

Acqua Recovery

Post-Treatment Outcomes Report



Providing insightful data to help treatment programs improve their outcomes

**For patients discharged between
December 17, 2018 & December 31, 2019**

TABLE OF CONTENTS

	<u>Page</u>
1. Background	
a. About Acqua Recovery	3
b. Research Design	3
c. Survey Submissions	4
2. Post-Treatment Abstinence	
a. One Month Post-Treatment Abstinence	5
b. Six Month Post-Treatment Abstinence	5
c. Comparison to National Norms	7
d. Speed of Relapse	8
3. Factors Favoring Abstinence Success	
a. Successfully Completing Treatment	9
b. Drug of Choice	10
c. After-Care Choices	11
4. Impact of Treatment	
a. Reduction in Severity of Co-Occurring Disorders	13
b. Decrease in Suicidal Thoughts	15
c. Improvement in Quality of Life	15
d. Expensive Medical Interventions	18
5. Satisfaction with Treatment	19

Note: Sample comments have been removed to protect patient privacy

BACKGROUND

About Acqua Recovery

Acqua Recovery (“Acqua”), located in Midway, Utah, is a drug and alcohol rehab that offers secluded residential treatment services to clients struggling with addiction and co-occurring disorders. Acqua Recovery offers a combination of therapies and programs that help clients develop coping skills, relapse prevention, and an understanding of the disease of addiction. Programs include alcohol, heroin, benzo and opioid addiction rehab programs.

This report summarizes data reported by clients discharged from Acqua during the period between December 17, 2018 and December 31, 2019. This report was released on June 2, 2020.

Research Design

All patients participated in Vista’s INSIGHT Addiction™ Progress Monitoring research in which they were screened for depression, anxiety, trauma, eating disorders, suicidal ideation and self-harming behavior shortly after intake. Every week or two thereafter, their clinicians received reports tracking the severity of the symptoms of the various disorders they were struggling with as well as the strength and frequency of any cravings they were feeling, their satisfaction with treatment, and the quality of their relationships with their closest family members.

All Acqua patients who were using INSIGHT and spent at least 7 days in treatment were enrolled in RECOVERY 20/20™. All patients are contacted roughly one month, six months and twelve months after they leave treatment, with Vista researchers making at least 7 attempts to contact them each time. To encourage complete honesty, patients participating in the post-treatment research are promised confidentiality and only aggregated results are provided to Acqua.

Survey Submissions

Vista received the following post-treatment survey responses:

	<u>Submitted One Month F/U</u>	<u>Submitted Six Month F/U</u>
Discharged Prior to 8/1/19:		
Submitted Two Surveys	35	33
Submitted This Survey Only	20	7
Did Not Submit This Survey, But Did Others Information from Reputable Source	7 -	20 2
Submitted No Surveys	<u>22</u>	<u>22</u>
Patients Discharged Between 12/17/18 & 7/31/19	84	84
Discharged Between 8/1/19 & 12/31/19:		
Submitted This Survey	28	
Submitted No Surveys	<u>15</u>	
Patients Discharged Between 8/1/19 & 12/31/19	43	
TOTAL REQUESTED SURVEYS	127	84
TOTAL RESPONSES RECEIVED	83	42
Information About Patients Received:		
Discharged Prior to 8/1/19	65%	50%
Discharged Between 8/1/19 & 12/31/19	65%	
Percent of Total Patients Information Received	65%	50%

Vista received information about how 65% of the patients were doing at one month post-treatment and from 50% of the patients at six months post-treatment.

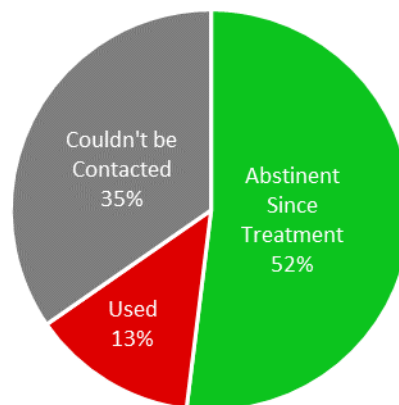
POST-TREATMENT ABSTINENCE

The most crucial measure of success for an addiction treatment program is how many of its patients are able to remain clean and sober after treatment.

One Month Post-Treatment Abstinence

Among the 127 Acqua patients who left treatment prior to December 31, 2019, 52% were reachable and claimed to have remained abstinent for at least the first post-treatment month. 13% reported having used drugs and/or alcohol during this first month.

Abstinence at One Month Post-Treatment
(among 127 Acqua patients discharged between 12/17/18 and 12/31/19)

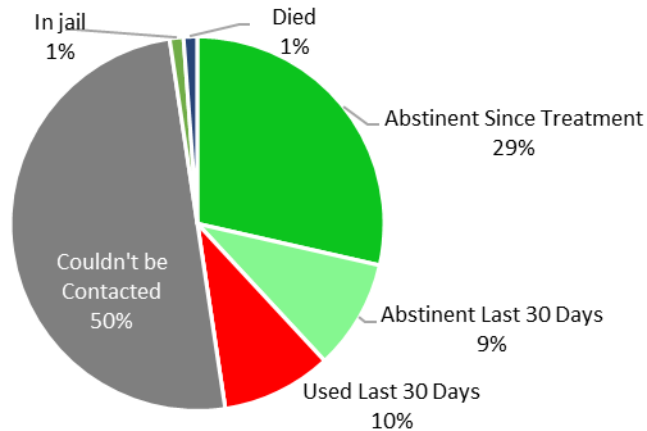


Six Month Post-Treatment Abstinence

Among the 84 patients who left treatment prior to August 1, 2019, 38% were reachable and claimed to have abstained from all drugs or alcohol during the last 30 days at six months post-treatment. Most of these (29%) claimed to have been abstinent continually since leaving treatment. 10% of patients reported using drugs or alcohol in the last 30 days.

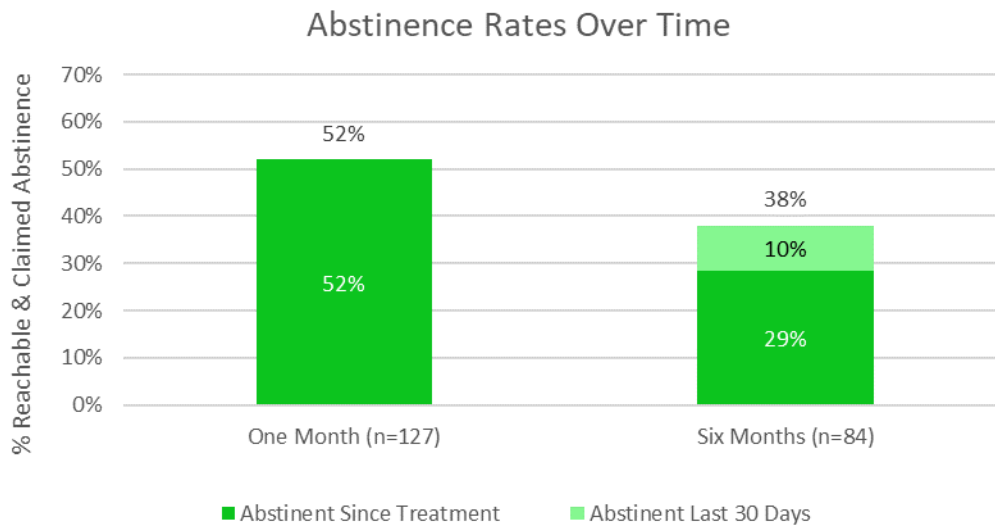
Additionally, we heard about two patients from reputable sources. One reputable source reported that the patient was in jail, and we heard from another reputable source that, very unfortunately, the patient had died since leaving treatment:

Abstinence at Six Months Post-Treatment (among 84 Acqua patients discharged between 12/17/18 and 7/31/19)



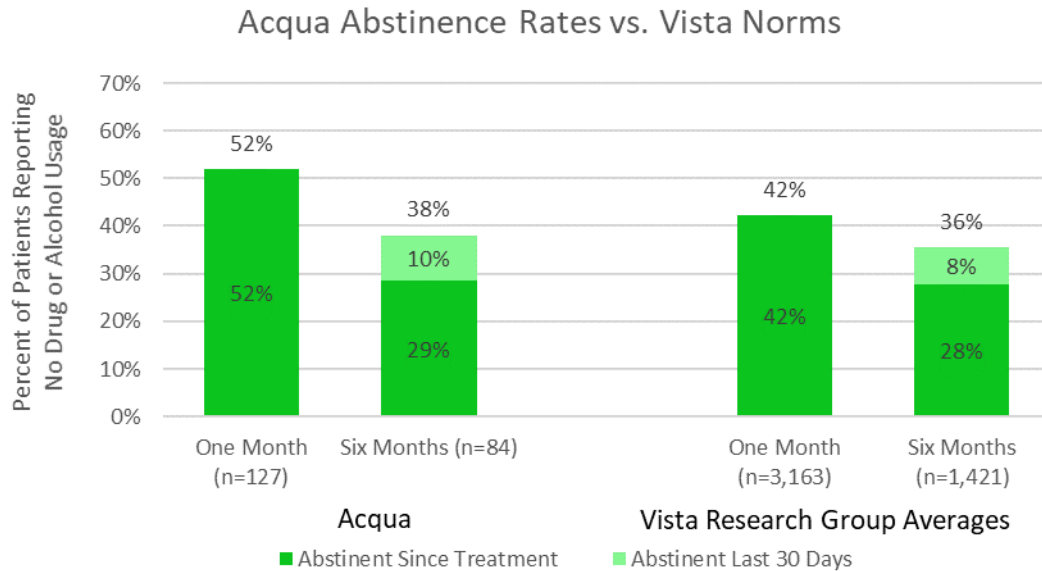
Because addiction is a chronic disease and relapse a common occurrence, Vista considers the percentage of patients who claim to have been abstinent for at least the last 30 days to be the most important measure of success.

As expected, Acqua's abstinence rates fell between the one-month and six-month surveys:



Comparison to National Norms

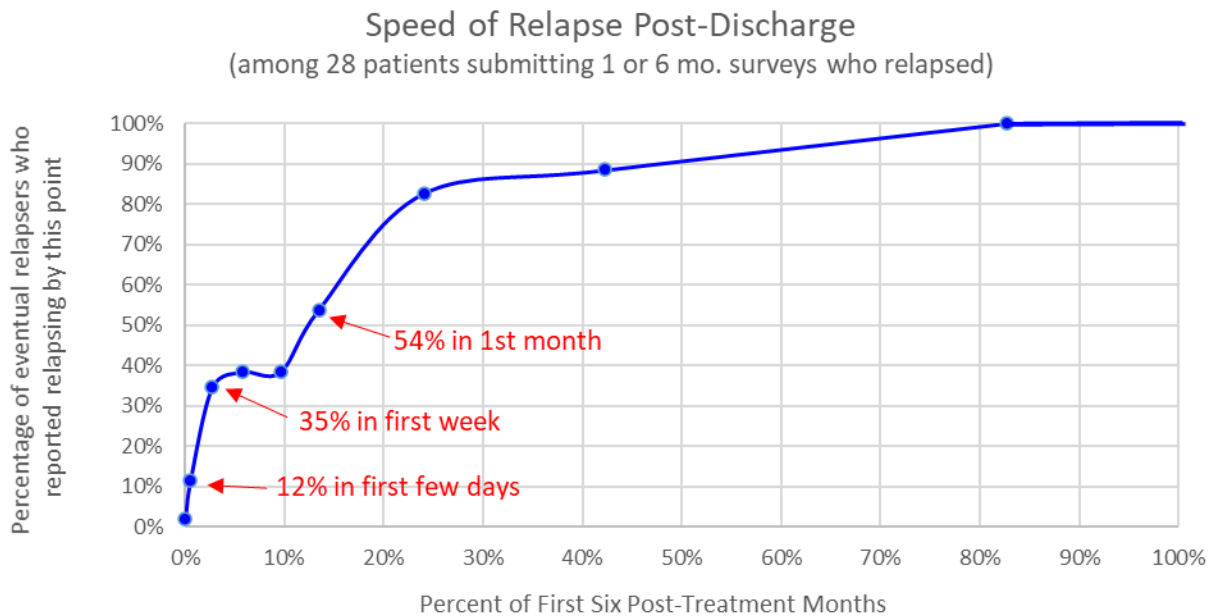
Acqua's abstinence rates at one month post-treatment are much higher than the Vista norms for patients attending a wide variety of respected addiction treatment programs. At the six month post-treatment stage, Acqua's results still exceed Vista's norms, but by a smaller margin:



It is important for context to note that Vista's norms are probably well above the average for the entire addiction treatment industry today. The reason for this is that only top-quality programs who are confident their outcomes are very good are likely to make the significant investment to track their post-treatment outcomes. In this context, the fact that Acqua's outcomes figures exceed these norms is a very positive finding.

Speed of Relapse

Patients tended to relapse pretty quickly after leaving treatment. Over half (54%) of those who admitted relapsing in the first six months started using within the first month of leaving treatment, while 35% relapsed within the first week.



Of the six patients who admitted relapsing within the first few days of leaving treatment, four completed all their recommended treatment. One left against medical advice, and another was asked to leave due to drug or alcohol use.

In most cases, patients relapsed on their primary drug of choice. Only one mentioned going back to their primary drug of choice later after first using a different type of mood-altering substance.

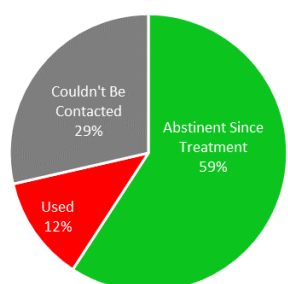
FACTORS FAVORING ABSTINENCE SUCCESS

Several factors improved abstinence success rates, the most crucial of which was whether patients successfully completed all their recommended treatment or not.

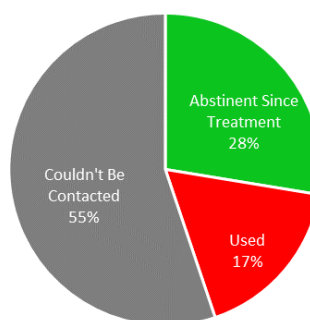
Successfully Completing Treatment

The one month post-treatment abstinence rate for patients who successfully completed treatment was 59%, more than twice the abstinence rate for patients who did not complete their treatment (28%).

Abstinence at One Month - Completed Treatment
(among 98 patients discharged between 12/17/18 and 12/31/19)

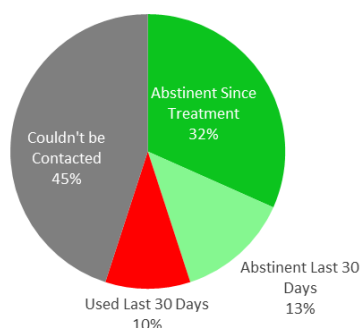


Abstinence at One Month - Did Not Complete Treatment
(among 29 patients discharged between 12/17/18 and 12/31/19)

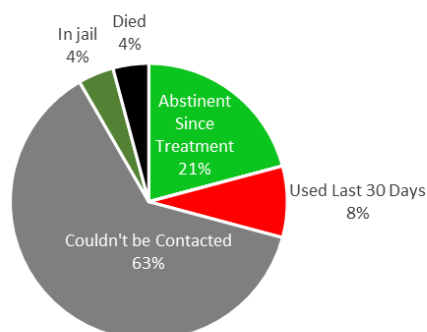


A similar difference is seen in the six month post-treatment abstinence rates. 45% of patients who successfully completed all recommended treatment reported being abstinent for at least the last 30 days at six months post-treatment compared to only 21% of those who left treatment early.

Abstinence at Six Months - Completed Treatment
(among 60 patients discharged between 12/17/18 & 7/31/19)

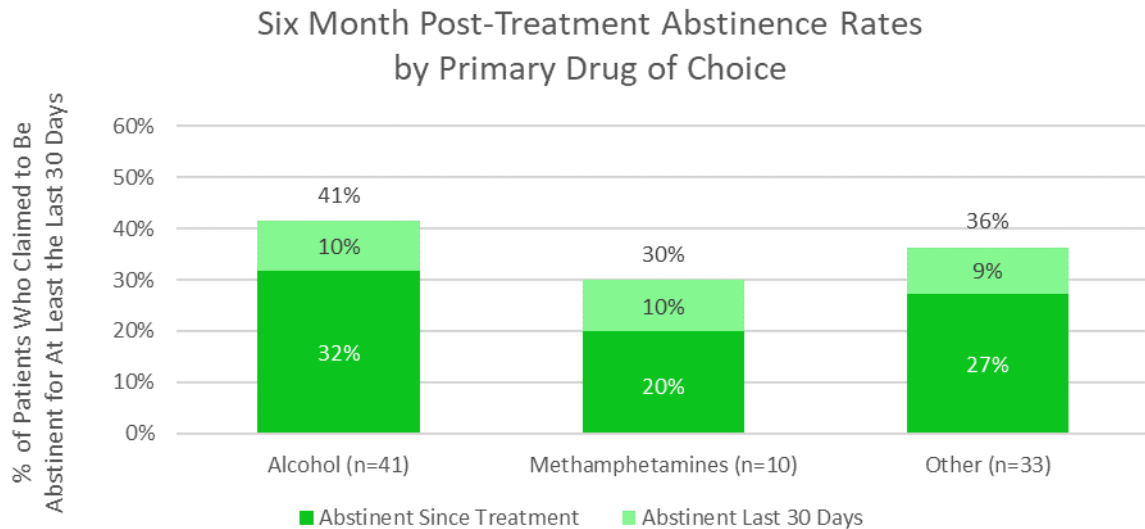


Abstinence at Six Months - Did Not Complete Treatment
(among 24 patients discharged between 12/17/18 & 7/31/19)

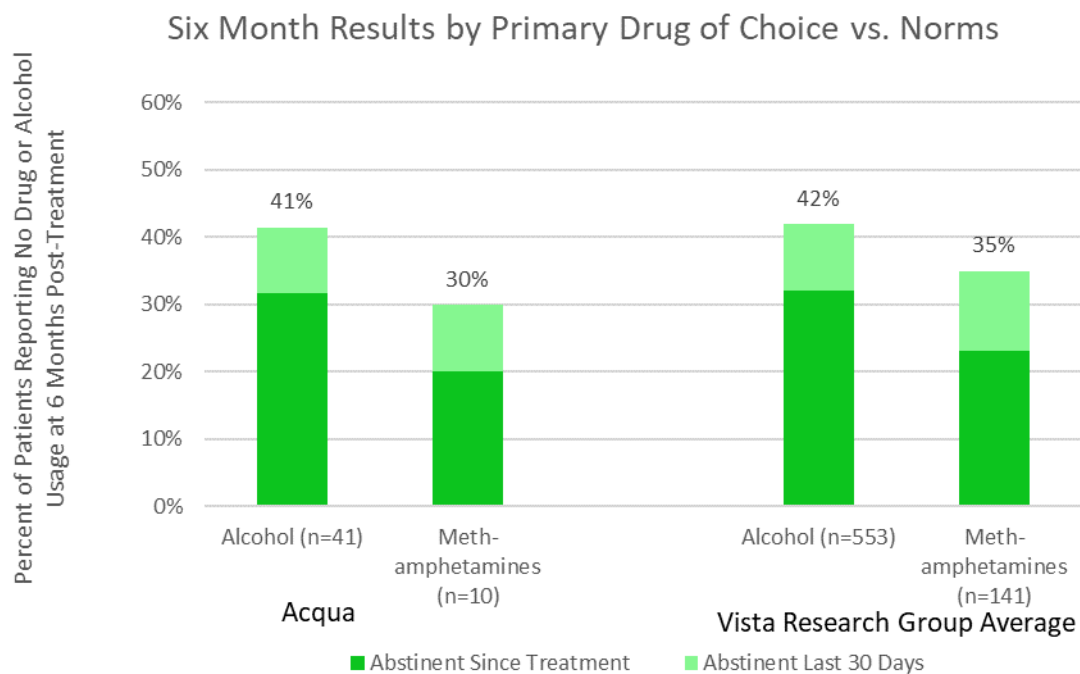


Drug of Choice

Although the base size is very small, it appears that patients whose primary drug of choice was methamphetamines were more likely to relapse than those addicted to other substances.



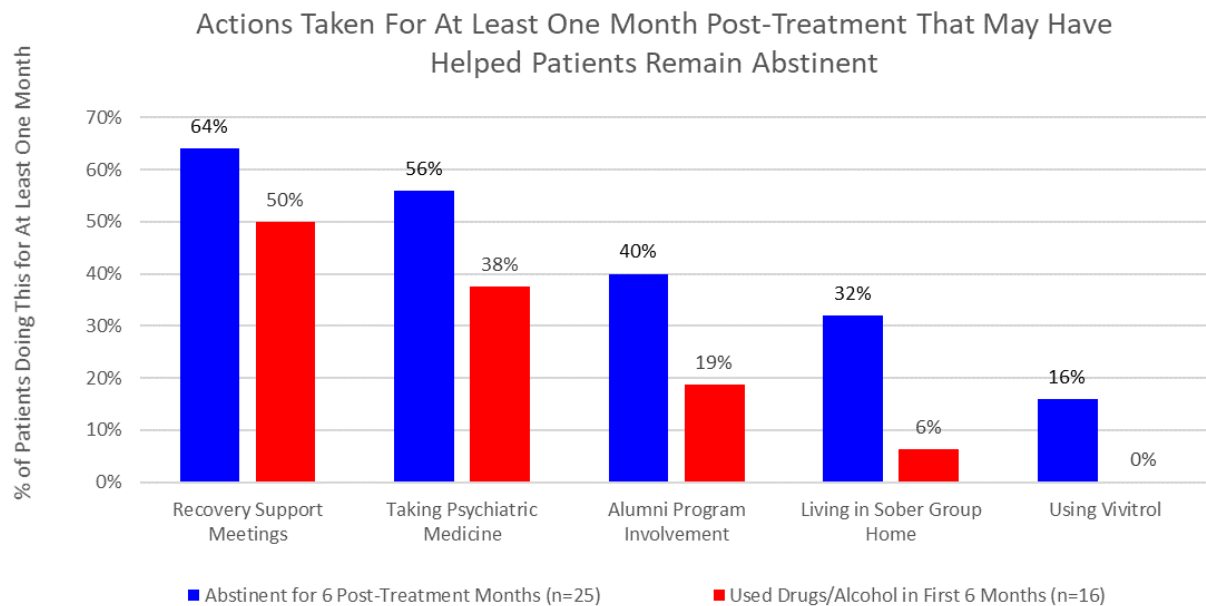
Acqua's six-month abstinent rate for patients with a primary drug of choice of alcohol is similar to Vista Research Group's norms. Acqua's six month abstinence rate for patients addicted to methamphetamines is somewhat below Vista's norms, but this is based on a very small number of patients.



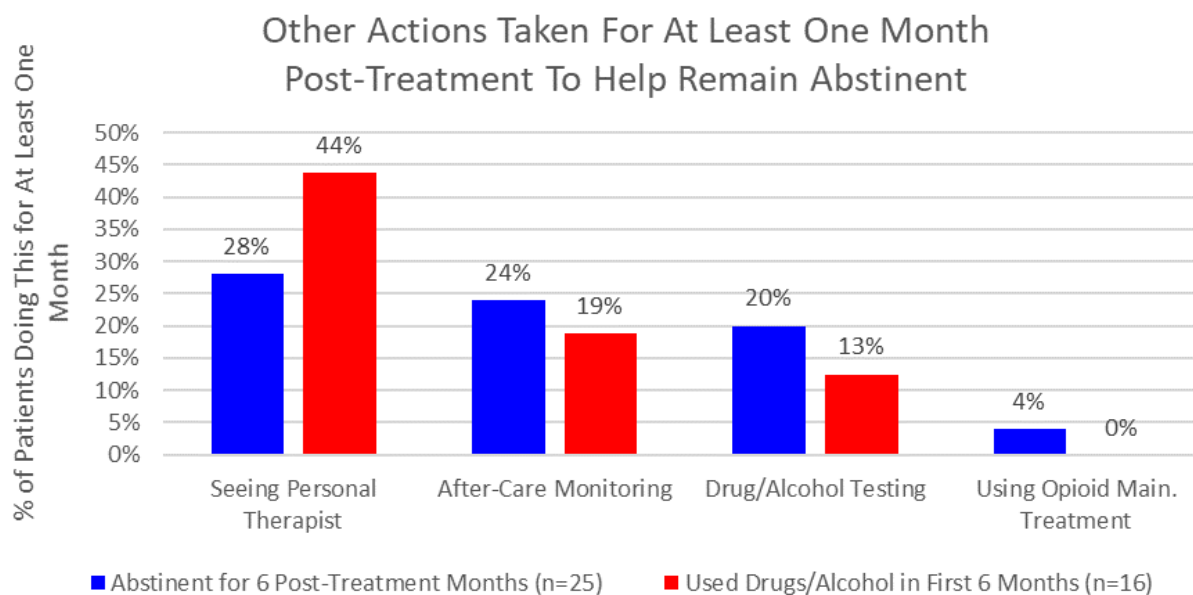
After-Care Choices

A third critical factor in whether patients were able to maintain their sobriety after treatment was the actions they took.

There were several actions that were taken by a larger percentage of the patients who remained abstinent for six months than by those who relapsed. It appears that attending recovery support meetings (such as Alcoholics Anonymous or Narcotics Anonymous), taking psychiatric medicine, being involved with Acqua's alumni program, living in a sober group home and, possibly, using Vivitrol, may have helped patients remain abstinent. The following graph shows the percentage of six-month respondents who participated in different after-care activities for at least a month after leaving treatment as a function of whether they were abstinent at 6 months post-treatment:



Other actions that may have been helpful were used by a higher percentage of patients who relapsed than by those who remained abstinent, or were used by similar proportions of those who relapsed and those who remained abstinent. However, we must be careful not to assume cause and effect. For example, the decision to see a personal therapist may have occurred after they relapsed, not before.



IMPACT OF TREATMENT

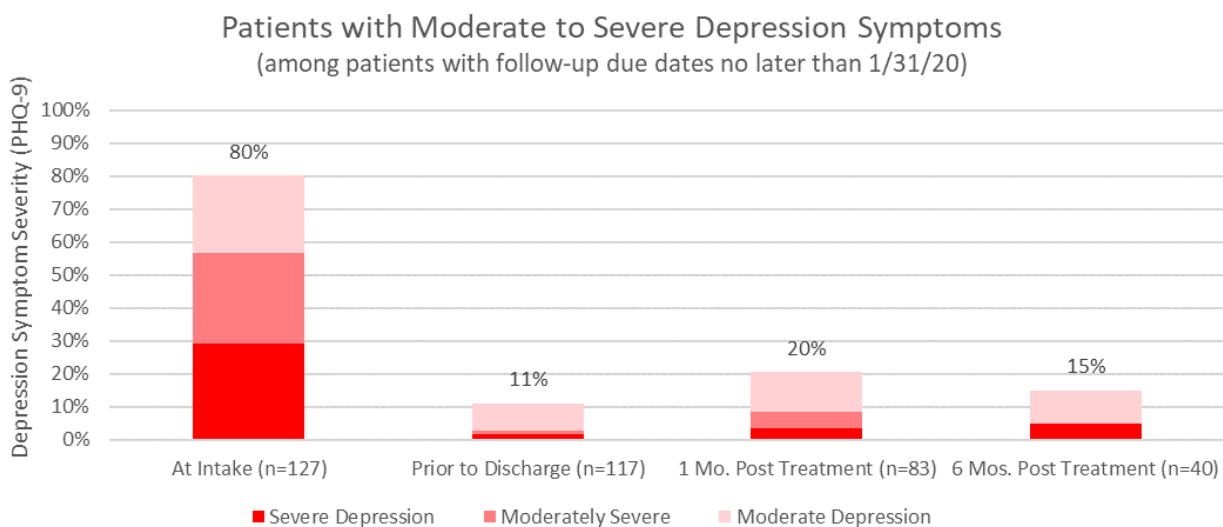
Reduction in Severity of Co-Occurring Disorders

Of the 127 patients who left Acqua through December 31, 2019, 85% reported experiencing at least moderate symptoms of one or more co-occurring disorders at intake. The levels of co-occurring disorders reported at intake by the patients who responded to the one month and six month follow up surveys were similar to the percentages reported for all patients.

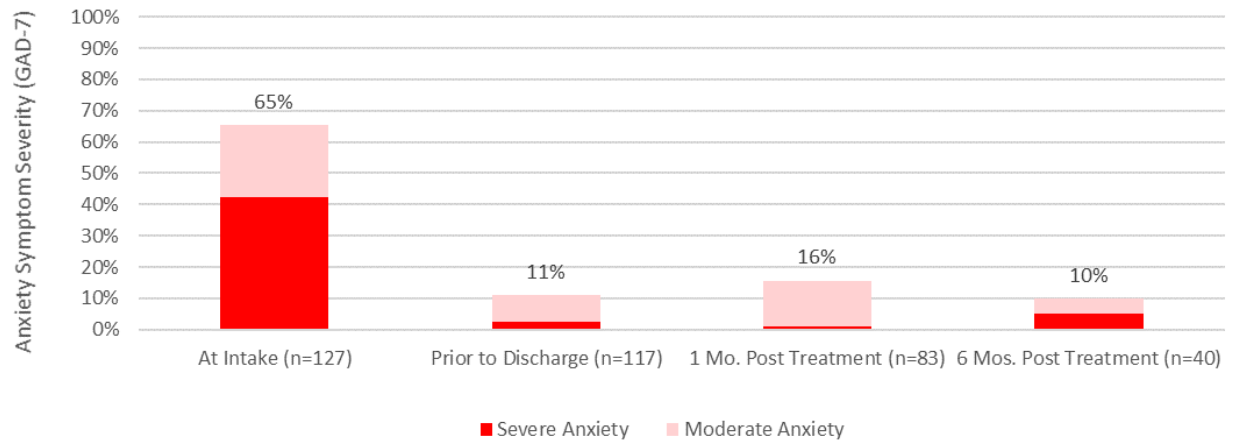
Moderate to Severe Co-Occurring Disorder Symptoms at Intake

	Among All Patients 178	Among One Month Respondents 83	Among Six Month Respondents 40
Depression (PHQ-9 > 9)	80%	83%	83%
Anxiety (GAD-7 > 9)	65%	66%	65%
Post-Traumatic Stress (PCL-6 > 11)	68%	67%	63%
Eating Disorder	33%	28%	38%
At least one co-occurring disorder	85%	87%	88%

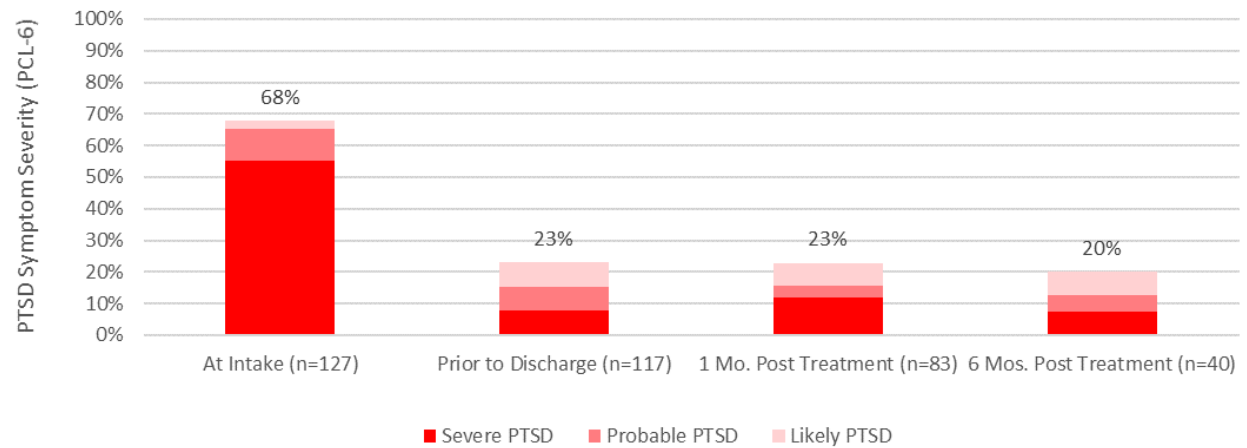
The severity of the symptoms of the various co-occurring disorders improved dramatically during the course of treatment, and remained much improved during the first six months post-treatment:



Patients with Moderate to Severe Anxiety Symptoms (among patients with follow-up due dates no later than 1/31/20)

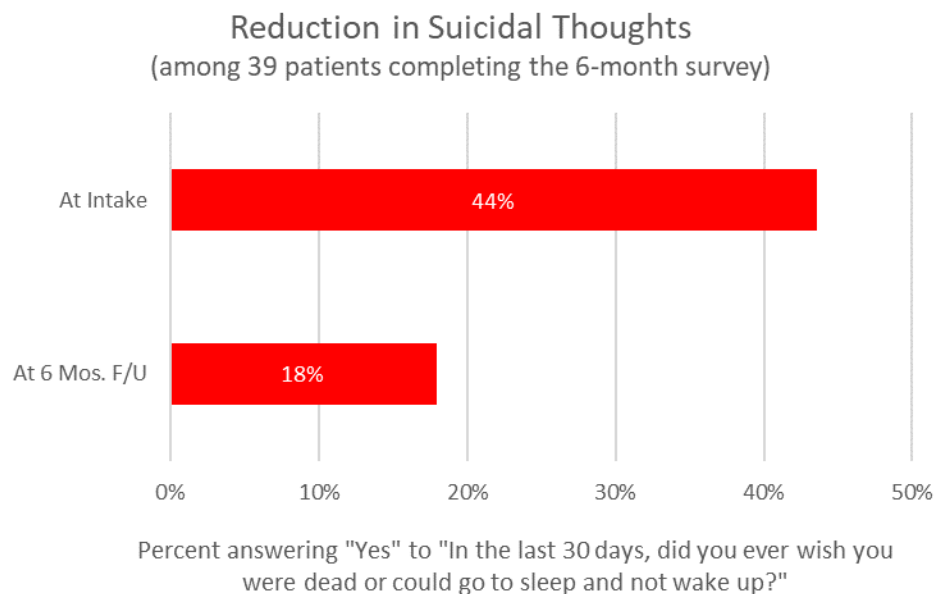


Patients with Moderate to Severe Trauma Symptoms (among patients with follow-up due dates no later than 1/31/20)



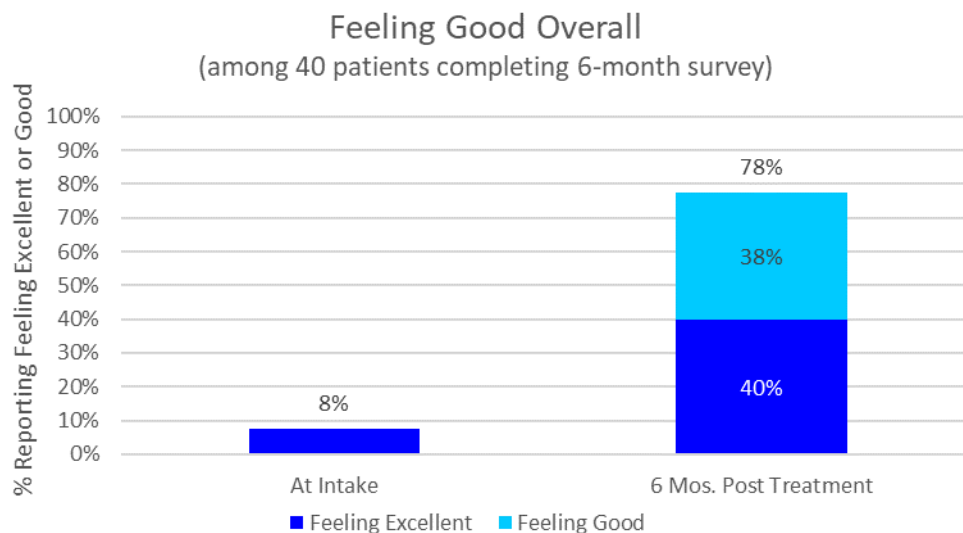
Decrease in Suicidal Thoughts

Additionally, the percentage of patients reporting having any sort of suicidal thoughts also declined greatly as a result of treatment, although the figure of 18% still reporting suicidal thoughts at six months post-treatment is higher than Vista typically sees. 5% of those surveyed at six months post-treatment had had thoughts about killing themselves:

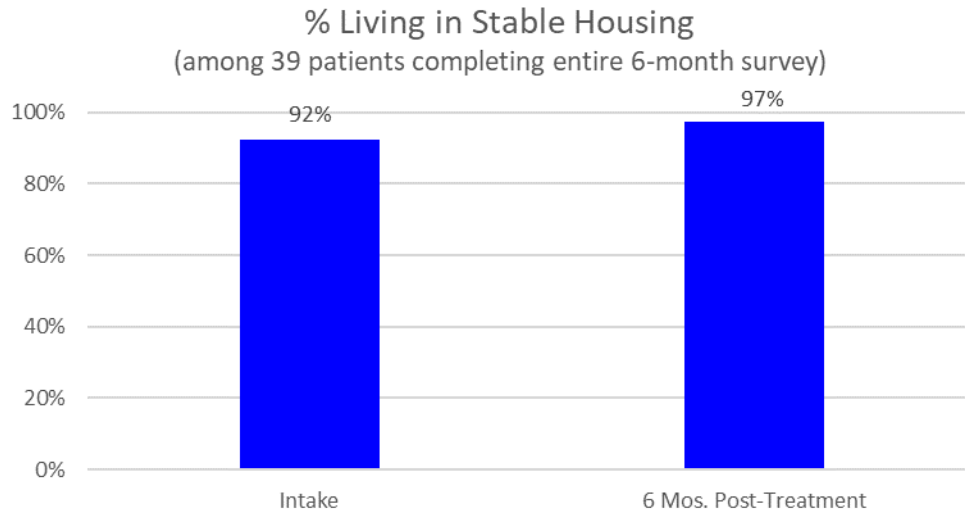


Improvement in Quality of Life

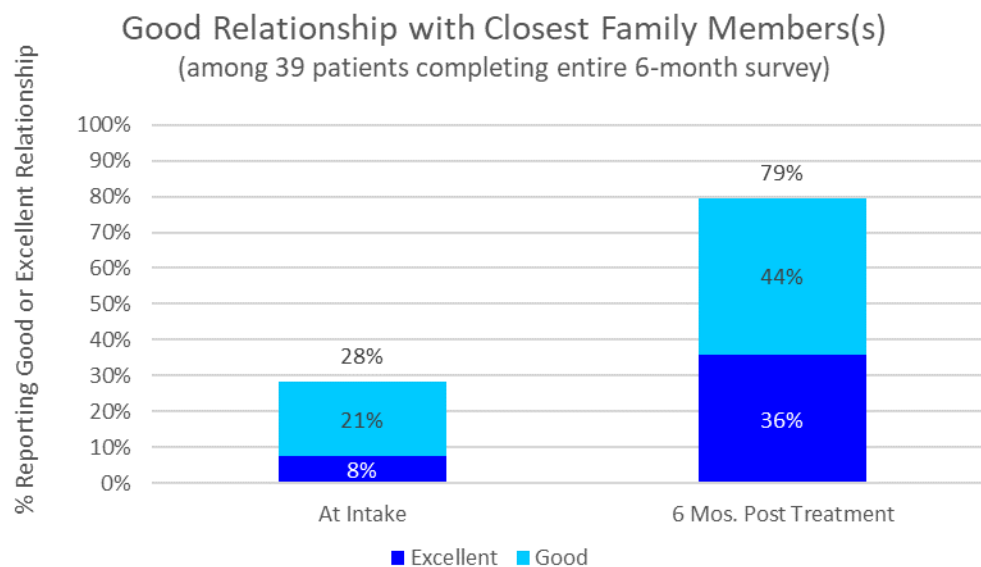
The patients who responded to the 6-month follow-up survey felt much better overall than they had in the 30 days before they entered treatment:



Additionally, they were slightly more likely to live in stable housing than they were before treatment (even though most were in stable living environment even before treatment):



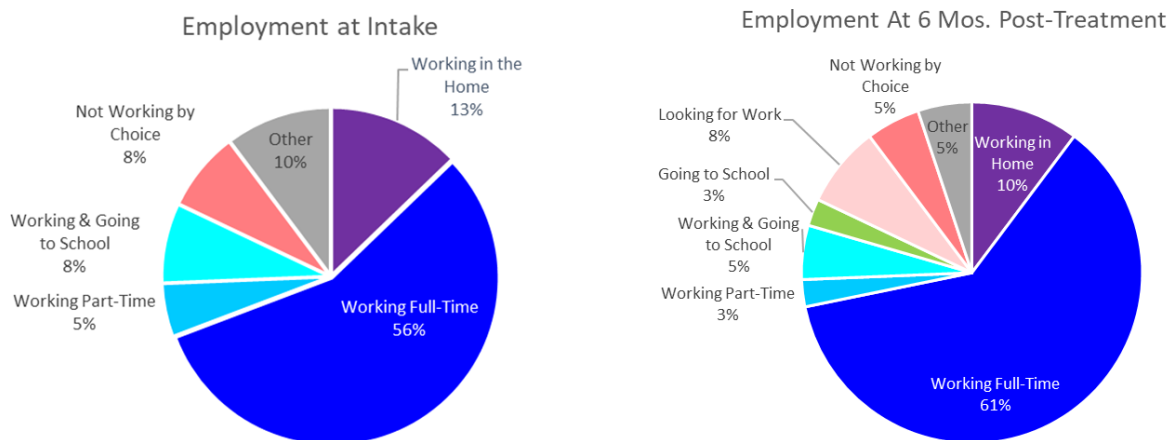
and were much more likely to be getting along well with their closest family members:



The proportion working or studying did not change much as a result of treatment, as it was already quite high prior to treatment (69%), and rose to 72% at six months post-treatment:

Impact of Treatment on Employment

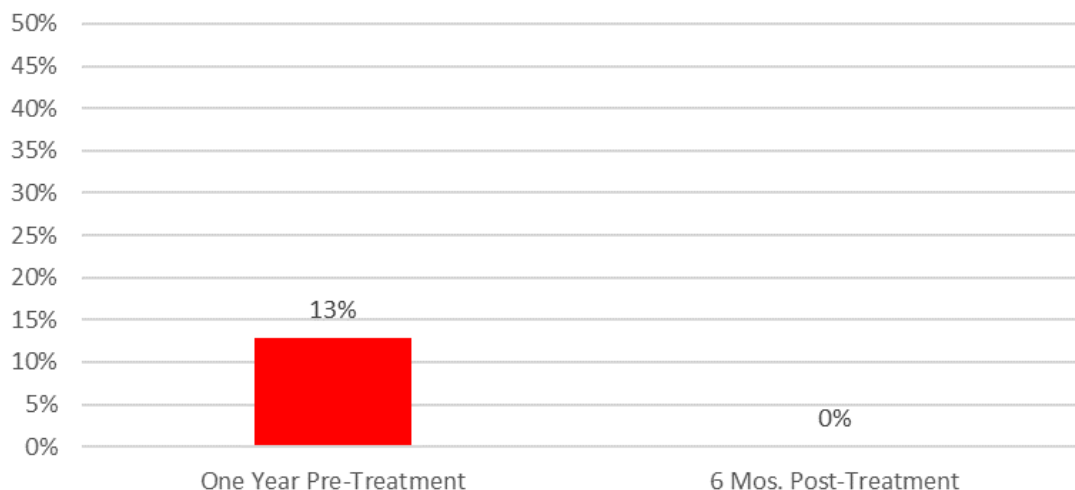
(among 39 patients completing 6-month survey)



No patients responding to the 6 month survey were charged with a serious criminal justice offense resulting from an incident that happened after leaving treatment. By comparison, five (13%) of these patients had been charged with a serious offense in the year before treatment:

% Charged with Serious Criminal Justice Offense

(among 39 patients completing entire 6-month survey)

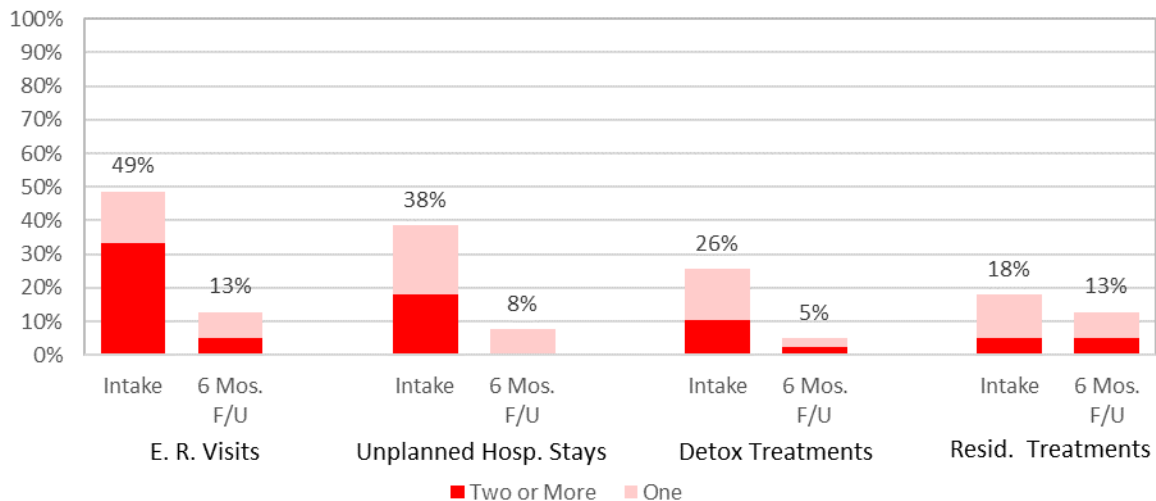


Expensive Medical Interventions

Acqua patients who responded to the 6-month follow-up survey have had far fewer expensive emergency room visits, unplanned hospital stays, and detox treatments than would have been predicted based upon their pre-treatment year. However, it is important to note that the interventions reported at intake in the graph below occurred over the course of a year while the post-treatment Interventions only covered a six-month time span.

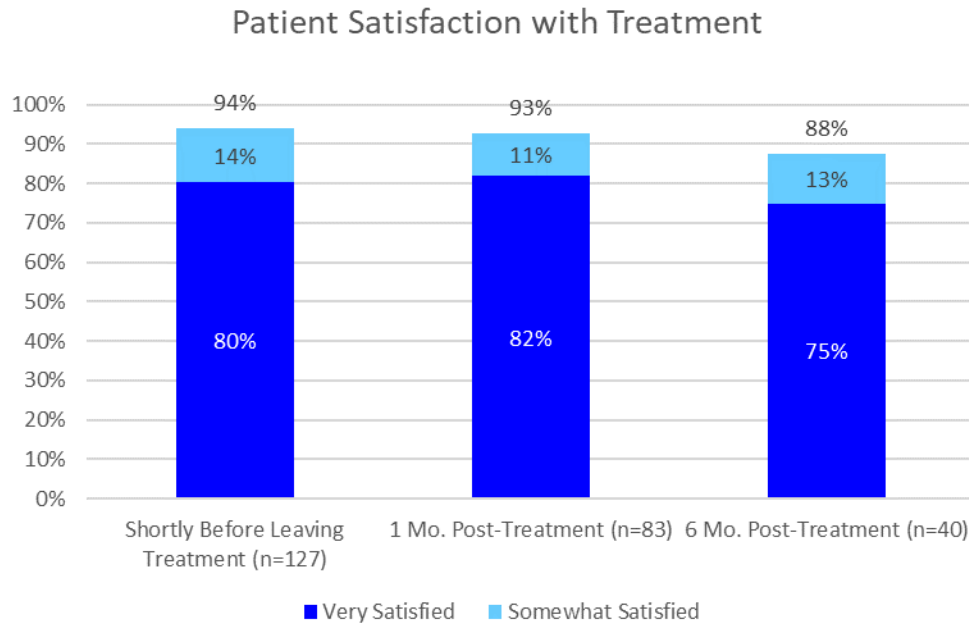
In this context, it is not clear that attending treatment at Acqua caused patients to have fewer residential treatments subsequently than would have been predicted based on the pre-treatment year. However, it should be noted that the number who had attended residential treatment in the year before coming to Acqua was already quite low, at 18%:

Number of Expensive Medical Interventions
(one year pre-treatment vs. 6 months post-treatment
among 39 patients completing entire 6-mo. survey)



SATISFACTION WITH TREATMENT

At discharge, 80% of Acqua’s patients described themselves as very satisfied with the treatment they had received and an additional 14% said they were somewhat satisfied. Satisfaction remained high at both one month and six months post-treatment:



Note: Several pages of patient comments were originally attached as Appendix A. They have been removed from this version of the report to protect patient privacy.