Regeneration Residential Program for Women and Children

Narco Freedom, Inc.
Mission of the Program
Research Questions

- Basic Areas Looking at
- Questions need to answer
  - Women
  - Children
  - Women and Children
107 Women Served

- Mean Age is 31.6, of which around 70% of them between 21 to 35, although another quarter of them are greater than 35.
- The majority of them are African-American (around 63%), followed by Women with Hispanic origin (31%).
107 Women Served

- The **average years of schooling** are 11.5 which is lower than the High-School degree.
- Around 66% of them are **Never-Married**, followed by Previously married (22%).
- On average, they have **3.2 children** with the maximum number of children being 9.
Services Provided for Women

- Counseling sessions (e.g., relapse prevention, family violence, sexual abuse)
- Recreational sessions
- 12-Step Group sessions
- Parenting Groups
- Vocational Rehabilitation sessions
- Spirituality Groups
- Life Skills Education Groups
- Family Counseling sessions
- Primary Health Visits
- Health and Nutritional Counseling sessions
169 Children Served

- **Mean Age** is 4.8, of which around half of them (47.9%) are between 2-4.
- The majority of them are **African-American** (around 58%), followed by children with Hispanic origin (36%).
Services Provided for Children

- Pediatric/Primary health Care
- Specialized Medical Care
- Occupational Therapy
- Individual Counseling
- Infant Stimulation
- Family Counseling
- Psychological Evaluation
- Behavioral Counseling
- Special Education
- Remedial Education
- Day Care
Evaluation Points of Entry

- At Admission

- Programs Provided
  - Six-Nine Months

- Follow-Up
  - Twelve months after
Drop-Out Analysis

- Complete High-School*  (52.20% Dropouts, 30.0% Not Dropouts)
- Youngest Age of Using Any Drug*** (18.6% Dropouts, 14.0% Not Dropouts)
- Mental Illness with coexisting Psychiatric Diagnosis*** (32.60% Dropouts, 75.00% Not Dropouts)

*p <.10   ** p <.05   *** p <.01
Results/Evaluation

- Paired t-tests were used to compare intake evaluations with discharge or follow-up information.
- Significant gains in several areas of a woman’s life. The women left the program with a more positive sense of themselves. They were armed with more appropriate skills and coping mechanisms and a better sense of social norms.
Measurements

- Significant Gains from Intake to Discharge or to Follow-up:
  - Center for Epidemiological Studies Depress Scale (CESD)
  - Symptom Checklist--Improvements in Anxiety, Depression, and Obsessive Compulsiveness.
  - Rosenberg Self-Esteem Scale
  - Impact of Events Scale -- Avoidance (not significant on Intrusive)
  - Impact of Events Scale of Partner Abuser -- Intrusive (not significant on Avoidance)
  - Adapted Ways of Coping -- wishful thinking, seeking social support, minimizing threat, and mixed coping.
  - Relationship Belief Inventory -- Mindreading subscale
  - Parenting Skills via the Adult-Adolescent Parenting Inventory -- Inappropriate Expectations, Lack of Empathy, and Role Reversal (not significant on Corporal Punishment)
  - Drug-Related Attitudes
Measurements

- No Significant Change:
  - Provision of Social Support (from family and friends) -- perceived support from friends DECREASED from admission to discharge and to follow-up. The total social support also DECREASED from admission to discharge and to follow-up.
Major Outcome -- Abstinence

- Of the women with available information, 53 (60%) remained clean, 35 (40%) had relapsed.

- If only considered women who completed the program (n=51), 76.5% remained abstinent while the remaining 23.5% relapsed.
Abstinence--All Women

<table>
<thead>
<tr>
<th></th>
<th>Abstinent</th>
<th>Relapsed</th>
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<tbody>
<tr>
<td>All Women</td>
<td>60.0%</td>
<td>40.0%</td>
</tr>
<tr>
<td>Women Who</td>
<td>76.5%</td>
<td>23.5%</td>
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<tr>
<td>Completed</td>
<td>11</td>
<td></td>
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</tbody>
</table>

Bar chart showing the percentage of abstinence and relapse rates among all women and those who completed the program.
Contributing Factors

- Demographic Variables (age, race, education, marital status, living arrangement, etc.) do not account for these positive outcomes.
- For all the measurements being assessed, only Provision of Social Support has a significant association with clients being abstinent.
- After all, it is the Number of Services women received while in the residential treatment setting makes the significant difference.
Social Support -- Family and Friends

![Graph showing social support metrics for Family, Friends, and Total, comparing Abstinent and Relapsed groups.]

- Family: Abstinent 15.5, Relapsed 12.2
- Friends: Abstinent 25.8, Relapsed 21.8
- Total: Abstinent 41.3, Relapsed 34.0

* p<.10     ** p<.05     *** p<.01
Number of Services Received
-- Counseling Sessions

* p<.10    ** p<.05    *** p<.01
### Number of Services Received
-- Various Services

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<tr>
<th>Service</th>
<th>Abstinent</th>
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<tbody>
<tr>
<td>Recreational</td>
<td>84.9</td>
<td>51.3</td>
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<tr>
<td>12-Step Group</td>
<td>78.6</td>
<td>46.8</td>
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<tr>
<td>Parenting Groups</td>
<td>51.3</td>
<td>35.1</td>
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<tr>
<td>Vocational Rehabilitation</td>
<td>35.1</td>
<td>20.5</td>
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<tr>
<td>Spirituality Groups</td>
<td>34.2</td>
<td>21.3</td>
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<tr>
<td>Life Skills</td>
<td>25.8</td>
<td>14.2</td>
</tr>
<tr>
<td>Education</td>
<td>11.8</td>
<td>11.8</td>
</tr>
<tr>
<td>Family Counseling</td>
<td>5.5</td>
<td>1.3</td>
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</table>

* p<.10  ** p<.05  *** p<.01
Number of Services Received
-- Medical Treatment Services

<table>
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<tr>
<th>Service</th>
<th>Abstinent</th>
<th>Relapsed</th>
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</thead>
<tbody>
<tr>
<td>Primary Health Visits***</td>
<td>9.3</td>
<td>2.7</td>
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<tr>
<td>Health and Nutritional Counseling**</td>
<td>16</td>
<td>9.8</td>
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</tbody>
</table>

* p<.10    ** p<.05    *** p<.01
Age of First Drug Use

- The Younger the women were when they first used drugs:
  - The more likely to drop out of High School
  - The more likely to drop out of the treatment
  - The more likely to relapse

- Those with coexisting mental illness started abusing drugs significantly earlier (age=13.9) than those without (age=17.5).