Using Health Measures in an Alcohol/Drug Rehab Setting

Low Cost Applications

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Picture courtesy of Pixabay
## In the US

<table>
<thead>
<tr>
<th></th>
<th>Health Care</th>
<th>Overall</th>
<th>Year of Study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>$168 billion</td>
<td>$300 billion</td>
<td>2010</td>
</tr>
<tr>
<td>Alcohol</td>
<td>$27 billion</td>
<td>$249 billion</td>
<td>2010</td>
</tr>
<tr>
<td>Illicit Drugs</td>
<td>$11 billion</td>
<td>$193 billion</td>
<td>2007</td>
</tr>
<tr>
<td>Prescription Opioids</td>
<td>$26 billion</td>
<td>$78.5 billion</td>
<td>2013</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$232 billion</strong></td>
<td><strong>$820.5 billion</strong></td>
<td>Source: NIDA (2017)</td>
</tr>
</tbody>
</table>
Opioids

130 people die each day (NIH/NIDA, 2019)

Prescription opioids
Heroin
Fentanyl
Methamphetamines

Highly addictive stimulant

- Increasing use
- Long term implications
Marijuana use among persons aged =18 years, by highest level of education completed† — National Survey on Drug Use and Health, United States, 2002–2014 (CDC, 2016)

**Other Trends**

**Alcohol Use**
(SAMHSA, 2014)
Applying PROMIS and NeuroQol to A Residential Drug and Alcohol Treatment Program
The Setting: The Recovery Center at Shalom Ministries
Located in Belton, SC  •  The Recovery Center  •  Shalom House  •  Remnants
Purposes & Method

- Research
- Program evaluation and outcomes
- Grant funding support

Data Collection

[AMK RESEARCH]
Assessments Play a Role In

– Monitoring client change
– Evaluating the effectiveness of counseling
– Diagnosis
– Treatment planning
• Counselors have responsibility to monitor clients’ progress during treatment and determine if clients are making positive gains
Measures Used

Series 1: PROMIS and NeuroQol:
- The Alcohol Use Short Form 7a
- The Emotional Distress-Anxiety–Short Form 8a
- The Emotional Support-Short Form 8a
- The Depression-Short Form 8a
- NeuroQol Item v2.0 Short Form- Cognitive Function

Series 2: PROMIS and NeuroQol:
- The Alcohol Use Short Form 7a
- The Emotional Distress-Anxiety–Short Form 8a
- PROMIS Short Form v2.0 - Social Isolation
- The Depression-Short Form 8a
- PROMIS® Scale v1.2 – Global Health
- NeuroQol Item v2.0 Short Form- Cognitive Function
Additional Assessments Included

Not from Health Measures

- DAST-10
- Rosenberg Self-Esteem Inventory
- TRIM-12: Revenge and Avoidance
- ECR-RS with people
- ECR-RS with God
14. Consider your use of alcohol in the following questions. Choose the answer that best reflects your experiences. In the past 3 months...

<table>
<thead>
<tr>
<th>Question</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Almost always</th>
</tr>
</thead>
<tbody>
<tr>
<td>I spent too much time drinking.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I drank heavily at a single sitting.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I drank too much.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I drank more than I planned.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I had trouble controlling my drinking.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>It was difficult for me to stop drinking after one or two drinks.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>It was difficult for me to get the thought of drinking out of my mind.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
Scoring Results

• Use Assessment Center for data scoring
• Download data to create individual reports for counseling sessions
• This is the PROMIS Social Isolation scale

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel left out.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>2. I feel that people barely know me.</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I feel isolated from others.</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4. I feel that people are around me but not with me.</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I feel isolated even when I am not alone.</td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I feel that people avoid talking to me.</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I feel detached from other people.</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. I feel like a stranger to those around me.</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

Total: 3 6 6 0 0 15

Scoring: Range 8-40: Anything over a score of 14 indicates feelings of social isolation higher than average.
### FOR SD OVER 50:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5 – 1.0</td>
<td>Mild</td>
</tr>
<tr>
<td>1.0-1.9</td>
<td>Moderate</td>
</tr>
<tr>
<td>2.0 +</td>
<td>Severe</td>
</tr>
</tbody>
</table>

- **Mean**: 50
- **SD**: 10
Study #1

Key Metrics

- Alcohol Use
- Drug Use
- Depression
- Emotional Support
- Anxiety
- Avoidance
- Revenge
- Cognitive Function

Entry vs. Exit
Publications on Shalom Recovery


- **In Press: Women in Faith-Based Recovery (using PROMIS and NEUROQOL assessments)

References

• Azofeifa, A. et al. (2016) “National Estimates of Marijuana Use and Related Indicators — National Survey on Drug Use and Health, United States, 2002–2014” (September 2016, CDC), available at: https://www.cdc.gov/mmwr/volumes/65/ss/ss6511a1.htm#F1_down


• Health Measures, available at: http://www.healthmeasures.net/


References Continued


• Survey Monkey, available at: https://www.surveymonkey.com/