

## **Dodge-Fillmore-Olmsted Methamphetamine Program**

### **Evaluation results from participants served between July 2008 and July 2009**

The Dodge-Fillmore-Olmsted (DFO) Methamphetamine Project is a corrections-based substance abuse treatment and recovery program established in 2004 comprised of three programs: Crossroads, Odyssey, and Journey. Crossroads is a jail-based pre-treatment program, focused on stabilizing incarcerated offenders prior to beginning outpatient treatment and introducing recovery concepts. Community-based treatment is supported by two gender-specific programs: Odyssey, for men, and Journey, for women.

The program model incorporates a number of components to support participants in their recovery process, including cognitive behavioral therapy, behavioral incentives, and frequent drug testing, over a longer period of time than generally provided through standard treatment programs. To meet the needs of all clients, the program has established partnerships with a variety of local community organizations and individual service providers.

This report utilizes data collected by DFO program staff to describe the characteristics of the participants, summarize the types of services being offered, and examine the impact of the treatment programs on the participating offenders.

#### ***Participant characteristics***

Between July 1, 2008 and June 30, 2009, a total of 134 participants were enrolled in Crossroads, Odyssey, Journey, or a combination of programs.

**Most treatment participants were young, White males.** Over two-thirds of program participants were male and 80 percent of all clients were White. On average, participants were 31 years old, but ranged in age from 18 to 64. Most participants (72%) were single, while half (49%) had one to five dependent children. The demographic characteristics of men and women were similar, though male participants were somewhat more racially diverse.

**Approximately two-thirds of participants had completed at least a high school education.** Among those with completed intake materials, approximately two-thirds of the participants had received at least a high school diploma or GED. Less than one-quarter of the participants were employed in the 30 days prior to incarceration. However, the employment status of one-third of the participants was not known.

**Nearly half of female participants reported being victims of domestic violence.** A total of 35 participants reported being a victim of domestic violence, including 53 percent of women and 14 percent of men. Women were also more likely to report being victims of sexual assault and other violence, including physical and emotional abuse.

**Nearly 60 percent of the participants entered Crossroads after being charged with a drug-related crime.** A majority of participants were charged with crimes related to drug possession or sale, while other participants were commonly charged with theft or burglary, financial crimes, such as forgery or fraud, domestic assault or disorderly conduct, or DWI/DUI. Most crimes were felony-level offenses.

**Most participants reported multi-drug use prior to incarceration.** Many participants identified methamphetamine or cocaine as their primary drug. Most participants reported using two and up to six different drugs in the 30 days prior to incarceration.

**Most participants had attempted substance use treatment prior to enrollment.** Nearly three-quarters of participants with information available had enrolled in inpatient or outpatient substance abuse treatment in the past.

Twenty percent of the participants had attempted treatment once before, while one participant reported attempting treatment a total of 12 times.

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**On average, participants had been convicted of six crimes prior to their involvement with the program.** Almost 90 percent of the participants had been convicted of one or more crimes prior to their current offense, and over half had a felony record. Somewhat fewer women had a past criminal record. Over 40 percent of participants were convicted of their first offense when they were under the age of 18. Most participants had served time in prison or jail prior to their current arrest, with more participants serving time in jail (93%) than prison (37%) when both were reported.

### ***Crossroads program summary***

During the last year, 88 individuals were discharged from the Crossroads program. Most participants (92%) successfully completed the jail-based program, while a few were unable to complete the program because they were released early from jail or arrested for a different crime.

**On average, Crossroads participants were enrolled in the program for 21 days.** Although participants were enrolled in Crossroads for a short period of time during their jail sentence, they received a number of services. Crossroads participants received an average of 14 hours of group sessions emphasizing introducing cognitive behavioral treatment concepts and stimulant-specific treatment information during the program. Other individualized services provided to participants included STI/HIV screening, medication prescriptions and monitoring, psychological evaluation, and life skills classes.

**A number of participants made educational gains while enrolled in Crossroads, but few were employed at discharge.** Nearly one-third of participants attended high school or GED classes and three participants earned a high school diploma or GED while enrolled in Crossroads. Just over 10 percent of participants were employed at discharge, often due to difficulty finding employment immediately after discharge from jail.

**Nearly three-quarters of the participants were discharged from Crossroads with a plan to live in stable housing in the community.** This included plans to live with friends or family, move into

transitional or sober housing, or attend an inpatient treatment program.

### ***Odyssey/Journey program summary***

Among the 89 participants who entered outpatient services during the past year, 17 individuals (including 13 men and 4 women) had previously been enrolled in Odyssey or Journey. Over half of these participants re-entered treatment because of a relapse during their last period of enrollment in Odyssey or Journey.

**Approximately half of the participants discharged during the past year were successful program graduates.** During the last year, 30 individuals were discharged from the Odyssey program and 25 were discharged from Journey, with approximately half of those discharged successfully completing the program. A number of participants (30 men and 5 women) were still enrolled in programs at the end of June 2009.

It is important to consider that, due to the length of the program, participants who are discharged unsuccessfully in the program are more likely to be included in the 12-month totals than those who complete the full program. As data collection continues, the program completion rates for both Odyssey and Journey can be more accurately calculated for participant cohorts.

**Successful program graduates were enrolled in Odyssey or Journey for nearly one year.** Overall, individuals who were discharged from Odyssey or Journey participated in the program an average of 220 days (median = 205 days). However, the length of program participation varied widely, from 12 to 730 days. On average, successful graduates were enrolled in Odyssey or Journey for significantly longer periods than those discharged unsuccessfully (342 days, compared to 94 days for individuals who did not complete the program).

Participants in the outpatient programs attended an average of 83 hours of group sessions. Not surprisingly, participants who successfully completed the program participated in nearly twice as many hours of group sessions than those who did not (an average of 107 hours of group sessions for successful graduates, compared to 56 hours among

unsuccessful participants). Men also participated in more hours of group sessions than women (95, compared to 65 hours for women).

**Fewer women received individual or family counseling, family education, and life skills classes than men.** Most Odyssey and Journey participants received behavioral incentives while enrolled in the program. Other common types of services provided to participants included individual counseling, family counseling, medication prescription and monitoring, and employment assistance.

There were some differences in service utilization by program. Fewer than 10 percent of Journey participants received STD/HIV screening, family education, electronic home monitoring, or life skills classes, compared to approximately one-quarter or more of the Odyssey participants. It is not known whether these differences in service utilization are a result of different needs between men and women, or the availability of services in the two programs.

**Most drug tests administered to program participants were negative.** Frequent, random drug testing is used throughout the program to deter drug use through increased accountability. A total of 476 drug tests were administered for the 55 participants discharged from Odyssey and Journey during the past year. Most of the tests (95%) were negative, and most participants (80%) did not have any positive drug tests while enrolled in the program. The 11 participants with positive drug tests included both unsuccessful participants and program graduates. However, drug testing does not deter all drug use. Approximately half of all participants reported drug use while enrolled in Odyssey or Journey.

**Three-quarters of participants were discharged without being arrested for any new charges.** Among the 10 participants (7 from Odyssey and 3 from Journey) who were arrested while enrolled, six were arrested for offenses related to methamphetamine or other drugs/alcohol while four were arrested for non-drug offenses.

**While most participants had strong formal and informal support networks at discharge, few Journey participants had partners who supported their recovery.** At discharge, participants were asked to assess whether key informal or formal networks were supportive of their recovery efforts. All participants felt they had relationships with professionals who supported their recovery, while somewhat fewer identified supportive family members. Journey participants were significantly less likely to have a spouse or partner who supported their recovery efforts (29%, compared to 94% of Odyssey participants).

**All successful program graduates had secured stable housing at discharge.** However, among 19 unsuccessful program participants with housing information captured at intake and discharge, 9 of the 18 individuals who had stable housing as they started Odyssey or Journey had lost that housing by discharge.

**Approximately half of the participants were employed at discharge.** Of the 29 participants employed at discharge, most had secured full-time employment. Participants who successfully graduated from the program were significantly more likely to be employed than those who were discharged unsuccessfully.

### ***Assessment of recidivism risk***

The Level of Service Inventory – Revised (LSI-R) is used regularly by Olmsted County Community Corrections staff to assess offender needs and level of risk. At intake, most participants (70%) had needs falling into the Medium/High range, indicating a need for supervision and treatment services.

**Significant reductions in risk were observed in key domains among participants who had successfully completed treatment.** Changes in service needs over time were examined using paired t-tests among 34 participants who were discharged from Odyssey or Journey and had LSI-R scores available at intake and discharge. Significant reductions, indicating fewer concerns or needs, were noticed in a number of domains for successful program graduates, including reductions in financial problems, drug/alcohol abuse, education and employment, family/marital issues,

and accommodations. In contrast, unsuccessful program participants' scores remained the same or increased slightly.

**Individuals with higher concerns in areas of criminal history, education and employment, and attitudes/orientation, may require a higher intensity of services to successfully complete the program.** When intake LSI-R scores of successful program graduates and unsuccessful program participants were compared, significant differences between groups were identified across some key domains. There were no significant differences in outcomes based on the intensity of alcohol or drug use at intake. While these results are preliminary, they suggest some offenders may require more intensive supports in key areas to be successful in the program.

Preliminary data also suggest participants with lower LSI-R scores at intake were more likely to successfully graduate from the program. However, it is important to note a number of participants did not have an LSI-R assessment administered at intake. Stronger conclusions regarding the relationship between LSI-R scores at intake and treatment success can be made more data becomes available.

### ***Conclusions and recommendations***

The DFO Methamphetamine Program model utilizes a number of elements that support participants during their treatment and recovery process, including cognitive behavioral therapy, frequent drug testing, high-frequency contacts with probation, and coordinated services through a number of community-based organizations to support participants during their recovery. These elements

are identified in the national literature as key characteristics of effective substance abuse treatment and recovery services.

Some of the key findings highlighted in this evaluation report include:

- The program continues to serve a chronic offender population.
- Program participants have a wide range of needs at intake.
- Over 90 percent of participants successfully complete Crossroads, and many leave with a plan for stable housing.
- Although Odyssey and Journey participants do experience relapse, few participants are arrested for drug-related offenses while enrolled in the program.
- Many program participants experienced positive housing and employment outcomes.

The data included in this report also suggest areas where program improvements could be made:

- Women who participate in the program may require additional and supports to develop healthy relationships.
- Participants with a more extensive criminal history, greater problems related to education and employment, and who have poorer attitudes towards their arrest and related consequences may benefit from additional services or efforts to engage them in the program.
- Use of satisfaction surveys should be incorporated to gather feedback from all participants.

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### **For more information**

This summary presents highlights of the *Dodge-Fillmore-Olmsted Methamphetamine Program: 2008-09 Evaluation results* report. For more information about this report, contact Melanie Ferris at Wilder Research, 651-280-2660.

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OCTOBER 2009