Overview of Cocaine Treatment Outcome Study

Charts Prepared & Released for Public Use by Dwayne Simpson (TCU), Robert Hubbard (NDRI-NC), Douglas Anglin (UCLA), & Bennett Fletcher (NIDA)

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry
Cocaine Treatment Study

- About three-fourths of all admissions to non-methadone treatment programs in the U.S. are for cocaine dependence
- Managed care pressures are for shorter treatment & outpatient settings
- Outcomes of cocaine treatment needs to be studied in “real-world” settings

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry

Cocaine Treatment Outcomes
(in Year After Discharge in DATOS)

- Half (52%) had relapses to drug use:
  - 23% to “weekly” cocaine use
  - 19% to “occasional” cocaine
  - 10% to “other drugs”
- 4% had alcohol problems
- 11% reentered treatment (without relapse)

Overall, 67% had “problems” during follow-up period

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry
**Weekly Cocaine Use in Past Year:**
Changes from Before to After Treatment

<table>
<thead>
<tr>
<th>DATOS Treatment Modality</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>LTR*</td>
<td>77</td>
<td>24</td>
</tr>
<tr>
<td>ODF*</td>
<td>58</td>
<td>20</td>
</tr>
<tr>
<td>STI*</td>
<td>82</td>
<td>26</td>
</tr>
</tbody>
</table>

*p<.001

**Any Jail in Past Year:**
Changes from Before to After Treatment

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</thead>
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<tr>
<td>LTR*</td>
<td>79</td>
<td>35</td>
</tr>
<tr>
<td>ODF*</td>
<td>73</td>
<td>28</td>
</tr>
<tr>
<td>STI*</td>
<td>53</td>
<td>20</td>
</tr>
</tbody>
</table>

*p<.001

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, *Arch Gen Psychiatry.*
Drinking 3+ Days/wk in Past Year: Changes from Before to After Treatment

DATOS Treatment Modality

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry

Relapse Rates (Drug use & Trt in Yr 1), by Retention in Cocaine Treatments

High-Problem Group

% in Outpatient Drug Free (n=466)
% in Long-Term Residential (n=549)

"Threshold" of minimum stay for effectiveness!
Overview of Cocaine Treatment Outcome Study

July, 2001

Simpson, Hubbard, Anglin, & Fletcher

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Types of Problems at Admission

<table>
<thead>
<tr>
<th>Problem</th>
<th>% With Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>3+ Drugs</td>
<td>27</td>
</tr>
<tr>
<td>Alcohol Dep</td>
<td>51</td>
</tr>
<tr>
<td>Criminal Act</td>
<td>60</td>
</tr>
<tr>
<td>Unemployed-FT</td>
<td>47</td>
</tr>
<tr>
<td>Low Social Sup</td>
<td>55</td>
</tr>
<tr>
<td>Dep/Anxiety</td>
<td>66</td>
</tr>
<tr>
<td>No Insurance</td>
<td>76</td>
</tr>
</tbody>
</table>

% With Problems in Year Before Admission

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry

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Total Number of Problems
(Problem Severity Index, PSI)

- % Low (0-3)
- % Med (4-5)
- % High (6-7)

<table>
<thead>
<tr>
<th>Treatment Modality</th>
<th>% Low</th>
<th>% Med</th>
<th>% High</th>
</tr>
</thead>
<tbody>
<tr>
<td>LTR</td>
<td>26</td>
<td>24</td>
<td>11</td>
</tr>
<tr>
<td>ODF</td>
<td>43</td>
<td>11</td>
<td>6</td>
</tr>
<tr>
<td>STI</td>
<td>54</td>
<td>6</td>
<td>0</td>
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</tbody>
</table>

Admissions to Each Treatment Modality

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, Arch Gen Psychiatry
**Weekly Cocaine Use**
(in Year After Treatment)

**Problem Severity at Intake**
(p<.001)

- Low: 18
- Medium: 27
- High: 30

**Length of Treatment**
(p<.001)

- <90 Days: 35
- 90+ Days: 17

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, *Arch Gen Psychiatry*

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**Weekly Cocaine Use**
(in Year After Treatment)

**Low Problem Patients (ns)**
- Short-Term: 20
- Long-Term: 20

**Mid-High Problem Patients**
(p<.001)
- Short-Term: 40
- Long-Term: 28

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, *Arch Gen Psychiatry*
Overview of Cocaine Treatment Outcome Study

**Weekly Cocaine Use**

*(in Year After Treatment)*

<table>
<thead>
<tr>
<th></th>
<th>LTR (90+ Days)</th>
<th>ODF (90+ Days)</th>
<th>STI (21+ Days)</th>
</tr>
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<tbody>
<tr>
<td>15</td>
<td>29</td>
<td>38</td>
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</tr>
</tbody>
</table>

**HIGH Problem Patients** *(p<.001)*

Simpson, Joe, Fletcher, Hubbard, & Anglin, 1999, *Arch Gen Psychiatry*

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**News and Features**

Latest DATOS studies have been published in *Drug and Alcohol Dependence*

Treatment process (engagement and participation), retention, and outcomes are the focus of this series of studies, and our first cost-benefit analysis addressed cocaine treatment. The latest DATOS publications and “in press” are listed on the Publications page.

More information is provided in a new section of Highlights page, “Outcomes for Treatment of Cocaine Dependence”.

www.datos.org