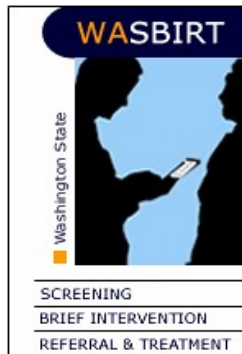


Yakima Regional Medical and Cardiac Center, Yakima Valley Memorial Hospital, and Toppenish Community Hospital: Substance Use Outcomes



4.60.Yakima.2007.1

Preliminary Report: Yakima



Use of Alcohol and Other Drugs Declined Among Yakima and Toppenish Emergency Department Patients who Received Brief Interventions for Substance Use Disorders through WASBIRT

Six-Month Follow-up Survey for WASBIRT Participants from Yakima and Toppenish Hospitals: April 12, 2004 – March 31, 2006

Sharon Estee, *Ph.D.*, Lijian He, *Ph.D.*, Summer Yang, John Doane, Andrea Stanley

In collaboration with Division of Alcohol and Substance Abuse

Doug Allen, *Director*

John Taylor, *Chief, Office of Program Services*

Stephen O'Neil, *WASBIRT Project Director*

Barbara Lucenko, *Ph.D. Administrator, Evaluation and Quality Assurance*

Yakima Regional Medical and Cardiac Center, Yakima Valley Memorial Hospital, and Toppenish Community Hospital are three of nine hospitals in Washington State that agreed to participate in the Washington State Screening, Brief Intervention, Referral and Treatment (WASBIRT) Project. These hospitals joined the project during 2005. Through this project, chemical dependency counselors screen primarily emergency department patients for alcohol and drug use. Based on the patient's level of risk for substance use disorders, the counselor provides brief interventions to anyone at moderate or high risk levels. They also refer patients with more serious disorders to brief therapy or more traditional forms of chemical dependency (CD) treatment.

To see whether brief interventions or additional counseling helps reduce patients' levels of alcohol or other drug use, a sample of 420 out of 2,530 patients at the Yakima and Toppenish hospitals with moderate or high risk for substance use disorders were selected randomly for a follow-up telephone interview six months later. Interviews were completed with 332 of the sample—an 80 percent response rate. Analyses were based on 320 study participants with complete information on days of alcohol use and 321 with complete information on binge drinking and drug use questions. (See technical notes for details.)

Alcohol and other drug use declined for patients who got at least a brief intervention.

Patients from these hospitals who received brief interventions as well as those who received additional forms of counseling for alcohol or other drug use have altered their substance use patterns significantly ($p < .05$). The following changes occurred:

- Number of days of drinking and other drug use declined.
- Abstinence from alcohol and other drug use increased.
- Binge drinking declined.

Among substance users who received at least a brief intervention, use reported in the six-month follow-up interview declined significantly compared to use reported at screening.

- 84% of 203 patients who drank alcohol reduced the number of days of drinking in the past 30 days, in part because 42% of them stopped drinking.
- Average days of drinking in the past 30 days declined from 8.7 to 3.6 days ($p < .05$).
- 93% of 139 patients who reported bingeing in the past 30 days reduced the number of heavy drinking days, with the average declining from 9.6 to 2.3 days ($p < .05$).
- 89% of 121 patients who reported drug use in the past 30 days reduced the number of days of use, in part because over two-thirds (69%) of them stopped using drugs.
- Average days of drug use in the past 30 days declined from 9.6 to 2.3 days ($p < .05$).

We thank the following for their contribution to the WASBIRT Project:

Yakima County Alcohol and Drug Coordinator
Yakima Regional Medical and Cardiac Center
Yakima Valley Memorial Hospital
Toppenish Community Hospital
Triumph Treatment Services
Merit Resource Services

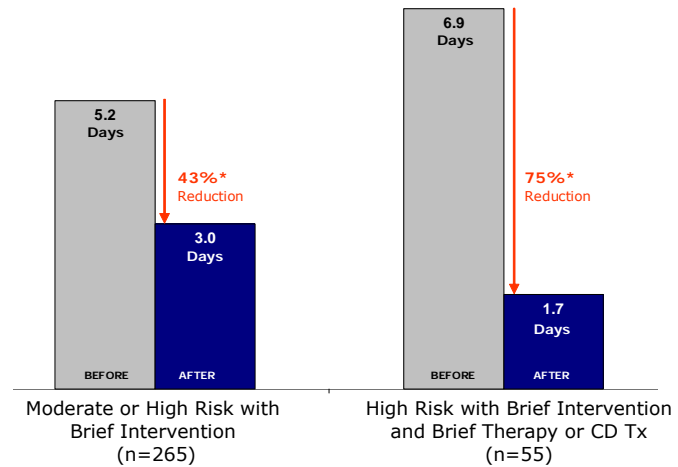
Alcohol Use Outcomes

Average days of alcohol use in the past 30 days declined significantly

The average number of days of drinking in the last 30 days declined significantly:

- From 5.2 to 3.0 days (43% decrease) for 265 patients with a moderate or high risk for substance use disorders who received only a brief intervention.
- From 6.9 to 1.7 days (75% decrease) for 55 patients with a high risk for substance use disorders who received a brief intervention plus brief therapy or CD treatment.

*p < .05

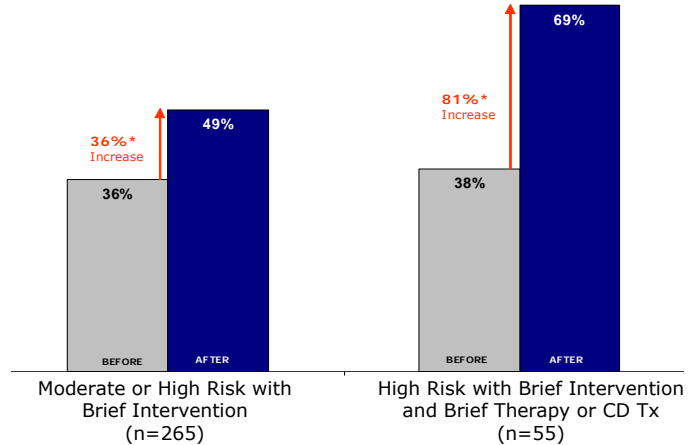


Abstinence from alcohol in the past 30 days increased significantly

Abstinence from alcohol increased significantly:

- From 36% to 49% for 265 moderate or high risk patients who got a brief intervention (+36% increase).
- From 38% to 69% for 55 high risk patients who received a brief intervention plus brief therapy or CD treatment (+81% increase).

*p < .05

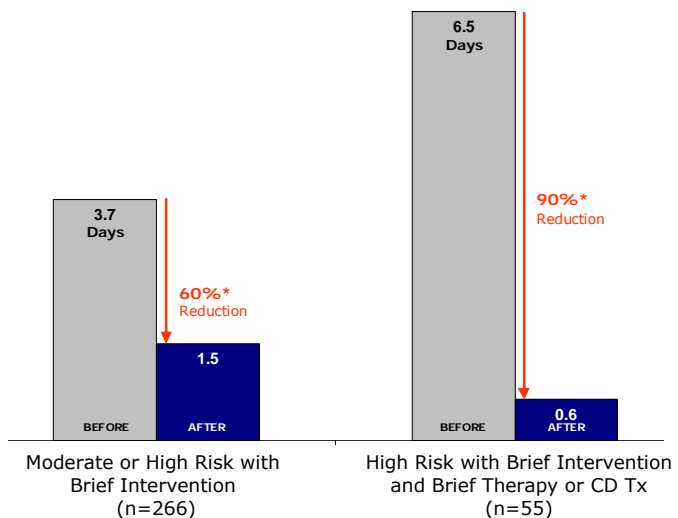


Binge drinking in the past 30 days declined significantly in high risk groups

Binge drinking was counted as having five or more drinks in one sitting in the last 30 days. Average days of binge drinking dropped significantly:

- From 3.7 to 1.5 days (60% decrease) for 266 moderate or high risk patients who received a brief intervention.
- From 6.5 to 0.6 days (90% decrease) for 55 high risk patients who received a brief intervention plus brief therapy or CD treatment.

*p < .05



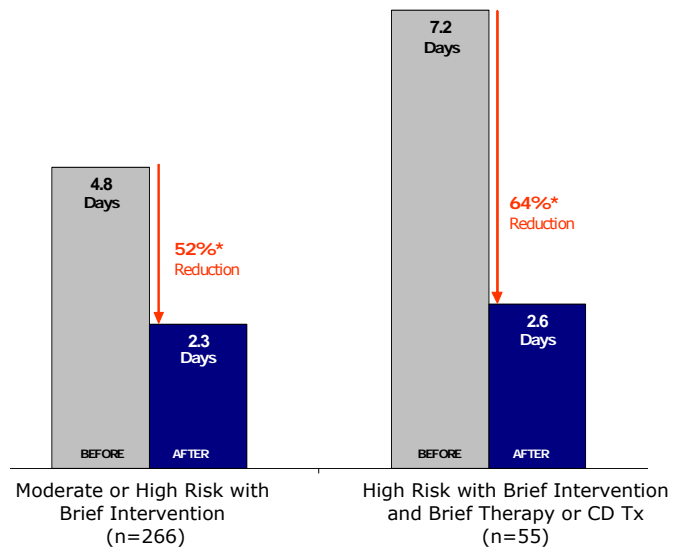
Drug Use Outcomes

Average days of drug use in the past 30 days declined significantly

The average number of days of drug use in the past 30 days:

- Dropped from 4.8 to 2.3 days (52% decrease) for 266 moderate or high risk patients who received a brief intervention.
- Dropped from 7.2 to 2.6 days (64% decrease) for 55 high risk patients who received a brief intervention plus brief therapy or CD treatment.

*p < .05

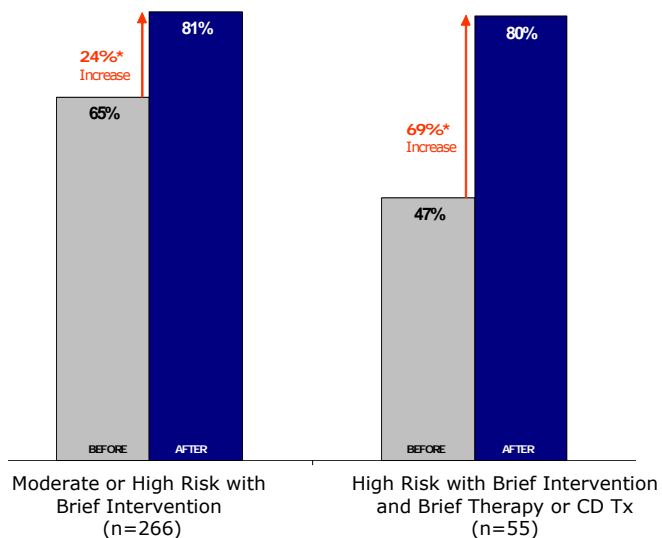


Abstinence from drug use in the past 30 days increased significantly

Abstinence from drug use increased significantly:

- From 65% to 81% for 266 moderate or high risk patients who received a brief intervention (+24% increase).
- From 47% to 80% for 55 high risk patients who received a brief intervention plus brief therapy or CD treatment (+69% increase).

*p < .05



TECHNICAL NOTES

Six-Month Follow-up Survey Procedures

Out of the 2,530 Yakima patients with moderate or high risks for substance use disorders, a sample of 420 patients was selected for the follow-up survey. Interviews were completed with 332 of the sample—an 80 percent response rate (excluding 4 people who died by the time the interview was due).

Analyses were based on 320 participants with complete data on days of alcohol use and 321 with complete information on binge drinking and drug use questions. Analyses exclude 11 cases (3%) because of inconsistencies between the person's screening scores and the level of intervention received or because the person did not give permission for the use of administrative records that were used to determine who entered chemical dependency treatment.

Follow-up interviews were conducted at the Research and Data Analysis Division using standard survey techniques that included mailing of advance contact letters and multiple attempts to call hard-to-reach respondents. Contact information was gathered from the patient at baseline and augmented by administrative records to update contact information if the patient gave permission for this.

Measures of Substance Use Outcomes

Changes in alcohol and other drug use were based on a person's answers on the baseline screening survey compared to answers on the six-month follow-up interview, using the following questions:

During the past 30 days, how many days have you ...

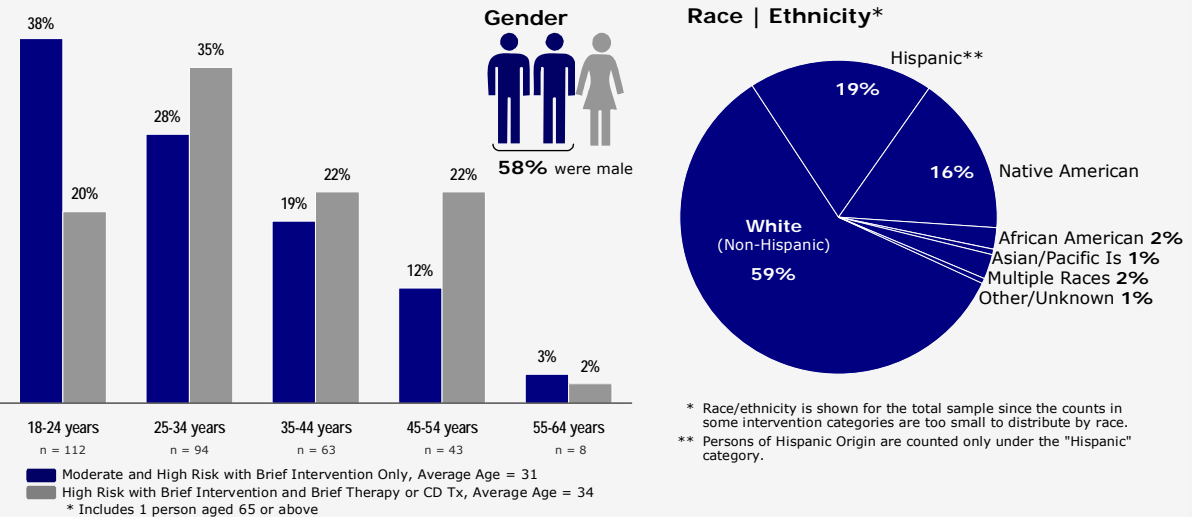
- Used any alcohol?
- Had 5 or more drinks in one sitting? (This was used as a measure of binge drinking.)
- Used any illegal drugs? (Use of illegal drugs included misuse of prescription drugs.)

Classification of Risk and Intervention Groups

Participants were divided into risk levels based on scores on the Alcohol Use Disorders Identification Test (AUDIT) and the Drug Abuse Screening Test (DAST). Risk level (low, moderate, or high) equaled the highest level of risk from AUDIT or DAST score, bingeing, or indicators of chemical dependency on the AUDIT. Two groups were formed: (1) moderate or high risk and received only a brief intervention and (2) high risk and received a brief intervention plus brief therapy, CD treatment, or both within 120 days of the brief intervention. The receipt of brief therapy or CD treatment was identified from WASBIRT records, Division of Alcohol and Substance Abuse's treatment data (TARGET), or the Medicaid Management Information System for the 330 participants who gave permission for the use of administrative records.

	Low Risk with Screen Only (not in follow-up)	Moderate or High Risk with Brief Intervention	High Risk with Brief Intervention Plus Brief Therapy or CD Treatment
Average scores			
AUDIT	1	11	18
DAST	0	3	6
Screening scores			
AUDIT - Female	Less than 7	7 – 40	16 – 40
AUDIT - Male	Less than 8	8 – 40	16 – 40
DAST	0	1 – 10	3 – 10
Additional criteria			
Binge drinking		X	
Alcohol dependence condition		X	X

Demographics



Additional copies of this paper may be obtained from: <http://www1.dshs.wa.gov/RDA/> or <http://www1.dshs.wa.gov/dasa/> or through the Washington State Alcohol/Drug Clearinghouse by calling 1-800-662-9111 or 206-725-9696 (within Seattle or outside Washington State), by e-mailing clearinghouse@adhl.org, or by writing to 6535 Fifth Place South, Seattle, Washington 98108-0243.

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