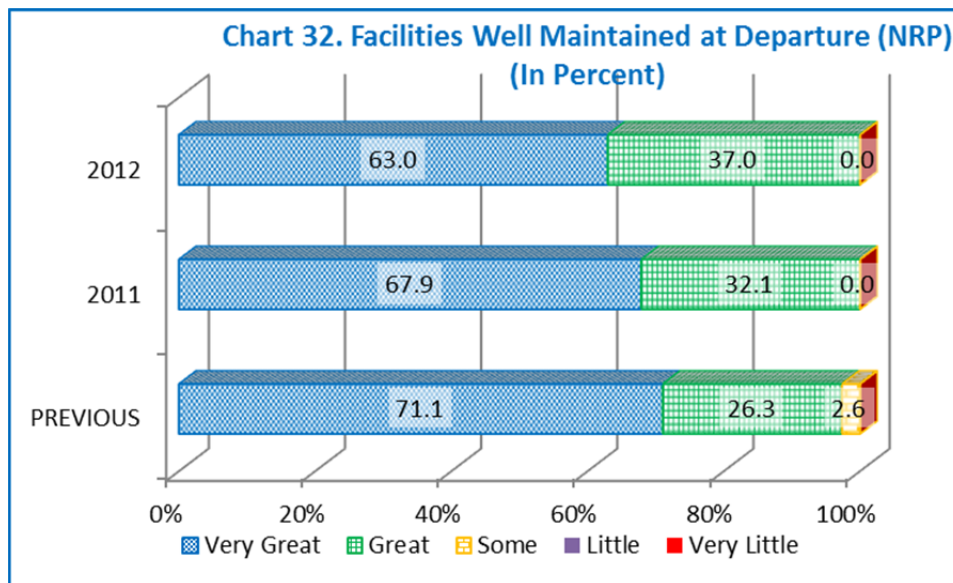


A critical indicator of the successfulness of treatment has shown to be the extent to which participants feel that staff are concerned about the individual. Approximately 90.9% of the participants were positive regarding this indicator. (Chart 30.)



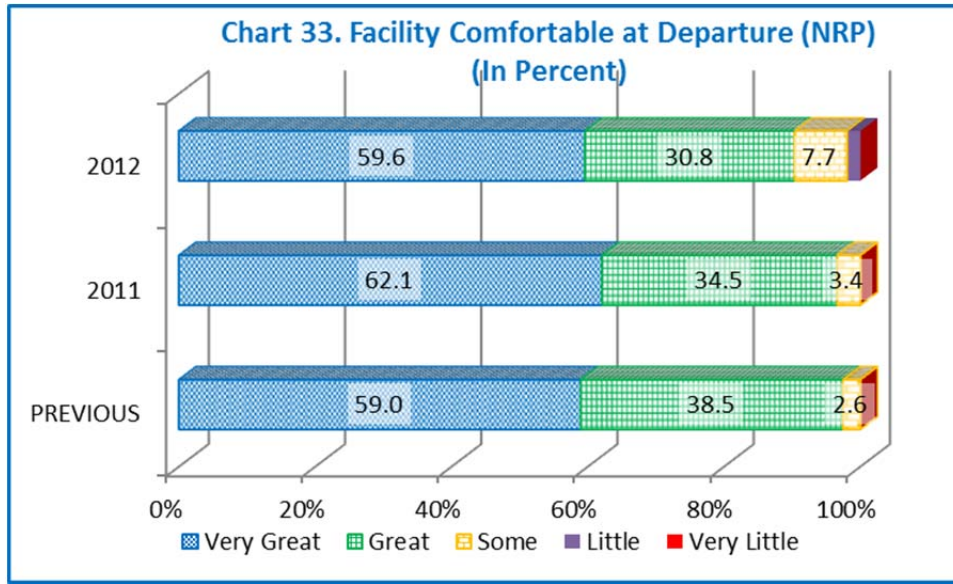


Participants' perceptions of the maintenance of the grounds remained essentially the same across all years with 98.1% positive endorsement this year. (Chart 31.)

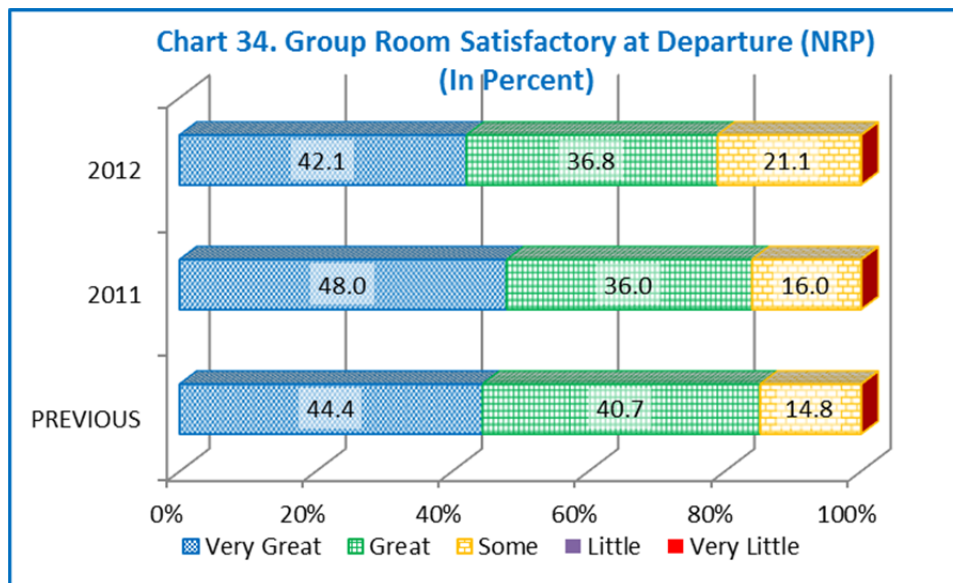


Similarly, participant perceptions regarding the maintenance of the physical facilities remained statistically similar across all years with all 100% of the respondents indicating a positive perception. (Chart 32.)

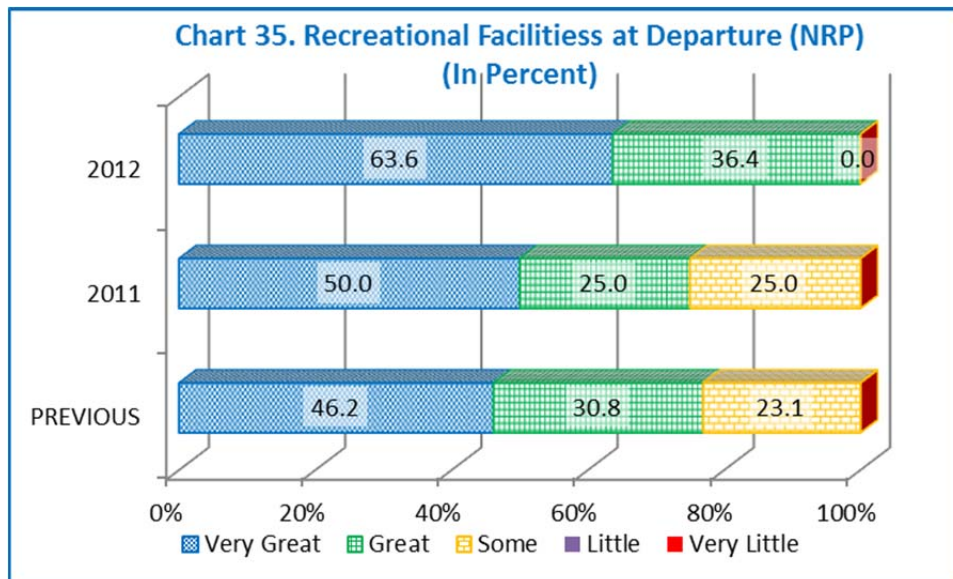




Participant perceptions regarding the comfortableness of the building remained statistically similar across all years and high with 90.4% endorsing positively. (Chart 33.)



Although satisfaction levels regarding the group rooms remained stable, the overall positivity of the scores were noticeable lower than most of the other domains with only 78.9% positive endorsement this year. (Chart 34.)



As with the food services question, a large distribution of participants omitted responding to this question, rendering appropriate analysis difficult. (Chart 35.)

**Table 44. Key Recovery Indicators at Completion**  
**NRP**  
**(ANOVA)**

	2011	2010	Previous
Relationship with Spouse/SO	p < .01	ns	
Relationship with Children	ns	ns	
Relationship with Friends	p < .01	ns	
Relationship with Other Family	p < .01	ns	
Higher Power	p < .01	p < .05	
AA or 12-Step Fellowship	p < .01	p < .01	
Self-image	p < .01	p < .05	
Physical Health	p < .01	ns	
Ability to Effectively Handle Problems	p < .01	p < .05	
Overall Quality of Life	p < .01	p < .05	

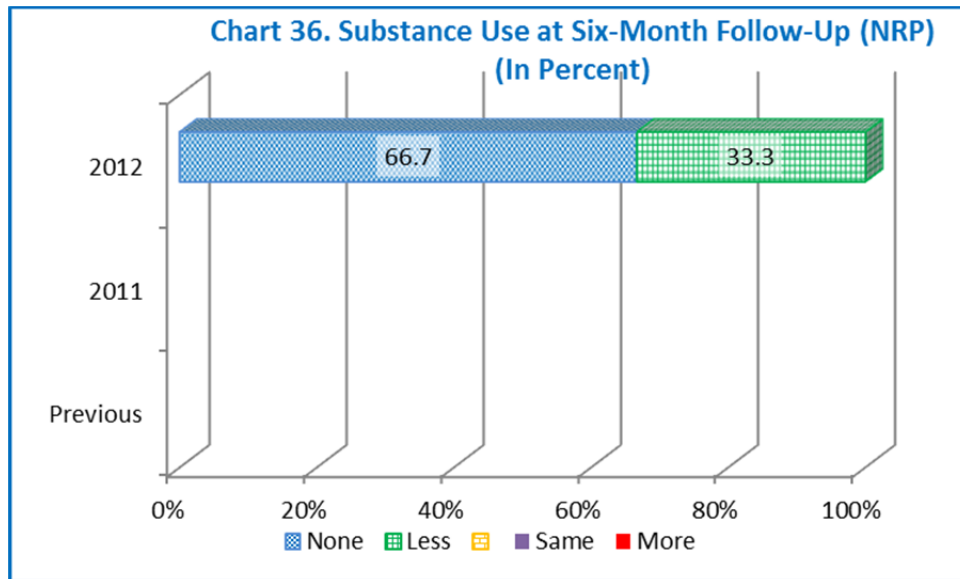
Similar to the residential guests' outcomes at departure, the NRP participants also demonstrated statistically significant improvement across all key recovery relationships and other critical recovery markers. (Table 44.)

A detailed presentation of the departure comments from the NRP participants can be found in the appendices.

*Phase I was amazingly well structured & staff's spiritual essence combined with emphasis on work (homework, working w/ a sponsor, honesty) was transformational.*  
#62455

### Six-Month NRP Follow-up

Due to the relative newness of the NRP, previous year data is unavailable for comparison as six month follow-up and the twelve-month follow-up sample are yet too small to report. Nonetheless, findings at six months are very promising.



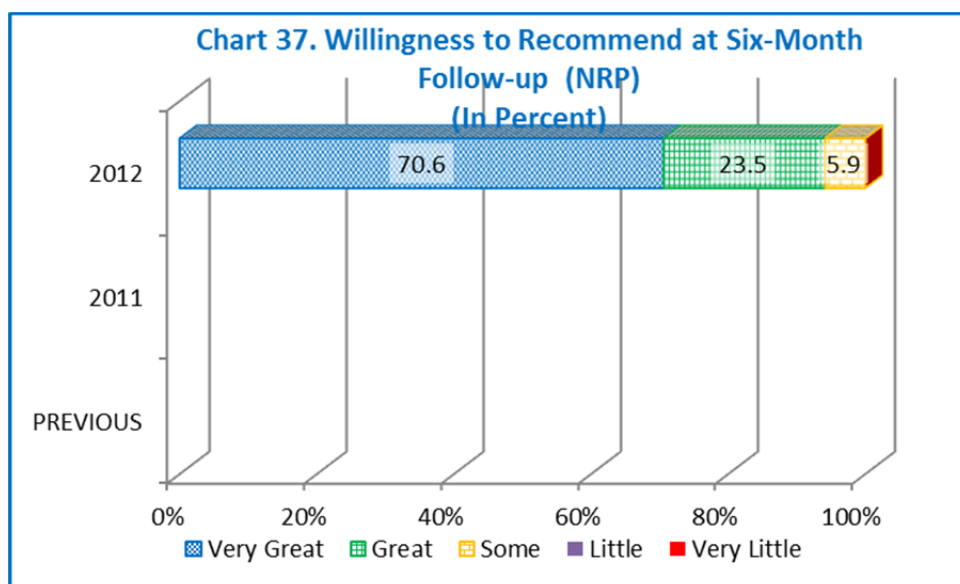
Approximately two-thirds of the participants reported no use of substances since completing the program and the remainder reported using less than before attending the program. (Chart 36.) For those who used, alcohol was the most frequently noted (41.2%)



followed by cocaine powder (23.5%), hallucinogens (17.7%); and, methamphetamine, sedatives, and inhalants (each 11.8%).

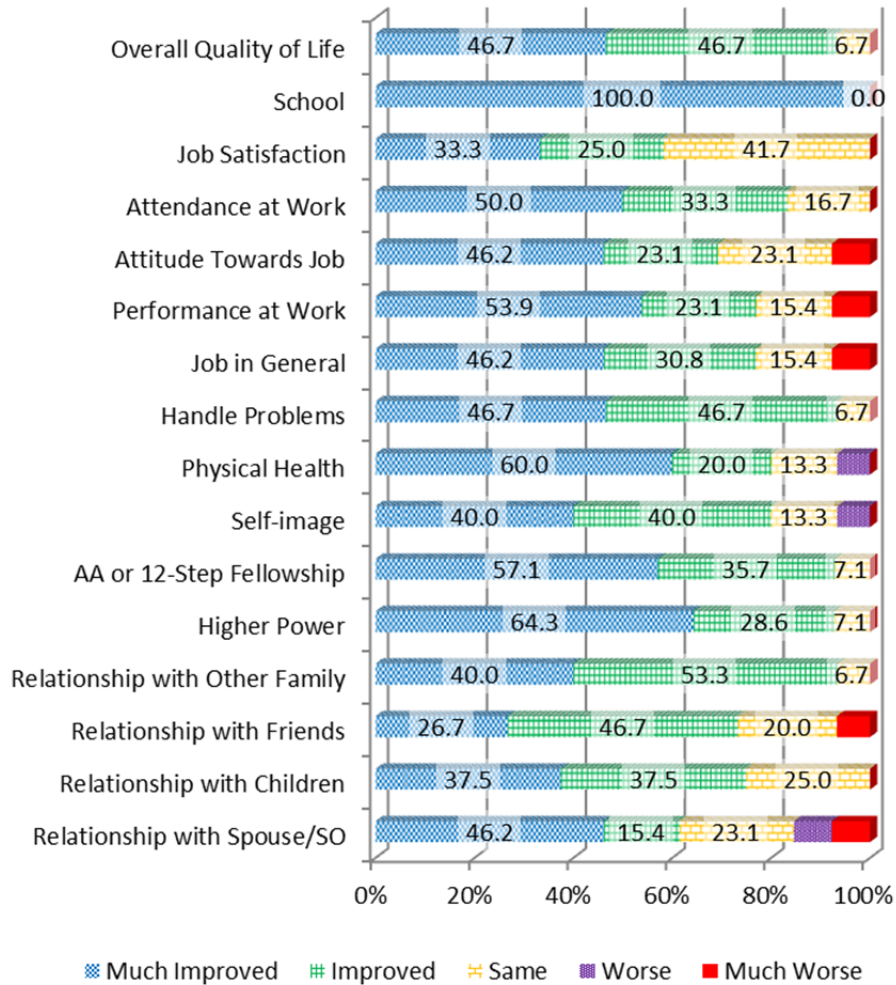
There were no statistically significant changes in the service utilization indicators due mainly to the small number of individuals report service utilization prior to the program and due to the small sample size.

Participant satisfaction remained high with 94.1% endorsing their willingness to refer others to the program. (Chart 37.)



As with the residential guests, participants in the NRP reported strong improvement in nearly all of the key recovery indicators. Especially notable were the areas of overall quality of life (much improved or improved), ability to handle problems, relationship with 12-Step Fellowship, Higher Power, other family members, and physical health for example. Nonetheless, as realistically expected, some individuals reported worsening conditions with spouse or significant other, relationship with friends, and employment. (Chart 38.)

**Chart 38. Improvement in Key Indicators  
Six-Months (NRP)  
(In Percent)**



## Non-Residential Elder Program

### Demographics

It should be noted that the current year sample size is 17 and that for the prior year was 12. With these very small samples distribution reported in the standard percentage format can be misleading. Caution is advised in attempting to generalize this data for a relatively new program. (There was no data available prior to 2011.)

The average age of participants in the Non-Residential Elder Program (NREP) was 64.7 years. Males were only slightly older than females. The gender mix was 52.9% males. (Table 45.)

<b>Table 45. Age and Gender (NREP)</b>			
	n	mean	sd
<b>2012</b>			
All	17	64.7	4.4
Males	9	65.2	5.5
Females	8	64.1	2.3
<b>2011</b>			
All	12	63.4	3.3
Males	6	64.8	2.5
Females	6	61.9	3.3
<b>Previous Years</b>			
All			
Males			
Females			

<b>Table 46. Race/Ethnicity (NREP)</b> <b>(In Percent)</b>			
	2012	2011	Previous
Caucasian	94.4	100.0	
Native American			
Black/African American			
Latino			
Asian			
Other/Not Reported	5.6		

Participants in the NREP were all Caucasian.

(Table 46.)

As can be seen, the marital status between the

<b>Table 47. Marital Status (NREP)</b> <b>(In Percent)</b>			
	2012	2011	Previous
Married	58.8	36.4	
Single	0.0	0.0	
Divorced	17.7	54.6	
Separated	5.9	0.0	
Widowed	5.9	9.1	
Living as Married	11.8	0.0	

<b>Table 48. Employment Status (NREP)</b> <b>(In Percent)</b>			
	2012	2011	Previous
Full-time	12.5	30.0	
Part-time	6.3	0.0	
Irregular	0.0	0.0	
Homemaker	12.5	0.0	
Student	0.0	0.0	
Retired	62.5	60.0	
Unemployed	6.3	10.0	

current and past year cohorts was quite different

with 58.8% reporting married this year and 54.6% reporting divorced last year. Again, due to the very small sample size no generalizations should be made yet. (Table 47.)

As expected, the majority of participants in this program were retired (62.5%). This year only 12.5% reported being employed full-time and 6.3% part-time. Slightly over 6% reported being unemployed at the time of enrollment. (Table 48.)

<b>Table 49. Education (NREP)</b> <b>(In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Not Completed HS Graduate	0.0	0.0	
HS Graduate	0.0	10.0	
Some College/Trade School	37.5	30.0	
College Graduate	25.0	30.0	
Post-graduate Course Work	6.3	0.0	
Post-graduate Degree	31.3	30.0	

The reported education levels for participants were quite high with 30% reporting a post-graduate degree. Nearly all had at least some college, or post-secondary trade school, education.

(Table 49.)

<b>Table 50. Income Range (NREP)</b> <b>(In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
(Thousands of Dollars)			
< 20	0.0	10.0	
20 to 29.9	0.0	20.0	
30 to 39.9	12.5	20.0	
40 to 49.9	12.5	10.0	
> 50	75.0	40.0	

This year, three-quarters of the participants reported having a household income in excess of \$50,000. (Table 50.)

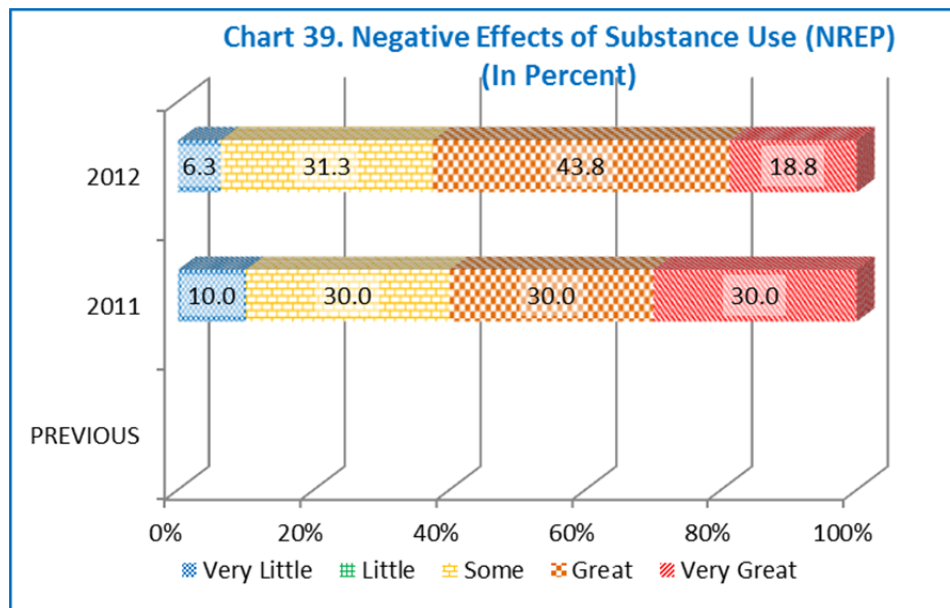
In response to the question regarding all the substances that have

been used during the past 12 months prior to the program, last year's participants indicated 100% alcohol and 9.1% prescription. Interestingly, this year there was a wide distribution of substances used suggesting that the first year's cohort was possibly quite different from the current enrollees.

(Table 51.)

<b>Table 51. Substances Used Prior to Registration</b> <b>(In Percent)</b>			
	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Alcohol	94.1	100.0	
Prescription	35.3	9.1	
Marijuana/Hash	11.8		
Cocaine (Powder)	11.8		
Other Opiates	11.8		
Illegal Rx	11.8		
Over the Counter	11.8		
Sedatives	5.9		
Meth/amphetamines	5.9		
Crack	0.0		
Hallucinogens	11.8		
Heroin	11.8		
Other Stimulants	5.9		
Inhalants	0.0		
Other Substances	0.0		

The reported severity regarding the negative effects of substance use prior to enrollment was noticeably less than those in the NRP. (Chart 39.)



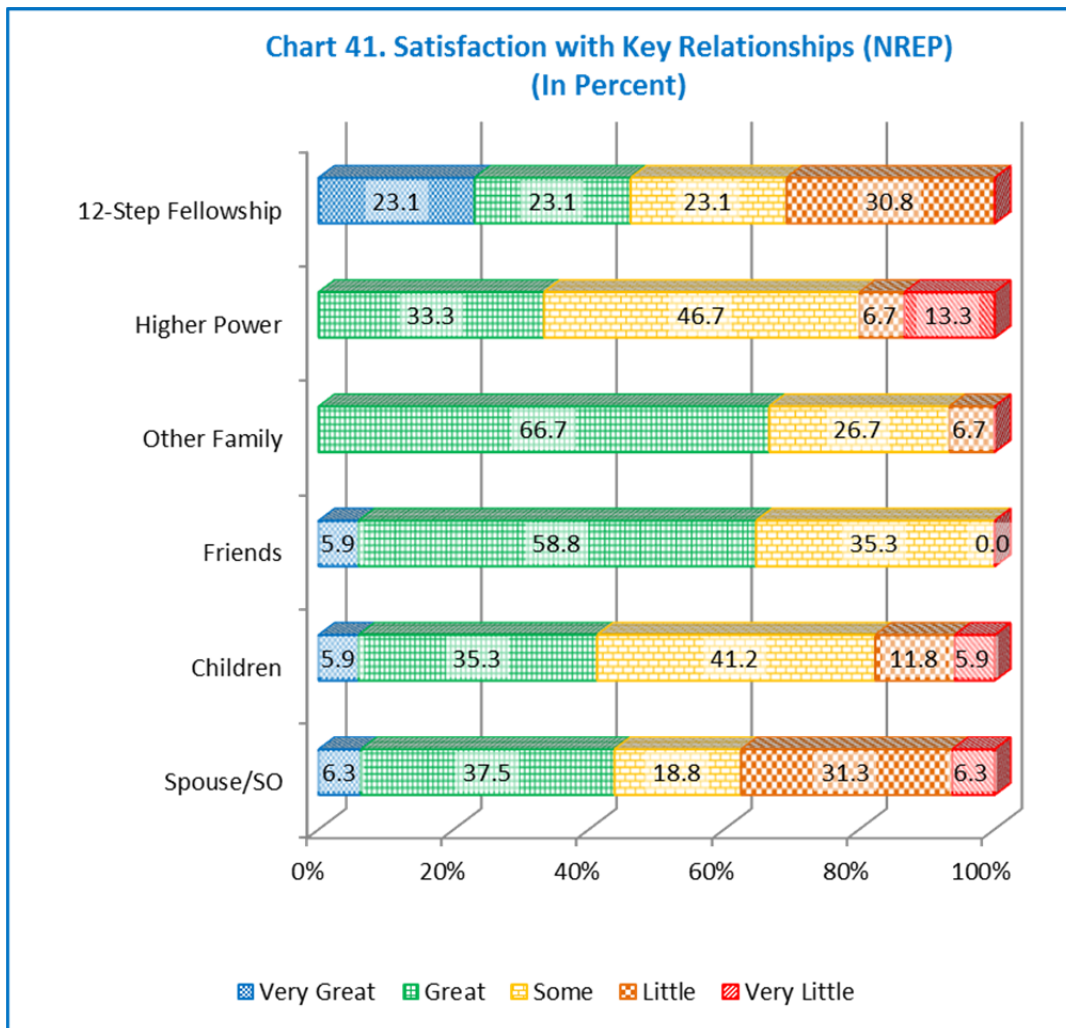
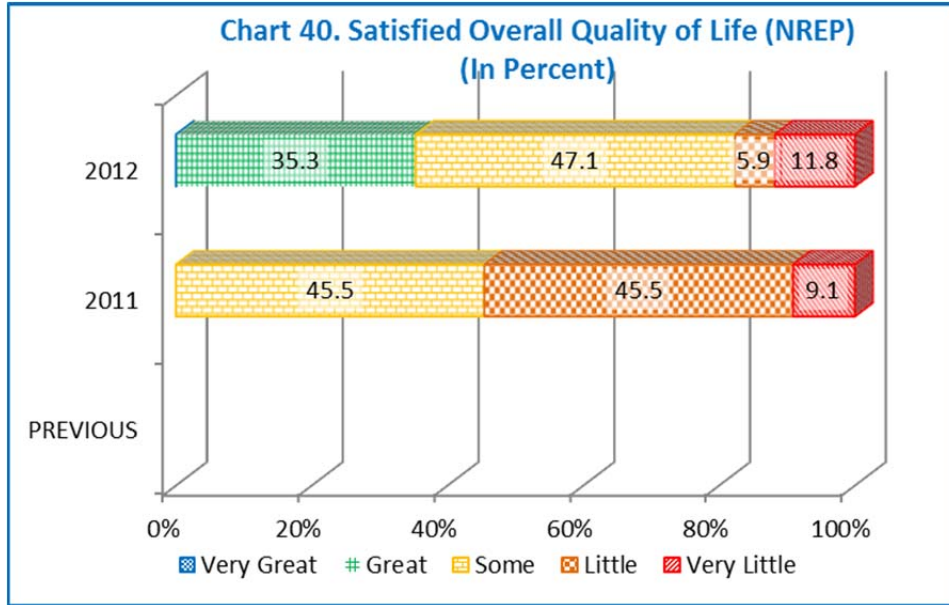
### **Service Utilization**

Due to the small sample sizes and the high frequency of participants being retired, this year’s report will omit a presentation of the job related indicators presented for the residential and NRP. Nonetheless, about half of the NREP participants this year reported at least one episode of hospitalization for a non-using physical health issue, emergency room visits, and at least one DWI. Six individuals reported some incarceration time in the previous 12 months. Two individuals reported residing in a halfway house for an average of 97.5 days and three reported residing in sober housing for an average of 120.7 days.

### **Baseline Satisfaction with Key Recovery Supports**

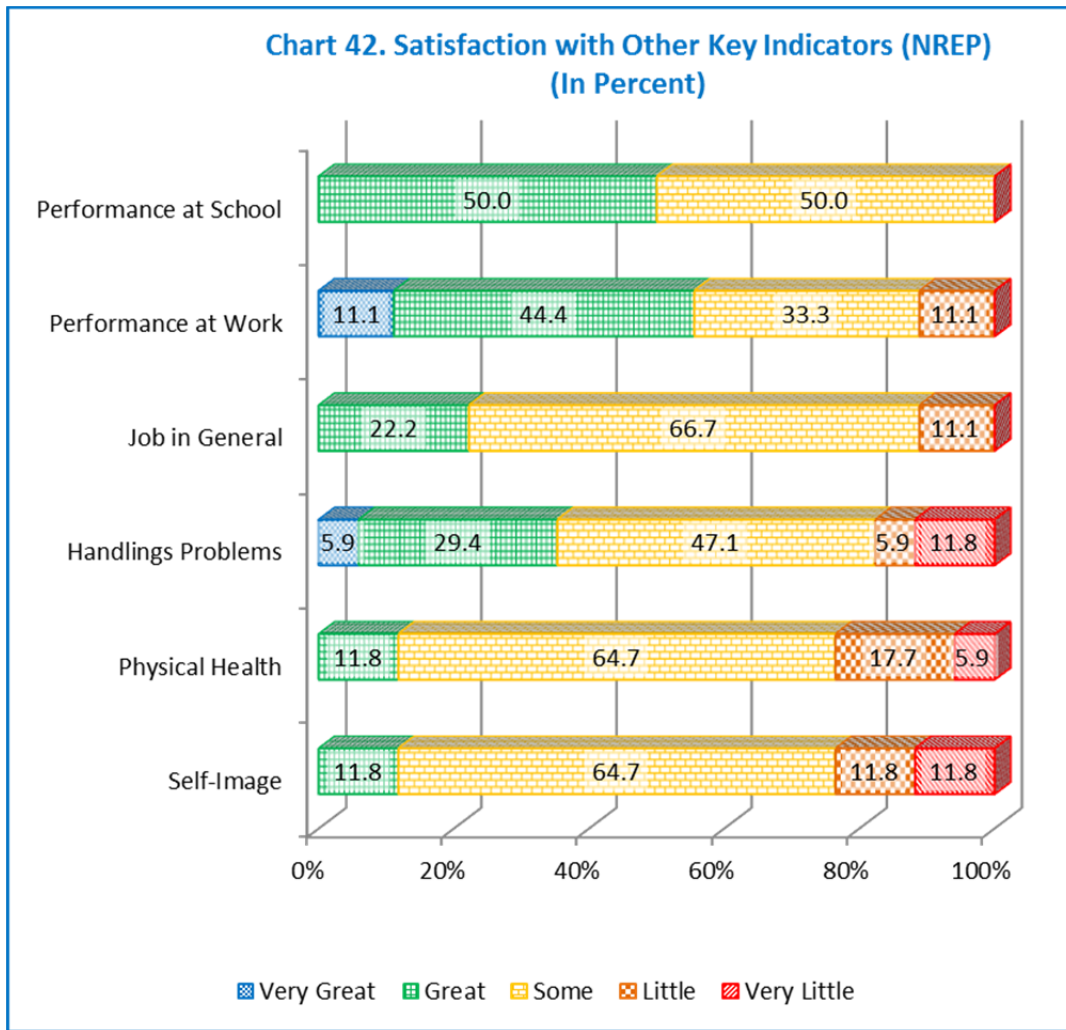
This years’ distribution of responses to the question regarding the NREP participants’ satisfaction of the overall quality of their lives was quite different from what was seen in either the residential or NRP. It is suspected that the relatively “moderate” scores are more

likely partially due to the small sample size than to other intervening variables. (Chart 40.)





The NREP participant responses to their baseline level of satisfaction with key relationships were quite dissimilar to the NRP participants with a general shifting towards the middle scores. (Chart 41.)



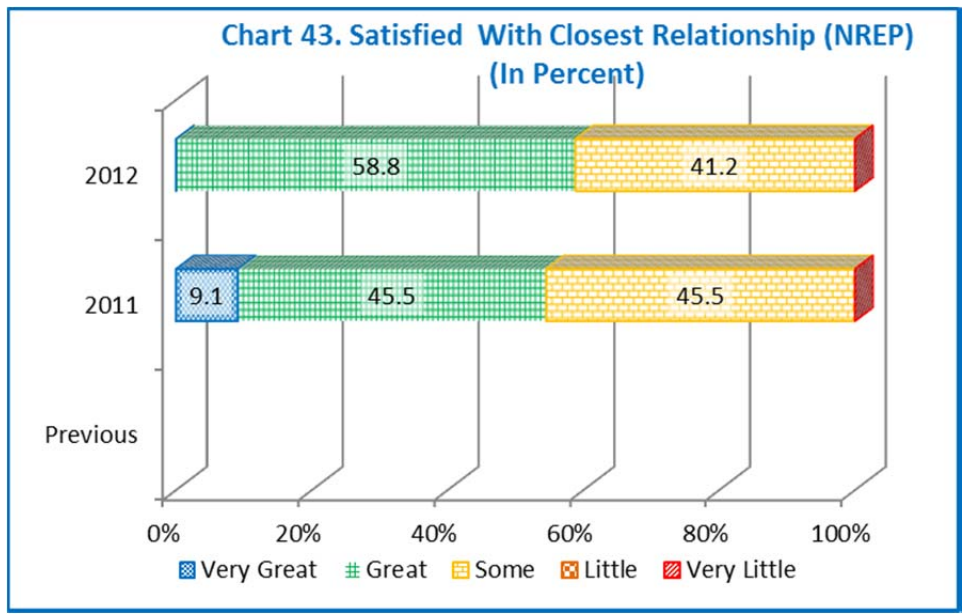
A similar distribution pattern emerged with the NREP participants' responses to other key recovery indicators. (It should be noted that only two individuals responded to the question regarding school.) (Chart 42.)



This year's cohort of NREP participants were more likely (25.7%) to report speaking with a spouse or significant other regarding personal issues. The distribution of responses was not notably dissimilar to the

	<b>2012</b>	<b>2011</b>	<b>Previous</b>
Spouse/Significant Other	25.7	13.3	
Friend	22.9	40.0	
Counselor	14.3	0.0	
12-Step Sponsor	14.3	20.0	
Child	11.4	13.3	
Parent	5.7	0.0	
Other	2.9	6.7	
Priest, Minister, Rabbi	2.9	6.7	
Did not Talk to Anyone	0.0	0.0	

NRP participants, but quite dissimilar to the previous year's participants. (Table 52.)



NREP participants were somewhat satisfied with this relationship, similar to the findings reported above for the NRP participants. The very small sample for each of the years tends to skew the distribution. (Chart 43.)

### ***Satisfaction at Time of Completion of NREP***

Unfortunately, only five program completion satisfaction surveys were received for this year and three for last year rendering the sample size too small to appropriately analyze.

### ***Six-Month NREP Follow-up***

The six-month follow-up sample is likewise yet too small to appropriately analyze.

## **Sober Housing**

This section of the report is devoted to an updated analysis of the findings comparing those recent guests who accessed Retreat sober housing (SH) following their stay at The Retreat. Current sober housing enrollment data was matched with existing demographic data to obtain basic demographics. This yielded a sample of 37 sober housing clients.

The average age of this cohort was 34.6 years (sd = 10.3) which was significantly ( $p < .05$ ) younger than the residential guests and similar to that reported last year. Males comprised 63.2% of the sample. There was no significant difference in the race/ethnicity between those going on to sober housing and those registering for services.

As expected, 63.9% reported as single – never married, 19.4% married, and 16.7% Divorced. Slightly over 72% were unemployed at the time they enrolled at The Retreat and only 11.1% reported being employed full-time. Interestingly 45.5% reported a household income of less than \$20,000 but 36.4% reported a household income of \$50,000 and over. Those going on to sober housing were more likely to have been fired from a job. Educational levels were similar to the general guest population.

Those going on to sober housing were also more likely to report using marijuana, crack, methamphetamine, illegal prescription drugs, and heroin than those not going on to sober housing. The extent to which substance use was reported to have a negative impact was

no different than that reported by the residential guests. Their utilization of health care services was similar, except they were slightly more likely to have been arrested for crimes other than those relating to substance use.

Even though the current year sample was of insufficient size to statistically test appropriately for differences in key areas such as individual substances used, for example, it is safe to say that those availing themselves to sober housing were of higher risk for relapse due to being younger, unemployed, and a tendency to report a higher frequency of using a variety of substances – or greater severity.

Attrition from 12-month follow-up for those going into sober housing is quite high due to the transient nature of young males who were primarily unemployed. Nonetheless, approximately 75% of those participating in the follow-up reported abstinence.

## Departure and Long-Term Statistics

The average length of stay (LOS)

for the residential program completers was 29.5 days. There was essentially no difference between males and females. As expected, the LOS for those who departed earlier than expected was significantly ( $p < .01$ ) shorter at 25.9 days. Approximately 88.2% completed the residential program. (Table 53.)

	n	mean	sd
<b>Residential Completers</b>			
All	413	29.5	3.7
Males	268	29.5	4.2
Females	144	29.4	3.2
<b>Residential Non-Completers</b>			
All	55	25.9	6.4
Males	42	25.7	6.5
Females	13	26.7	6.2

Similarly, the NRP participants who completed the program remained significantly ( $p < .01$ ) longer (142.2 days) than those who departed earlier than expected. There were no gender differences. Unlike the residential program, only about 59.2% remained as long as expected. Although this is quite a bit lower than the residential guests, it is about what is expected for non-residential programs in general. (Table 54.)

**Table 54. Average Length of Stay - NRP (Days)**

	n	mean	sd
<b>NRP</b>			
All	58	142.2	23.4
Males	40	141.7	25.0
Females	18	143.2	19.3
<b>NRP NC</b>			
All	35	78.4	53.9
Males	22	79.3	52.4
Females	12	81.5	56.4

Those in the NREP remained for 63.7 days. Again there was no difference between males and females. Only two individuals departed earlier than expected. (Table 55.)

**Table 55. Average Length of Stay - NREP (Days)**

	n	mean	sd
<b>NREP</b>			
All	16	63.7	14.4
Males	9	61.4	6.3
Females	7	66.6	20.3
<b>NREP NC</b>			
All	2	38.0	19.0

Testing for the potential relationship between primary substance of choice as reported at registration and successfully completing the full expected length of stay resulted in no significant correlations. There was also no significant correlation between age and the likelihood of not completing the program although we often find younger people comprise a significant portion of the non-completer samples. (Table 56.)

**Table 56. Average Age - Residential (Days)**

	n	mean	sd
<b>Residential Completers</b>			
All	412	40.0	13.2
Males	269	38.5	13.1
Females	142	42.8	13.2
<b>Residential Non-Completers</b>			
All	55	36.7	12.4
Males	42	35.6	11.5
Females	13	40.4	12.2

Differences between the two sub-samples (residential completers and non-completers) were also not discernible based on employment, marital status, education, income, or mutual help participation suggesting that there are no major, readily apparent reasons why guests depart earlier than expected.

Using a sample of approximately 200 12-month follow-up surveys, those reporting heroin as their primary substance of choice at registration were significantly ( $p < .05$ ) less likely to participate in the 12-month follow-up. No other substance could be correlated to non-participation, although it must be noted that even with a substantial sample the other substances, except alcohol, were not that frequently endorsed. Although anecdotal, we suspect that heroin users are less likely to participate in follow-up due to them being less likely to be in recovery.

## **Closing Comments**

As has consistently been reported, The Retreat data continues to be some of the strongest, most compelling data the evaluation team has seen in over twenty years of evaluating a variety of addictions programs. Past guests continue to speak highly of their time at The Retreat and with a reverence towards the experience seldom seen in.

Outcomes from all of the programs were very good. Although follow-up sample sizes were consistent with expectations and budget, they were somewhat smaller than many well-funded projects might realize. Nonetheless, there were no statistically significant differences in key demographic fields between those who participated in the follow-up and those who did not except for one characteristic. Those individuals who reported heroin as their primary substance of choice were less likely to participate in the follow-up as discussed above.