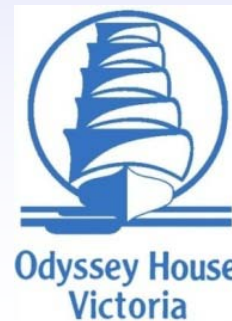


# What difference can a TC make?

## ATCA Conference

Freemantle

June, 2011



## Dr. Stefan Gruenert

Chief Executive Officer  
Odyssey House Victoria

# Odyssey House Victoria



# Overview



- MENTAL HEALTH profiles
  - Male/female, older/younger, leavers/stayers
- IMPACT
  - Mental health improvements after 4 months
- TC OUTCOMES
  - 3 and 9 month follow-up

# Mental Health



MMPI-2 has 567 items

N=921 Odyssey House Vic residents

Those entering the TC have high scores on subscales:

- depression (D),
- anti-social (Pd),
- paranoia (Pa)
- psychasthenia (Pt)
- and schizophrenia (Sc)

In other words: depression, anxiety, and psychosis!

# Who we work with



According to Greene (2000), people with a 4-8 code type often:

- abuse substances
- are similar to the substance abusing TC clients described by DeLeon (1989,1995)
- are diagnosed with schizophrenia, behaviour is unpredictable and nonconforming
- have social and legal difficulties due to poor judgment, and impulse control
- history of criminal activity with numerous arrests, having lived rebelliously or antisocially.
- experience moderate to severe emotional distress with dysphoria and agitation
- feel resentful or angry, and have difficulty controlling or expressing anger appropriately.
- feel insecure, isolated, rejected and unwanted
- suspicious of the motives of others and hyper-vigilant,
- have difficulty with close emotional relations
- lack basic social skills and tend to be socially withdrawn and isolated
- feel rejected by others, often leading to hostility and conflict

# MMPI-2 Profiles

Electronic Journal of Applied Psychology. 6(1): 1-9 (2010)



*L = Lie;*

*F = Infrequency;*

*K = Defensiveness;*

*Hs = Hypochondriasis;*

*D = Depression;*

*Hy = Hysteria;*

*Pd = Psychopathic Deviate;*

*Mf = Masculinity-Femininity;*

*Pa = Paranoia;*

*Pt = Psychasthenia;*

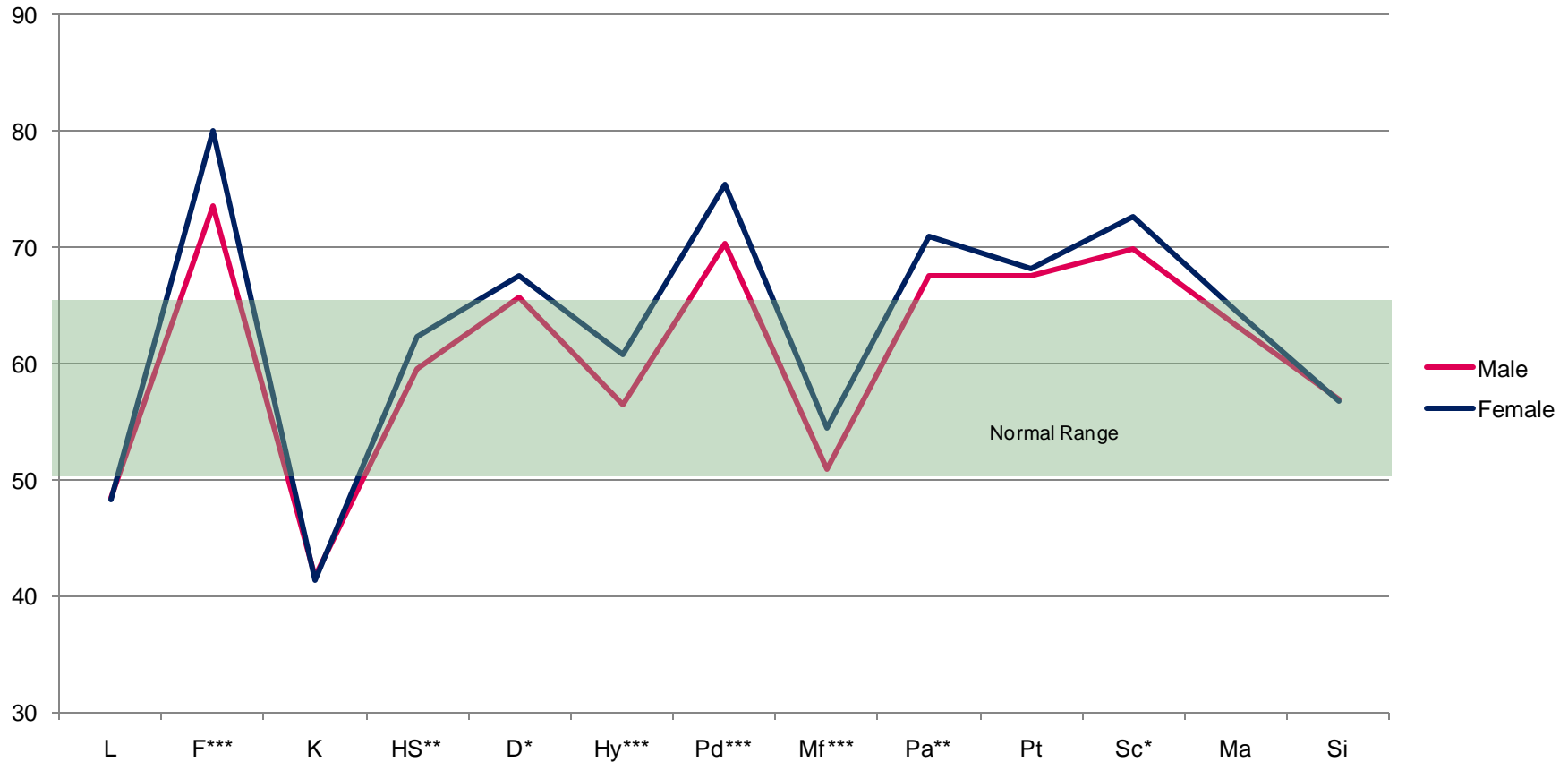
*Sc = Schizophrenia;*

*Ma = Hypomania;*

*Scale Si = Social Introversion;*

**Figure 1: Male (n=602) and female (n=318) mean MMPI-2 validity and clinical scale scores at five weeks post entry.**

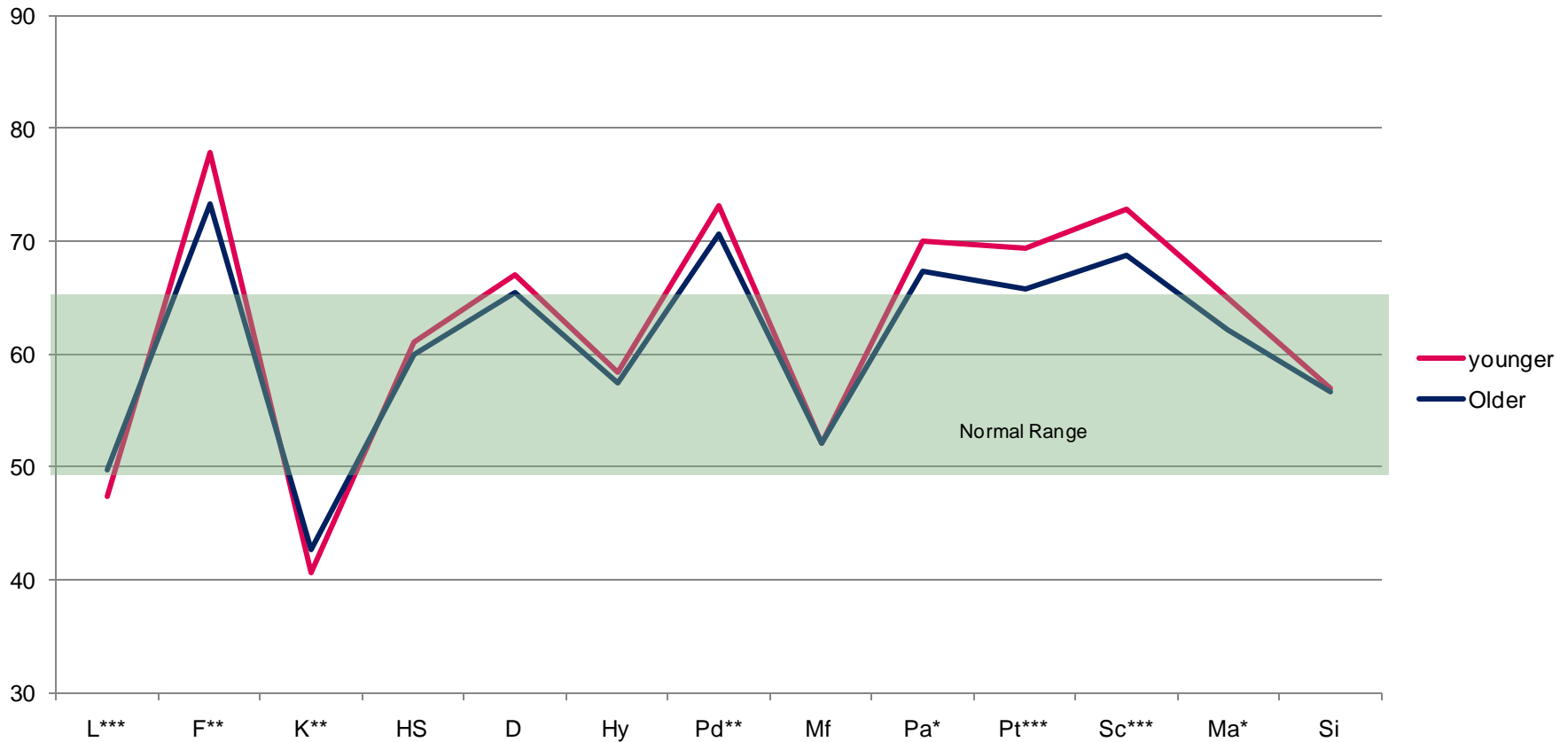
Note: \*= $p < 0.05$ ; \*\*= $p < 0.01$ ; \*\*\*= $p < 0.001$



Note: L = Lie; F = Infrequency; K = Defensiveness; Hs = Hypochondriasis; D = Depression; Hy = Hysteria; Pd = Psychopathic Deviate; Mf = Masculinity-Femininity; Pa = Paranoia; Pt = Psychasthenia; Sc = Schizophrenia; Ma = Hypomania; Scale Si = Social Introversion;

**Figure 2: Mean MMPI-2 validity and clinical scale scores at five weeks post entry for Younger (<35 years, n=491) and Older (>=35 years, n=429).**

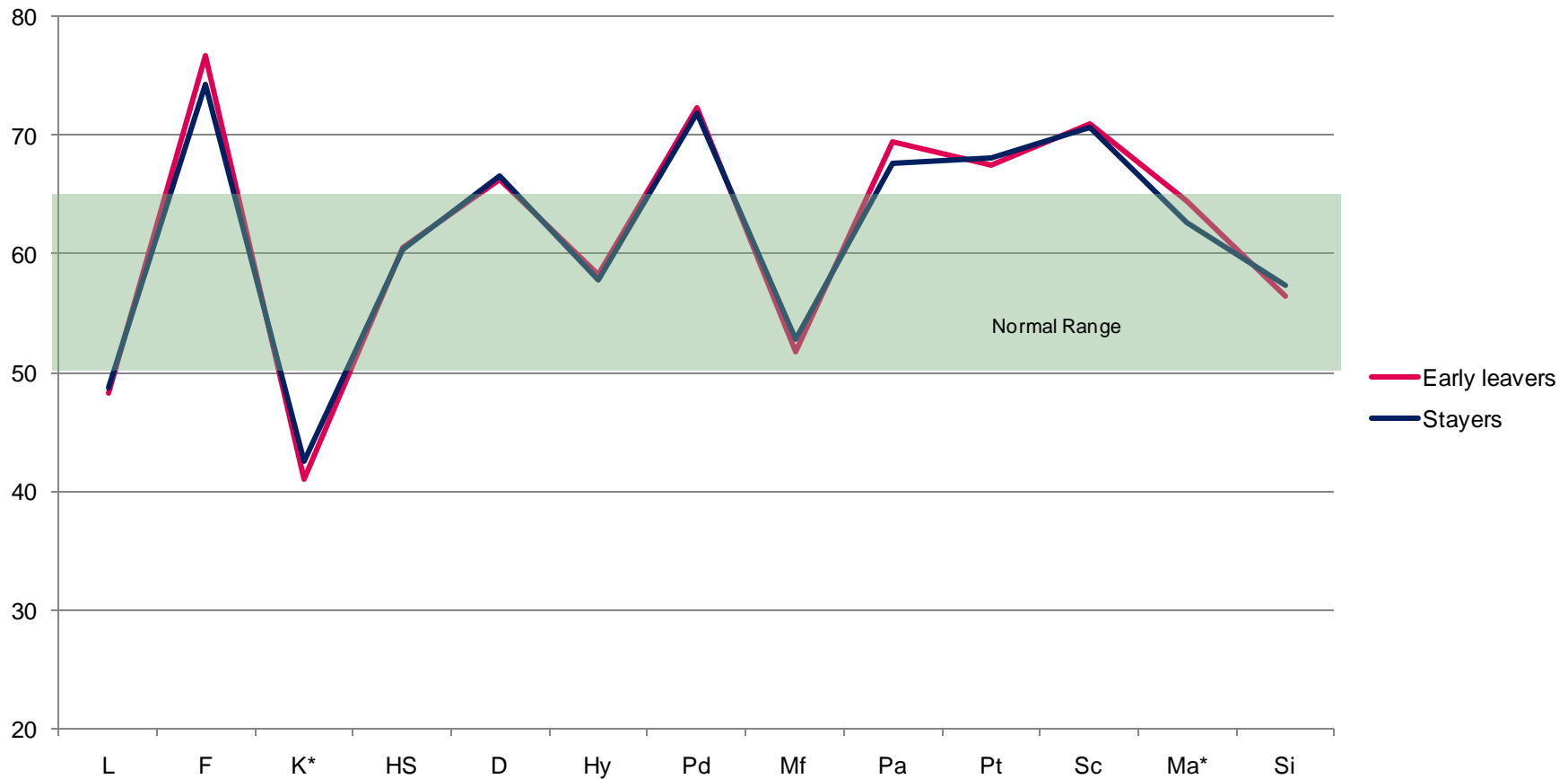
Note: \*= $p < 0.05$ ; \*\*= $p < 0.01$ ; \*\*\*= $p < 0.001$



Note: L = Lie; F = Infrequency; K = Defensiveness; Hs = Hypochondriasis; D = Depression; Hy = Hysteria; Pd = Psychopathic Deviate; Mf = Masculinity-Femininity; Pa = Paranoia; Pt = Psychasthenia; Sc = Schizophrenia; Ma = Hypomania; Scale Si = Social Introversion;



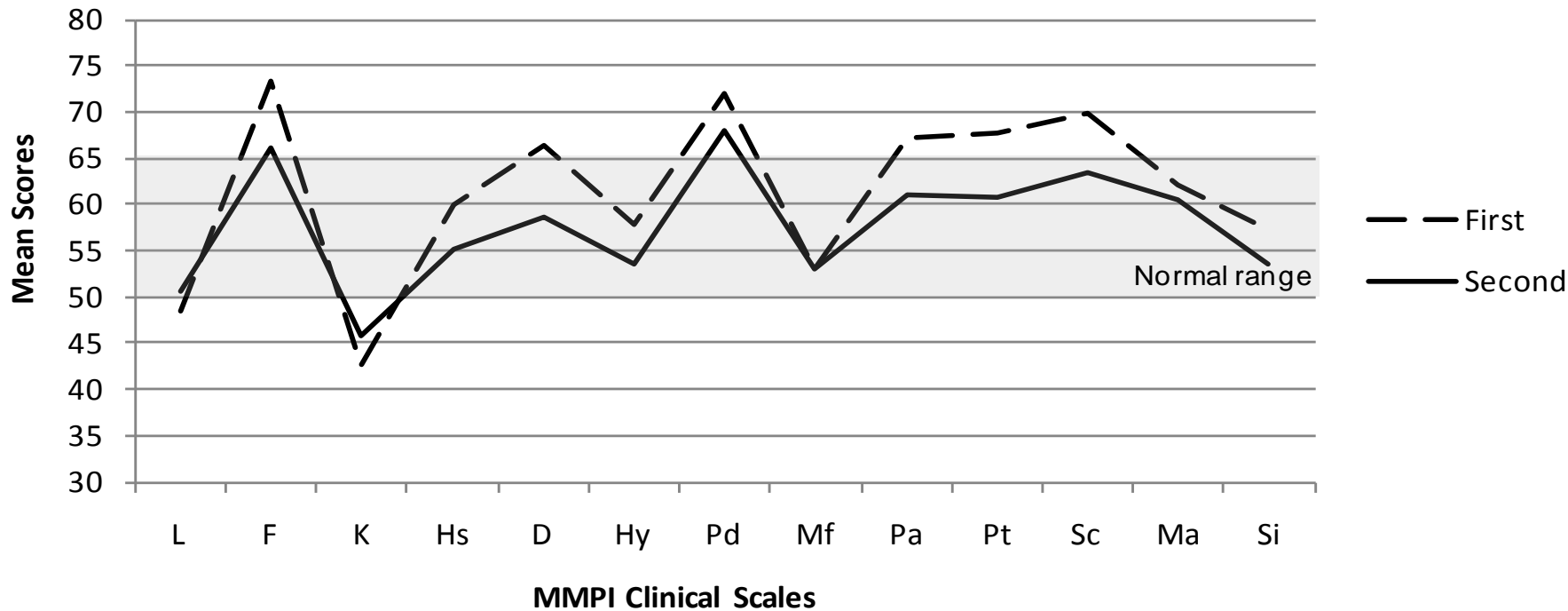
**Figure 3:** Mean MMPI-2 validity and clinical scale scores at **five weeks post entry** for 1) clients who left prior to four months (left, n=572) versus 2) those who stayed at least four months (stayers, n=351). Note: \*=p<0.05; \*\*=p<0.01; \*\*\*=p<0.001



Note: L = Lie; F = Infrequency; K = Defensiveness; Hs = Hypochondriasis; D = Depression; Hy = Hysteria; Pd = Psychopathic Deviate; Mf = Masculinity-Femininity; Pa = Paranoia; Pt = Psychasthenia; Sc = Schizophrenia; Ma = Hypomania; Scale Si = Social Introversion;

# Mental Health improvements in a TC

*Drug and Alcohol Review (2010), 29, 546–550*



*Note: L = Lie; F = Infrequency; K = Defensiveness; Hs = Hypochondriasis; D = Depression; Hy = Hysteria; Pd = Psychopathic Deviate; Mf = Masculinity-Femininity; Pa = Paranoia; Pt = Psychasthenia; Sc = Schizophrenia; Ma = Hypomania; Scale Si = Social Introversion;*

# TC Outcomes : Project Team

## Odyssey House Victoria

- Dr Stefan Gruenert
- Miranda Manning
- Neos Zavrou
- Eric Allan

## Windana

- Antigone Quince
- Keith Edwards

## Deakin University Victoria

- Dr Petra Staiger
- Caroline Long
- Amelia Lake

## University of Washington

- Professor Alan Marlatt

## Group Facilitators

- Lorna Robinson
- Susan Pepper
- Annette D'Amore
- Miranda Manning
- Petra Staiger
- Caroline Long
- Amelia Lake
- Stefan Gruenert

## Research Interviewers

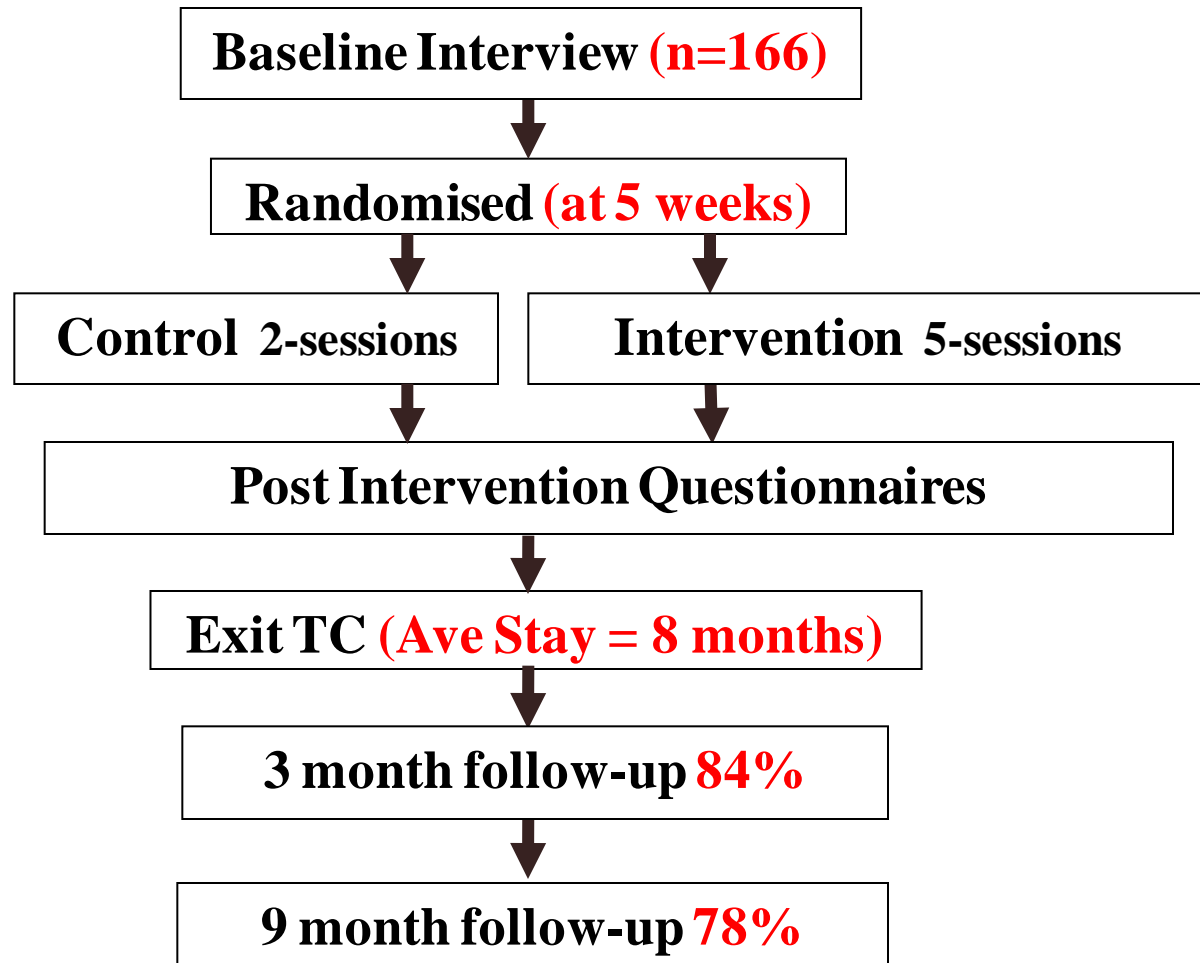
- Petra Staiger, Caroline Long
- Amelia Lake, Anna Serlachius
- Anna Thomas, Sian Kennedy
- Gillian Campbell, Jordan Trew
- Elodie O'Connor, Kristen Tulloch
- Brooke Feltis, Bill Wans
- Stefan Gruenert

# Alcohol Intervention: unpublished

Males = 64.4%  
Mean Age = 33.3

Heroin 33%  
ATS 25%  
Can 18%  
Alcohol 13%  
(Poly 84%)

MH 89%  
Med 60%



# Measures

- Standardised Measures included:
  - Addiction Severity Index (ASI)
  - AUDIT / Severity of Dependence Scale (SDS)
  - Severity of Alcohol Dependence Questionnaire (SADQ-C)
  - OTI (Relationships subscale)
  - Alcohol-related problems
  - Frequency of Alcohol and Drug Use
    - Timeline Followback Method
  - Short Index of Problems (SIP)
- Qualitative items

# Main Findings



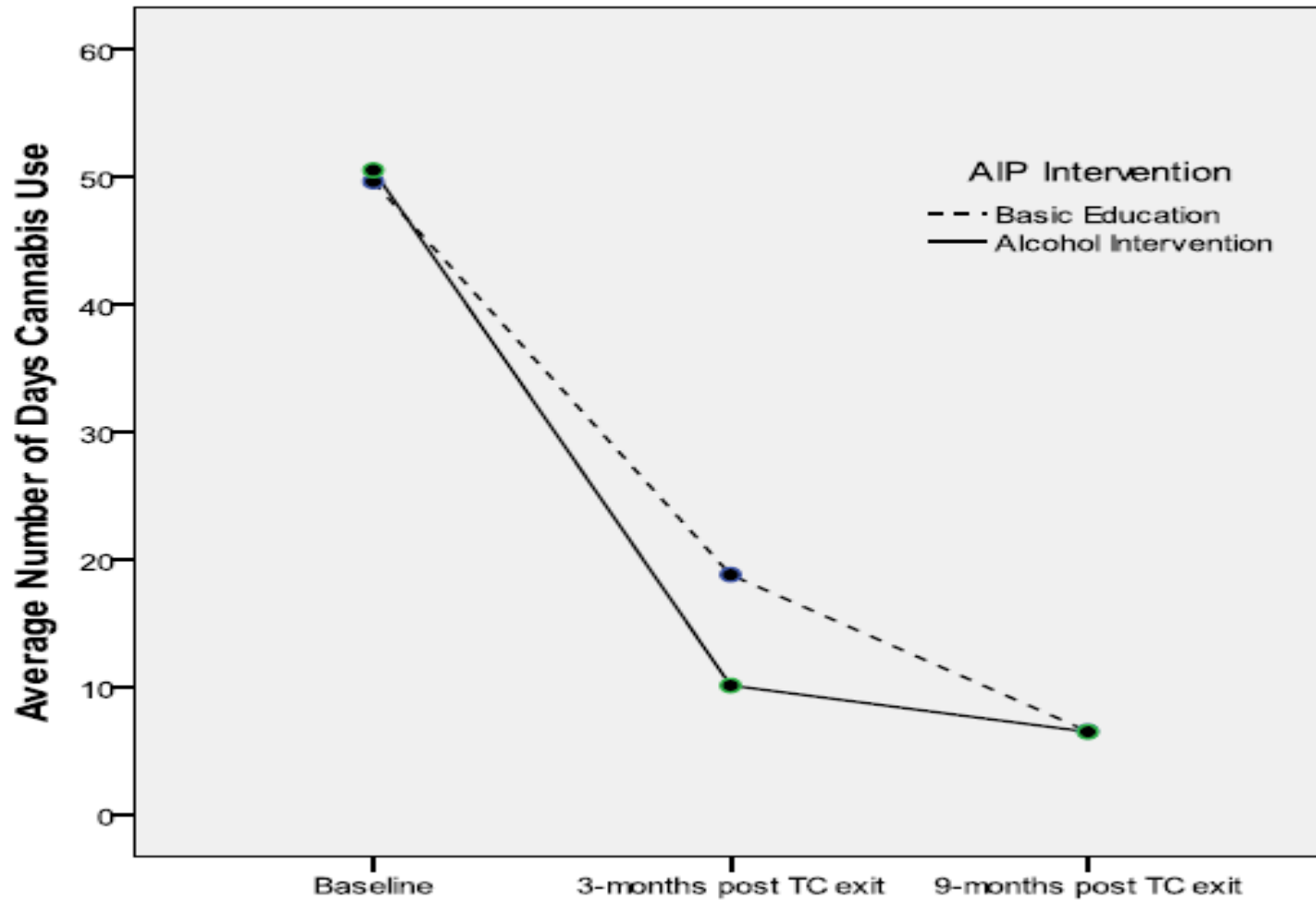
- Relapse to drug use 3 months after exiting the TC was significantly lower in those who had participated in the AIP. They continued to report lower levels of relapse at 9 months
- Over half of the participants in both groups reported that alcohol contributed to their relapse to drug use.
- Mindfulness was the stand out tool learned in the AIP.

# ALCOHOL



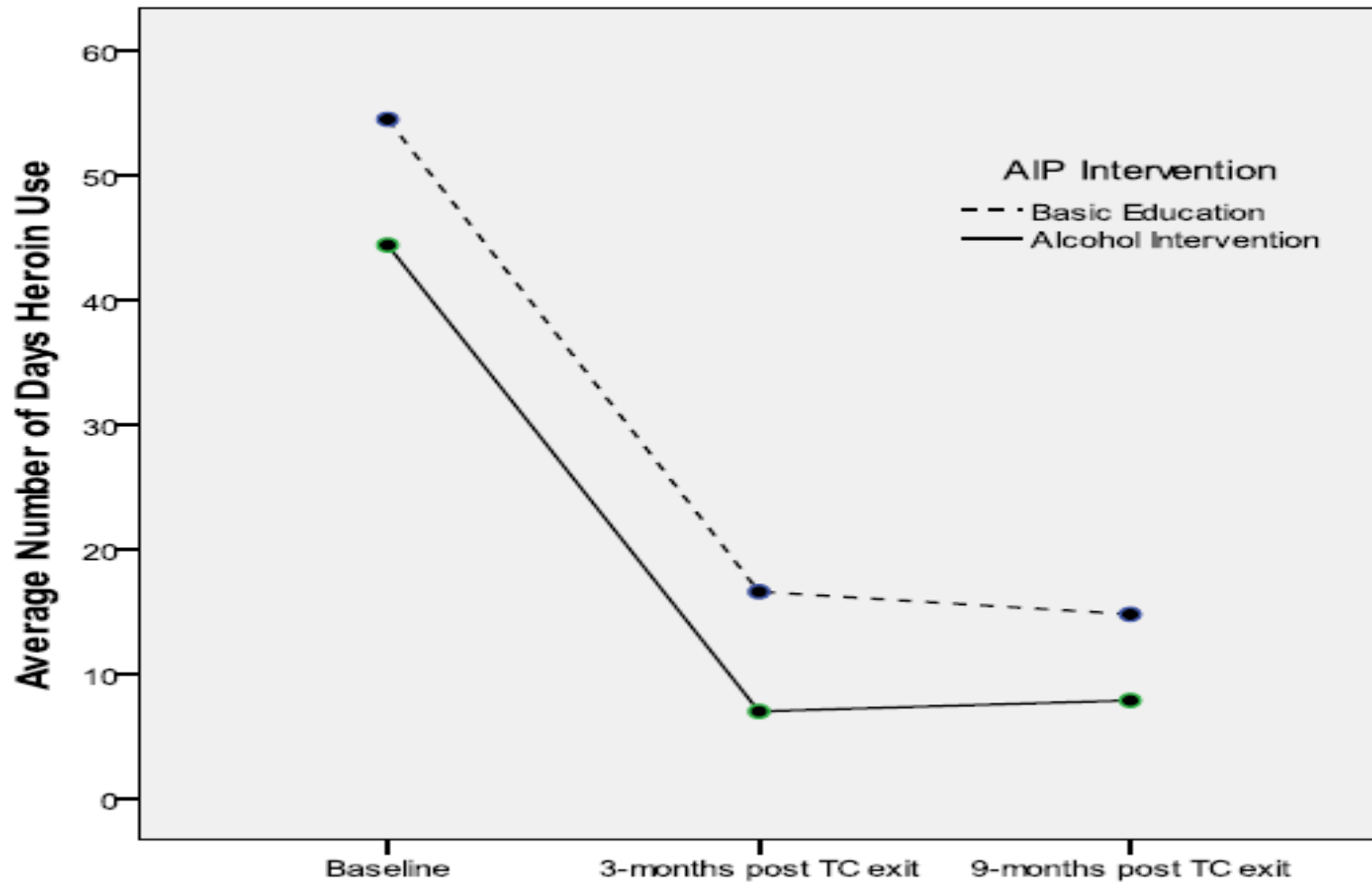
- Entry 43/90 drinking days (mean 12 per day)
- 3 months 17/90 drinking days (mean 9 per day)
- 9 months 18/90 drinking days (mean 6 per day)
  
- At treatment entry only 17.6% of individuals were drinking alcohol within NHMRC guidelines (2 or less per day)
- 9 months after exiting treatment 40.25% were now drinking within safe limits.

# Cannabis

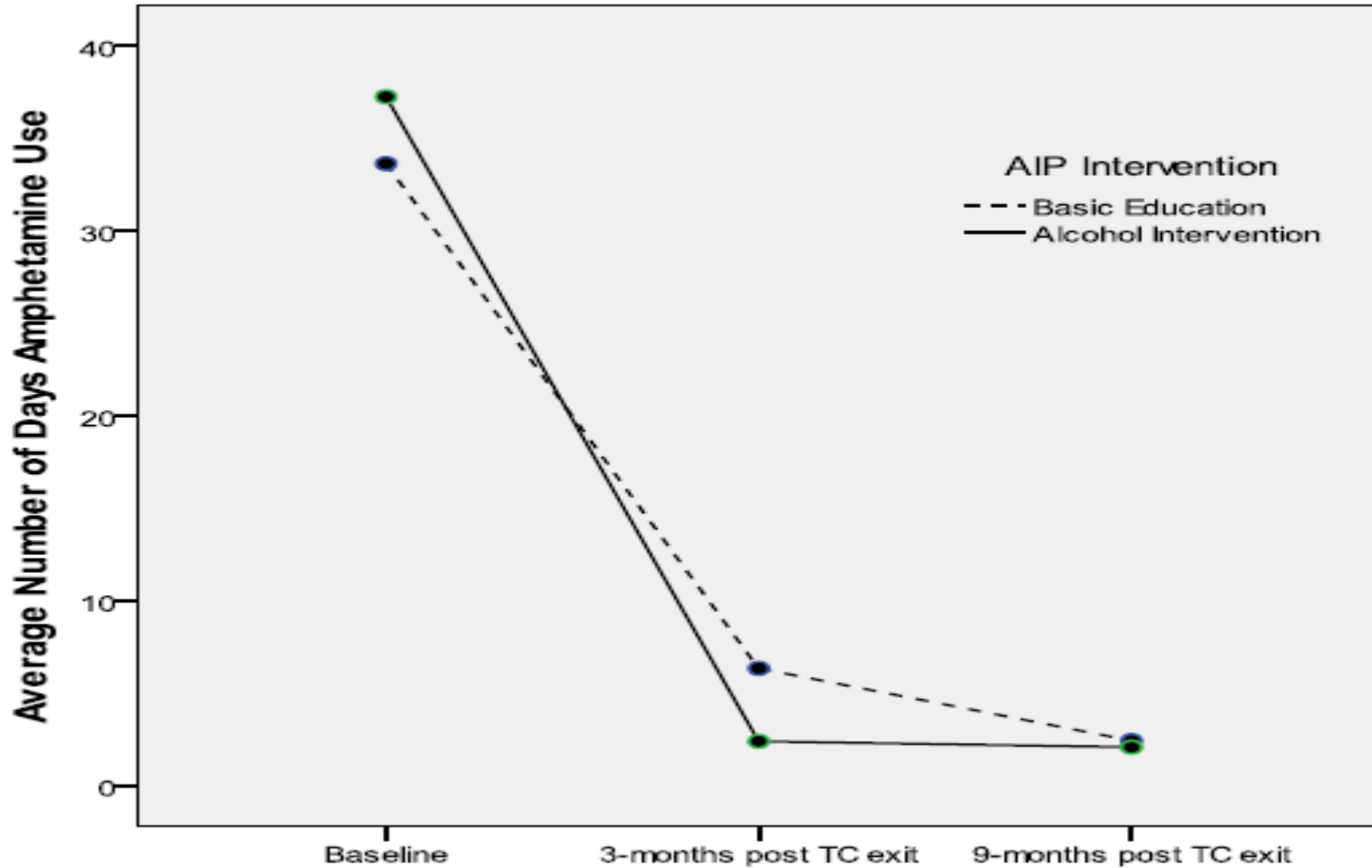




# Heroin



# ATS



# Wellbeing



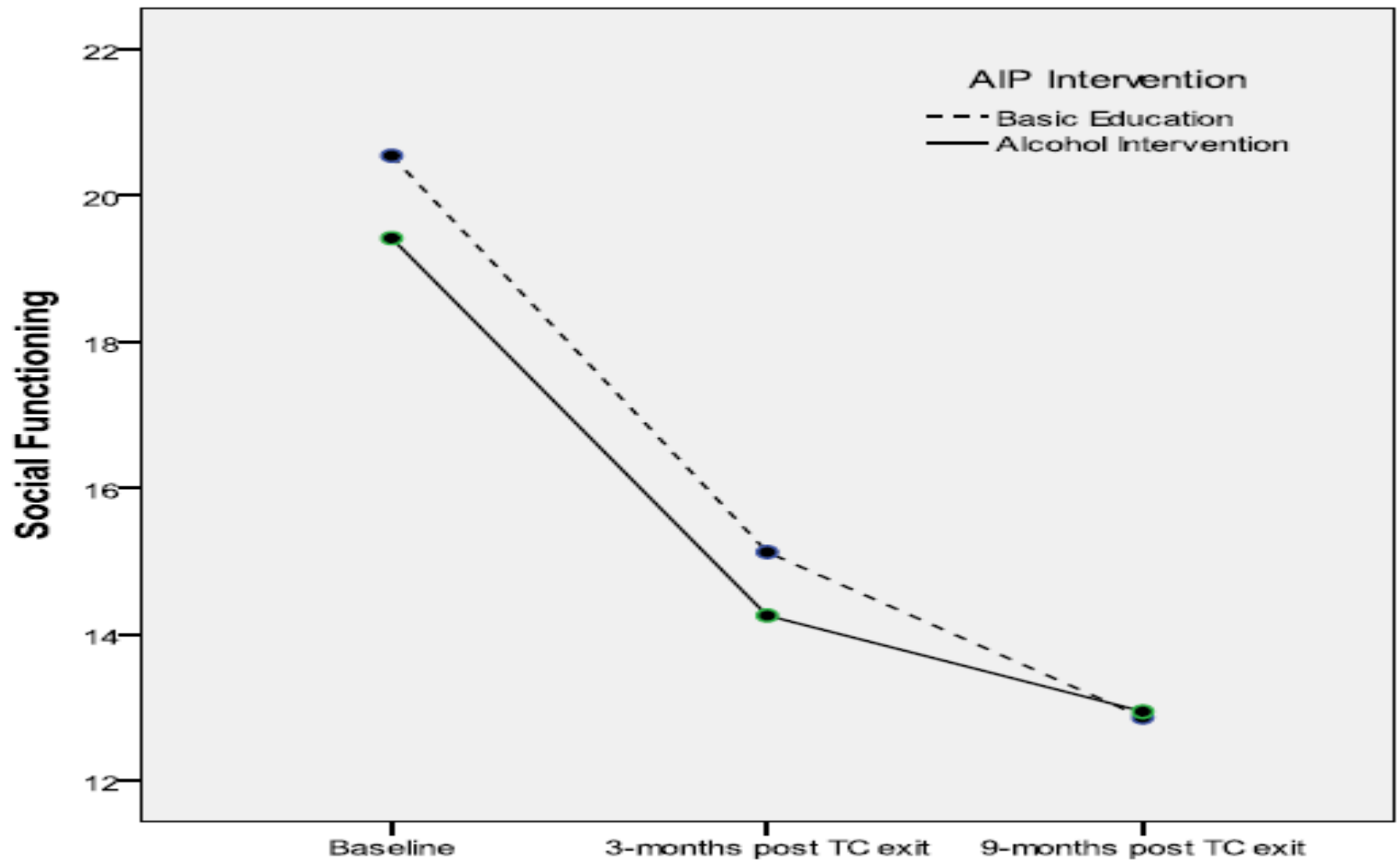
## **Social Functioning**

- Social functioning (OTI) which addresses residential stability, employment, inter-personal conflict, social support, and drug culture involvement, showed significant improvements in social functioning at both the 3 and 9 month follow up assessments.

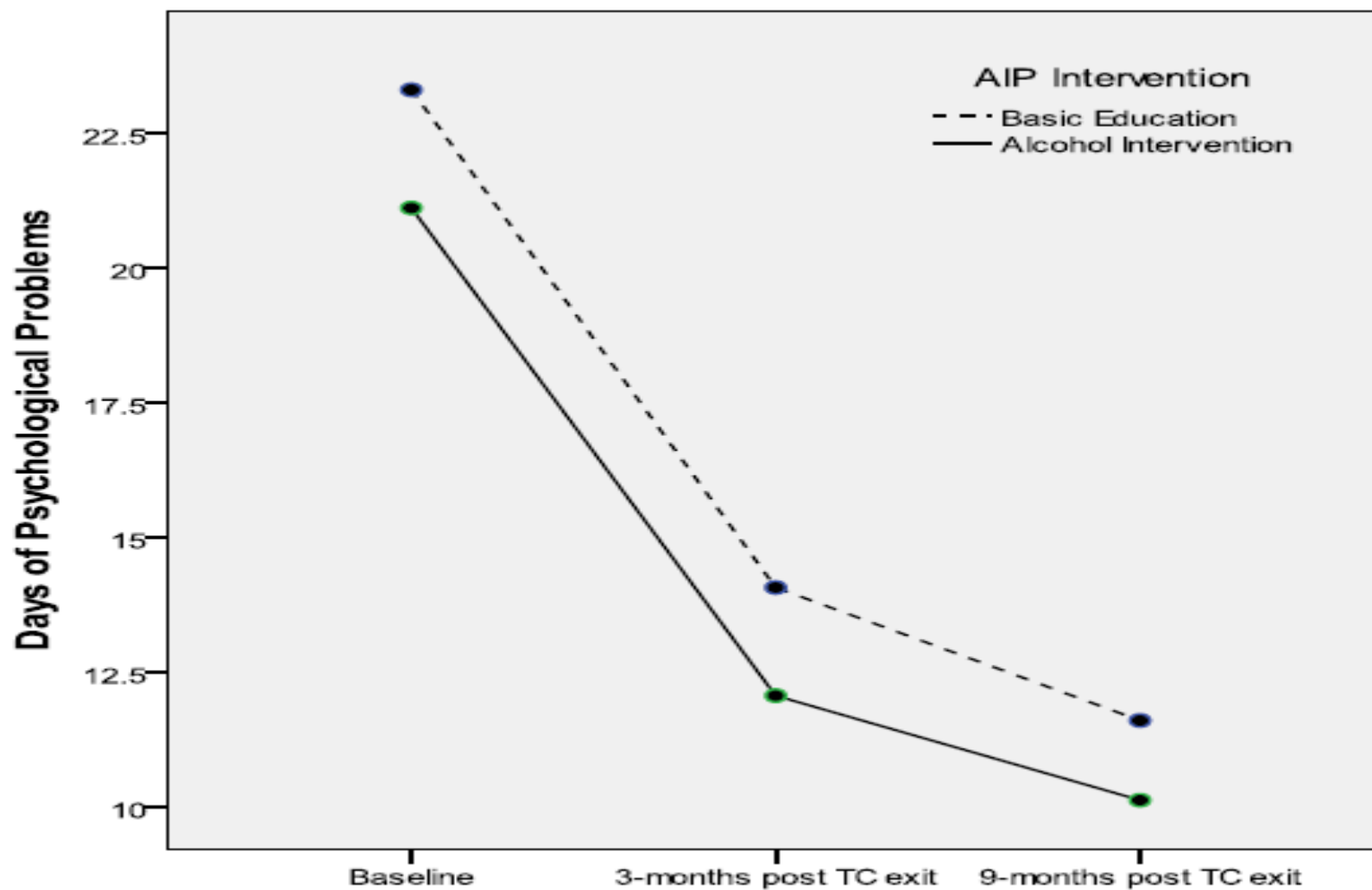
## **Mental Health Functioning**

- Significant decreases in number of days experiencing psychological distress were reported for both intervention groups at both the 3 and 9 month follow up assessments

# Social Functioning



# Mental Health





**Thanks**