

DATAR Counseling Manuals: An Overview of Structured Interventions for Improving Treatment Retention and Participation

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**Poster presented at the American Methadone Treatment
Association (AMTA) Conference
San Francisco, April 2000**

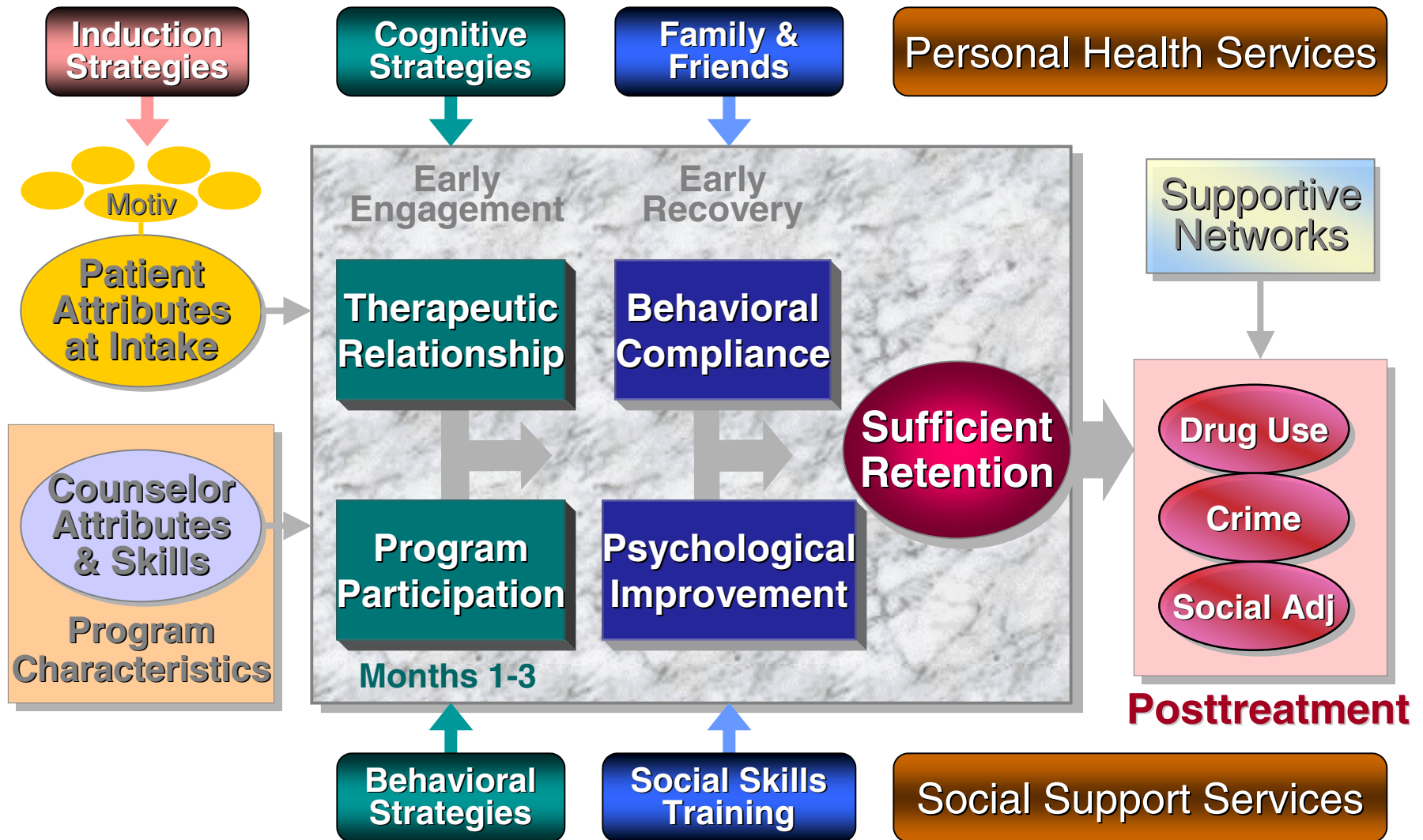
Background

The **DATAR** project - **Drug Abuse Treatment Assessment and Research** - is funded by NIDA at the Institute of Behavioral Research (IBR) at Texas Christian University (TCU). The goals of the project include the study of treatment process and the evaluation of enhancement strategies. The overall research objective is to isolate and evaluate significant components of the therapeutic intervention process. Research was conducted at both nonprofit and fee-for-service outpatient methadone treatment programs in Texas between 1990 - 1999. DATAR provided the foundations for the **TCU Treatment Process Model** and demonstrated how intervention strategies can be used to enhance treatment.

Introduction

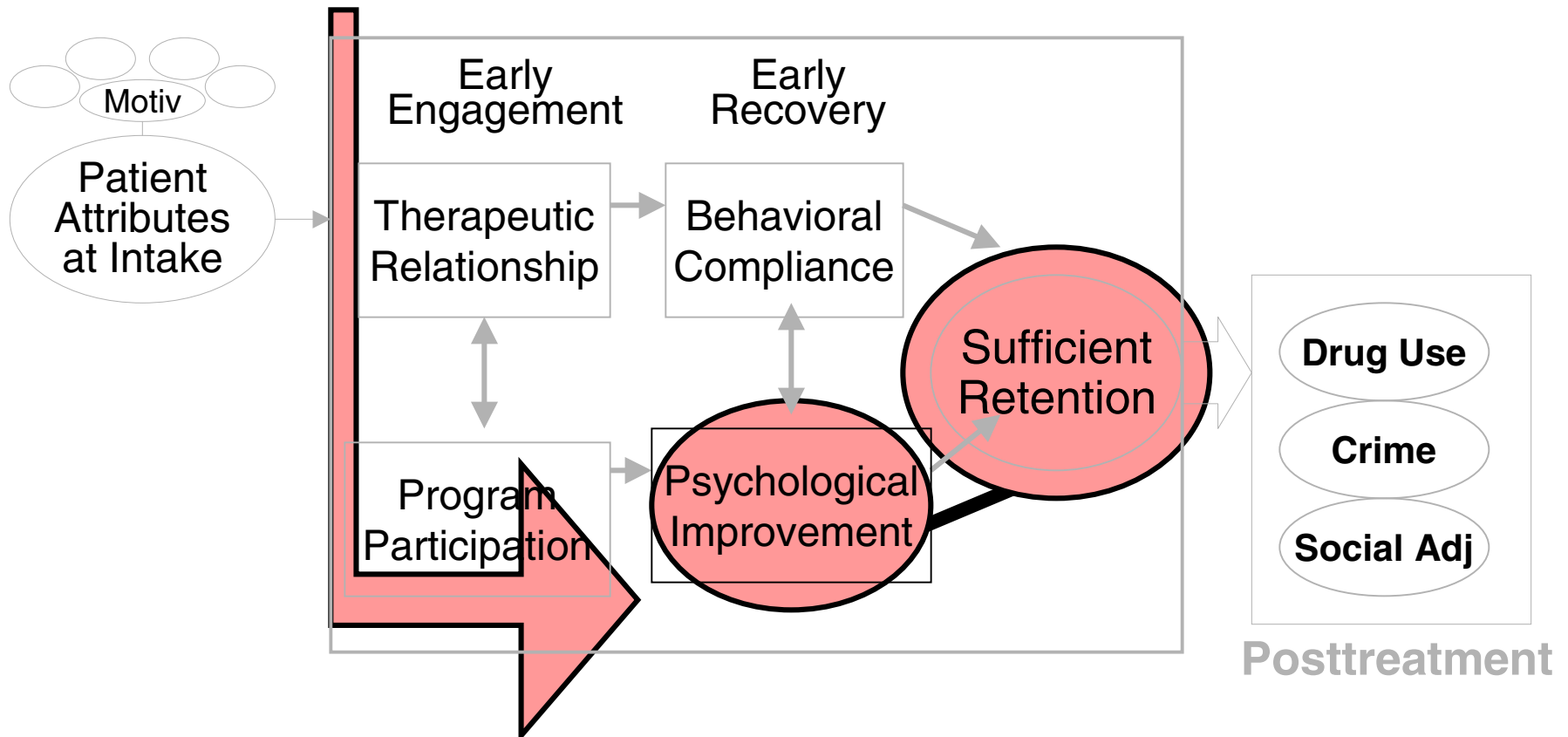
The **TCU Treatment Process Model** was conceptualized during the DATAR project and later expanded to include other treatment modalities. It identifies a sequence of factors such as client motivation and attributes at Intake, program characteristics, client participation and engagement during early treatment, and treatment strategies. These factors impact retention (how long a client stays in treatment), which has been shown to greatly impact outcomes. The **DATAR / TCU Counseling Manuals** described in this poster have been found to improve program participation and to have a positive impact on client-counselor relationships, psychosocial ratings, and treatment tenure.

TCU Treatment Process Model



Simpson et al., 1997 (JDI); in press (SUM)

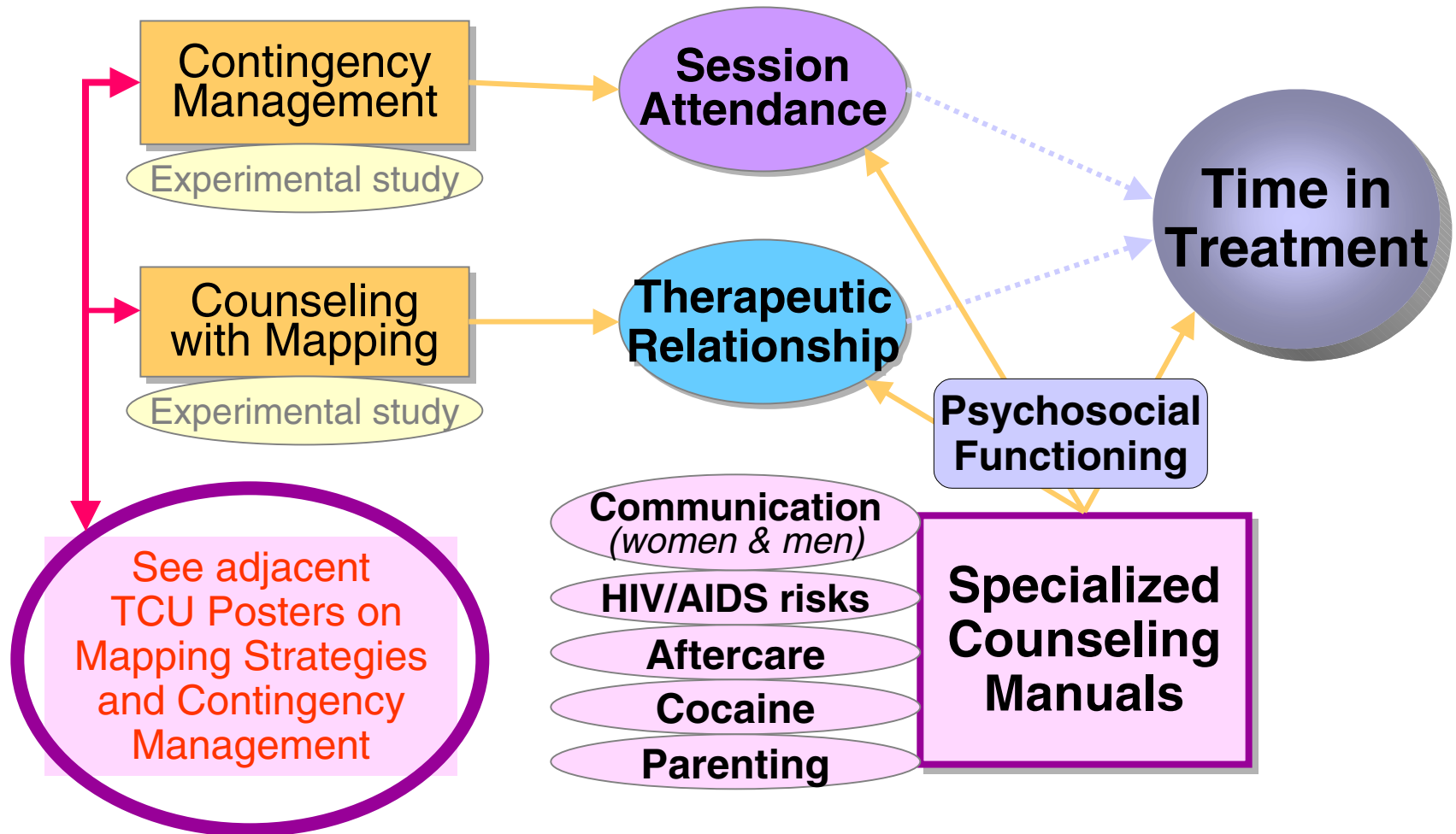
Conceptualized Impacts of Counseling Manuals



Bartholomew et al., 1994 (JPD); in press (JSAT); Hiller et al., 1996 (SUM)

Strategies for Improving Treatment

TCU Treatment Enhancements



Simpson, Joe, Dansereau, & Chatham, 1997 (J. of Drug Issues)

Research on TCU Counseling Manuals

Time Out! For Me

Assertiveness and sexuality group for women

Time Out! For Men

Communication and relationship skills for men

Counseling on Cocaine Abuse (COCA)

Targeted intervention for cocaine-using methadone clients

Approaches to HIV/AIDS Education

Group curriculum and training outlines for AIDS prevention

DATAR Project at TCU

(Drug Abuse Treatment Assessment and Research)

- ◆ 4 Methadone Programs in Texas
- ◆ 1500 Admissions (*60 studies*)
- ◆ Treatment Enhancement Strategies
 - ❖ Cognitive/behavioral interventions
 - ❖ User-friendly counseling materials/manuals
- ◆ Intake & Treatment Process Assessments
- ◆ Follow-up Outcome Evaluations (1 Year)



Funded by the National Institute on Drug Abuse

Study # 1

Time Out! For Me

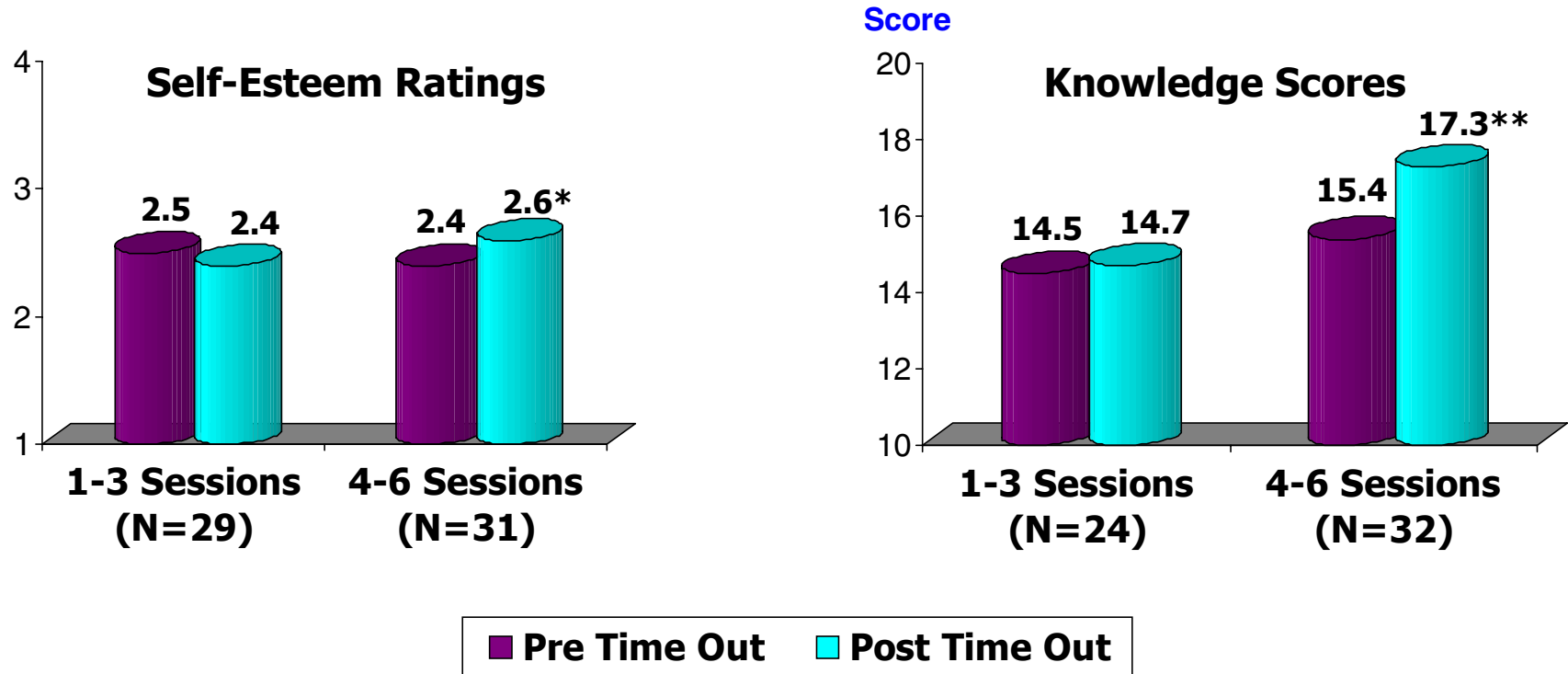
Women's Assertiveness/Sexuality Module

- ◆ ***“Time Out! For Me,”*** a 6-session module, addresses women’s issues such as self-esteem, assertiveness, sexuality, and health concerns in same-gender group settings.
- ◆ **Sample:** 81 women admitted to DATAR outpatient methadone programs in 3 Texas cities who participated in the module. Groups met weekly for 6 weeks.
- ◆ **Results:** Women who attended regularly (4-6 sessions) had greater increases in knowledge (sexual health, safer sex, communication) and self-ratings of self-esteem than those who attended less frequently (1-3 sessions). Regular attendees stayed in treatment significantly longer following participation in the workshop (236 days vs 153 days).

Study #1

Time Out! For Me

Self-Esteem and Knowledge Scores



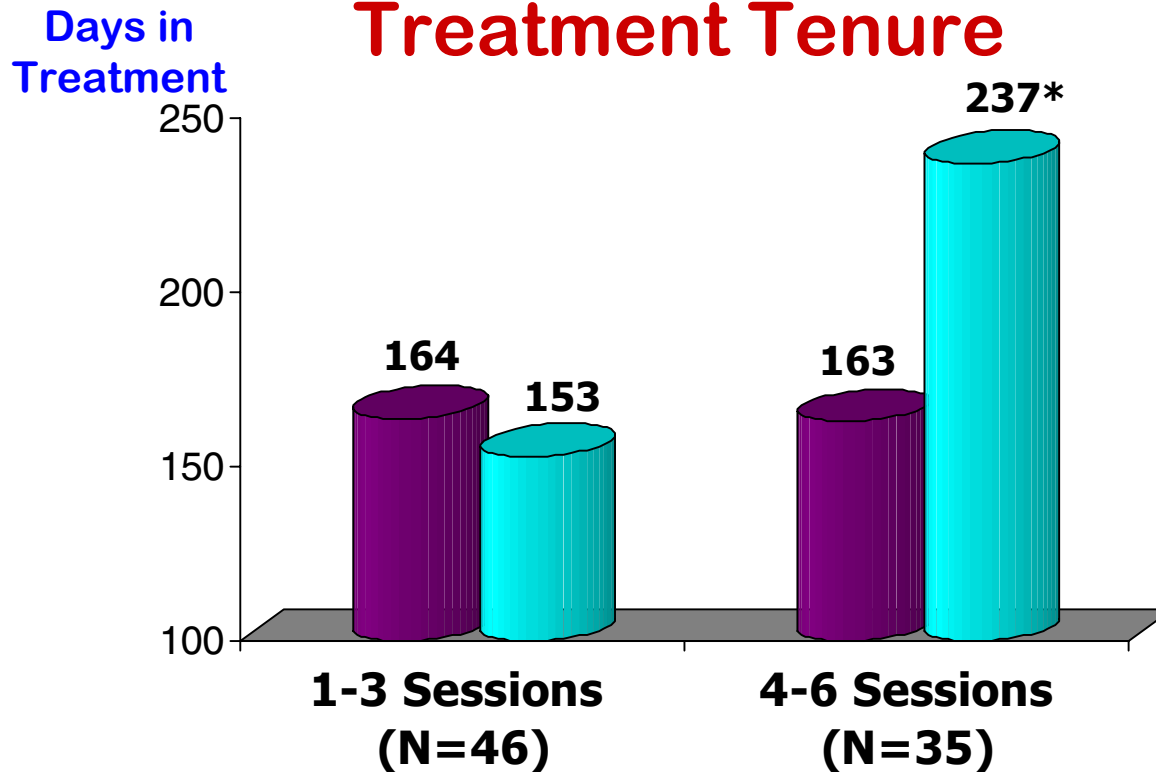
* ($p < .05$) ** ($p < .01$)

Bartholomew et al., 1994 (JPD)

Study #1

Time Out! For Me

Treatment Tenure



* ($p < .05$)

■ Before Workshop ■ After Workshop

Bartholomew et al., 1994 (JPD)

Study # 2

Time Out! For Me

Women's Assertiveness/Sexuality Module

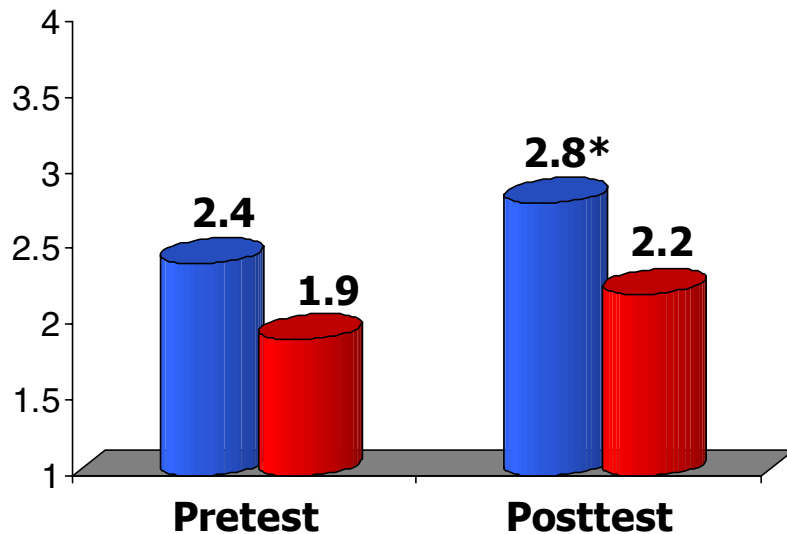
- ◆ Having been found to be useful in outpatient methadone settings, ***“Time Out! For Me”*** was tested for generalizability in a women’s residential treatment program.
- ◆ **Sample:** 21 women receiving treatment in a therapeutic community in Houston, Texas were randomly assigned to take part in ***“Time Out! For Me”*** workshops or to be a control group. At the end of the 6-week intervention, the control group also received the module.
- ◆ **Results:** Participation in the module was associated with enhanced knowledge, increases in self-esteem, and positive attitudes about using assertiveness skills and safer sex strategies. The control group showed similar significant improvements after taking the module.

Study #2

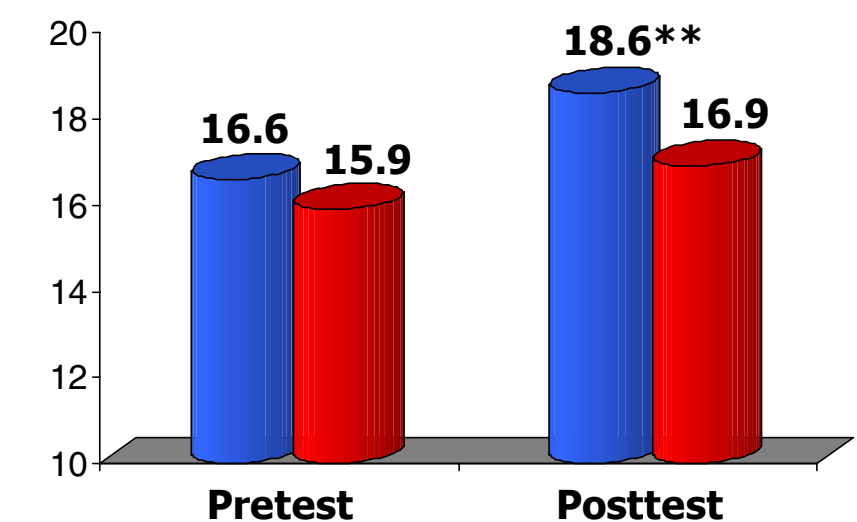
Time Out! For Me

Self-Esteem and Knowledge Scores

Self-Esteem Ratings



Knowledge Scores



■ Experimental Group ■ Control Group

* ($p < .05$) ** ($p < .01$)

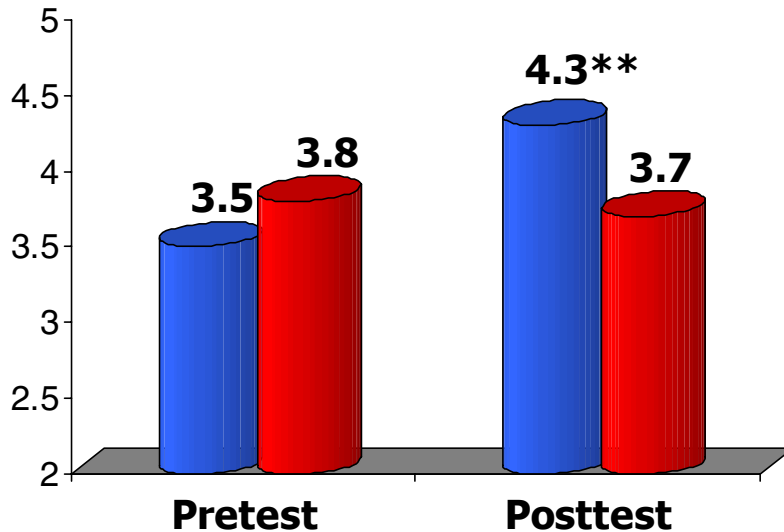
Hiller et al., 1996 (SUM)

Study #2

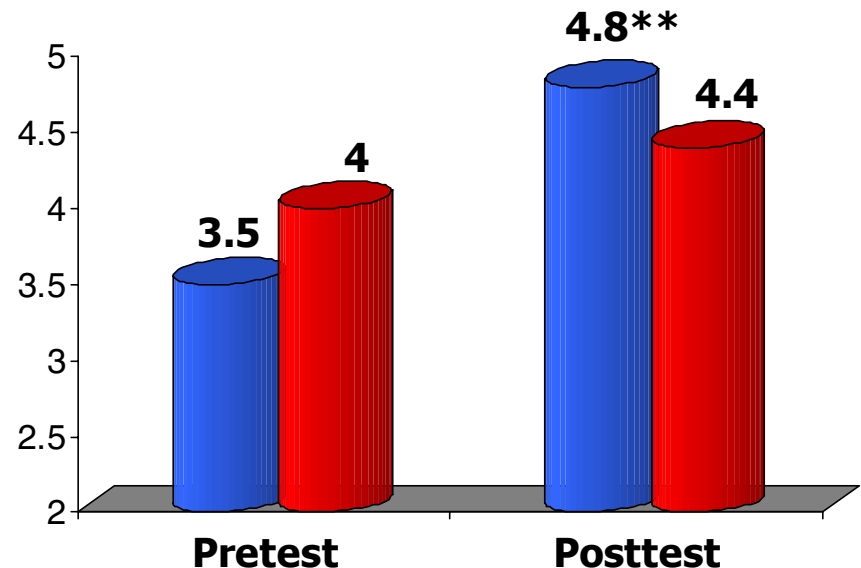
Time Out! For Me

Assertiveness and "Safer Sex" Attitudes

Assertiveness Attitude



"Safer Sex" Attitude



■ Experimental Group ■ Control Group

** (p<.01)

Hiller et al., 1996 (SUM)

Time Out! For Men

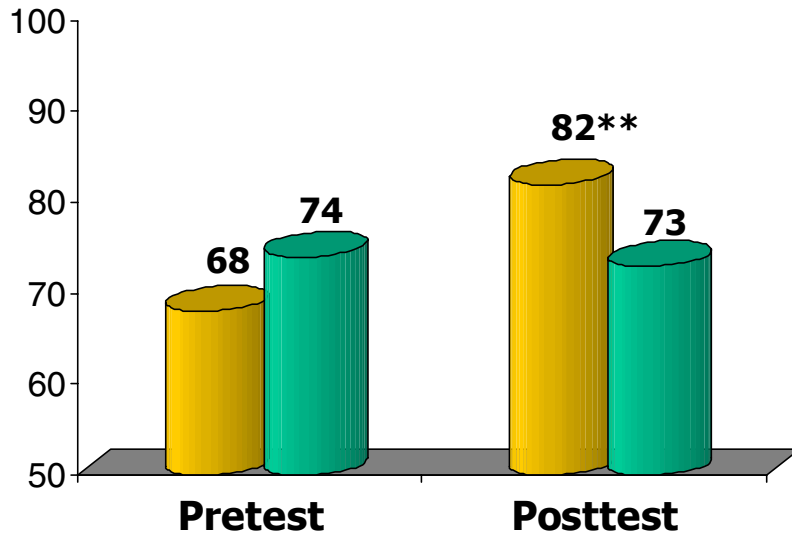
Communication and Relationship Skills for Men

- ◆ ***“Time Out! For Men,”*** an 8-session module, addresses men’s issues such as gender role conflict, communication, sexuality, and sexual health concerns in same-gender group settings.
- ◆ **Sample:** 122 men in court-mandated residential treatment in Dallas, Texas were randomly assigned to attend weekly ***“Time Out! For Men”*** workshops or to be a control group. At the end of the 8-week intervention, the control group also received the module.
- ◆ **Results:** Participation in the module resulted in significant increases in knowledge and social conformity, and reductions in attitudes associated with rigid socialization and gender role conflict. The control group showed similar significant improvements after taking the module.

Time Out! For Men

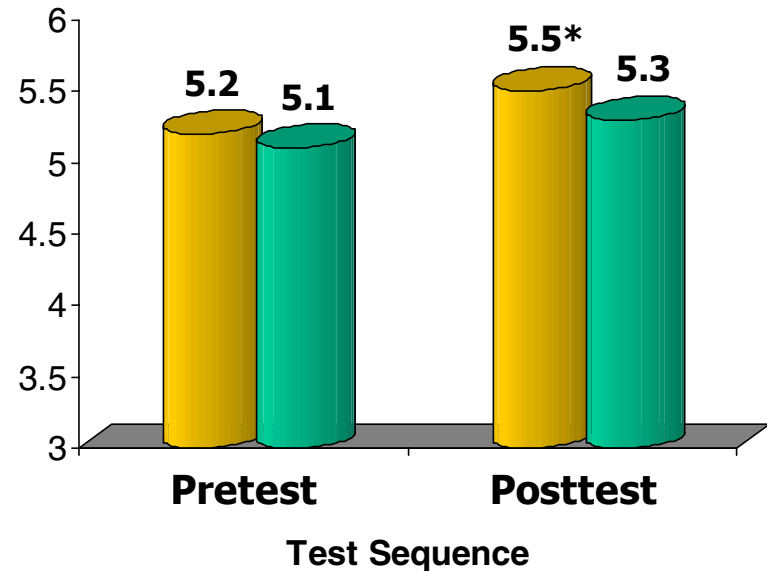
Knowledge Scores and Social Conformity

Knowledge Scores



Social Conformity

Mean Score



■ Experimental Group (N=64) ■ Control Group (N=58)

* ($p < .05$) ** ($p < .01$)

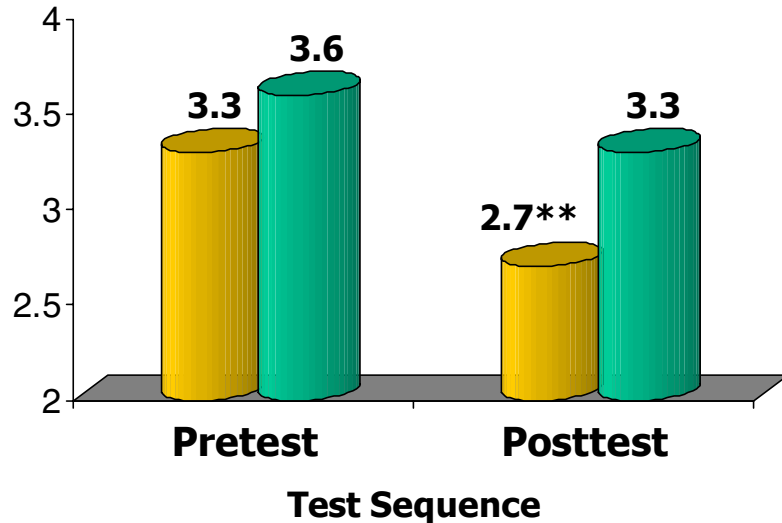
Bartholomew et al., in press (JSAT)

Time Out! For Men

Gender Attitudes

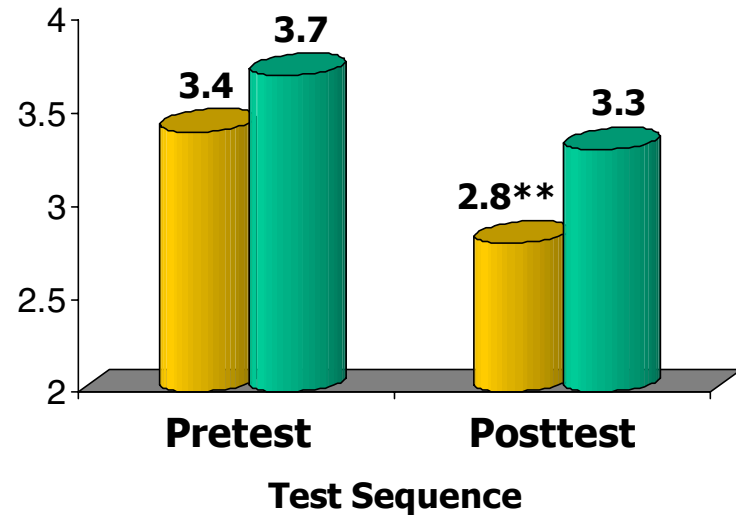
Gender Role Conflict

Mean Score



Endorsement of Gender Stereotypes

Mean Score



■ Experimental Group (N=64) ■ Control Group (N=58)

** (p<.01)

Bartholomew et al., in press (JSAT)

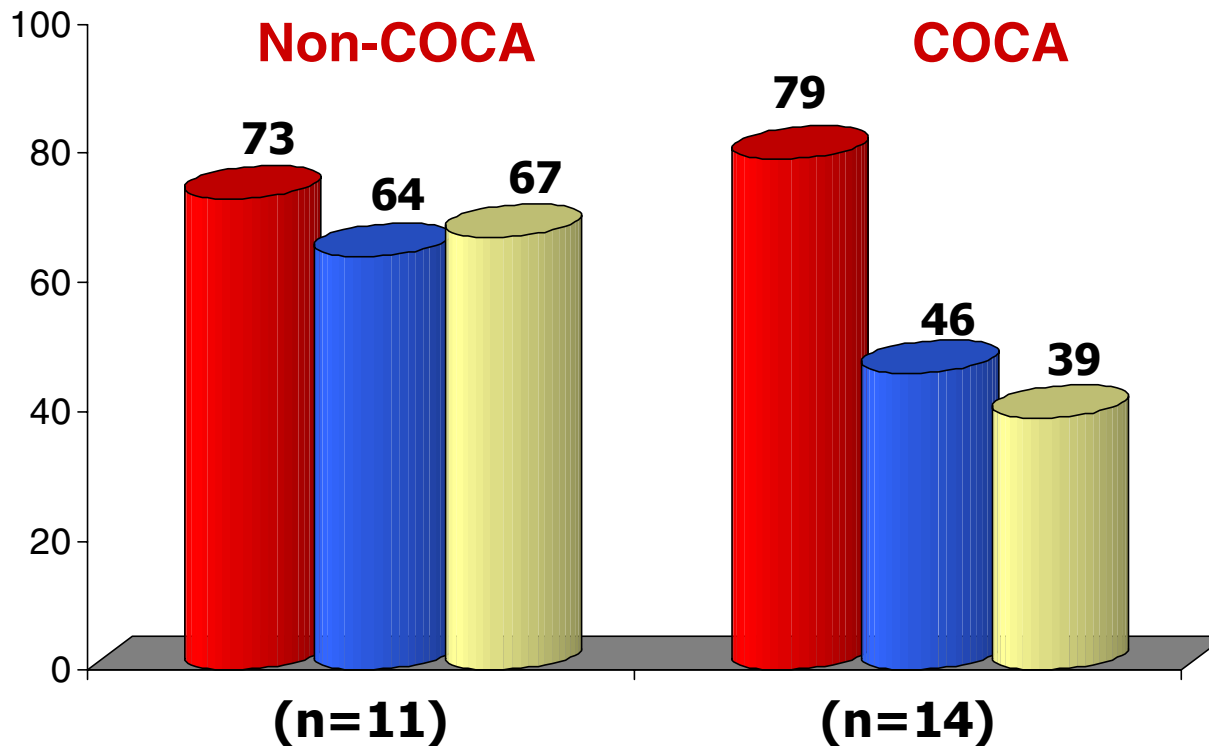
Counseling on Cocaine Abuse (COCA)

Targeted intervention for cocaine-using methadone clients

- ◆ **“Counseling on Cocaine Abuse,”** an 8-session module, addresses motivational enhancement and cognitive-behavioral skills training for relapse prevention and stress management.
- ◆ **Sample:** 61 clients in outpatient methadone treatment in San Antonio, Texas identified as also being cocaine users. In conjunction with a contingency management protocol, clients were randomly assigned to either receive or not receive the **COCA** module.
- ◆ **Results:** Participants showed a trend toward significant reductions in cocaine use during and after the 8-week intervention. In addition, participation in the module was positively related to 6 month retention rates.

Cocaine Use Before, During, and After COCA Module (n=25)

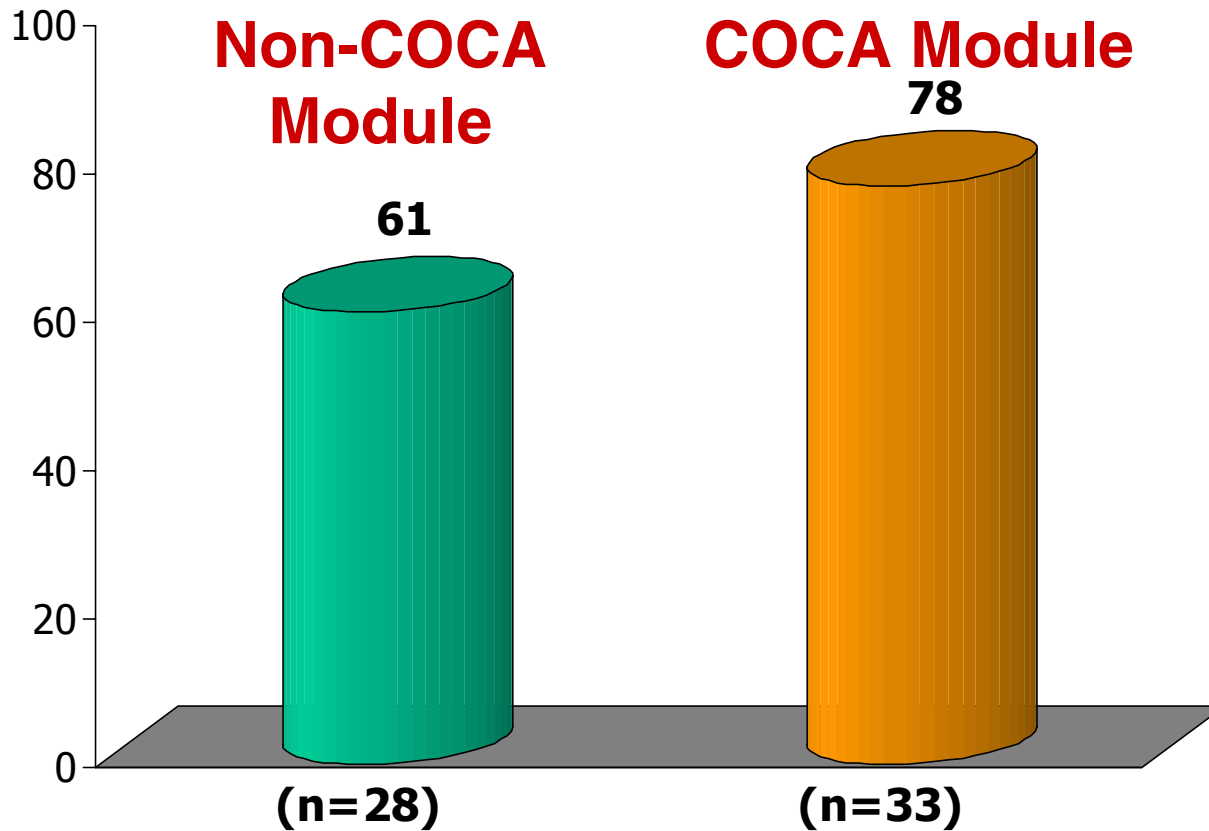
% Positive Cocaine



Rowan-Szal et al., 1999 (CPDD Meeting)

Tenure for Cocaine-Using Methadone Clients (n=61)

% in trt 6 months



Rowan-Szal et al., 1999 (CPDD Meeting)

Approaches to HIV/AIDS Education

Group training for AIDS prevention

- ◆ **“Approaches to HIV/AIDS,”** a 4-session module, addresses HIV/AIDS transmission, testing issues, and risk reduction strategies for injection and sexual behaviors.
- ◆ **Sample:** 110 clients in outpatient methadone treatment in 3 Texas cities who attended **HIV/AIDS** educational workshops. Groups met weekly for 4 weeks.
- ◆ **Results:** Participation in the module resulted in significant increases in knowledge about HIV/AIDS transmission and prevention, reductions in AIDS-risky behaviors, and enhancement of attitudes toward achieving and maintaining abstinence from drug use. These effects were especially notable in clients who had been in treatment 4 months or less, suggesting that AIDS education is appropriate for the early phases of treatment.

Boatler et al., 1994 (JSAT)

Conclusions

- ◆ The DATAR/TCU Counseling Manuals have been evaluated in outpatient methadone and other substance abuse treatment settings with similar findings.
- ◆ Clients taking part in these psychoeducational groups showed significant increases in topic-specific knowledge.
- ◆ Indicators of improved psychosocial functioning were noted, such as increased self-esteem, social conformity, and assertiveness along with improvements in key treatment-related measures, such as increased tenure (more days in treatment) and reduced drug use.
- ◆ Manual-based interventions provide a clinician-friendly format for addressing the needs and skill deficiencies of clients entering treatment.

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