

On-Site 12 Step Group as Predictor of Future 12-Step Attendance

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Overview

- Affiliation with 12-step fellowships (AA or NA) both during and (most importantly) after treatment is cost-effective and promotes recovery from substance abuse and dependence.¹
- More frequent and longer duration of 12-step attendance after treatment is associated with more positive outcomes.²
- Since treatment episodes are relatively short, one of the key roles of clinicians is to assist clients in establishing solid post-treatment recovery resources, including stable affiliation with 12-step fellowships.³
- Many substance abuse treatment clients attend 12-step self-help groups but the drop out rate is high and some clients never affiliate.^{4,5}
- Many 12-step oriented programs have 12-step meetings (AA or NA) on-site.
- The presence of an onsite 12-step meeting may contribute to establishing stable attendance patterns and higher degree of involvement in 12-step recovery; it may also influence the clinicians' aftercare referral practices.
- For instance, we reported elsewhere that clinicians who work in a facility that with an onsite 12-step meeting referred significantly more clients to a 12-step meeting than clinicians working in a facility without an on-site 12-step meeting.⁶
- Treatment programs aim to affiliate as many clients as possible with the 12-step fellowship to facilitate an effective transition to early recovery and longer-term abstinence. If the 12-Step fellowship can help a client remain abstinent and not have a significant relapse requiring treatment, the 12-step meeting (a relatively cheap or cost-free treatment and support option) can save taxpayers considerable money in reducing or eliminating repeated treatment episodes, crime, and drug-related health costs.⁷

Study Purpose

- To determine whether the presence of an on-site 12-step meeting during treatment predicts 12-step attendance 3-and 6 months post-discharge.
- To determine whether the presence of an onsite 12-step meeting during treatment predicts increased involvement in 12-step recovery activities 12-step philosophy (e.g., obtaining a sponsor reading 12-step literature) 3- and month post discharge.

Study Hypotheses & Analyses

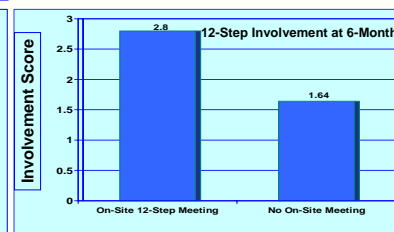
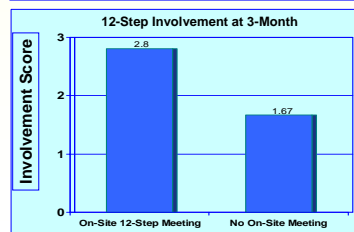
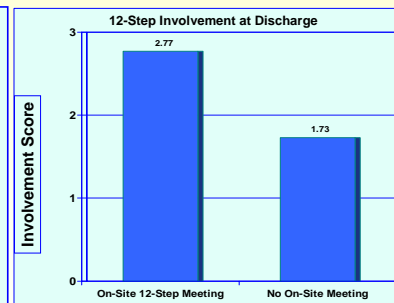
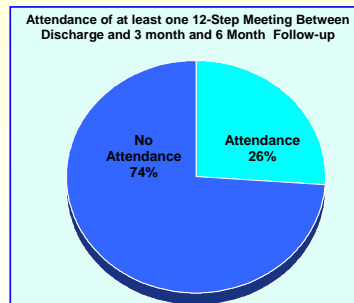
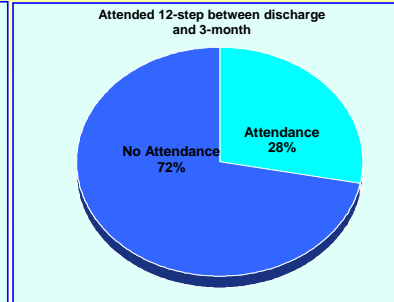
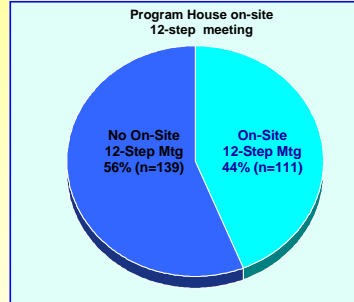
- HYP1:** Attendance in an outpatient treatment program that houses a 12-step meeting will significantly predict 12-step meeting attendance (at least one AA or NA meeting) at the 3 and 6 month follow-up period.
 - Binary logistic regression will test whether program type (with or without onsite meeting) predicts 12-step attendance (at least one 12-step meeting, AA or NA) during the 3 months between treatment ends and 3-month post discharge follow-up, and during the 3 months between 3- and 6 month follow-up.
- HYP2:** Attendance in an outpatient treatment program that houses a 12-step meeting will significantly predict the past 90 days 12-step involvement assessed at 3- and 6-month post discharge.
 - Simple linear regression will testify type of program can predict 12-step involvement level at the 3-month and 6-month follow-up.
 - Regressions control for prior 12-step involvement level.

Study Overview

- Data collected in the context of a NIDA-funded investigation of predictors and effectiveness of 12-step participation as an aftercare resource.
- Participants recruited from two large urban outpatient substance abuse treatment facilities within New York City.
- Participants recruited within 2 weeks of treatment admission and re-interviewed at treatment end.
- Participants were in treatment for at least 30 days and were no more than 365 days abstinent at treatment entry.
- Total N=250 at discharge.
- Data gathered at treatment discharge (completion or drop-out), 3 month (n=212) and 6 month post-discharge follow-up (N=211).
- Participation was voluntary and based on informed consent.
- Semi-structured interviews at treatment entry and discharge each lasted approximately 2.5 hours.
- Participants received \$30 for their time at each interview.

Sample Demographics (N=250)	
Variable	%
Male	56.3
Ethnicity	
African American	63.2
Caucasian	21.2
Hispanic	34.6
Mean Age (Years)	37.64 (SD=8.88)
Mean Length of Abstinence at Entry into Tx (Days)	51.19 (SD=64.04)
Primary Substance	
Crack	47.6
Marijuana	16.9
Heroin	13.4
Alcohol	12.6
Cocaine	8.7

Measures	
Independent Variable	<ul style="list-style-type: none"> On-Site 12-Step Meeting: yes/no
Outcomes	<ul style="list-style-type: none"> Meeting Attendance: yes/no <ul style="list-style-type: none"> Attendance of at least one 12-step meeting (AA or NA) in the period in-between discharging and 3 months, and 3-to 6 months post discharge follow-ups.
	<ul style="list-style-type: none"> 12-Step Involvement: 0 (no involvement) to 9 (highest involvement) <ul style="list-style-type: none"> Sum of nine 12-step activities: Having a sponsor, sponsoring someone, considering self a 12-step member, having a home group, working the steps, contact with 12-step fellowship members outside of meetings, reading 12-step/recovery material, socializing with 12-step members outside of meetings.



Summary of Findings

- Hypothesis 1 – partially supported:
 - On-site 12-step meeting was a significant (p<.05) but minimal (OR=0.50) predictor of 12-step meeting attendance between discharge and 3-month follow-up.
 - Was not a significant predictor for meeting attendance in-between 3 and 6-month follow-up or between discharge and 6-month follow-up.
- Hypothesis 2 - supported:
 - Controlling for 12-step involvement at the previous assessment point, on-site 12-step meeting was a significant predictor for 12-step involvement at discharge (β=.17, p<.01), 3-month follow-up (β=.17, p<.05) and 6-month follow-up (β=.20, p<.01).

Clinical Implications

- On-site 12-step meetings significantly predicted 12-step meeting involvement during the early recovery process but not 12-step meeting attendance.
- Research has documented that 12-step involvement (e.g., obtaining a sponsor, reading literature etc) is more predictive of increased utilization and engagement with 12-step fellowship (as compared to simple meeting attendance), which in turn is predictive of longer-term abstinence.¹
- Simply having a meeting on-site during the treatment phase may introduce participants to the value and usefulness of the 12-step philosophy, which in turn appears to influence increased subsequent 12-step involvement.

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