



The University of Texas at Austin  
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Addiction Research Institute

HHSC Contract No. 2017-049621-001  
Recovery Support Services Project  
Fiscal Year 2017 Final Evaluation Report

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## I. Executive Summary

*“Recovery from substance use and mental health disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”* - Substance Abuse and Mental Health Administration, U.S. Department of Health and Human Services, 2012.

In recent years, there has been a significant shift in the addiction field in the understanding of what it means to recover from a substance use disorder. Spurred by emerging research and the experiences of individuals in recovery, the field has moved away from an acute care model of brief treatment episodes focused on stabilization to a long-term, sustained recovery model which encompasses the whole health and well-being of individuals. This new approach requires a transformation in practice and policy at the local, state, and national level. The state of Texas embarked on this transformation in 2010, with the Texas Health and Human Services Commission (HHSC) establishing a series of local community networks across the state to collaborate in identifying strengths and obstacles for individuals in recovery, and to improve the local environment to support recovery in a positive way. These local Recovery-Oriented Systems of Care (ROSCs) were the framework for a long-term systems transformation. In 2014, HHSC took the further step of issuing a competitive bid to provide recovery support services to individuals with substance use disorders. The goals of the initiative included:

1. embedding long-term recovery support services into peer-based organizations, community-based organizations and substance use disorder treatment programs in local communities across Texas
2. expanding the recovery supports that are available to individuals in their natural community environments

Services included a wide array of non-clinical services and supports to help individuals initiate, support, and maintain recovery from alcohol and other drug use problems. One of the key elements included in the project was the recruitment and utilization of peer recovery coaches. Services also included peer-run groups; development and/or use of recovery homes and recovery schools; training around basic life skills such as financial management, parenting, employment and stress management; educational support; recovery check-ups; and assertive connections to mutual aid support groups. The resulting network of 22 RSS service providers funded by HHSC is collectively known as the

Recovery Support Services (RSS) Project. The programs became operational on May 1, 2014. The University of Texas Addiction Research Institute was engaged by HHSC to develop the RSS data reporting system and to serve as the evaluator for the RSS project. This Fiscal Year 17 Final Evaluation Report assesses implementation of the HHSC Recovery Support Services Project using data collected May 1, 2014 through August 31, 2017.

### Implementation of Services

Between May 1, 2014 and August 31, 2017, the 22 Texas RSS programs:

Provided over 129,000 hours of coaching and recovery support group services, including:

- Face to Face Recovery Coaching Services to 15,984 individuals
- Telephone Recovery Coaching Services to 6,764 individuals
- Internet Based Recovery Coaching to 1,616 individuals
- Traveling Companion Coaching to 2,359 individuals
- Recovery Support Groups to 19,038 individuals

Provided individualized, long-term recovery coaching:

- 215 recovery coaches engaged 2,610 individuals in one-on one recovery coaching to sustain and expand successful long-term recovery for a minimum of 12 months.

Provided a wealth of additional recovery support to 13,822 individuals, including:

- Health and Wellness Activities
- Alcohol- and Drug-Free Social Activities
- Community Service Projects
- Housing
- Child Care
- Mental Health or Co-Occurring Peer Services
- Veteran's Services
- Transportation
- Food Pantry/Clothing Closet
- Financial Assistance/Family Needs

Offered Education Classes to 22,161 individuals on topics such as:

- Recovery Skills
- Employment

- Volunteer Service
- Life Skills
- Computer Skills
- GED Preparation

Ensured that individuals obtained additional needed supports by initiating 39,146 Referrals to Community Services

In addition, 3,220 volunteers at the RSS programs contributed nearly 33,000 hours of volunteer services in a wide variety of roles. The estimated financial value of these volunteer services is \$511,185.

### Measuring Results

RSS providers are required to collect and report participant interview data on participants who received individualized, long-term recovery coaching at enrollment into coaching services and at 3-, 6-, 9, and 12-month check-up interviews. Check-up interview completion rates for this FY 17 Final Evaluation report period were 83% at 3 months, 74% at 6 months, 71% at 9 months and 68% at 12 months. HHSC and ARI provided technical assistance and training to providers to support data collection processes.

### Interview Completion Indicators

Participants who successfully completed a 3-month check-up interview were compared to those who did not complete the interview on select interview variables at enrollment. Analyses were conducted to determine potential participant characteristics at enrollment that may be associated with early dropout from long-term recovery coaching. Comparisons of 3-month check-up interview completers and non-completers revealed several statistically significant differences between the two groups that may be related to early dropout from long-term recovery coaching.

Non-completers were more often in the Other Race category, unemployed but looking for work, living in a shelter or on the street rather than being housed, and younger relative to completers. These findings suggest that non-completers may have less stability in their life circumstances relative to completers, which may require additional recovery support services to address these life issues that may be impeding their ability to engage in long-term recovery coaching and the recovery process.

In addition, a greater percentage of the non-completers were on substance use disorder treatment waitlists, suggesting that they may have lost interest in addressing their substance use issues during the wait time span. This result indicates that participants who are on treatment wait lists may need extra recovery coaching and other supportive services to sustain motivation to enter into the process of recovery. This potential need for more recovery coaching and supportive services is further supported by the finding that, although the completer and non-completer groups had similar incidence of receiving recovery coaching in the month prior to enrollment, the completer group had a significantly greater number of contacts with their recovery coach. Further, a greater percentage of the completer group had attended a self-help group in the 30 days prior to enrollment, providing a greater amount of mutual support to sustain motivation to engage in recovery.

In the area of substance use during the 30 days prior to enrollment, non-completers were more likely to have used alcohol, illegal drugs, and prescription medications not as directed. Further, non-completers had a greater number of days of using any substances relative to the completers. Non-completers also had a higher incidence of serious depression and experienced more days of depression and anxiety during that same 30 day period. These results suggest that the non-completer group experienced greater severity of both substance use and behavioral health symptomatology, which may be indicative of a higher potential for early dropout from long-term recovery coaching.

Finally, non-completers attained relatively lower scores on the Assessment of Recovery Capital (ARC) Global Psychological Health, Social Support, Housing & Safety, Risk Taking, and the Total ARC scales, indicating lower recovery capital in these domains compared to completers. The level of recovery capital in these five domains may be important indicators of potential drop out, suggesting that recovery coaching may need more focus on addressing mental health needs, development of social support resources, acquisition of safe living environments, and educational training on controlling risk taking behavior for those participants with lower recovery capital in these areas at enrollment into long-term recovery coaching.

### Recovery Coaching Outcomes

Evaluation analyses were conducted on participant outcomes of 1226 individuals who enrolled in long-term recovery coaching and who had completed the 3-, 6-, 9-, and 12-month check-up interviews following enrollment. Participant outcomes were examined in the following domains: housing status; employment

status and wages; abstinence or reduced substance use; improvement in recovery capital; and healthcare service utilization.

The evaluation results from these analyses are encouraging. Long-term recovery coaching participants demonstrated improvements at check-up points in a wide range of life domains, including:

- Housing status, with 54% of long-term coaching participants owning or renting their own living quarters at 12 month check-up, as compared to 32% at enrollment in long-term coaching
- Overall employment, which increased from 27% at enrollment to 60% at 12-month check-up
- Average monthly wages of employed participants, which increased from \$258 per month at enrollment to \$881 at 12-month check-up

Additional positive outcome for long-term recovery coaching participants included:

- 83% of participants were abstinent or had reductions in substance use at 12-month check-up
- 71% had improved recovery capital at 12-month check-up
- Healthcare service utilization decreased over the first 12 months of recovery coaching in outpatient settings (4,242 visits at enrollment; 835 visits at 12-month check-up), inpatient settings (9,362 days at enrollment; 1,122 days at 12-month check-up) and emergency rooms (433 visits at enrollment; 162 visits at 12-month check-up), ***saving an estimated \$3,518,948 in healthcare costs.*** This represents a 74% reduction in healthcare costs for 1,226 individuals between enrollment (\$4,745,073) and 12 months (\$1,226,125).

### Participant Status in Year 2 Post Enrollment

Recovery Engagement Status reports completed by recovery coaches at 15, 18, and 21 months post enrollment indicated that approximately 50% of the participants were still receiving face-to-face and/or phone/internet recovery coaching, with the average number of contacts decreasing over time. In addition,

40-48% of the individuals were participating in other types of recovery activities in the RSS programs. The most frequent recovery activities accessed over all three time periods were attending recovery support groups, self-help groups, and alcohol and drug-free activities, and being a recovery advocate. These findings suggest that a significant portion of long-term recovery coaching participants were still engaged in recovery activities in the second year post enrollment.

### Participant Experiences with Recovery Over 24 Months

Participants who were engaged in coaching for 24 months completed a questionnaire reflecting on their experiences on their recovery journey since enrollment in long term coaching. Participant Views of Recovery reports at 24 months post enrollment were completed by 560 individuals through the end of FY 2017. The majority of participants reported experiencing improvements in quality of life, including improved relationships (73%), greater sense of purpose in life (68%), ability to engage in self-care (72%), and learning to have fun in recovery (61%). Forty percent of these participants experienced a return to substance use at some point during the 24 months post enrollment in long-term recovery coaching. The vast majority of the individuals who experienced a relapse reached out to their recovery coach for assistance in returning to their recovery path (77%). The length of time between relapse and returning to the recovery path was within a month or less for 62% of the respondents with only 15% taking 4 or more months. These results suggest that, in cases of relapse, participants more often turned to their recovery coaches for support and that time periods between relapse and returning to the recovery path were relatively short with a high percentage returning within a month.



## Table of Contents

I. Executive Summary .....	2
II. Introduction .....	10
History of the Texas Recovery Support Services Program (RSS) .....	11
Evaluation of the RSS System.....	13
Technical Assistance .....	13
III. Project Accomplishments to Date.....	14
IV. Analysis .....	15
RSS FY 17 Final Evaluation.....	15
Recovery Support Services .....	15
RSS Recovery Coaches.....	24
Recovery Coaching Participants at Enrollment .....	33
Participant Check-Up Interviews.....	51
Recovery Coaching Participant Outcomes .....	59
Recovery Engagement Status Reports .....	74
Participant View of Recovery .....	77
V. Data Collection and Management .....	80
VI. Bibliography .....	81
VII. Endnotes .....	83

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## II. Introduction

The Texas Recovery Support Services (RSS) program is an addiction recovery initiative of the Texas Health and Human Services Commission (formerly the Texas Department of State Health Services.) Supporting addiction recovery is a key strategy of the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and reflects current understanding of methods to best promote long-term recovery. In recent years, the addiction field has embraced the concept of recovery *as an individual's ongoing work in achieving and maintaining a healthy lifestyle free from the consequences of alcoholism and drug addiction*.<sup>1</sup> The addiction treatment field no longer espouses the belief that addiction recovery only requires an acute-care admission for detox and a brief stay in "rehab". Alternatively, it is now understood that successful recovery requires long-term continuing maintenance and support. As with other chronic health disorders, such as diabetes and hypertension, there has been a shift from an acute care approach to a chronic care approach. Many people with substance use disorders may benefit from an episode of specialized treatment to detoxify and acquire the skills needed to initiate their path to recovery. However, treatment is only a short-term experience for most, and for many individuals long-term recovery requires ongoing work and often entails peer support.<sup>2</sup>

Advice and support from peers-in-recovery has been traditional in 12-step programs, as well as in other community-based treatment and support programs. Persons in recovery have also found that there is often a need to address a range of life problems that may present obstacles to recovery, including the need to achieve overall health and wellness<sup>3</sup>. *Individuals in recovery most successfully address these needs with the practical assistance and social support from peers*. The present RSS initiative makes a substantial investment in recruiting peers in recovery to become "Recovery Coaches". These peer workers complete a 46 hour HHSC-approved Texas Recovery Coach Training Curriculum and then work under the supervision of community programs to provide ongoing advice and support for persons in recovery who sign up to work with a recovery coach. The RSS program also taps into a wealth of community-based recovery support services, including supportive agency resources and volunteers.

Several conceptual frameworks have contributed to current work efforts in the addiction field to support long-term recovery. The theoretical framework of stages of change<sup>4</sup> and the related transtheoretical approach of readiness for change has been helpful for many in understanding the behavioral challenges of undertaking long-term recovery. The recovery movement has also embraced the concept of self-efficacy, which underscores the importance of managing one's

own recovery and building upon individual actual and potential resources to achieve and maintain their personal path to recovery.<sup>5</sup> The recovery-oriented system of care model (ROSC) focuses on enhancing self-efficacy and personal responsibility through assisting the person in recovery in building individual strengths to increase recovery capital.<sup>6,7</sup> The concept of recovery capital has become a helpful way to measure and manage an individual's potential in maintaining successful recovery. The RSS project has incorporated these ROSC concepts by providing recovery management tools and recovery coaching services to assess a participant's personal recovery support needs, guide the participant to program and community-based services to address these needs, and to track and support individual progress in recovery over time.

## History of the Texas Recovery Support Services Program (RSS)

### Local Recovery Oriented Systems of Care (ROSC)

Initial preparation for this statewide recovery initiative in Texas began in 2010 with local community meetings to develop “Recovery Oriented Systems of Care” (ROSCs)<sup>8</sup>. These meetings recruited a wide range of individuals and organizations to collaborate in identifying local community strengths and obstacles for individuals in recovery, and to improve the local environment to support recovery in a positive way. Beginning with an initial effort in Houston, HHSC facilitated meetings to organize and support ROSCs in communities throughout Texas. The Houston ROSC was planned and supported by HHSC and the University of Texas Addiction Research Institute (ARI), and has served as a model for other sites across Texas. A report of this initial Houston ROSC effort may be found on the ARI website.<sup>9</sup>

### Recovery Community Organizations (RCOs)

HHSC identified several peer-support programs that were comprised of persons-in-recovery who provided general assistance for those in their community who were in need of support to initiate and maintain their paths to recovery. The activities provided in these programs often consisted of self-supported volunteer efforts located in shared agency spaces and using in-kind resources and/or referred community services to meet the recovery support service needs of persons in recovery. Some of these programs had assembled a core of peer-volunteers to assist in their work with a large number of persons in recovery. A subset of these programs was briefly funded by the SAMHSA RCO grant; however, this funding was not renewed after the initial grant period, and these organizations struggled to sustain their ROSC services after the end of the grant. In order to examine the potential of these RCO-type organizations to engage participants and to provide long-term recovery support activities, HHSC

contracted with four of the RCO programs to document and report on the services and activities their programs provided to recovering persons in their communities. A key objective of these contracts was to determine whether RCOs were willing and capable of collecting detailed documentation and subsequent reporting of peer-based services. The results of this pilot project indicated that the RCOs and their consumers were able and willing to successfully document and report data to be accountable for services delivered in their respective programs.

#### Recovery Support Services (RSS) Request for Applications (RFA)

The HHSC Recovery Support Service Request for Applications package was created on the basis of the data collected from the RCO pilot project efforts described above. The RSS RFA was issued in November 2013 as a competitive process open to three types of eligible organizations:

- a. Organizations that provide Treatment Services for substance use disorders (TOs),
- b. Peer-Run Recovery Community Organizations (RCOs), and
- c. Other Community-Based Organizations (CBOs) that have a history of providing services to individuals and families affected by substance use disorders.

Based on the RFA, a statewide network of 22 RSS service providers was funded with the goals of:

1. embedding recovery support services into peer-based organizations, community-based organizations and Substance Use Disorder treatment programs
2. expanding the recovery supports that are available to individuals in their natural community environments

Services to be provided under the RSS RFA allowed for a wide array of non-clinical services and supports to help individuals initiate, support, and maintain recovery from alcohol and other drug use problems. One of the key elements included in the RSS RFA is the recruitment and utilization of peer recovery coaches.

Services included peer-run groups; recovery coaching; development and/or use of recovery homes and recovery schools; training around basic life skills such as financial management, parenting, employment and stress management; educational support; recovery check-ups; and assertive connections to mutual aid support groups. The resulting network of 22 RSS service providers is

collectively known at the Recovery Support Services (RSS) Project. The programs became operational on May 1, 2014.

### Evaluation of the RSS System

The University of Texas at Austin Addiction Research Institute was engaged by the Health and Human Services Commission to develop the RSS data reporting system and to serve as the evaluator for the RSS project. ARI developed a web-based system that collects accurate, comprehensive and timely records of the population, services, activities and outcomes of the funded Recovery Support Services projects. The system is known as the REDCap Recovery Oriented Care (RED-ROC) Data Collection System. Local RSS program staff enters data into the central system via a secure web-based internet connection, and ARI staff provides ongoing technical assistance and support of their data collection efforts. ARI is evaluating the RSS Project through outcome and process evaluations, and cost study analyses utilizing data collected in RED-ROC. This report presents the final evaluation results for FY17. ARI also assists the Health and Human Services Commission with utilizing data to guide program development and implementation; and providing data reports and analysis to RSS organization agency staff on an ongoing basis.

In addition to developing and implementing the RED-ROC data reporting system, ARI also provided training and ongoing technical assistance for RSS programs and HHSC staff on the use of RED-ROC to ensure data integrity.

### Technical Assistance

The Texas Health and Human Services Commission contracted through the University of Texas to obtain the services of Achara Consulting, Inc. to provide technical assistance in developing recovery-oriented systems of care (ROSC) at the 22 RSS-funded provider agencies and to guide the state in the state-wide system transformation process to a ROSC model. Services consisted of six provider trainings in Austin, webinars, technical assistance calls, and limited site visits. Areas of focus with the RSS service providers included hiring and training of recovery coaches; effectively engaging and enrolling persons in recovery; collaboration of clinical and recovery support teams; defining target populations; promoting person-centered planning; conducting strength-based global assessments; facilitating continued support and engagement; determining appropriate level of engagement and intensity of services; developing Peer Advisory Leadership Councils; conducting assertive outreach and early re-intervention; ensuring appropriate use of volunteers; promoting employee role clarity; encouraging self-care for recovery coaches; aligning traditional policies

and procedures with a recovery-orientation; promoting community integration; and changing the locus of services from the agency to the community. Achara Consulting also provided consulting to the Health and Human Services Commission involving strategic planning; systems change; aligning system policy and accountability mechanisms with recovery orientation; structuring effective demonstration projects; and increasing collaboration between treatment providers, peers, and recovery community organizations.

### III. Project Accomplishments to Date

#### Coaching and Recovery Support Groups

Between May 1, 2014 and August 31, 2017 the 22 Texas RSS organizations provided over 129,000 hours of coaching and recovery support group services. These included:

- Face to Face Recovery Coaching Services to 15,984 individuals
- Telephone Recovery Coaching Services to 6,764 individuals
- Internet Based Recovery Coaching to 1,616 individuals
- Traveling Companion Coaching to 2,359 individuals
- Recovery Support Groups to 19,038 individuals

#### Recovery Support Services

RSS organizations offered a wealth of additional recovery support, including:

- Services to Support Ongoing Recovery to 13,822 individuals (includes Health and Wellness Supports, Alcohol- and Drug-Free Social Activities, Community Service Projects, Child Care, Housing, Mental Health or Co-Occurring Peer Services, Veteran's Services, Transportation, Food Pantry/Clothing Closet, Financial Assistance/Family Needs)
- Education Classes on topics such as, Recovery Skills, Employment, Volunteer Service, Life Skills, Computer Skills, and GED Preparation to 22,161 individuals
- 39,146 Referrals to Community Services

#### Long-Term Recovery Coaching

Most importantly, the 215 recovery coaches in the RSS programs have engaged 2,610 individuals in one-on one recovery coaching designed to sustain and expand successful long-term recovery for a minimum of 12 months.

### Volunteer Contributions

The successful implementation of the RSS project has been guided by state leadership at the Texas Health and Human Services Commission Substance Abuse/Mental Health Division and implemented by RSS organization program staff aided by an extensive cadre of volunteers. Since May 2014, 3,220 volunteers at the RSS organizations contributed over 33,000 hours of volunteer services in a wide variety of roles, including board membership, volunteer coaching, recovery group facilitation, educational instruction, event planning and coordination, administrative/clerical, front desk/reception, resource volunteers, community meeting facilitation, administration, health and wellness instructor, peer leaders, greeters, house monitor, food service, clothes closet, transportation, child care, computer services, mechanical repair and cleaning crew/housekeeping. The estimated financial value of these volunteer services is \$511,185.

## IV. Analysis

### RSS FY 17 Final Evaluation

In this portion of the report, RSS FY 17 final evaluation results are reported in five different sections. The first section reports on the types of recovery support services provided; peer volunteer recruitment and service provision; and ROSC activities conducted by the RSS organizations. The second section describes characteristics of the recovery coaches who are providing services in the RSS organizations. The third section details characteristics of participants at enrollment into long-term recovery coaching. The fourth section compares enrollment characteristics of long-term recovery coaching enrollees for participants who completed a 3-month check-up interview to those who did not complete the interview to assess for potential characteristics of early dropouts. The fifth section reports on long-term recovery coaching participant outcomes in a variety of areas health, wellness, and life functioning. The final two sections describe characteristics of the recovery coaching participants in year 2 post enrollment, summarizing Recovery Engagement Status reports completed by the recovery coaches at 15, 18, and 21 months post enrollment and Participant View of Recovery reports completed by a subset of participants at 24 months post enrollment.

### Recovery Support Services

RSS providers are required to report detailed information regarding recovery support services provided on a monthly basis into the RED-ROC database system. The types of data reported include the types of services provided;



number of individuals receiving the services (unduplicated and duplicated); total hours of services provided; referrals to community service providers; peer volunteer recruitment, training, and service provision; and the number of Recovery Oriented Systems of Care (ROSC) activities conducted during the reporting month. The following describes the services reported by RSS organizations during the time span of May 2014 through August 2017, and are reported by organization type (Community Based Organization, Recovery Community Organization, and Treatment Organization) and total numbers statewide.

#### Recovery Support Services (RSS) Provision

The total number of participants receiving Direct, Indirect, and Educational RSS are reported in Table 1. Direct RSS includes Face-to-Face Recovery Coaching, Telephone Recovery Coaching, Traveling Companion Recovery Coaching, Internet Recovery Coaching, and Recovery Support Groups. Direct RSS was the most frequently provided type of RSS by the organizations. The total unduplicated count of individuals (new individuals receiving services for the first time) who received Direct RSS statewide was 33,890. The duplicated count (new and ongoing individuals) for Direct RSS statewide was 83,139. The second most frequently provided RSS was Educational Services. Educational Service topics include Recovery, Life Skills, Alcohol/Drug, Volunteer Services, Employment, Computer Skills, and GED Preparation. The unduplicated count of individuals receiving Educational Services statewide was 22,161 and the duplicated count was 46,507. Indirect RSS was the least frequently provided RSS type. Indirect RSS include Alcohol and Drug Free Social Activities; Transportation; Career/Clothing Closet; Health and Wellness Supports; Housing; Mental Health/Co-Occurring Peer Services; Food Pantry; Financial Assistance/Family Needs; Community Service Projects; Child Care; Veteran's Services; and Community-Wide Events. The total unduplicated count of individuals receiving Indirect RSS statewide was 13,822 and the duplicated count was 26,711.

<p>Table 1</p> <p>Total Number of Participants</p> <p>Receiving Direct, Indirect, and Educational Recovery Support Services</p> <p>(RED-ROC Data May 2014 – August 2017)</p>				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Participants Served - Unduplicated				
Direct Recovery Support Services	7147	1512	25231	33890
Educational Services	5766	440	15955	22161
Indirect Recovery Support Services	2415	779	10628	13822
Participants Served - Duplicated				
Direct Recovery Support Services	18777	3667	60695	83139
Educational Services	14331	868	31308	46507
Indirect Recovery Support Services	5759	1757	19195	26711

Table 1 Total Number of Participants Receiving Direct, Indirect, and Educational Services

The total number of participants (duplicated) receiving Direct Recovery RSS by type of service is reported in Table 2. The most frequently provided type of Direct Recovery RSS statewide was Recovery Support Groups received by 19,038 participants, whereas the least frequently provided service type was Internet Recovery Coaching provided to 1,616 participants.

<p>Table 2</p> <p>Total Number of Participants*</p> <p>Receiving Direct Recovery Support Services by Type of Service</p> <p>(RED-ROC Data May 2014 – August 2017)</p>				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Recovery Support Groups	2615	1366	15057	19038
Face-to-Face Recovery Coaching	3852	507	11625	15984
Telephone Recovery Coaching	1577	161	5026	6764
Traveling Companion Recovery Coaching	228	29	2102	2359
Internet Recovery Coaching	209	0	1407	1616

Table 2 Total Number of Participants Receiving Direct Recovery Support Services

\*Participants may be counted in more than one service category.

Table 3 presents the total number of Direct RSS service hours provided by the RSS organizations. In relation to the types of Direct RSS, the greatest number of service hours provided was through Face-to-Face Recovery Coaching at 72,579 hours and the lowest was through Internet Coaching at 3,670 hours. The total number of Direct RSS service hours provided statewide through all categories of service was 129,351 hours.

Table 3 Total Number of Hours of Direct Recovery Support Services by Type of Service (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Face-to-Face Recovery Coaching	18719	4104	49756	72579
Telephone Recovery Coaching	6864	442	17065	24372
Recovery Support Groups	7465	1553	8785	17804
Traveling Companion Recovery Coaching	1794	100	9033	10926
Internet Recovery Coaching	869	0	2801	3670
Total Direct Recovery Support Hours	35710	6200	87441	129351

*Table 3 Total Number of Hours of Direct Recovery Support Services*

The total number of participants (duplicated) receiving Indirect RSS by type of service is reported in Table 4. Excluding Community-Wide events, the most frequently provided Indirect RSS provided was Alcohol and Drug Free Social Activities attended by 4,638 participants, whereas the least frequently provided service type was Veteran's Services provided to 158 participants. The total number of Indirect RSS service hours provided statewide by the RSS organizations was 21,606 (Table 4a).

Table 4 Total Number of Participants* Receiving Indirect Recovery Support Services by Type of Service (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Community-Wide Events	3792	1989	19598	25379
Alcohol and Drug Free Social Activities	943	156	3539	4638
Transportation	479	252	2489	3220
Health and Wellness Supports	800	250	1707	2757
Career/Clothing Closet	187	415	1741	2343
Housing	272	78	1456	1806
Other	239	56	973	1268
Community Service Projects	80	1	612	693
Financial Assistance/Family Needs	145	43	439	627
Food Pantry	76	16	499	591
Mental Health/Co-Occurring Peer Services	150	43	336	529
Child Care	85	1	294	380
Veteran's Services	6	3	149	158

Table 4 Total Number of Participants Receiving Indirect Recovery Support Services

\*Participants may be counted in more than one service category.

Table 4a. Total Indirect Service Hours Provided			
<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
6293 hrs.	1018 hrs.	14295 hrs.	21606 hrs.

Table 5 presents the total number of participants (duplicated) receiving Educational Services by type of service. The most frequently provided Educational Service type was for the topic of Recovery to 10,062 participants and the least frequent was for GED Preparation to 230 participants. The total number of Educational Service hours provided statewide by the RSS organizations was 11,561 (Table 5a).

Table 5 Total Number of Participants* Receiving Educational Services by Type of Service (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Recovery	1771	152	8139	10062
Life Skills	3228	87	3909	7224
Alcohol/Drug	849	28	5460	6337
Other	349	17	2240	2606
Employment	356	8	991	1355
Volunteer Services	177	181	398	756
Computer Skills	102	8	319	429
GED Preparation	25	0	205	230

Table 5 Total Number of Participants Receiving Educational Services

\*Participants may be counted in more than one service category.

Table 5a. Total Education Service Hours Provided			
<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
3407 hrs.	558 hrs.	7596 hrs.	11561 hrs.

### Referrals to Community Services

One aspect of the development of a local ROSC is for the RSS organization to establish connections with a wide network of community service providers who also provide recovery support and/or treatment services. Creating this network increases the resources available to refer participants to a wide array of services based on individual need to support their recovery path. Table 6 reports the

total number of Referrals to Community Services by type of referral. The three most frequent types of Community Service referrals were to Housing Services (6,443), Substance Use Disorder Treatment (6,005), and Employment Services (4,117). The three least frequent referral types were Veteran's Services (350), Child Care (335), and Optical Services (319). As can be seen in Table 6, the RSS organizations have successfully developed referral networks providing a wide array of service types to assist participants' process of recovery.

Table 6 Total Number of Referrals to Community Services (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Housing Services	1525	429	4489	6443
Substance Use Disorder Treatment	805	156	5044	6005
Employment Services	834	423	2860	4117
Other	2510	41	1241	3792
Transportation	540	176	3042	3758
Texas Workforce Commission	613	217	1463	2293
Educational Services	385	159	1527	2071
Medical Treatment	474	106	1269	1849
Food Pantry	222	156	1255	1633
Mental Health Treatment	391	154	1010	1555
Driver's License/Identification Services	370	116	918	1404
Financial Assistance/Family Needs	320	59	735	1114
Co-Occurring Disorders Treatment	198	83	684	965
Mental Health/Co-Occurring Peer Services	242	231	283	756
Dental Services	156	12	219	387
Veteran's Services	46	13	291	350
Child Care	127	0	208	335
Optical Services	116	13	190	319

Table 6 Total Number of Referrals to Community Services

### Peer Volunteer Recruitment and Services

Another aspect of ROSC development is to recruit Peer Volunteers to provide services in the RSS organization. Peer Volunteer work is beneficial to the volunteer as it provides a means to contribute to and maintain involvement in the recovery community. Further, Peer Volunteer services are beneficial to participants who are new to recovery, as the volunteer can be a source of support through their shared experiences in recovery. Table 7 presents the total number of Peer Volunteers recruited, trained, and provided services in the RSS organizations. Statewide, a total of 1,947 new Peer Volunteers were enlisted, 471 trained, and 3,220 provided Peer Volunteer Services.

Table 7 Total Number of Peer Volunteers Recruited and Trained (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Peer Volunteers Enlisted	423	500	1024	1947
Received Volunteer Training	94	44	333	471
Provided Peer Volunteer Services	418	999	1803	3220

*Table 7 Total Number of Peer Volunteers Recruited and Trained*

Table 8 reports the types of services provided by Peer Volunteers in the RSS organizations and the estimated value of these services. As can be seen in Table 8, Peer Volunteers provide a wide array of services in the RSS organizations, including Direct and Indirect RSS, Educational Services, Administrative Functions, and general services to support operation of the RSS organizations. Peer Volunteers provided 33,637 hours of service and the estimated value of these volunteer services statewide was \$511,185.

Table 8 Types of Volunteer Services Provided (Listed By Statewide Frequency) and Estimated Value of Services (RED-ROC Data May 2014 – August 2017)			
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>
Recovery Group Facilitation	X	X	X
Peer Leaders	X	X	X
Event Planning and Coordination	X	X	X
Face-to-Face Recovery Coaching	X	X	X
Telephone Recovery Coaching	X	X	X
Administrative / Clerical	X	X	X
Educational Instruction	X	X	X
Resource Volunteers	X	X	X
Cleaning Crew / Housekeeping	X	X	X
Community Meeting Facilitation	X	X	X
Other Volunteer Services	X	X	X
Travelling Companion Recovery Coaching	X	X	X
Board Membership	X	X	X
Greeters	X	X	X
Internet Recovery Coaching	X		X
Food Service	X	X	X
Administration	X	X	X
Health and Wellness Instructor	X	X	X
Front Desk / Reception	X	X	X
House Monitor	X	X	X

Table 8 Types of Volunteer Services Provided and Estimated Value of Services

Table 8a. Total Volunteer Service Hours Provided			
<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
10270 hrs.	9278 hrs.	14089 hrs.	33637 hrs.
Table 8b. Estimated Value of Volunteer Hours			
<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
\$195,572	\$144,793	\$170,820	\$511,185



## ROSC Activities

System transformation in building and maintaining a ROSC involves training, active peer leadership involvement and, as previously stated, building a strong network with other community service providers. Table 9 presents the total number of ROSC Activities conducted by the RSS organizations. Statewide, the RSS organization held 1,504 Orientation/In-service Trainings for Recovery, 546 Recovery Trainings for Clinical Staff (Treatment Organizations only), held 877 Peer Leadership/Advisory Council meetings, and established 543 New Memoranda of Understanding. These data demonstrate that the RSS organizations conducted a large number of activities to support ROSC system transformation.

Table 9 Total Number of Recovery Oriented Systems of Care (ROSC) Activities Conducted (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Orientation/In-service Trainings for Recovery Coaches	577	94	833	1504
Peer Leadership/Advisory Council Meetings	181	121	575	877
New Memoranda of Understanding	191	27	325	543
Recovery Training for Clinical Staff*	5	*	541	546

*Table 9 Total Number of ROSC Activities Conducted*

\*Data reporting item required for Treatment Organizations only

## RSS Recovery Coaches

RSS providers are required to report descriptive information into the RED-ROC database regarding the Recovery Coaches who are providing services in their program when the individual is hired for paid services and/or recruited to provide volunteer services in their organization. The types of descriptive data reported include demographic characteristics; personal recovery experience (optional reporting item); recovery coach training, designations, certifications, and other licensures; and types of recovery coaching services provided. The following describes these RSS Recovery Coach characteristics reported by RSS organizations during the time span of May 2014 through August 2017, and are reported by organization type (Community Based Organization, Recovery

Community Organization, and Treatment Organization) and total numbers statewide.

### RSS Recovery Coaches – Demographic Characteristics

Figures 1, 2 and 3 present the age ranges, gender, and race/ethnicity of RSS Recovery Coaches at entry into providing services in the RSS organizations. The majority of RSS Recovery Coaches statewide were between the ages of 26 – 65 years old (97%) with the most frequent age range being 46 – 55 (40%); 57% were female; 58% were White and 38% were Black; and 22% were of Hispanic ethnicity.

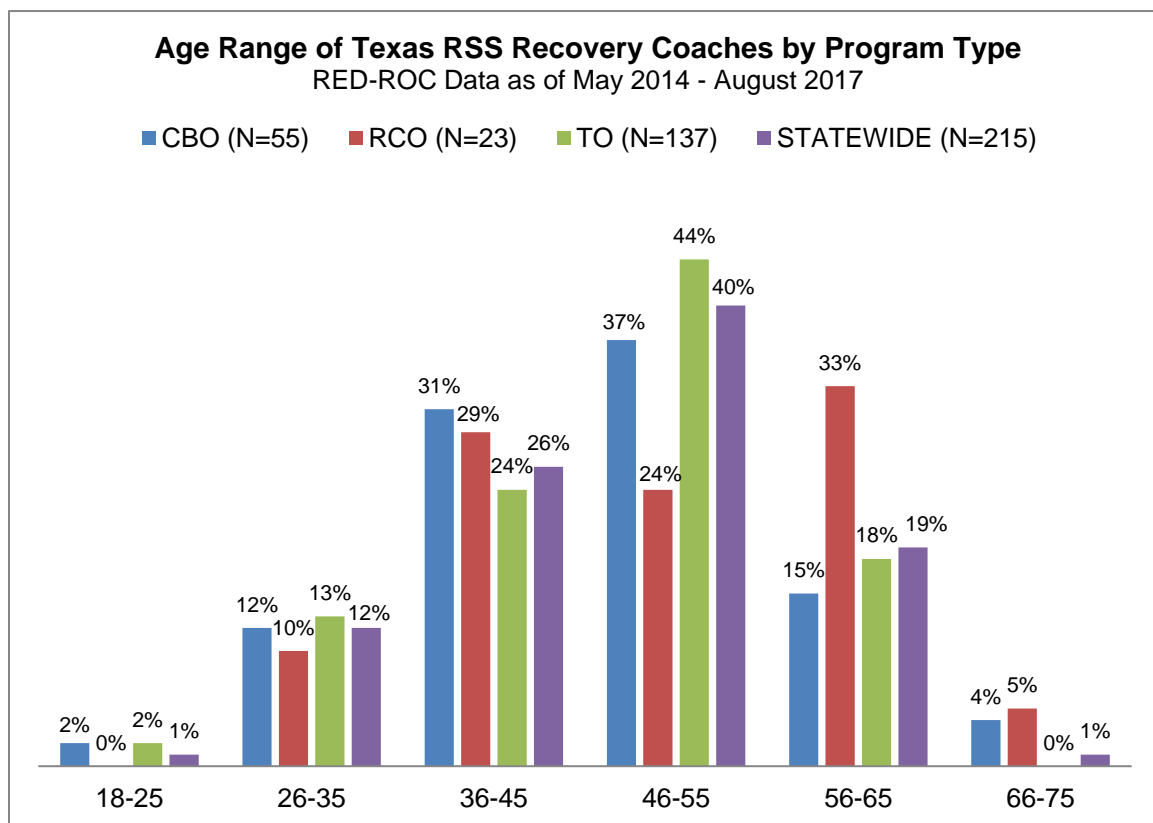


Figure 1 Age Range of Texas RSS Coaches

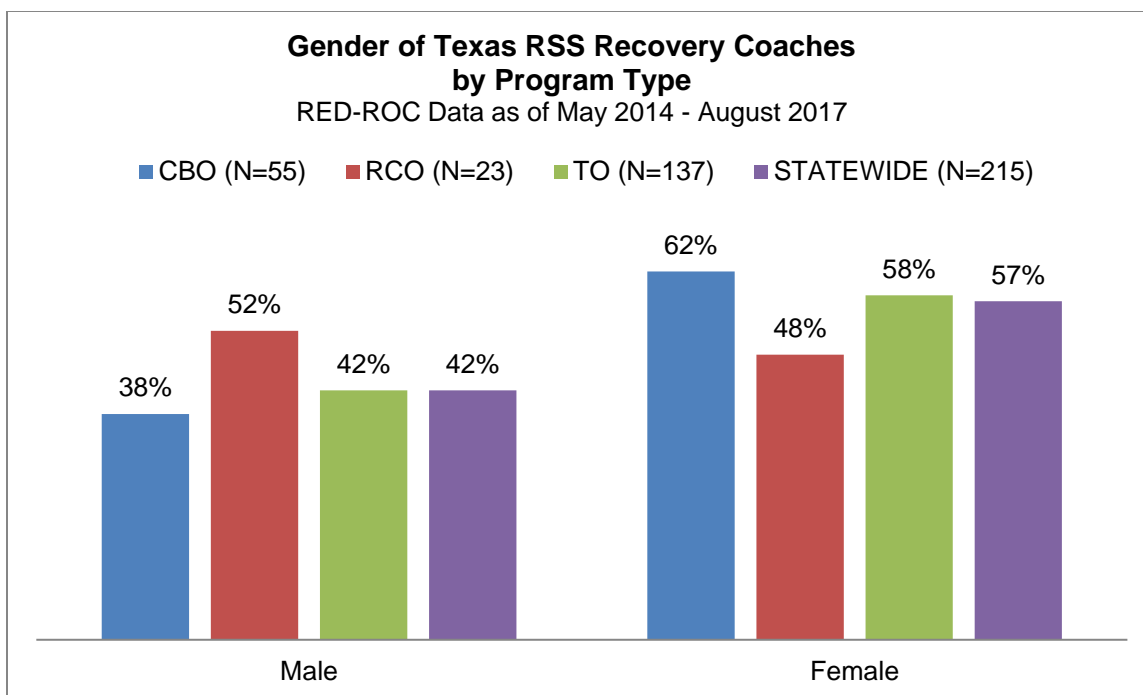


Figure 2 Gender of Texas RSS Recovery Coaches

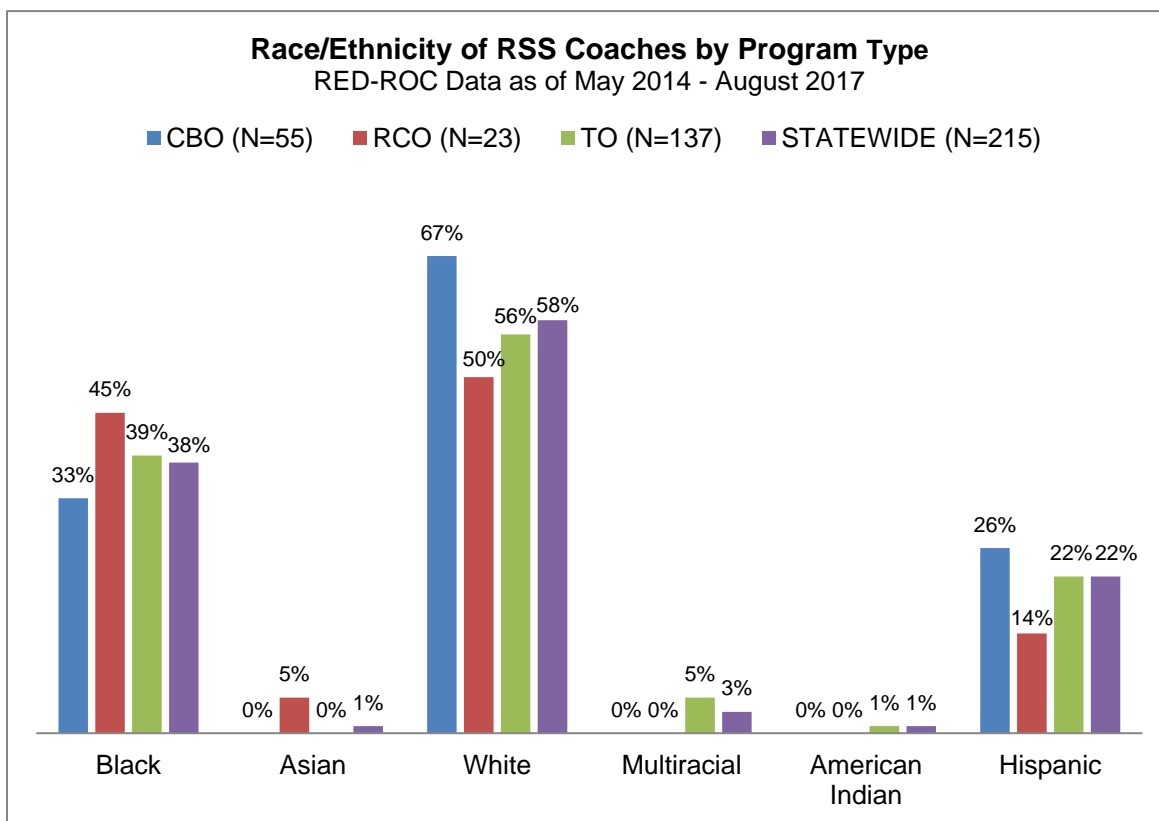


Figure 3 Race/ Ethnicity of RSS Coaches

The primary language and secondary fluent languages spoken by the RSS Recovery Coaches are reported in Table 10. The primary language spoken by the Recovery Coaches was 99% English and 18% of the Recovery Coaches spoke Spanish as their second fluent language.

Table 10 Languages of Texas RSS Coaches by Program Type (RED-ROC Data May 2014 – August 2017)				
	Primary Language		Secondary Fluent	
	<u>English</u>	<u>Spanish</u>	<u>English</u>	<u>Spanish</u>
CBO	100%			25%
RCO	100%			
TO	99%	1%	4%	18%
STATEWIDE	99%	1%	2%	18%

Table 10 Languages of Texas RSS Coaches

### RSS Recovery Coaches - Experience with Recovery

RSS Recovery Coaches' personal recovery experiences are displayed in Figure 4. Statewide, 86% of Recovery Coaches reported being in personal Substance Use Disorder recovery and 81% reported having a family member in Substance Use Disorder recovery. In Recovery Community Organizations (RCOs), 91% of the Recovery Coaches stated that they were in personal Substance Use Disorder recovery and 86% indicated that they had family members in Substance Use Disorder recovery. In the area of mental health, 25% of the Recovery Coaches statewide reported being in personal mental health recovery and 45% reported having family members in recovery for mental health issues.

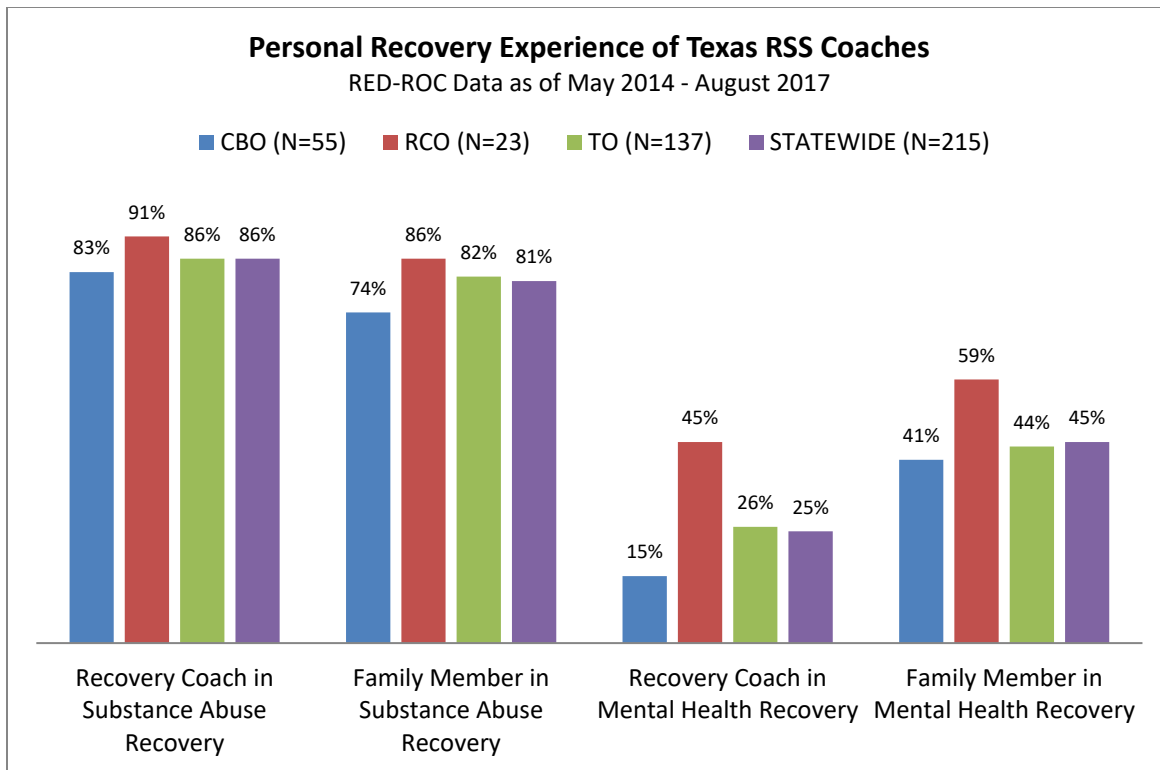


Figure 4 Personal Recovery Experience of Texas RSS Coaches

### RSS Recovery Coaches -Length of Experience, Training, and Credentialing

RSS Recovery Coaches' length of coaching experience, Recovery Coach training, and credentials held are reported in Figures 5, 6, and 7, respectively. The vast majority of Recovery Coaches are relatively new to providing recovery coaching services with 70% having 0 – 12 months recovery coaching experiences.

Statewide, 96% of the Recovery Coaches had received the HHSC Approved Recovery Coach Training and 14% had received other Recovery Coach training. In the area of TCBAP Recovery Coach Designations and Certifications, 34% of the Recovery Coaches had received designation status and 45% had received certification statewide. In addition, 21% of the RSS Recovery Coaches statewide had other credentials/licensing, such as LCDC and Peer Specialist.

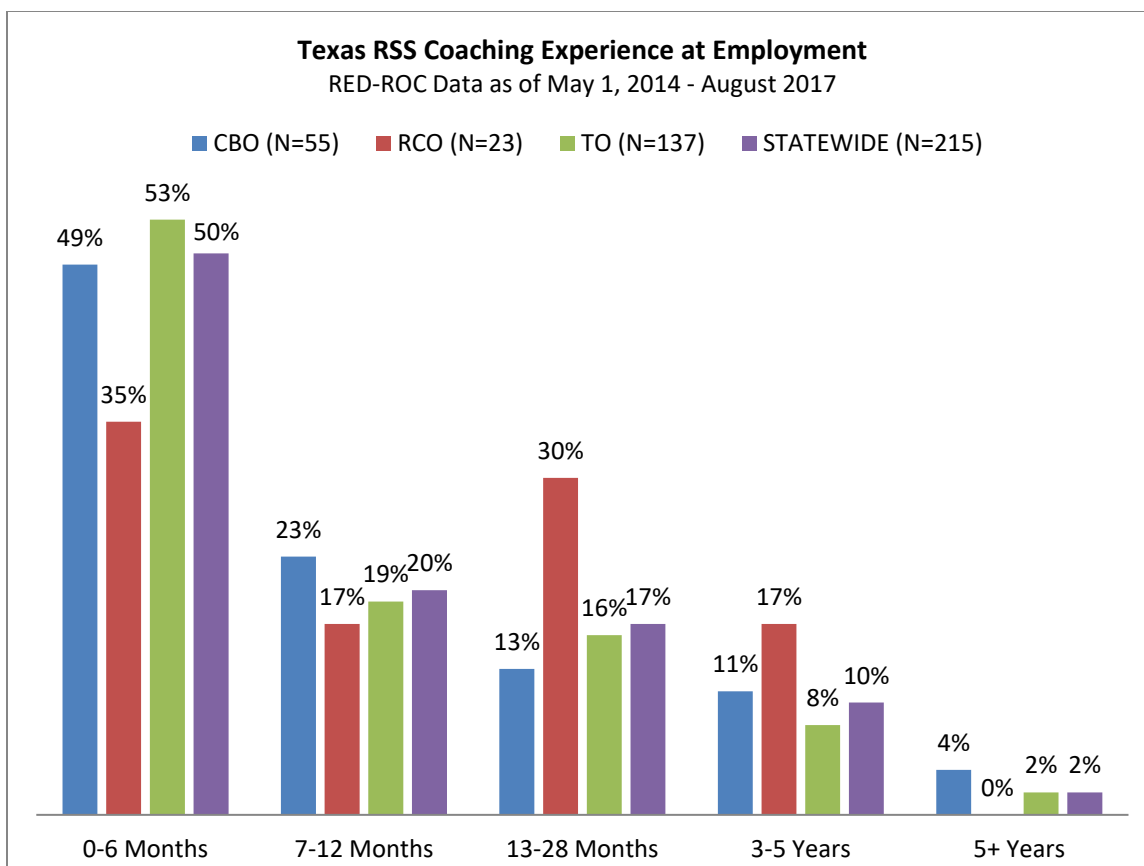


Figure 5 Texas RSS Coaching Experience at Employment

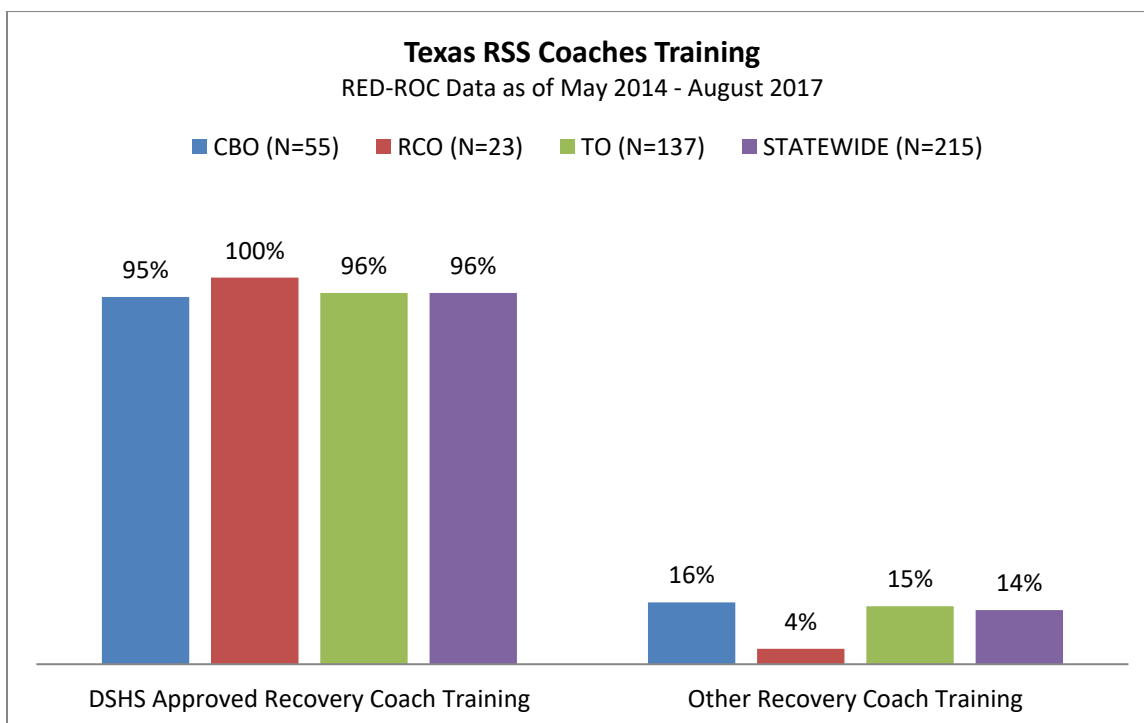


Figure 6 Texas RSS Coaches Training

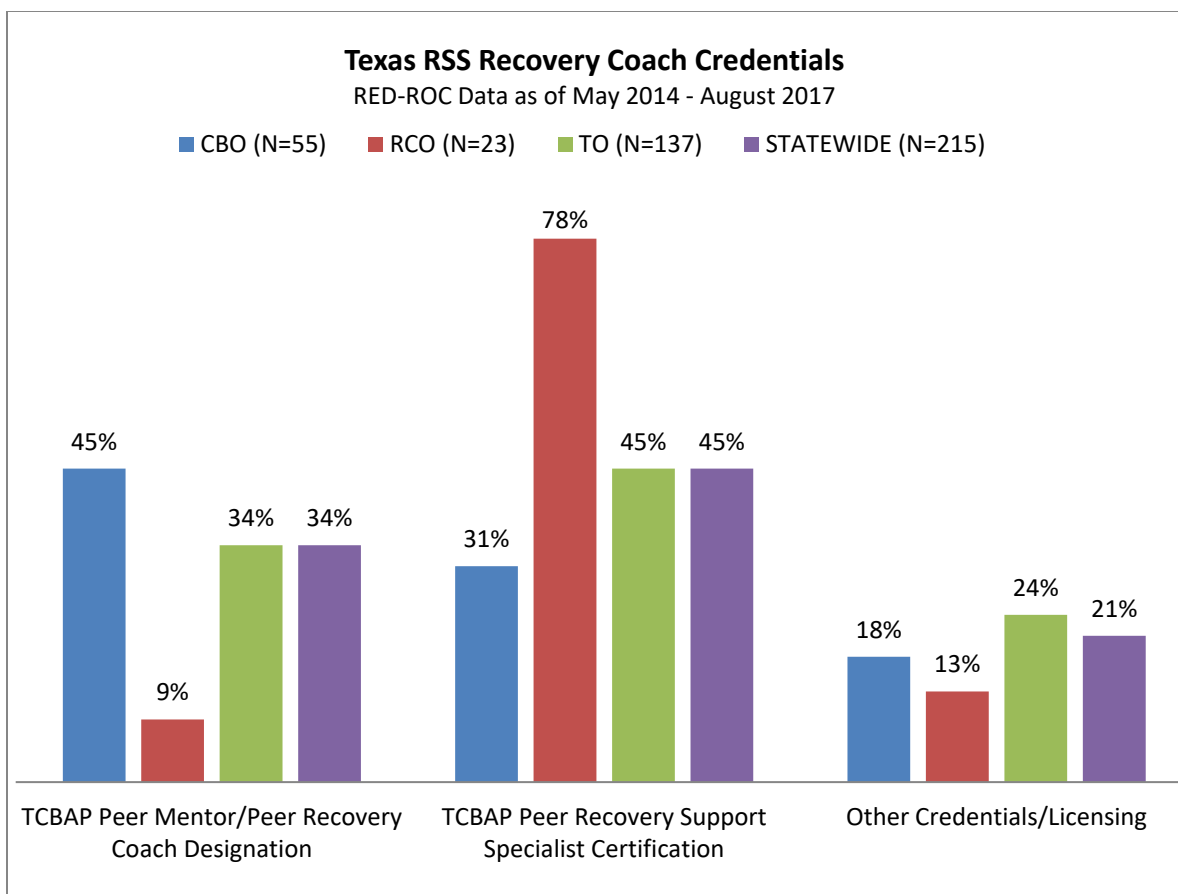


Figure 7 Texas RSS Recovery Coach Credentials

### RSS Recovery Coaches - Types of Recovery Coaching Provided

Figures 8 and 9 present the paid and/or volunteer status of the RSS Recovery Coaches and the types of recovery coaching services provided, respectively. Statewide, the majority of recovery coaching services provided by RSS Recovery Coaches were paid only (72%), followed by both paid and volunteer (20%), and then volunteer only (9%). The most frequently provided recovery coaching service types were Substance Use Disorder (97%), Family (51%), Co-Occurring Substance Use Disorder and Mental Health (50%), and Mental Health (47%). The least frequent categories of recovery coaching service types were Veteran's Services (19%) and Other (11%), such as HIV, criminal justice, and LGBT.

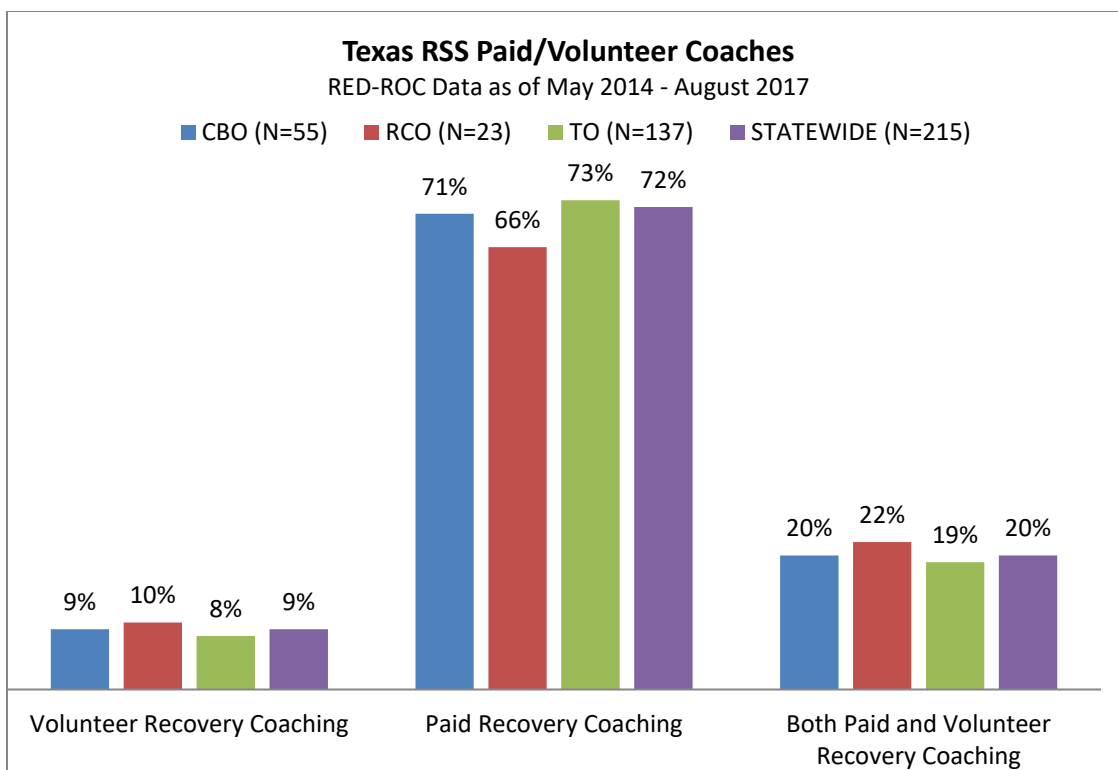


Figure 8 Texas RSS Paid/ Volunteer Coaches

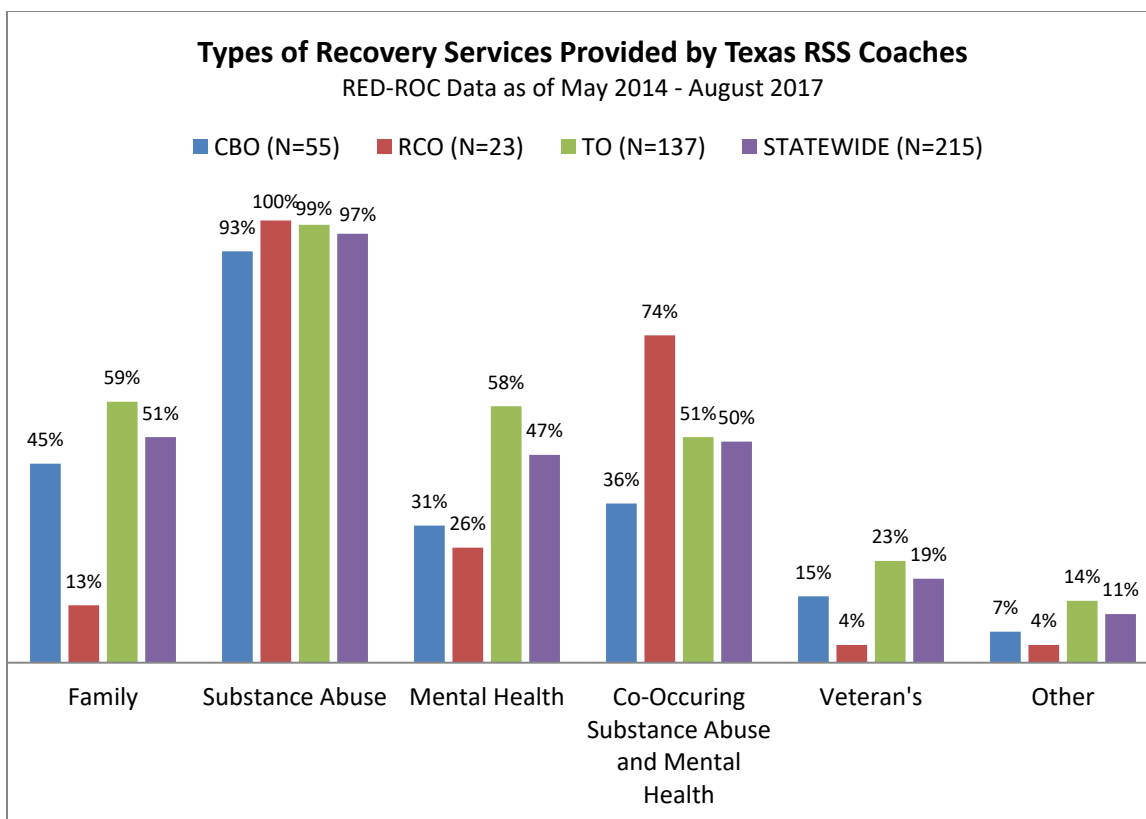


Figure 9 Types of Recovery Services Provided by Texas RSS Coaches



### RSS Recovery Coaches – Job Tenure

Table 11 displays information regarding job tenure of the RSS recovery coaches. The RSS programs have hired 212 recovery coaches statewide through August 2017 and, during that same time period, 131 coaches left their positions resulting in a 62% turnover rate. The average time that the coaches held their positions was 15.1 months. In addition, the RSS substance abuse treatment organizations had the highest turnover rate (65%) relative to the community-based (57%) and recovery community (55%) organizations. The recovery coaches in treatment organizations also had the lowest length of tenure with an average of 14.5 months in the positions.

Table 11 RSS Recovery Coach Job Turnover and Average Length of Tenure (RED-ROC Data May 2014 – August 2017)				
	<u>CBO</u>	<u>RCO</u>	<u>TO</u>	<u>STATEWIDE</u>
Number of Recovery Coaches Hired	54	22	136	212
Number of Recovery Coaches Left Position	31	12	88	131
Turnover Rate	57%	55%	65%	62%
Average Length of Tenure in Months	16.5	15.3	14.5	15.1

*Table 11 RSS Recovery Coach Job Turnover and Average Length of Tenure*

## Recovery Coaching Participants at Enrollment

For participants who agree to enroll in long-term recovery coaching services, RSS providers are required to report detailed information in the RED-ROC database regarding the enrollee's characteristics that are collected through participant interviews. The types of data reported include the participant demographics; employment status; criminal justice status; healthcare characteristics; substance use disorder treatment and recovery activities; substance use and mental health symptoms and treatment and recovery services; stage of recovery (interviewer rating); and the Assessment of Recovery Capital (ARC) scale scores. RSS providers are required to report this information on long-term recovery coaching participants at enrollment into coaching services and at 3-, 6-, 9, and 12-month check-up interviews. The data presented in this section of the report describes the characteristics of 2,610 participants at enrollment into long-term recovery coaching services during the period of May 2014 through August 2017.

### Participant Demographics

At enrollment into long-term Recovery Coaching, the vast majority (80%) were between the ages of 26 – 55 years, with the highest age range category being between the ages of 26 – 35 years at 35% (see Figure 10), and 53% were male (see Figure 11).

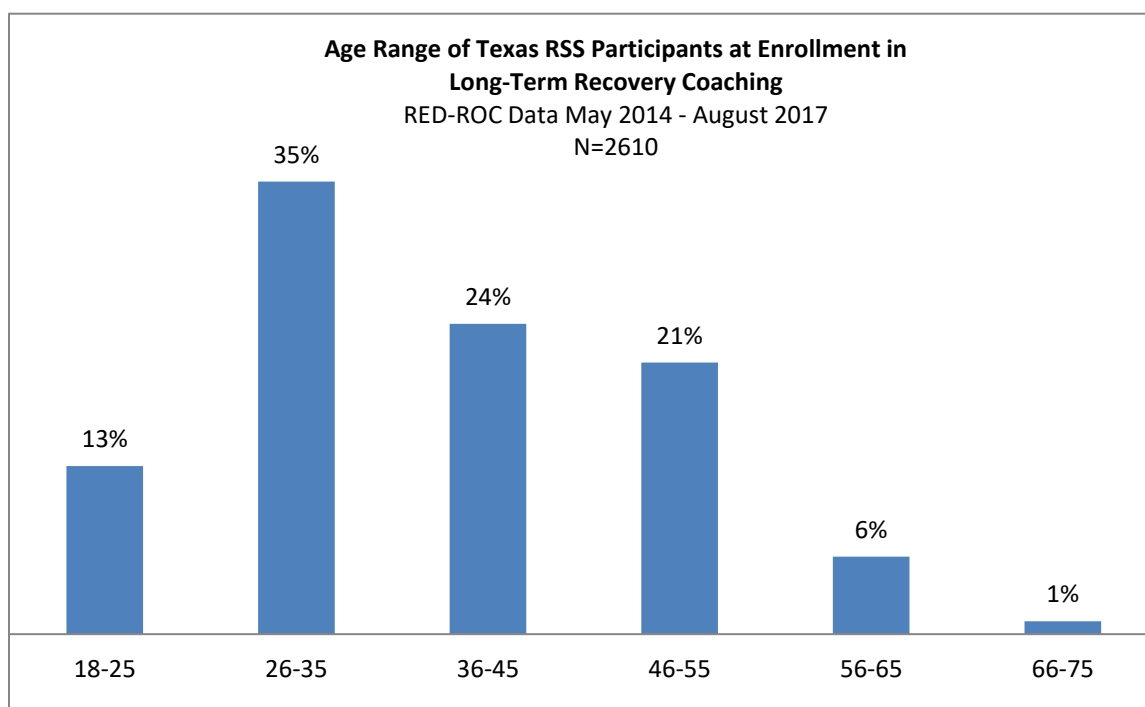


Figure 10 Age Range of Texas RSS Participants at Enrollment in Long Term Recovery Coaching

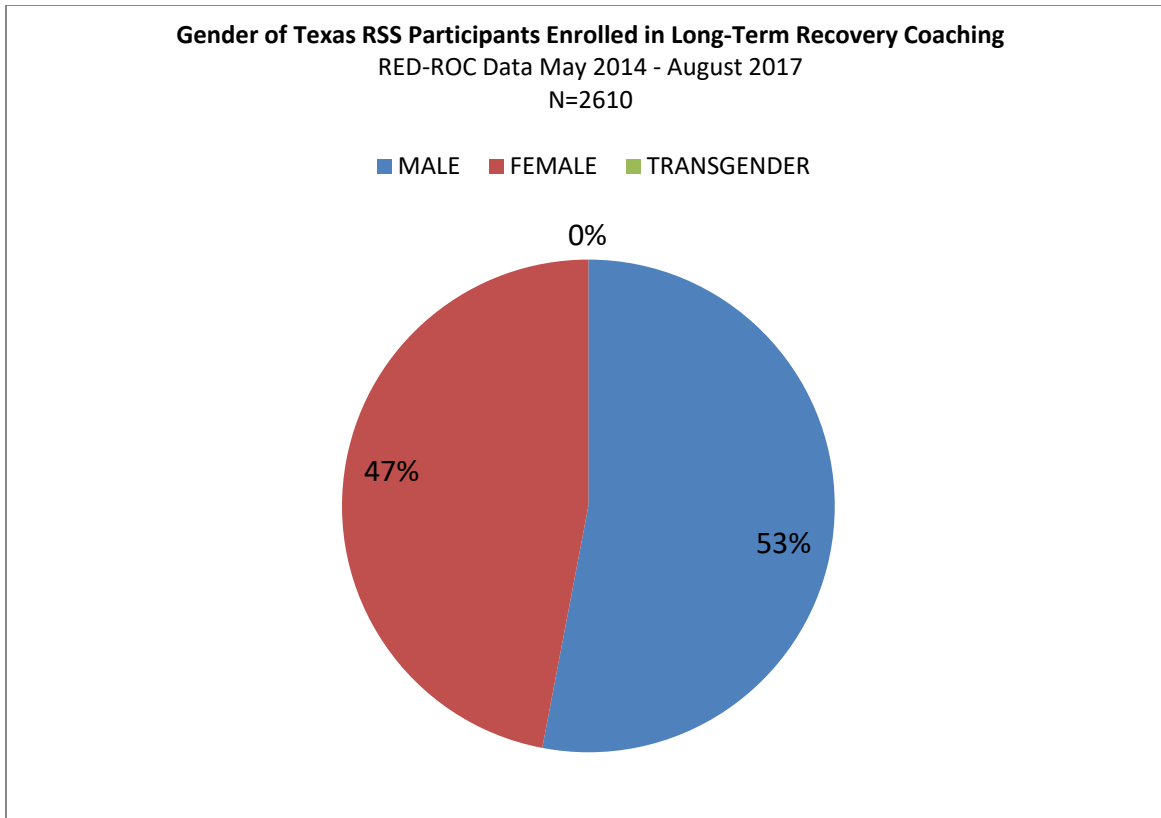


Figure 11 Gender of Texas RSS Participants Enrolled in Long Term Recovery Coaching

In the area of race/ethnicity, the greatest percentage were White (63%), followed by Black (25%), Other Race (10%), and Multiracial (2%), and 30% were of Hispanic ethnicity (see Figure 12). The primary language spoken by participants was predominately English at 98% (see Figure 13). Most of the participants possessed some form of valid personal identification (85%) (see Figure 14).

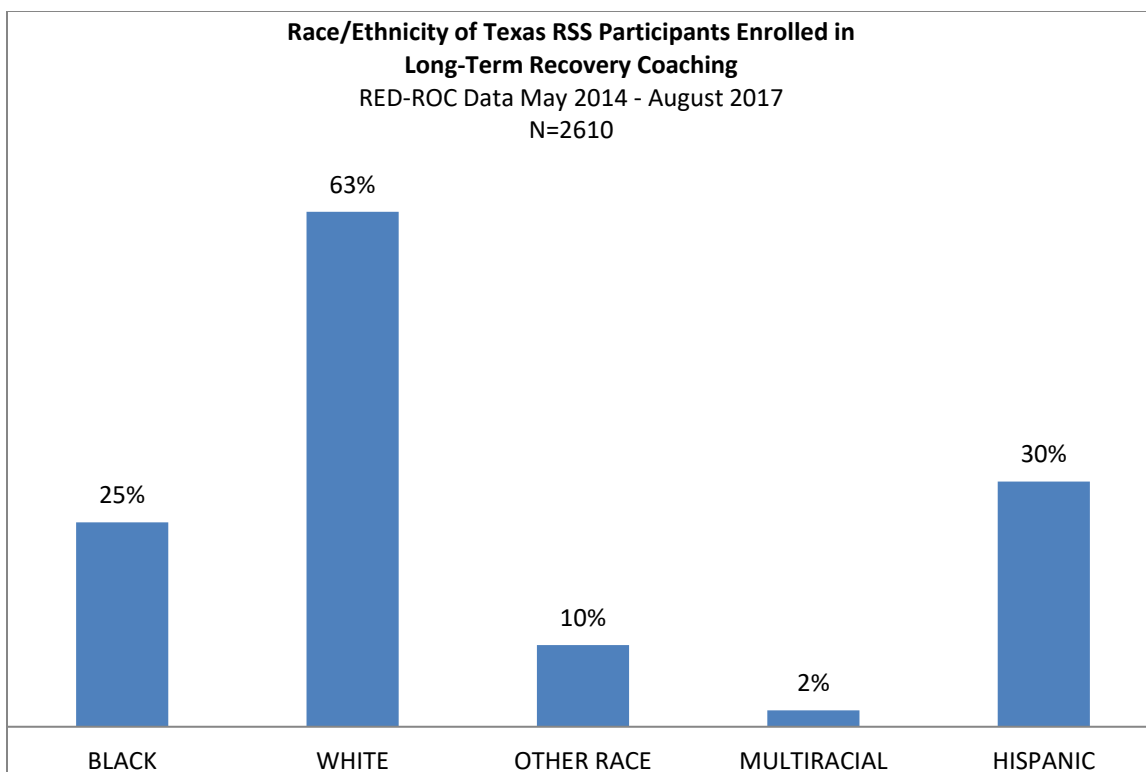


Figure 12 Race Ethnicity of Texas RSS Participants Enrolled in Long Term Recovery Coaching

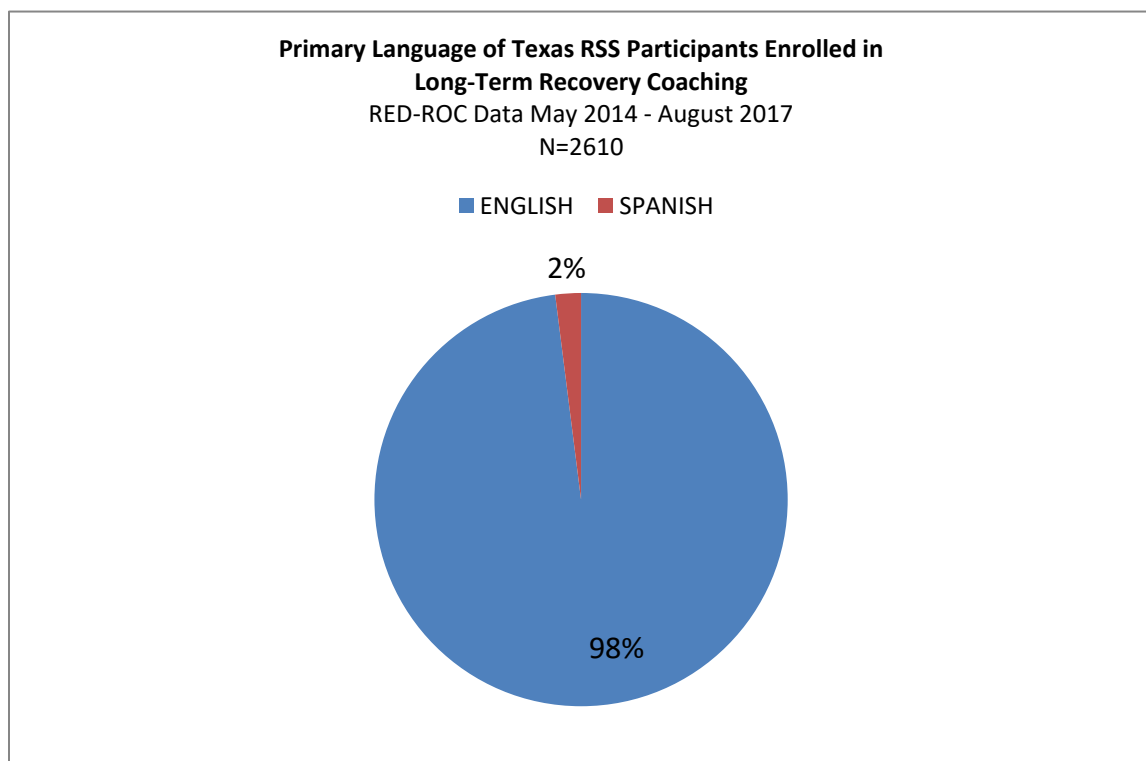
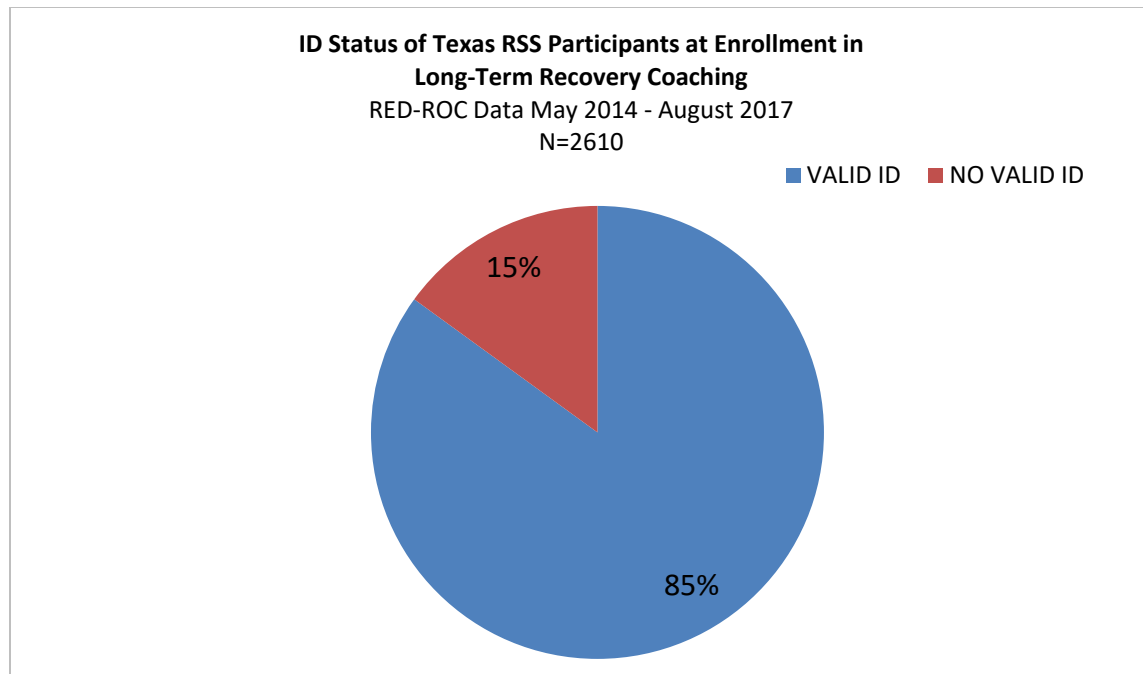


Figure 13 Primary Language of Texas RSS Participants Enrolled in Long Term Recovery Coaching



*Figure 14 IS Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching*

In the area of educational attainment, 21% of the participants had less than a high school diploma, 40% completed high school or obtained a GED, 26% had attended some college with no degree, 9% had earned an Associate's or Bachelor's Degree, and 4% had received Vocational training (see Figure 15).

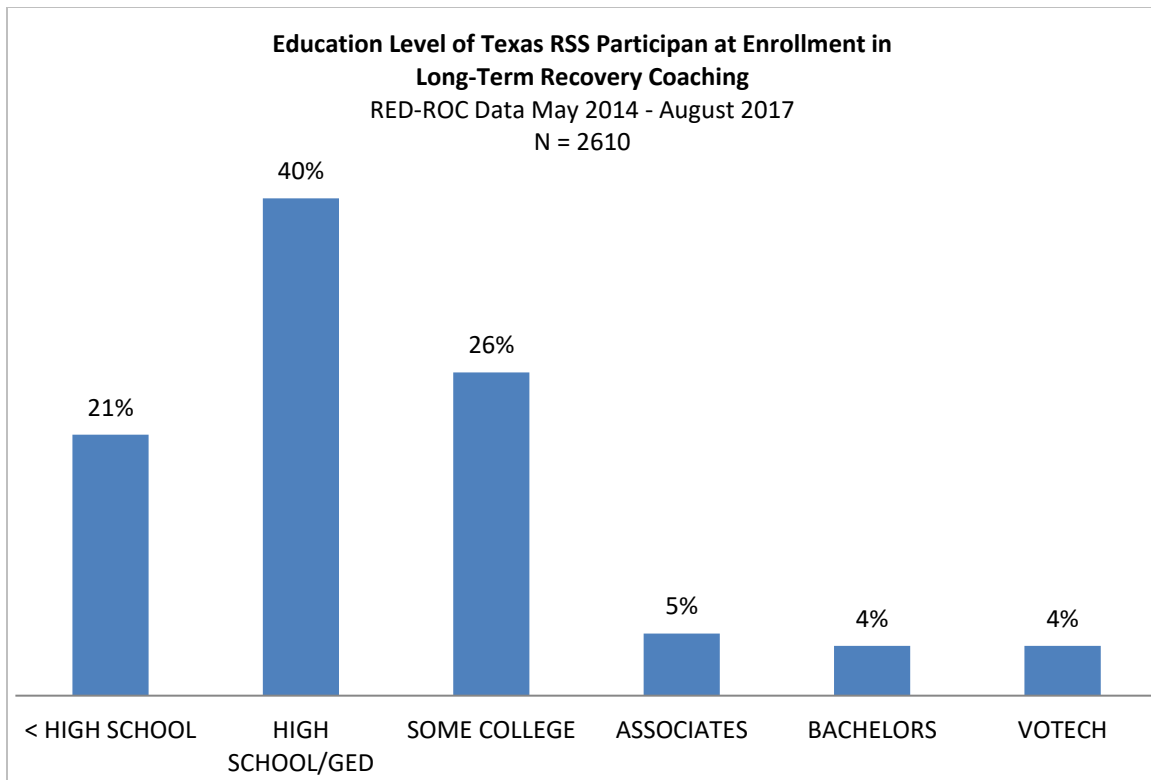


Figure 15 Education Level of Texas RSS Participants at enrollment in Long Term Recovery Coaching

Participants reported current living situation indicated that 69% were housed, 18% were in an institutional setting, 9% were in a shelter, and 3% were living on the street (see Figure 16). Of those individuals who reported being housed, 29% were living in a home that they personally owned or rented, 28% in someone else's home, 20% in a sober living center, 16% were in residential treatment, 1% in a half-way house, and 5% in other type of housing (see Figure 17).

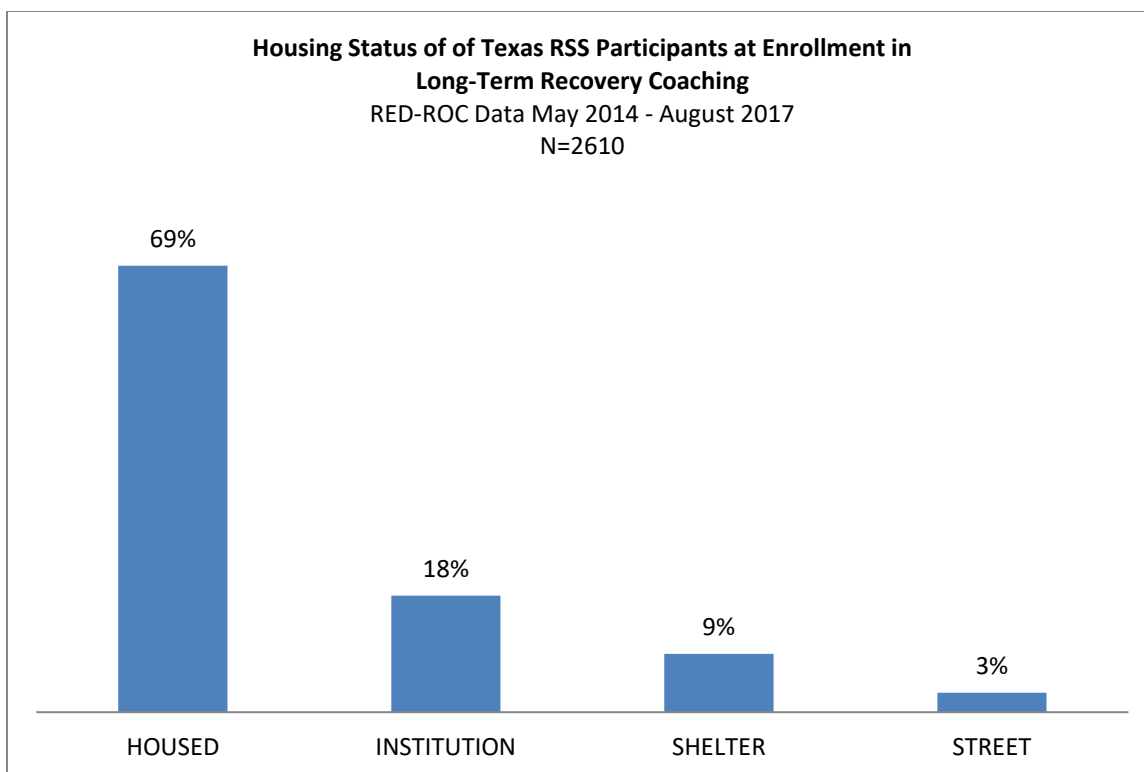


Figure 16 Housing Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching

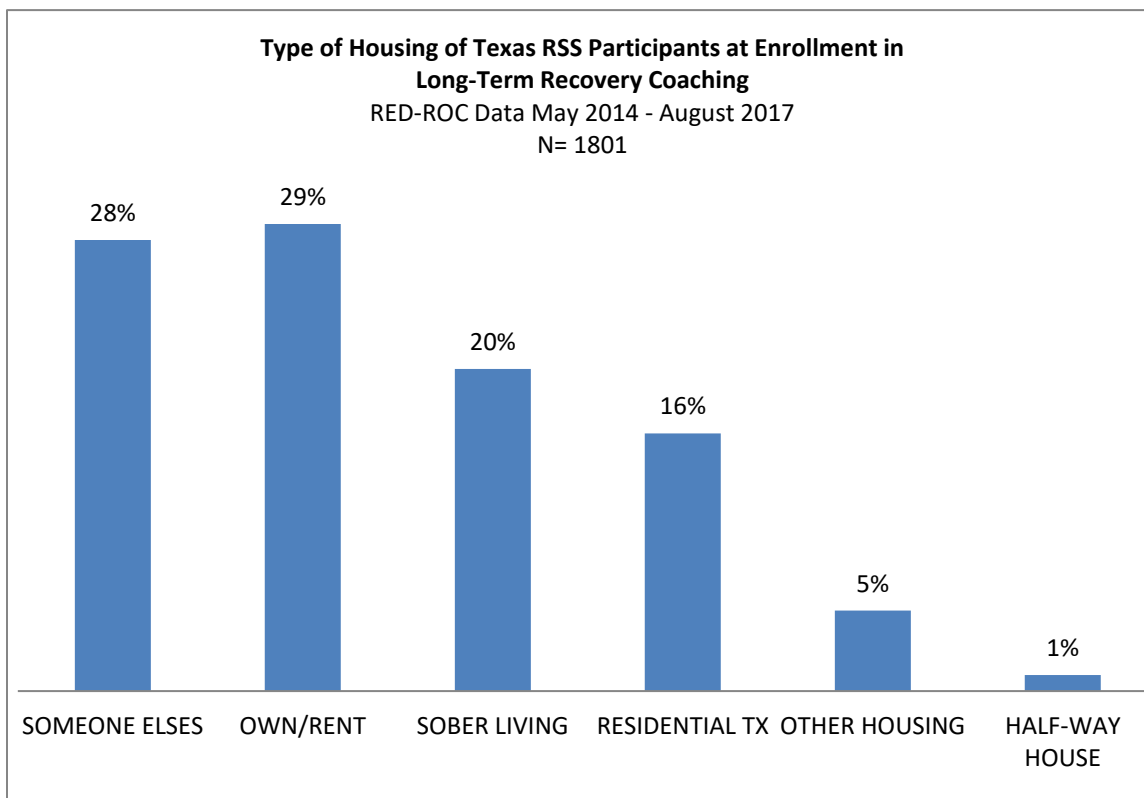


Figure 17 Type of Housing Texas RSS Participants at Enrollment in Long Term Recovery Coaching

## Employment

At enrollment into long-term Recovery Coaching, participants reported very low employment rates, with only 25% reporting being employed full or part-time. Of those reporting being unemployed, 44% were seeking employment, 14% were not looking for employment, 12% were disabled, and 1% were engaged in volunteer work (see Figure 18). In the area of income sources during the past month prior to enrollment, 28% reported receiving wages with an average monthly wage of \$289; 18% received some form of public assistance with an average assistance level of \$259; and 14% received disability with an average disability stipend of \$766 (see Table 12).

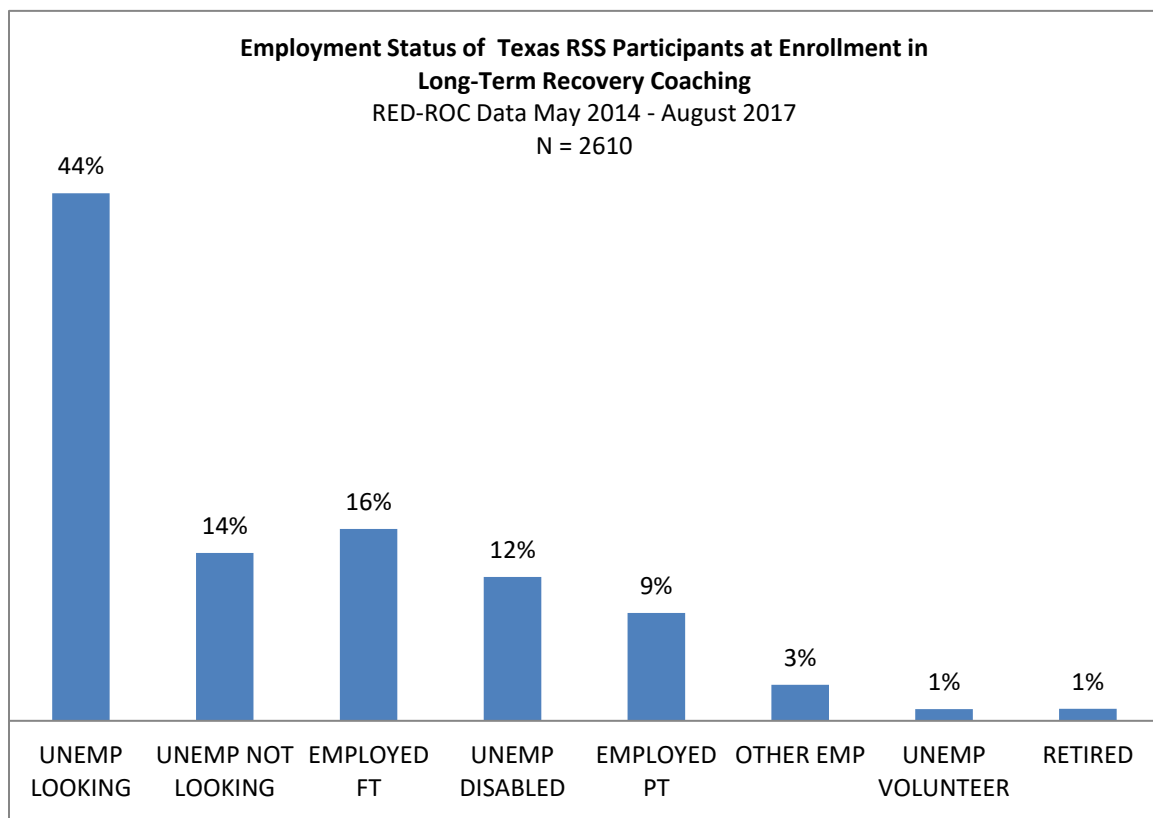


Figure 18 Employment Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching



Table 12 Income Sources of Texas RSS Participants At Enrollment in Long-Term Recovery Coaching REC-ROC Data May 2014 – August 2017 (N= 2610)					
WAGES		PUBLIC ASSISTANCE		DISABILITY	
<u>% Earning Wages</u>	<u>Avg Wage</u>	<u>% Receiving Public Assistance</u>	<u>Avg PA</u>	<u>% Receiving Disability</u>	<u>Avg Disability</u>
28%	\$289	18%	\$259	14%	\$766

Table 12 Income Source of Texas RSS Participants

### Criminal Justice

Participants' frequency of arrests and jail/prison time served during the past year prior to enrollment into long-term Recovery Coaching are reported in Table 13. A high percentage (40%) of participants reported being arrested during the past year, with an average of 1.9 arrests. Of those participants who reported being arrested, 29% indicated that the arrest was drug related, with an average of 3.1 substance related arrests. A high percentage (39%) also reported serving jail or prison time during the past year, with an average of 60.5 jail/prison nights. Analyses of other criminal justice characteristics indicated that 46% of the participants had a history of previous felony, 34% were under some form of legal supervision and 14% had legal charges pending (see Figure 19). Of those participants reporting they were under legal supervision, 65% were on probation, 18% were on parole, and 18% were on other types of legal supervision (see Figure 20).

Table 13 Criminal Justice Characteristics of Texas RSS Participants At Enrollment in Long-Term Recovery Coaching REC-ROC Data May 2014 – August 2017 (N= 2610)					
ARRESTS PAST YEAR		DRUG ARRESTS PAST YEAR		JAIL/PRISON PAST YEAR	
<u>% Arrested</u>	<u>Avg # of Arrests</u>	<u>% Arrested</u>	<u>Avg # of Arrests</u>	<u>% In Jail or Prison</u>	<u>Avg # of Nights</u>
40%	1.9	29%	3.1	39%	60.5

Table 13 Criminal Justice Characteristic of Texas RSS Participants

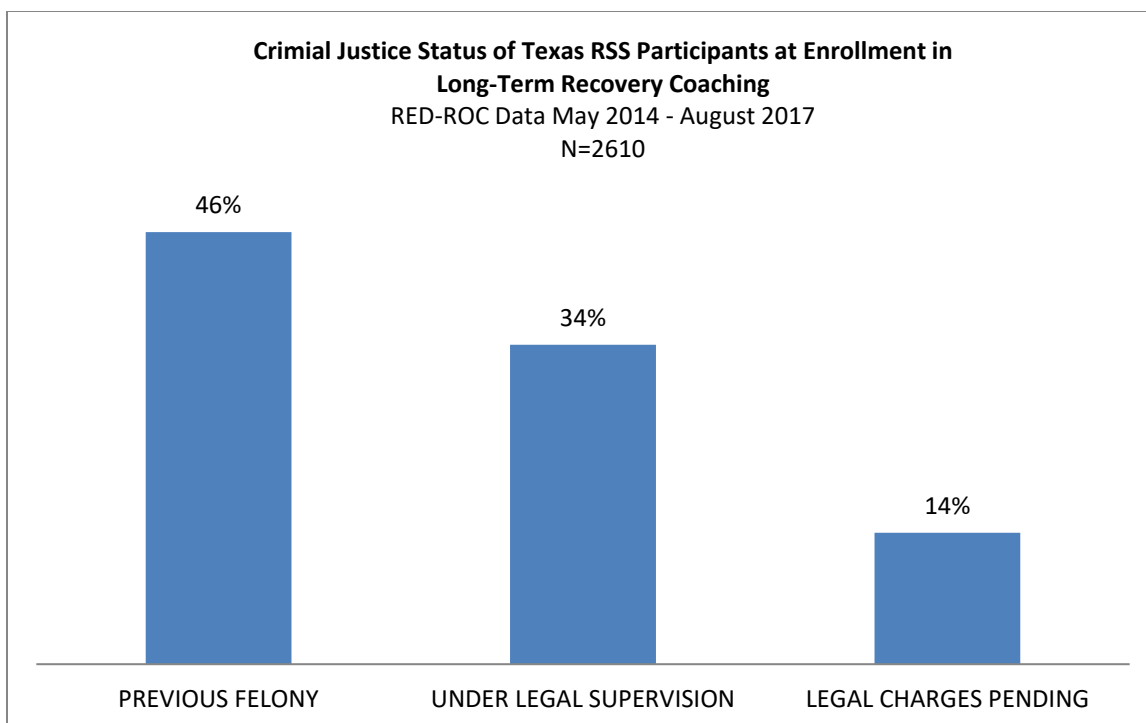


Figure 19 Criminal Justice Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching

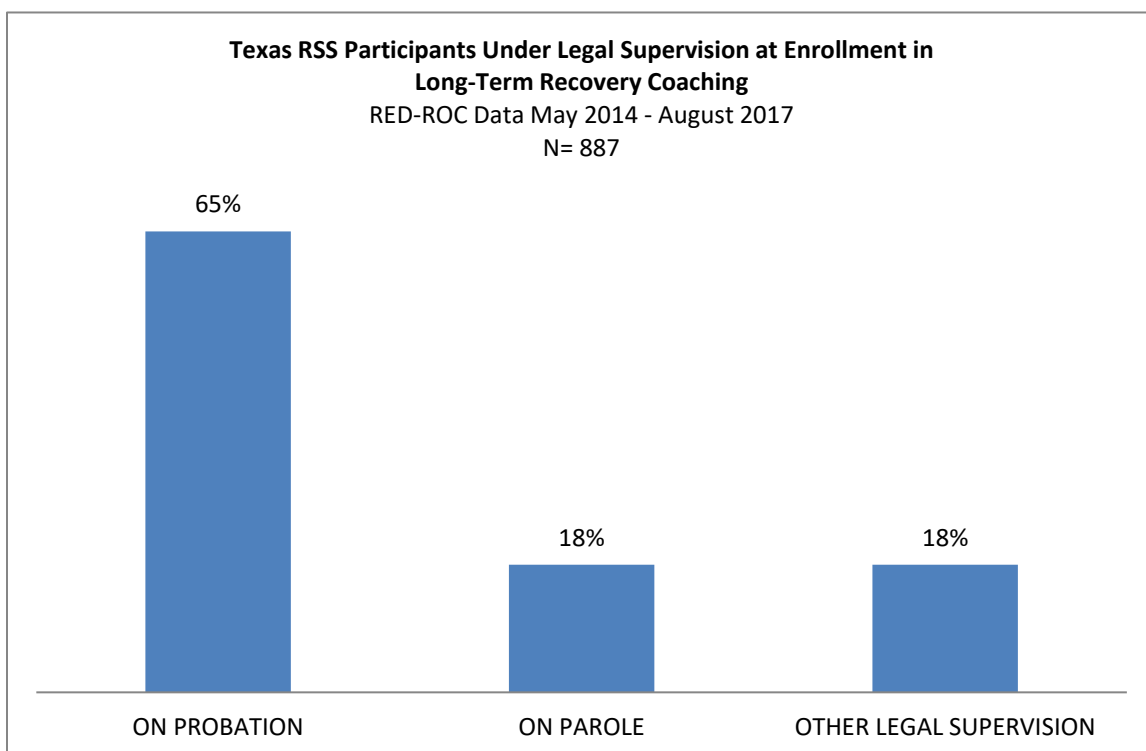


Figure 20 Texas RSS Participants under Legal Supervision at Enrollment in Long Term Recovery Coaching

## Healthcare

Medical insurance coverage of participants at enrollment into long-term Recovery Coaching is reported in Figure 21. The majority (61%) of participants reported having no medical insurance, 14% were on Medicaid, 5% on Medicare, 6% on private insurance, 2% on Veteran's insurance, and 13% reported having other types of insurance. Participants were asked to provide a self-rating of their overall health (see Figure 22), and the largest percentage (40%) rated their health as Good, followed by Fair (22%), Very Good (22%), Excellent (12%), and Poor (4%).

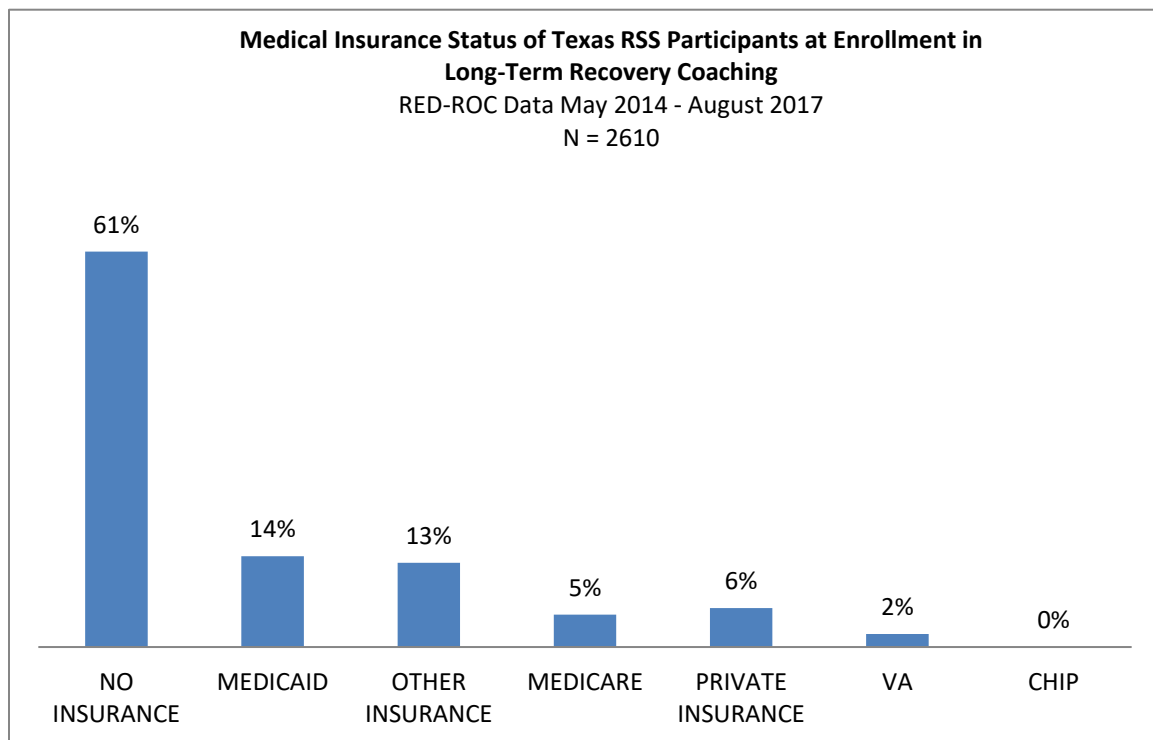


Figure 21 Medical Insurance Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching

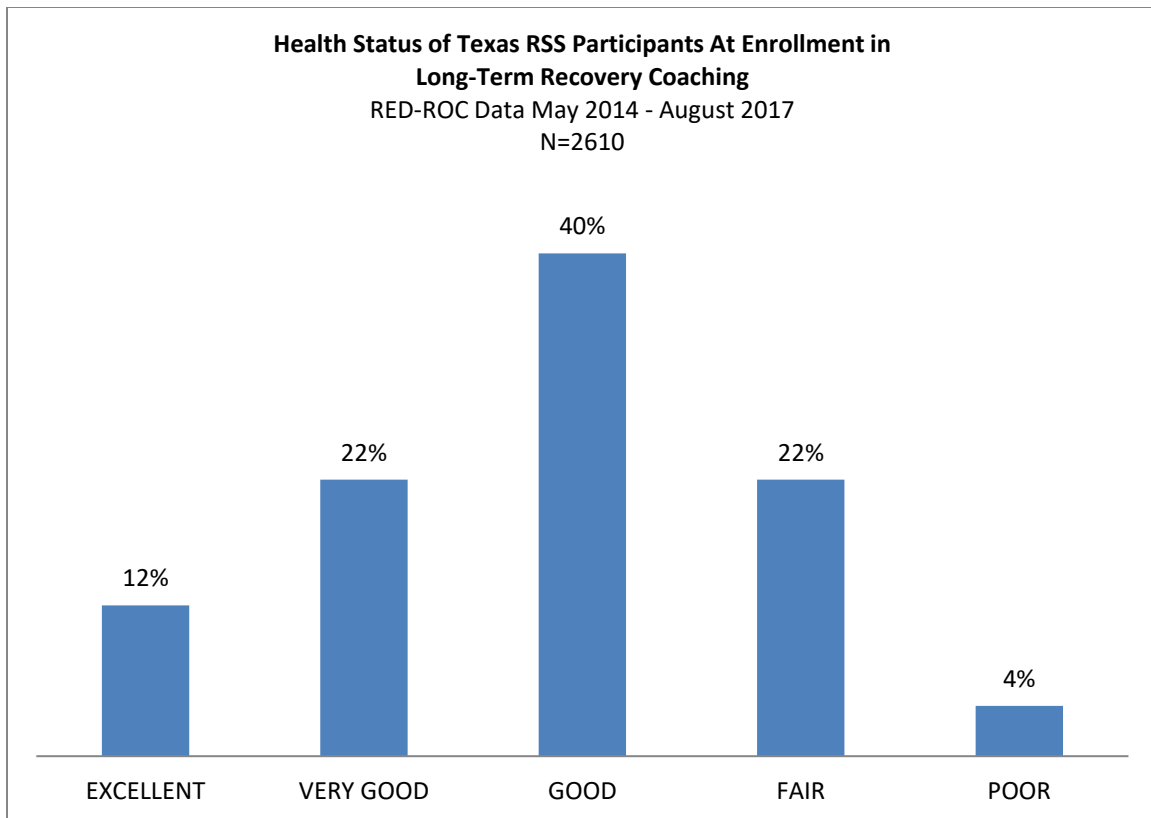


Figure 22 Health Status of Texas RSS Participants at Enrollment in Long Term Recovery Coaching

Healthcare service utilization rates during the month prior to enrollment into long-term Recovery Coaching are reported in Figure 23. The highest rates of inpatient services were for substance use issues at 37%, whereas inpatient services for physical ailments and mental health issues were reported by 6% and 5% of participants, respectively. A similar trend was seen in outpatient service use, with 23% of participants reporting obtaining outpatient services for substance use issues, 16% for mental health issues, and 11% for physical ailments. Physical ailments were the most common reason for emergency services at 15%, followed by both substance use issues (4%) and mental health issues (4%).

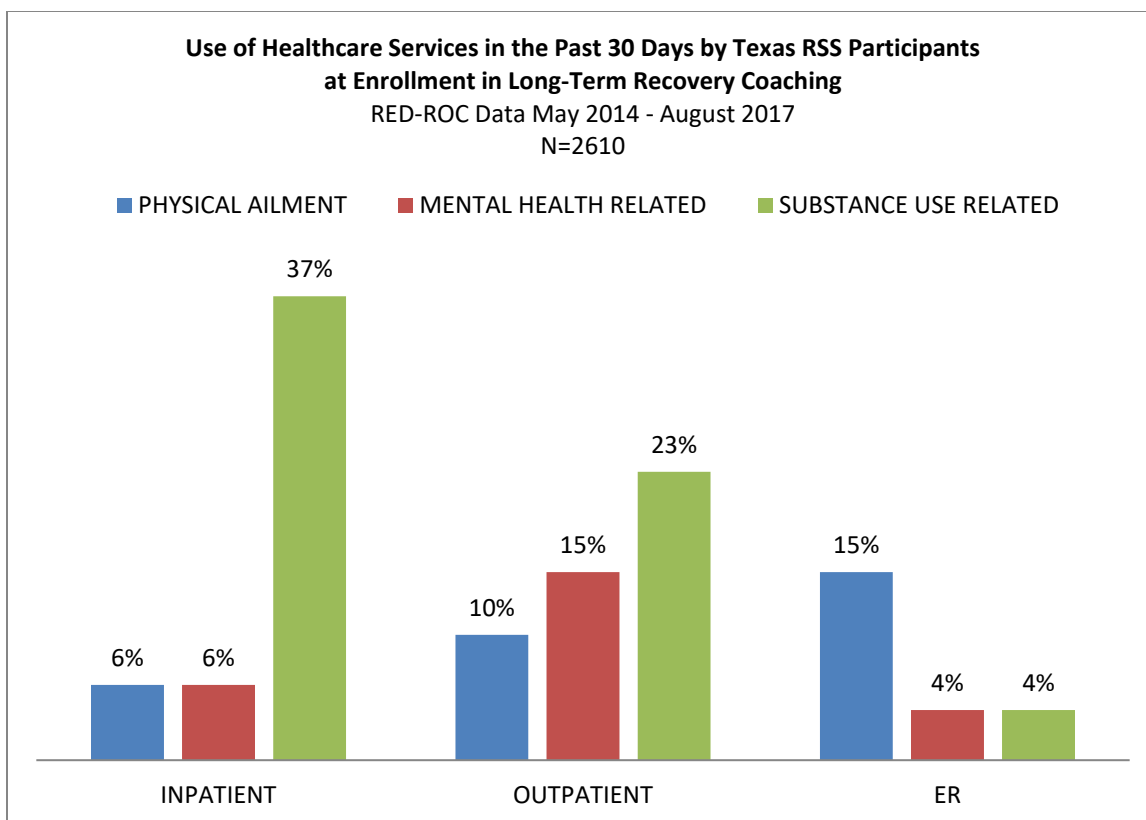


Figure 23 Use of Healthcare Services in Past 30 days by Texas RSS Participants at Enrollment in Long Term Recovery Coaching

### Substance Use Disorder Treatment and Recovery Activities

Participants' current substance use disorder treatment status at enrollment into long-term Recovery Coaching is reported in Figure 24. The majority of participants (48%) were currently in treatment, 16% in transition from treatment, 4% on a treatment wait list, and 32% were not currently engaged in treatment. In the area of previous substance use disorder treatment, 73% of participants had a history of being in treatment 1-5 times and 17% had no previous treatment experience (see Figure 25). Analyses of other self-help recovery activities during the past month prior to enrollment indicated 79% had attended self-help groups, 48% had met with a sponsor, 88% had met with a recovery coach, 29% had engaged in other types of self-help, and 91% reported having family members and/or friends who were supportive of their recovery (see Figure 26).

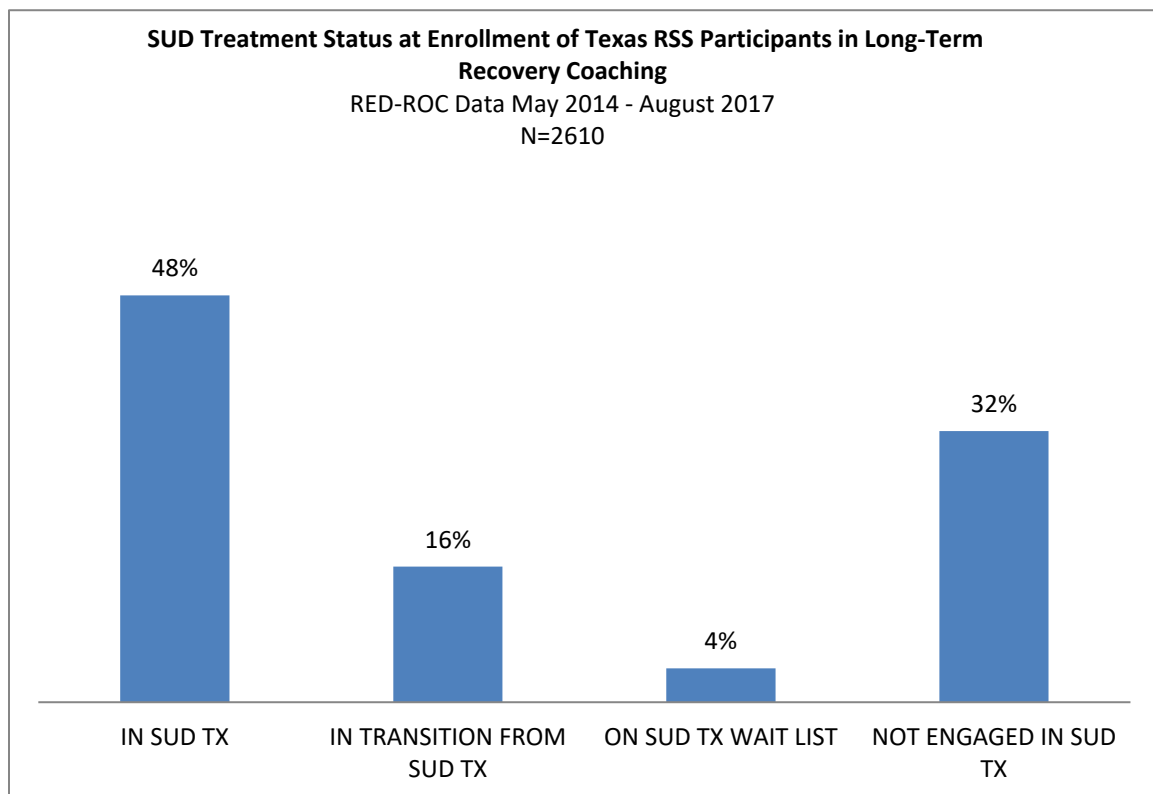


Figure 24 SUD Treatment Status at Enrollment of Texas RSS Participants in Long Term Recovery Coaching

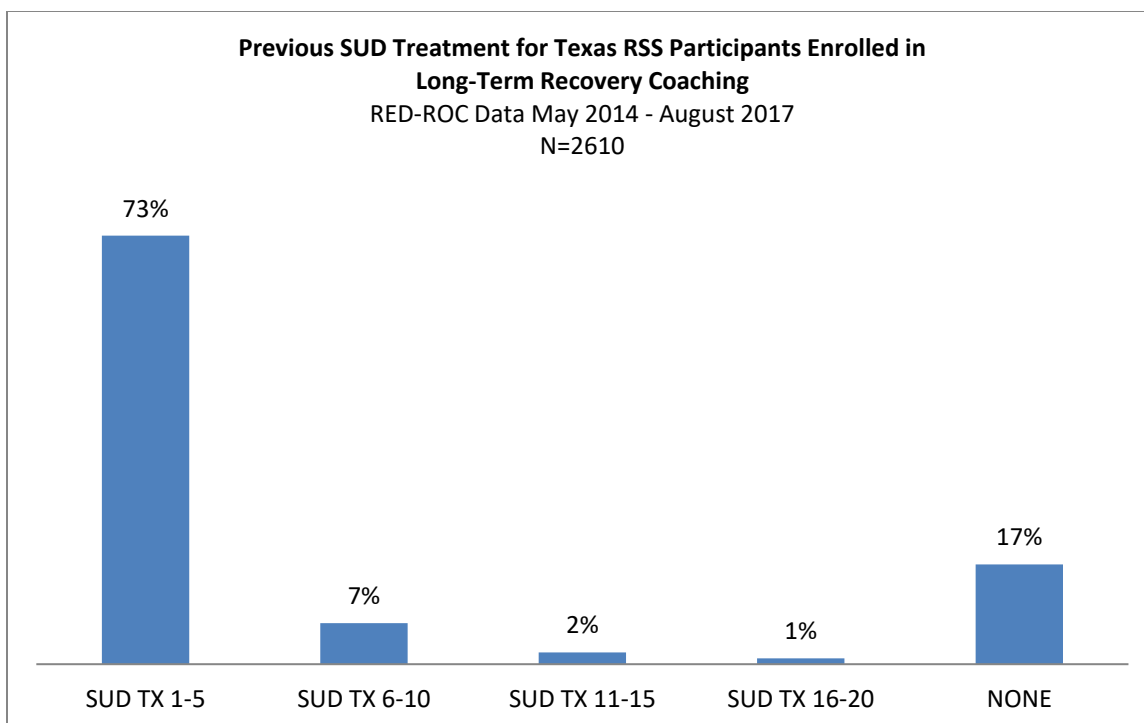


Figure 25 Previous SUD Treatment for Texas RSS Participants Enrolled in Long Term Recovery Coaching

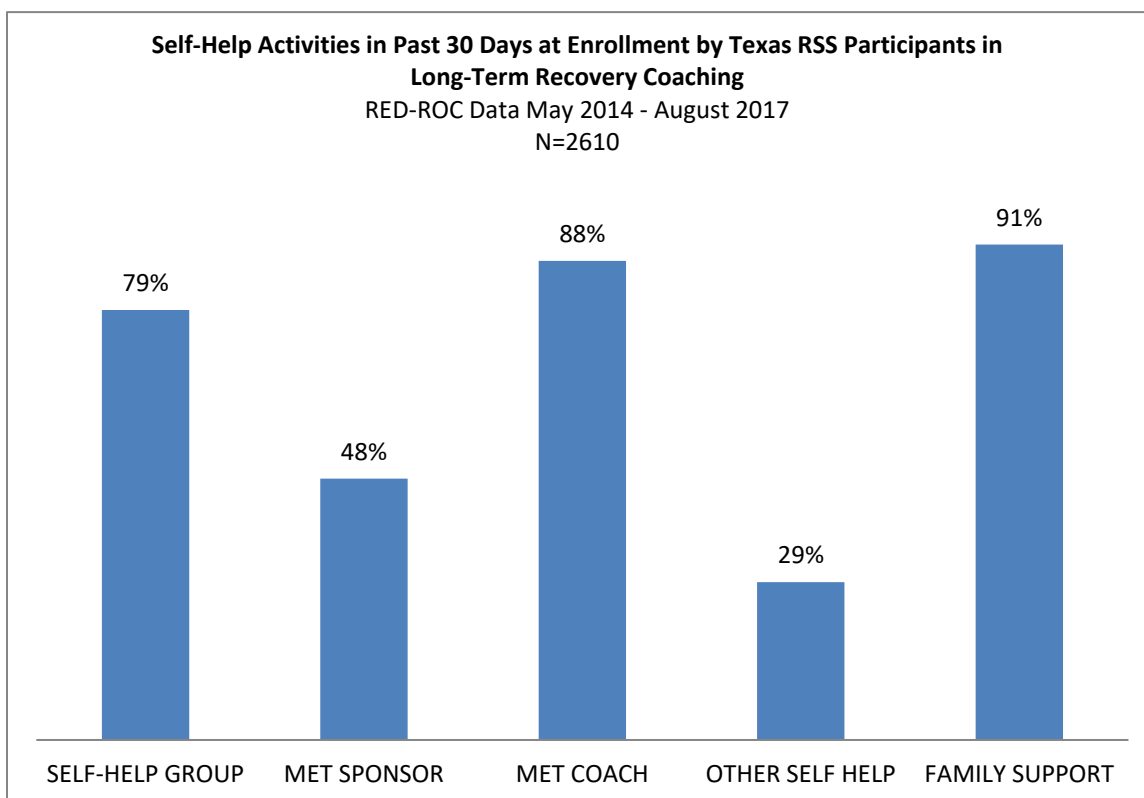
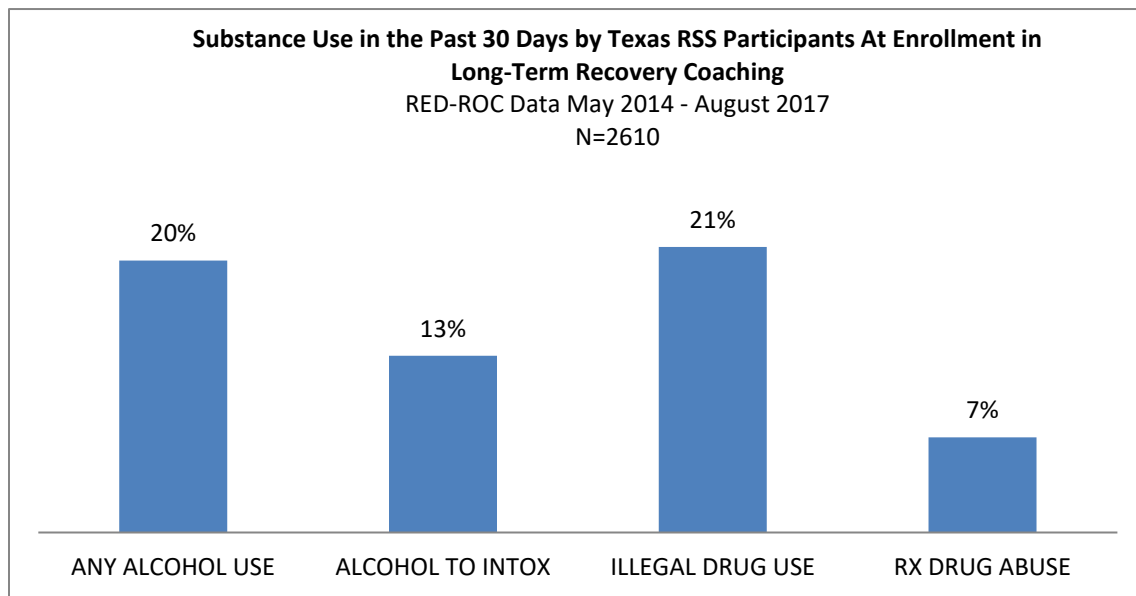


Figure 26 Self Help Activities in Past 30 days at Enrollment by Texas RSS Participants in Long Term Recovery Coaching

### Substance Use and Mental Health

Participants' substance use during the past month prior to enrollment into long-term Recovery Coaching is presented in Figure 27. Use of any alcohol was reported by 20% of participants, use of alcohol to intoxication by 13%, illegal drug use by 21%, and use of prescription drugs not as directed by 7%.



*Figure 27 Substance Use in the Past 30 days by Texas RSS Participants at Enrollment in Long Term Recovery Coaching*

In the area of mental health symptoms experienced during the month prior to enrollment, 45% of participants reported experiencing serious depression, 63% experienced anxiety/tension, 43% had difficulty concentrating, and 13% experienced difficulty controlling violent behavior (see Figure 28). Many participants had received mental health treatment services, with 38% taking psychotropic medications, 25% had seen a psychiatrist, 41% had seen other types of mental health professionals, 11% had met with a mental health peer specialist, and 10% had attended mental health recovery groups (see Figure 29).



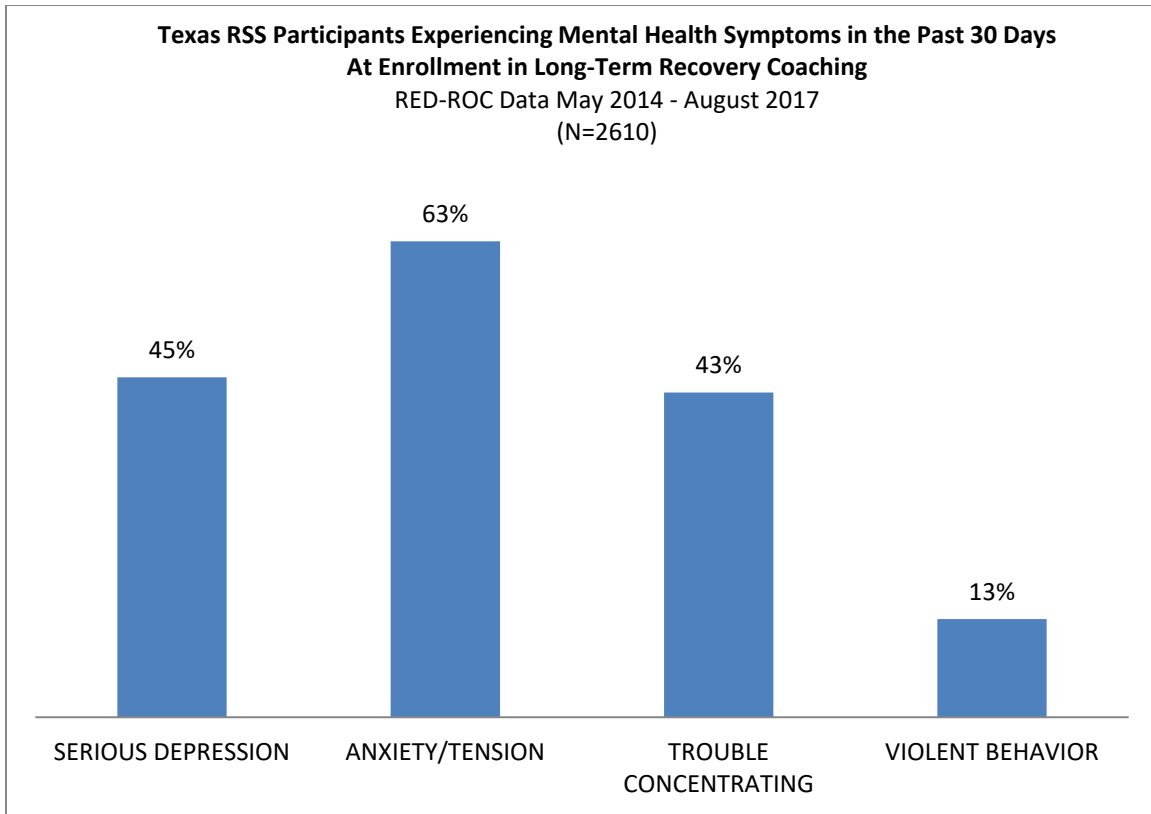


Figure 28 Texas RSS Participants Experiencing Mental Health Symptoms in the Past 30 days at Enrollment in Long Term Recovery Coaching

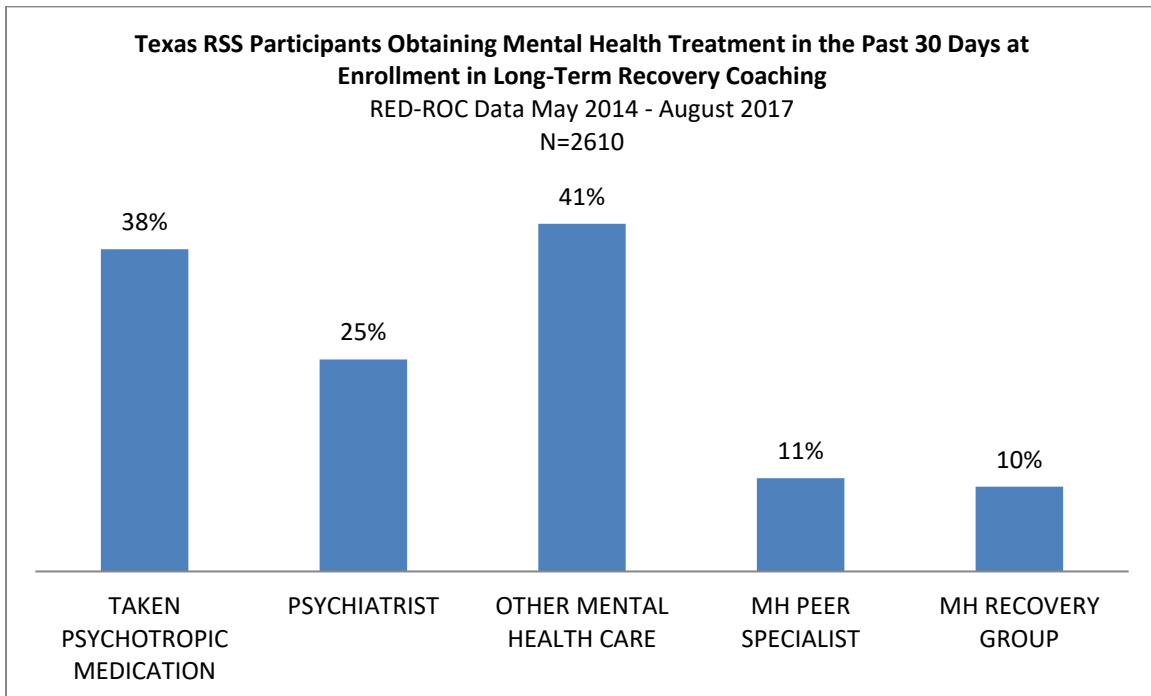
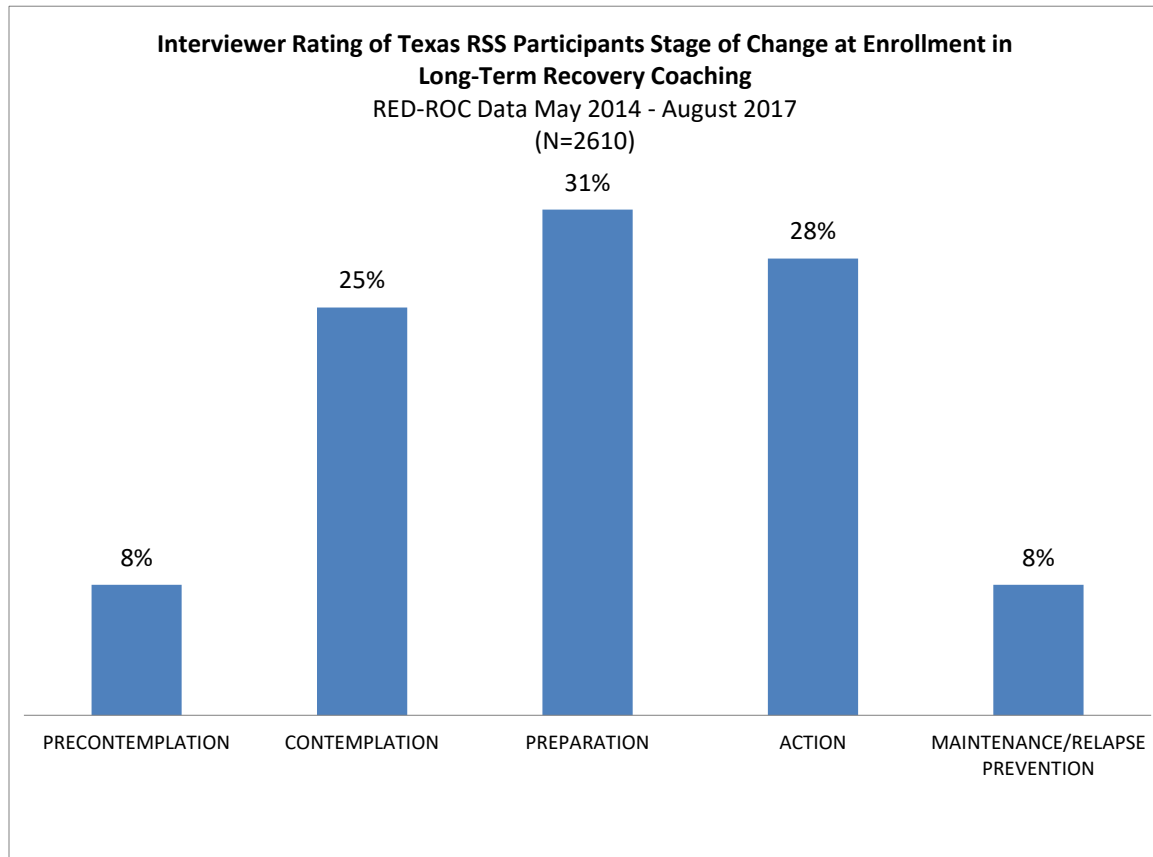


Figure 29 Texas RSS Participants Obtaining Mental Health Treatment in the Past 30 days at Enrollment in Long Term Recovery Coaching

### Stage of Change and Assessment of Recovery Capital

RSS organization interviewers report their ratings of the participants' current Stage of Change at the end of the enrollment interview and are reported in Figure 30. The most frequent stage rating was Preparation at 31%, followed by Action (28%), Contemplation (25%), Precontemplation (8%), and Maintenance/Relapse Prevention (8%).



*Figure 30 Interviewer Rating of Texas RSS Participants Stage of Change at Enrollment in Long Term Recovery Coaching*

As part of the enrollment interview process, participants are asked to complete the Assessment of Recovery Capital (ARC) Scale. The ARC scale is a 50-item self-report scale that measures an individual's amount of recovery capital in 10 life domains:

1. Substance Use and Sobriety
2. Global Psychological Health
3. Global Physical Health

4. Citizenship/Community Involvement
5. Social Support
6. Meaningful Activities
7. Housing and Safety
8. Risk Taking
9. Coping and Life Functioning
10. Recovery Experience

The scores on these scales range from 0 – 5, with higher scores indicating greater recovery capital. In addition, a Total ARC score is calculated by summing the 10 scale scores resulting in potential total scores from 0 to 50.

The average ARC scores of participants at enrollment into long-term recovery coaching are reported in Table 14. The lowest average scale score was in the Social Support domain (3.49), whereas the highest average score was in the Recovery Experience domain (4.62). The average Total ARC score for participants was 40.02 out of a potential highest score of 50.

Table 14 Average Assessment of Recovery Capital Score For Texas RSS Participants at Enrollment in Long-Term Coaching (N =2610) (RED-ROC Data May 2014 – August 2017)		
<u>ARC DOMAIN</u>	<u>AVERAGE SCORE</u>	<u>POSSIBLE SCORE</u>
RECOVERY EXPERIENCE	4.62	5
COMMUNITY INVOLVEMENT	4.42	5
HOUSING AND SAFETY	4.21	5
PSYCHOLOGICAL HEALTH	4.04	5
SUBSTANCE ABUSE AND SOBRIETY	4.04	5
PHYSICAL HEALTH	3.98	5
MEANINGFUL ACTIVITIES	3.78	5
COPING AND LIFE FUNCTIONING	3.83	5
RISK TAKING	3.60	5
SOCIAL SUPPORT	3.49	5
TOTAL ARC SCORE	40.02	50

Table 14 Average Assessment of Recovery Capital Score

## Participant Check-Up Interviews

As previously described, RSS providers are required to collect and report participant interview data on long-term recovery coaching participants at enrollment into coaching services and at 3-, 6-, 9, and 12-month check-up interviews. In this section, analyses of participant enrollment data are compared check-up data on select variables and check-up points. The data presented in this section of the report describes the characteristics of participants who enrolled into long-term recovery coaching services during the period of May 2014 through August 2017.

### Participant Check-Up Interview Completion Rates

Participant check-up completion rates for all four check-up points are reported in Table 15. The 3-month check-up interview rate was 83%, 6-month rate was 74%, 9-month rate was 71%, and the 12-month rate was 68%. Participants who were deceased or who were incarcerated at the time the check-up interview was due were excluded from the denominator when calculating these rates.

Table 15 Texas RSS Participant Check-Up Interview Completion Rates (RED-ROC Data May 2014 – August 2017)					
3 MONTH CHECK-UP INTERVIEWS			6 MONTH CHECK-UP INTERVIEWS		
<u>Completed</u>	<u>Total Due</u>	<u>Completion Rate</u>	<u>Completed</u>	<u>Total Due</u>	<u>Completion Rate</u>
1983	2391	83%	1629	2193	74%
9 MONTH CHECK-UP INTERVIEWS			12 MONTH CHECK-UP INTERVIEWS		
<u>Completed</u>	<u>Total Due</u>	<u>Completion Rate</u>	<u>Completed</u>	<u>Total Due</u>	<u>Completion Rate</u>
1382	1948	71%	1226	1790	68%

Table 15 Texas RSS Participant Check Up Interview Completion Rates

### Comparisons of Participants with Complete vs. Incomplete 3-Month Check-Up Interviews

In this section, participants who successfully completed a 3-month check-up interview were compared to those who did not complete the interview on select interview variables at enrollment. The variables selected for these analyses were based on past literature suggesting that these variables may be related to

retention in and successful completion of substance use disorder treatment. Participants who were deceased or who were incarcerated at the time the 3-month check-up interview was due were excluded from these analyses. Check-up interview completers and non-completers were compared on demographic characteristics, criminal justice status, substance use disorder treatment, recovery activities, mental health status, Stage of Change, and Assessment of Recovery Capital (ARC) scores at enrollment into long-term recovery coaching. Continuous variables were analyzed using *t*-tests for independent groups and categorical variables were assessed using  $X^2$ -tests. Cases with missing data were omitted from the analyses of that variable. The analyses in this section were conducted to determine potential participant characteristics at enrollment that may be associated with early dropout from long-term recovery coaching.

### Participant Demographics

Comparisons of 3-month check-up interview completers versus non-completers on demographic variables are reported in Table 16. On race and ethnicity variables, interview completers were more likely to be Black (26% vs. 19%), whereas non-completers were more likely to be in the Other Race category (13% vs. 10%) ( $X^2 (3) = 16.39, p < .001$ ). Completers were also found to be significantly older (37.9 vs. 36.5 years) ( $t (2382) = -2.24, p < .03$ ). In the area of employment, interview completers were more often in the Employed Full Time (16% vs. 13%) and the Unemployed Other categories (14% vs. 10%), and a greater percentage of the non-completers were in the Unemployed Looking category (52% vs. 42%) ( $X^2 (5) = 17.36, p < .004$ ). The Unemployed Other category included participants who were unemployed due to disability or who were engaged in volunteer work. In the housing category, a greater percentage of completers reported being Housed (70% vs. 65%) and non-completers were more often living in a Shelter (12% vs. 9%) or on the Street (5% vs. 3%) ( $X^2 (3) = 13.55, p < .004$ ). No significant differences were found between the groups on gender, Hispanic ethnicity, or education level at enrollment into long-term recovery coaching.

**Table 16**  
**Demographic Characteristics at Enrollment**  
**Texas RSS Participants Who Completed**  
**3 Month Check-Up Interview vs.**  
**Participants Who Did Not Complete**  
**3 Month Check-Up Interview**  
**(REC-ROC Data May 2014 – August 2017)**

\*\*\*Indicates Statistically Significant Difference

	Complete (N = 1983)	Incomplete (N = 408)
Gender		
Male	53%	56%
Female	47%	44%
Age***	37.9	36.5
Race***		
Black	26%	19%
White	63%	65%
Multiracial	1%	3%
Other	10%	13%
Ethnicity		
Hispanic	30%	33%
Not Hispanic	70%	67%
Education		
Less Than High School	21%	22%
High School/GED	40%	39%
Some College	26%	27%
Associate's Degree	5%	4%
Bachelor's Degree or Higher	4%	4%
Votech	4%	4%
Employment***		
Employed Full Time	16%	13%
Employed Part Time	9%	8%
Unemployed Looking	42%	52%
Unemployed Not Looking	15%	15%
Unemployed Other	14%	10%
Other	4%	2%
Housing***		
Housed	70%	65%
Institution	18%	18%
Shelter	9%	12%
Street	3%	5%

Table 16 Demographic Characteristics at Enrollment

Criminal Justice

Interview completers and non-completers were compared on incidence of past year arrest, drug related arrest, jail or prison time, legal supervision status, and type of legal supervision for those under supervision (see Table 17). No significant differences were found between the groups on any of the criminal justice variables.

Table 17 Criminal Justice Characteristics at Enrollment Texas RSS Participants Who Completed 3 Month Check-Up Interview vs. Participants Who Did Not Complete 3 Month Check-Up Interview (REC-ROC Data May 2014 – August 2017)		
***Indicates Statistically Significant Difference		
	Complete (N = 1983)	Incomplete (N = 408)
Criminal Justice		
Arrests		
Arrest Past Year	40%	44%
Arrest Was Drug Related	73%	72%
Jail/Prison Time Past Year	39%	42%
Legal Supervision		
Under Legal Supervision	35%	30%
Type of Legal Supervision		
Parole	16%	14%
Probation	66%	66%
Other	17%	20%

Table 17 Criminal Justice Characteristics at Enrollment

Substance Use Disorder Treatment, Recovery Activities, and Substance Use

Results of comparative analyses of the 3-month interview completers and non-completers on substance use disorder treatment, past month recovery activities, and past month substance use are reported in Table 18. Significant group differences were found on Current Treatment Status at enrollment into long-term recovery coaching, with the non-completers more likely to be on a treatment waitlist (8% vs. 3%) ( $X^2(3) = 18.92, p < .001$ ). No group differences were found in the number of previous substance use disorder treatment episodes (Completers = 2.8; Non-Completers = 2.6). In the area of participant recovery activities during

the month prior to enrollment, interview completers were significantly more likely to have Attended Self-Helps Group (81% vs. 71%) relative to the non-completers ( $X^2(1) = 17.83, p < .0001$ ). No group differences were found in the incidence of meeting with a sponsor, meeting with a recovery coach, or engaging in other self-help activities. Completers, however, had a higher number of meetings with their Recovery Coach compared to the non-completers (3.2 vs. 2.3) ( $t(2364) = -4.25, p < .0001$ ). Group comparisons on substance use during the month prior enrollment revealed that non-completers were more likely to use alcohol (24% vs. 19%) ( $X^2(1) = 4.81, p < .03$ ), illegal drugs (26% vs. 20%) ( $X^2(1) = 6.79, p < .01$ ), prescription drugs not as directed (12% vs. 7%) ( $X^2(1) = 10.69, p < .001$ ) and had a significantly greater number of days of any substance use (7.5 vs. 5.5) ( $t(2337) = 2.63, p < .01$ ).

<b>Table 18</b> <b>SA Treatment, Recovery Activities &amp; Substance Use at Enrollment</b> <b>Texas RSS Participants Who Completed</b> <b>3 Month Check-Up Interview vs.</b> <b>Participants Who Did Not Complete</b> <b>3 Month Check-Up Interview</b> <b>(REC-ROC Data May 2014 – August 2017)</b>		
***Indicates Statistically Significant Difference		
	<b>Complete</b> <b>(N = 1983)</b>	<b>Incomplete</b> <b>(N = 408)</b>
<b>Substance Use Disorder Treatment</b>		
<b>Current Treatment Status***</b>		
On Wait List	3%	8%
In Treatment	49%	48%
In Transition From Treatment	17%	14%
Not Engaged in Treatment	31%	30%
Number of Previous Treatment Episodes	2.8	2.6
<b>Recovery Activities Past 30 Days</b>		
<b>Attended Self-Help Group***</b>		
Met Sponsor	48%	44%
Met Recovery Coach	88%	87%
Other Self-Help	28%	29%
<b>Substance Use Past 30 Days</b>		
<b>Alcohol Use***</b>		
Illegal Drug Use***	20%	26%
Prescription Drug Use Not As Directed***	7%	12%
Days of Any Substance Use***	5.5	7.5

Table 18 SA Treatment, Recovery Activities &amp; Substance Use at Enrollment



### Mental Health

In the area of mental health, 3-month interview completers and non-completers were compared on mental health symptoms, treatment, and recovery activities during the month prior to enrollment into long-term recovery coaching (see Table 19). Interview non-completers reported a higher incidence of serious depression (51% vs. 44%) ( $X^2(1) = 6.01, p < .01$ ) and significantly greater days of experiencing both depression (7.4 vs 6.1) ( $t(2360) = 2.31, p < .02$ ) and anxiety (11.7 vs. 9.7) ( $t(2357) = 3.23, p < .001$ ). No significant group differences were found on variables measuring past month difficulty controlling violent behavior, mental health treatment, or recovery activities.

Table 19 Mental Health Characteristics at Enrollment Texas RSS Participants Who Completed 3 Month Check-Up Interview vs. Participants Who Did Not Complete 3 Month Check-Up Interview (REC-ROC Data May 2014 – August 2017)		
***Indicates Statistically Significant Difference		
	Complete (N = 1983)	Incomplete (N = 408)
Mental Health Symptoms Past 30 Days		
Serious Depression***	44%	51%
Number of Days***	6.1	7.4
Anxiety	62%	66%
Number of Days***	9.7	11.7
Difficulty Concentrating	42%	46%
Number of Days	7.4	8.4
Difficulty Controlling Violent Behavior	13%	13%
Number of Days	1.3	1.1
Mental Health Treatment Past 30 Days		
Taken Psychotropic Medication	38%	38%
Psychiatrist	25%	23%
Other Mental Health Provider	41%	38%
Recovery Activities Past 30 Days		
Met with Mental Health Peer Specialist	11%	13%
Attended Mental Health Support Group	10%	12%

Table 19 Mental Health Characteristics at Enrollment

### Stage of Change and Assessment of Recovery Capital (ARC) Scores

Results of analyses comparing 3-month interview completers and non-completers on Stage of Change and ARC scores are reported in Table 20. No significant group differences were found on the interviewer ratings of participant Stage of Change at enrollment into long-term recovery coaching. Comparisons of ARC scale scores revealed significant group differences on five scales, with interview completers having higher scores on the Global Psychological Health (4.1 vs. 3.9) ( $t(2336) = -1.96, p < .05$ ), Social Support (3.5 vs. 3.2) ( $t(2335) = -2.60, p < .01$ ), Housing and Safety (4.2 vs. 4.0) ( $t(2333) = -2.90, p < .004$ ), Risk Taking (3.6 vs. 3.5) ( $t(2331) = -2.02, p < .04$ ), and the Total ARC (40.2 vs. 38.9) ( $t(2323) = -2.42, p < .02$ ) scales, with higher scores indicating greater recovery capital in the specific domain. No other group differences were found on the remaining ARC scale scores.

<b>Table 20</b> <b>Stage of Recovery and Assessment of Recovery Capital Scores at Enrollment</b> <b>Texas RSS Participants Who Completed</b> <b>3 Month Check-Up Interview vs.</b> <b>Participants Who Did Not Complete</b> <b>3 Month Check-Up Interview</b> <b>(REC-ROC Data May 2014 – August 2017)</b>		
***Indicates Statistically Significant Difference		
	Complete (N = 1983)	Incomplete (N = 408)
Stage of Recovery (Interviewer Rating)		
Precontemplation	9%	9%
Contemplation	26%	22%
Preparation	31%	31%
Action	27%	32%
Maintenance/Relapse Prevention	8%	6%
Assessment of Recovery Capital Scores		
Substance Use and Sobriety	4.1	4.0
Global Psychological Health***	4.1	3.9
Global Physical Health	4.0	3.9
Citizenship/Community Involvement	4.4	4.4
Social Support***	3.5	3.2
Meaningful Activities	3.8	3.7
Housing and Safety***	4.2	4.0
Risk Taking***	3.6	3.5
Coping and Life Functioning	3.8	3.7
Recovery Experience	4.6	4.5
Total ARC Score***	40.2	38.9

Table 20 Stage of Recovery and Assessment of Recovery Capital Scores at Enrollment

In summary, comparisons of 3-month check-up interview completers and non-completers revealed several differences between the two groups that may be related to early dropout from long-term recovery coaching. In the area of demographics at enrollment, non-completers were more often in the Other Race category, unemployed but looking for work, living in a shelter or on the street rather than being housed, and younger relative to the completers. These findings suggest that non-completers may have less stability in their life circumstances relative to completers, which may require additional recovery support services to address these life issues that may be impeding their ability to engage in long-term recovery coaching and the recovery process.

Examination of substance use disorder treatment status indicated that a greater percentage of the non-completers were on SUD treatment waitlists, suggesting that these individuals may have lost interest in addressing their substance use issues during the wait time span. This result indicates that participants who are on treatment waitlists may need extra recovery coaching and support services to sustain motivation to enter into the process of recovery. This potential need for more recovery coaching is further supported by the finding that, although the completer and non-completer groups had similar incidence of receiving recovery coaching in the month prior to enrollment, the completer group had a significantly greater number of contacts with their recovery coach. Further, a greater percentage of the completer group had attended a self-help group in the 30 days prior to enrollment, providing a greater amount of mutual support to sustain motivation to engage in recovery.

In the area of substance use during the 30 days prior to enrollment, non-completers were more likely to have used alcohol, illegal drugs, and prescription medications not as directed. Further, non-completers had a greater number of days of using any substances relative to the completers. Non-completers also had a higher incidence of serious depression and experienced more days of depression and anxiety during that same 30 day period. These results suggest that the non-completer group experienced greater severity of both substance use and behavioral health symptomatology, which may be indicative of a higher potential for early dropout from long-term recovery coaching.

Lastly, non-completers attained relatively lower scores on the ARC Global Psychological Health, Social Support, Housing & Safety, Risk Taking, and the Total ARC scales, indicating lower recovery capital in these domains compared to completers. The level of recovery capital in these five domains may be important indicators of potential drop out, suggesting that recovery coaching may need more focus on addressing mental health needs, development of social support resources, acquisition of safe living environments, and educational

training on controlling risk taking behavior for those participants with lower recovery capital in these areas at enrollment into long-term recovery coaching.

### Recovery Coaching Participant Outcomes

This final section of the report analyzes participant outcomes of those individuals who enrolled in long-term recovery coaching using data from the participant enrollment and the 3-, 6-, 9-, and 12-month check-up interviews. Participant outcomes are examined in the following domains: housing status; employment status and wages; abstinence or reduced substance use; improvement in recovery capital; and healthcare service utilization. The participant outcome analyses in this section use data only for 1,226 participants who were enrolled in long-term recovery coaching and who had completed all of the 3-, 6-, 9-, and 12-month check-up interviews so that the same individuals would be compared on all outcome domains across all time periods.

#### Housing Status

Participants' housing status at enrollment and the four check-up points are reported in Figure 31. These data indicate an upward trend over time in the Housed category from enrollment (70%) to 12-month check-up (89%).

Conversely, there are downward trends for the Institution (Enrollment = 17%; 12-Month = 4%), Shelter (Enrollment = 9%; 12-Month = 5%), and Street (Enrollment = 4%; 12-Month=2%) categories.

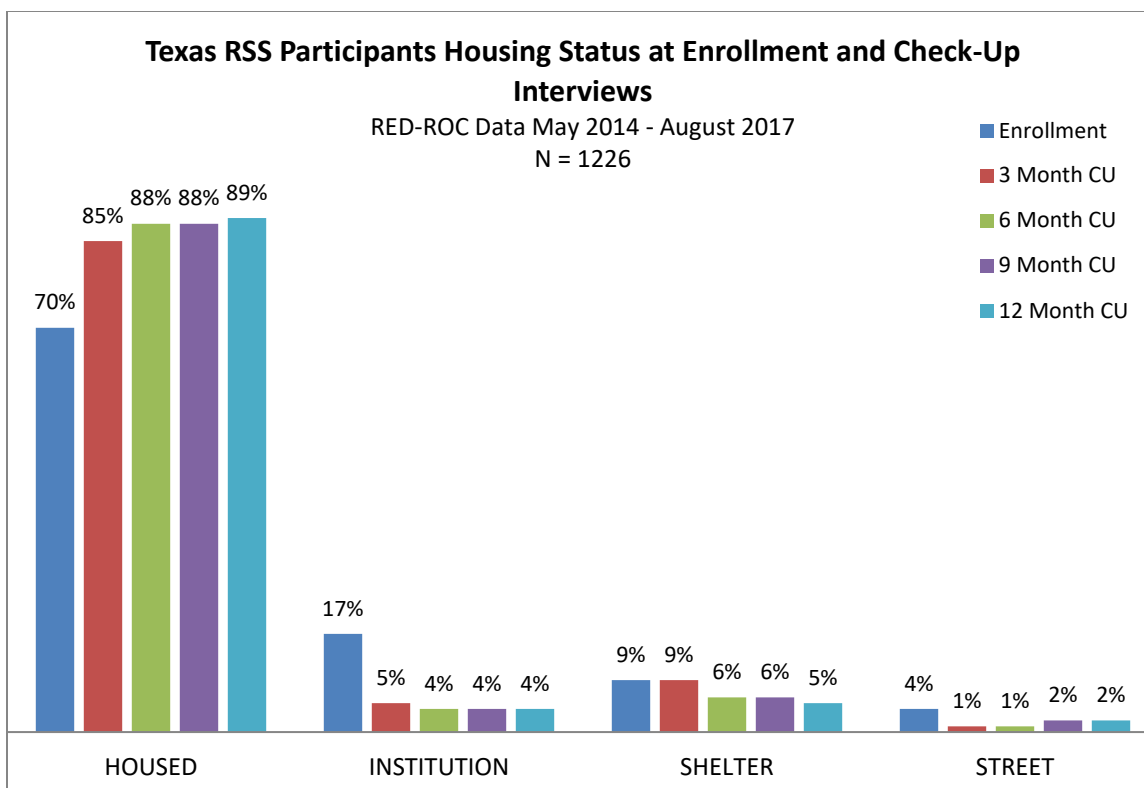


Figure 31 Texas RSS Participants Housing Status at Enrollment and Check-up Interviews

For those participants indicating that they are housed, the type of housing is reported in Figure 32. As can be seen in Figure 32, there was a steady increase in the percentage of participants who reported living in residences that they personally Own or Rent (Enrollment = 32%; 12-Month=54%), and a decrease in the percentage living in residences that were owned by Someone Else (Enrollment=29%; 12-Month=25%). Relatively few participants reported living in a Half-Way House at enrollment (1%) and the percentage remained the same (1%) at 12-month check-up. An interesting pattern was seen in the Sober Living housing category over time. At enrollment, 17% of participants reported residing in a Sober Living setting and at 3-months the percentage increased to 22%, then decreased to 14% at 12 months. This pattern may suggest that, during the first three months of recovery coaching, certain individuals may recognize that a Sober Living environment would be beneficial in supporting their recovery, and that over time they may move to another type of residence once they feel more stable in their recovery. Finally, there was a decrease in the percentage of participants housed in Residential Treatment with 15% reporting being in treatment at enrollment, and only 1% at the 12-month check-up.

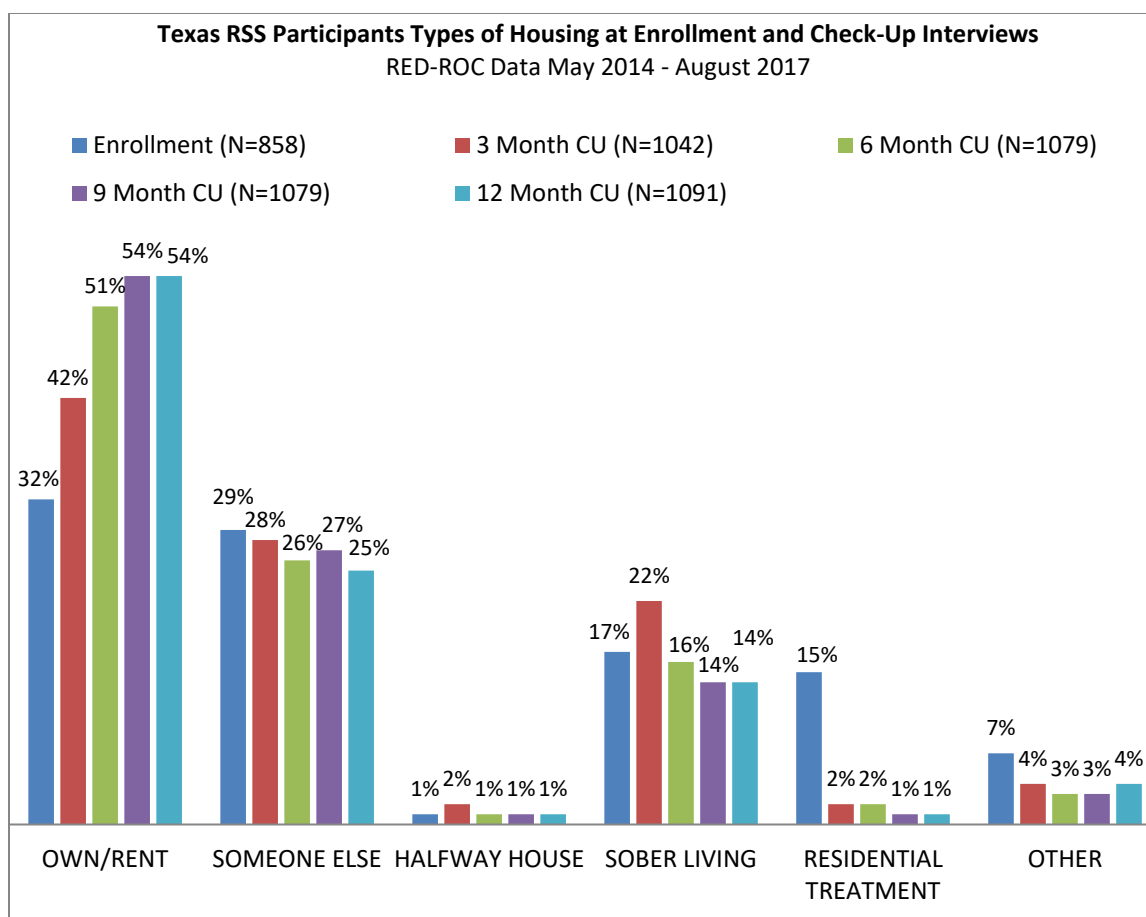


Figure 32 Texas RSS Participants Types of Housing at Enrollment and Check-Up Interviews

### Employment

Participants' employment status at enrollment and check-up points is reported in Figure 33. The proportion of participants reporting Full-Time Employment increased over time (Enrollment=16%; 12-Month=44%), as well as Part-Time Employment (Enrollment=8%; 12-Month=14%). A large decrease in the Unemployed Looking category was seen, with 44% of participants reporting this employment status at enrollment, falling over all check-up points to 15% at 12-month checkup. Further, there was an increase in the Unemployed Other category rising from 14% at enrollment to 15% at 12 months. The Unemployed Other category includes individuals who are disabled or providing volunteer work, which may indicate that some participants have gained disability benefits and/or began providing volunteer services that may have included peer volunteer services in the RSS organizations.

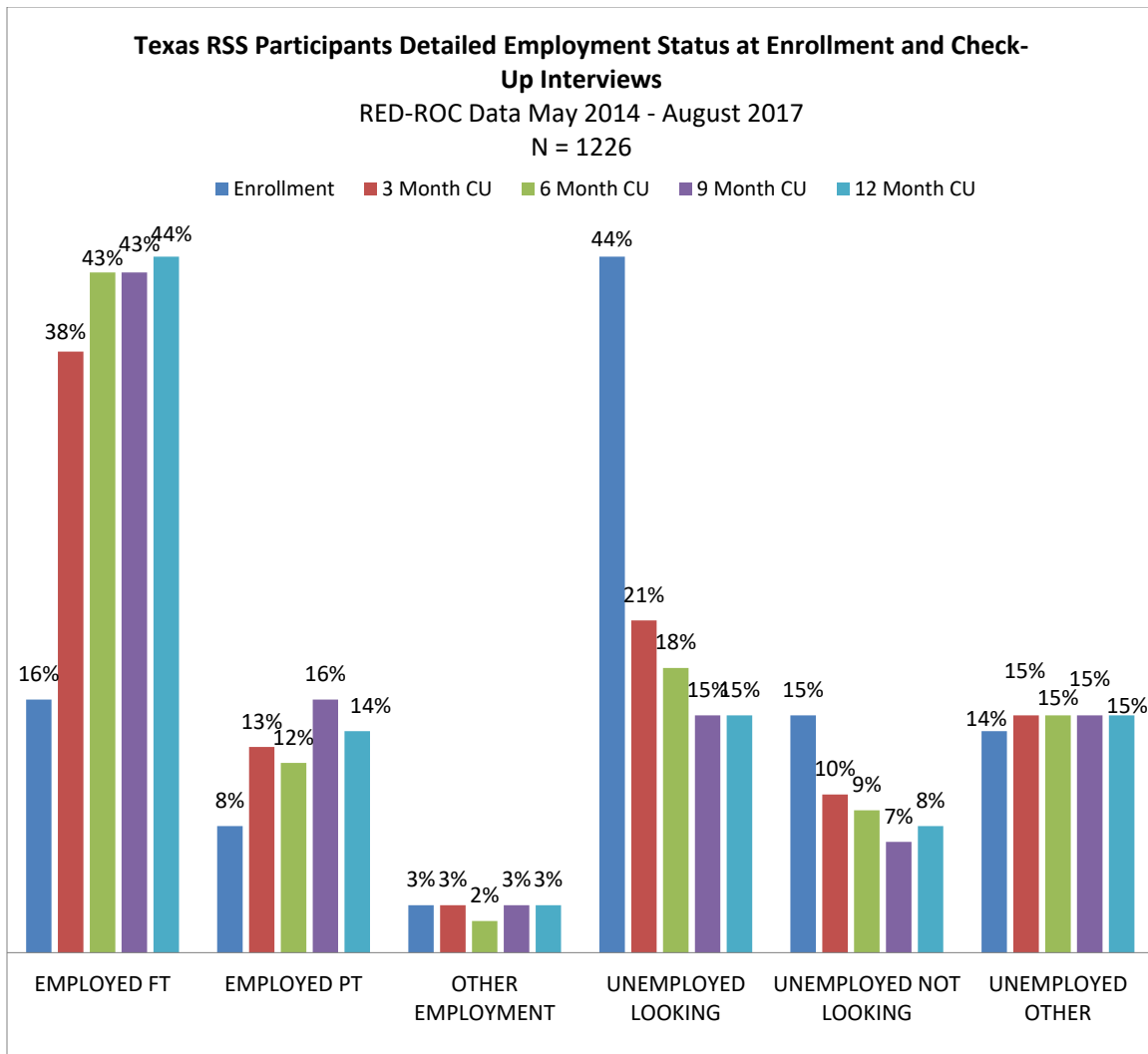


Figure 33 Texas RSS Participants Detailed Employment Status at Enrollment and Check-up Interviews

In Figure 34, all of the employment and unemployment types are summed to provide overall Employed and Unemployed categories. As can be seen in Figure 34, the percentages of participants who are Employed are higher at all check-up points relative to enrollment (Enrollment=27%; 12-Month=60%). Conversely, the proportion of participants who are Unemployed are lower compared to enrollment (Enrollment=73%; 12-Month=40%). These data indicate a general trend of increased employment over time for participants enrolled in long-term recovery coaching.

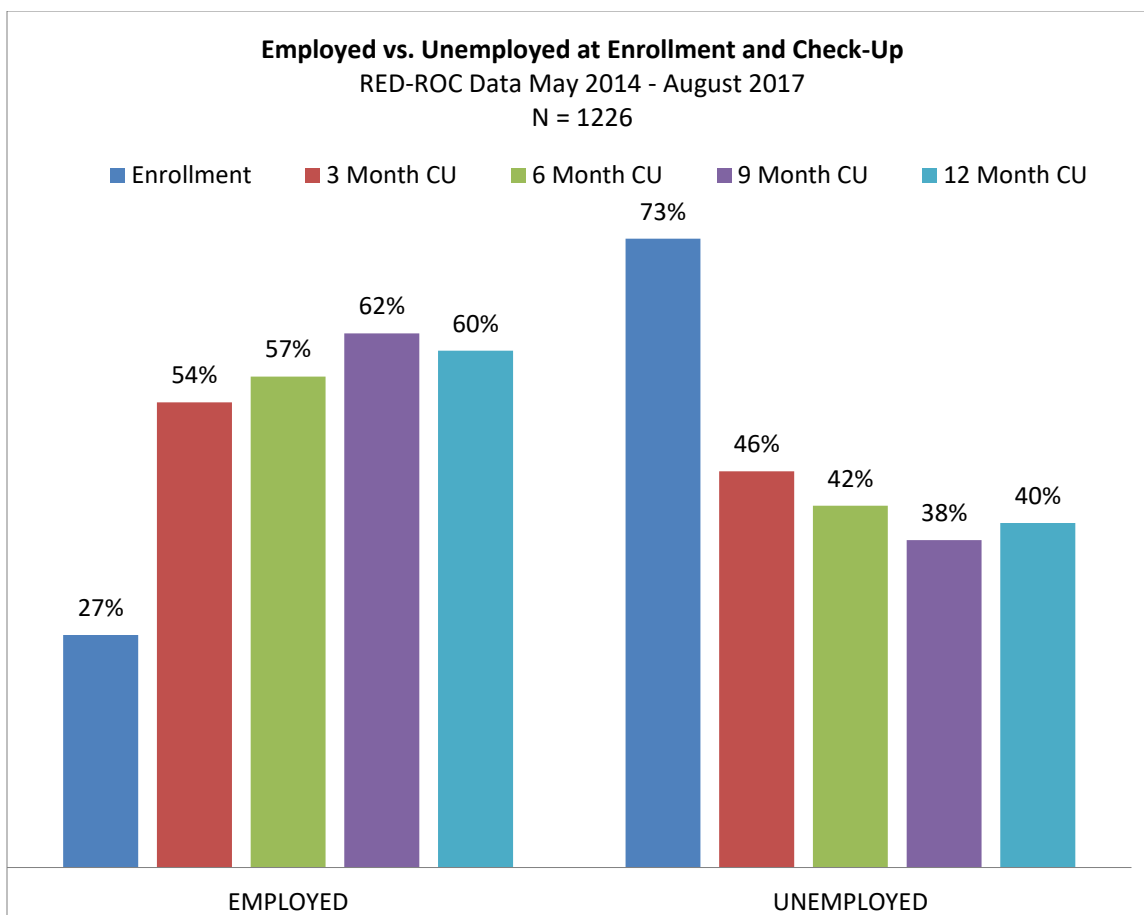


Figure 34 Employed vs. Unemployed at Enrollment and Check-Up



## Wages

The average wages earned by employed participants during the month prior to the enrollment and check-up interviews are reported in Figure 35. Average monthly wages are higher at all check-up points relative to the enrollment interview (Enrollment = \$258; 12 Month=\$881).

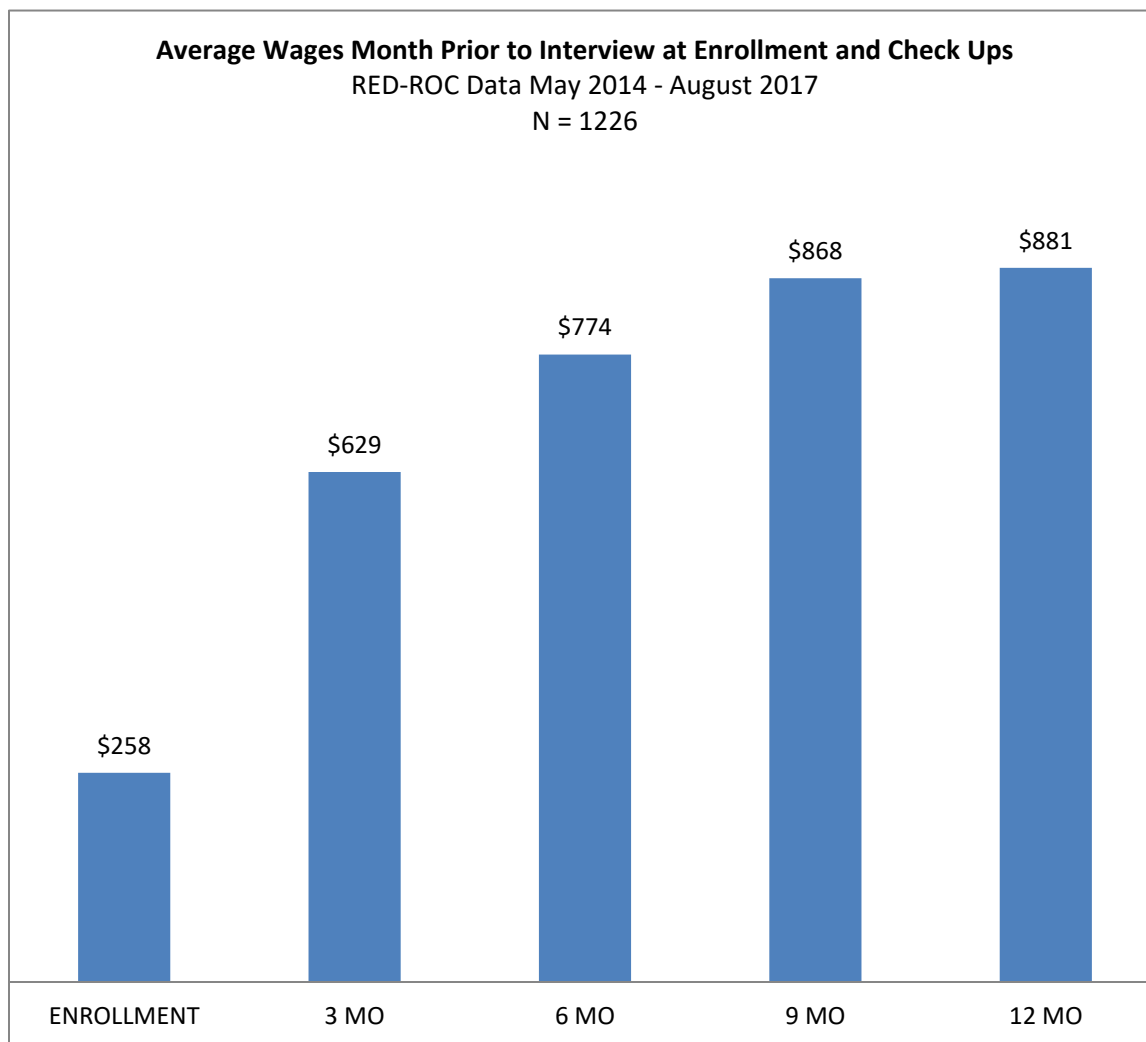


Figure 35 Average Wages Month Prior to Interview at Enrollment and Check Ups

### Past Month Substance Use

The percentages of participants who were either abstinent and/or reported reduced past month substance use at check-up interviews relative to past month use at enrollment are presented in Figure 36. The percentages of participants reporting abstinence and/or reduced use across all four check-up points ranged from 83% to 87%, indicating that a large proportion of the long-term recovery coaching participants demonstrated abstinence and/or reduced use over time.

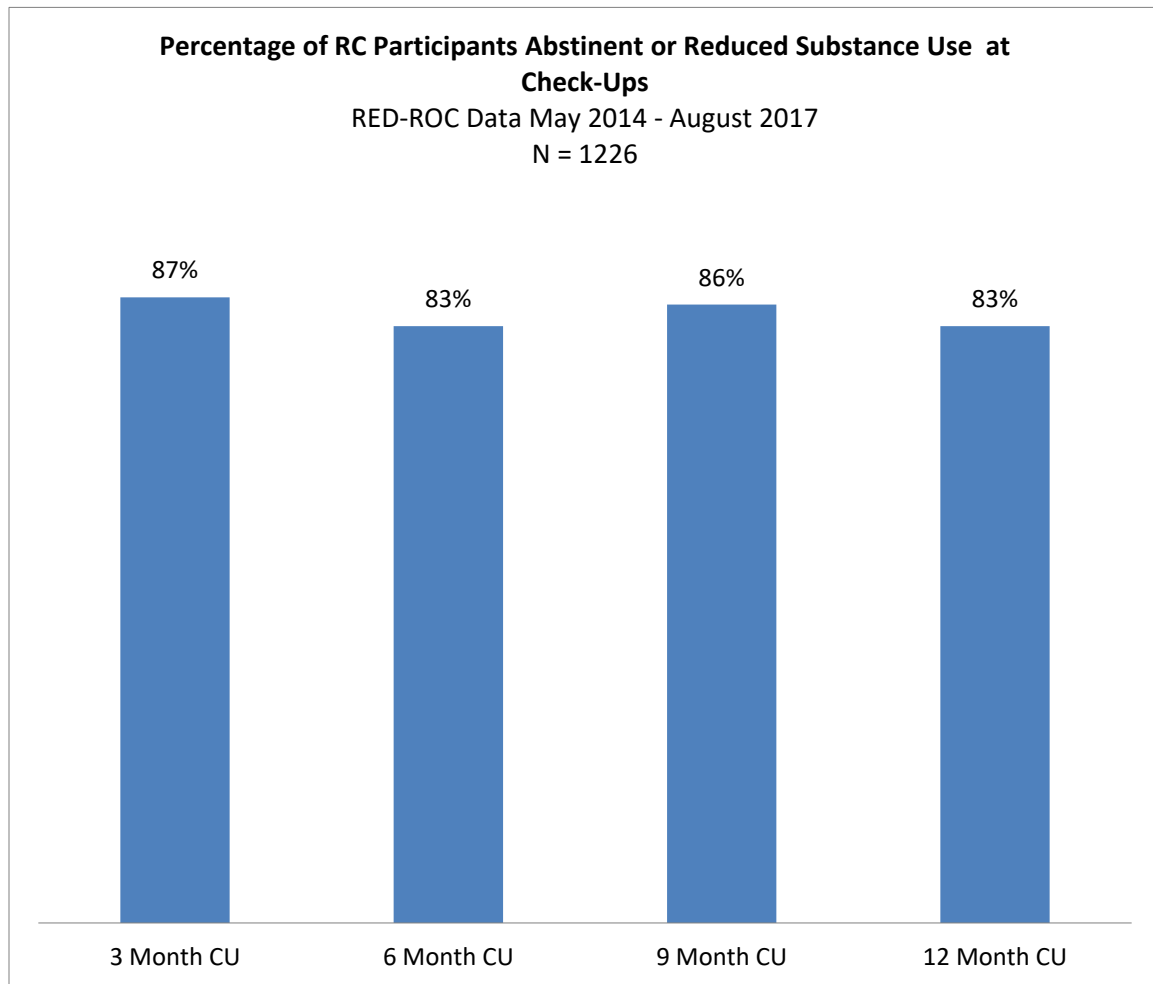
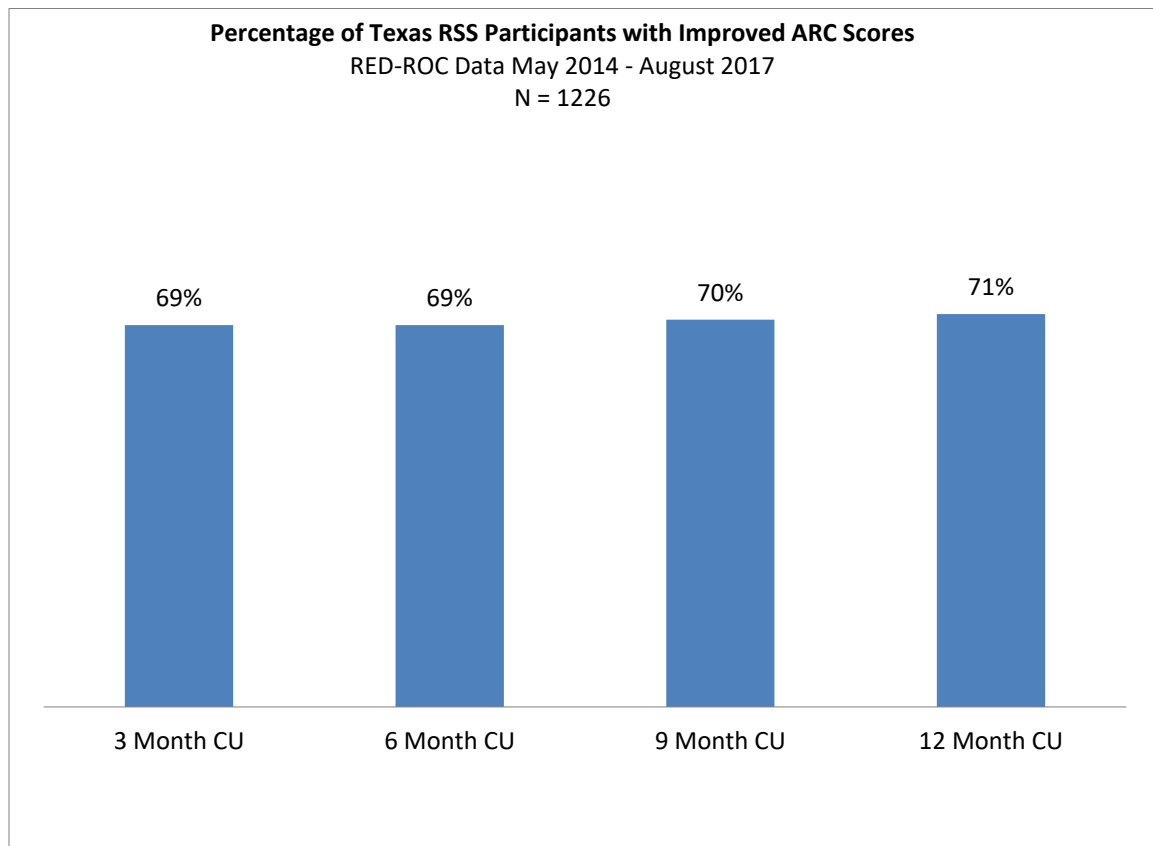


Figure 36 Percentage of RC Participants Abstinent or Reduced Substance Use at Check-ups

### Assessment of Recovery Capital

Figure 37 displays the percentage of participants who had higher Assessment of Recovery Capital (ARC) Total scores at check-up interviews relative to their ARC Total score at enrollment. As can be seen in Figure 37, the proportion of participants with improved ARC scores steadily increased over all four of the check-up interview time points (3 Months = 69%; 12 Months = 71%), indicating greater levels of personal recovery capital were developed by participants enrolled in long-term recovery coaching.



*Figure 37 Percentage of Texas RSS Participants with Improved ARC Scores*

### Healthcare Service Utilization

Recovery Coaching participants are asked to report their past month healthcare service utilization at enrollment and the four check-up interviews. Healthcare service categories include Outpatient, Inpatient, and Emergency Room services received for Physical Complaints, Mental Health Issues, and Alcohol or Drug Issues. As previously described, the data were selected only for participants enrolled in long-term recovery coaching and who had completed all of the 3-, 6-, 9-, and 12-month checkup interviews (1226 participants). These selection criteria were chosen so that the same individuals' healthcare service utilization is compared at enrollment and four checkup interview points.

The healthcare service utilization analyses reported in this section also include estimated costs of these healthcare services. To estimate the costs of these healthcare events, data were derived from national and state reporting sources regarding the average cost of healthcare services in outpatient, inpatient, and emergency room settings. The following key resources were utilized in estimating rates for healthcare costs:

1. The Medical Expenditure Panel Survey (MEPS), which is an ongoing data collection and analysis function conducted by the U.S. Agency for Healthcare Research and Quality (AHRQ). MEPS collects data on the specific health services that Americans use, how frequently the services are used, the cost of these services, and how the service costs are paid.
2. The Healthcare Cost and Utilization Project (HCUP) is another healthcare database developed by a Federal-State-Industry partnership that is also sponsored by AHRQ. This database includes national information on longitudinal encounter-level healthcare data beginning in 1988.
3. Public Consulting Group (PCG) Analysis of the Texas Public Behavioral Health System. This report was based on a legislatively required study of the Texas Mental Health System.
4. The Texas Health and Human Services Commission (HHSC) established rates for Substance Use Disorder Treatment services in Fiscal Year 2014.

Data from these sources were combined to derive cost estimates related to healthcare services reported to have been accessed by long-term recovery coaching participants in the past month prior to enrollment and at each of the 3-,

6-, 9-, and 12-month check-up interviews. By estimating the costs of each healthcare event during each 30 day period, estimated costs can be compared over the year period.

The results of the healthcare service utilization analyses are reported in Table 21 and are graphically depicted in Figures 38 - 41. Figures 38 – 40 illustrate reduced healthcare service utilization over the first 12 months of recovery coaching in outpatient settings (4242 visits at enrollment; 835 visits at 12-month check-up), inpatient settings (9362 days at enrollment; 1122 days at 12-month check-up), and emergency rooms (433 visits at enrollment; 162 visits at 12-month check-up). The estimated cost of healthcare services reported by participants during the month prior to enrollment was \$4,745,073 across all service categories. At the 3-month check-up interview, these same 1226 participants reported service utilization rates with estimated costs of \$1,403,550, resulting in an estimated reduction of healthcare costs of \$3,341,523 from services received in the month prior to enrollment compared with services received in the month prior to 3-month check-up. Further reductions in healthcare service costs were evidenced at the 6-month check-up. During the month prior to the 6-month check-up, the 1226 participants reported receiving services at an estimated cost of \$1,337,015, which is a cost reduction of \$66,535 compared to estimated healthcare services costs at 3-month check-up. Total healthcare costs at 9-month check-up (\$1,330,509) decreased by \$6,506 compared to costs at the 6-month check-up interview, mostly driven by increased inpatient substance use and mental health treatment services during this time period. Total healthcare costs at 12-month check-up were reduced by \$104,384 relative to the 9-month check-up costs. Comparison of estimated healthcare service costs at enrollment and the four check-up points over the year revealed an estimated \$3,518,948 total reduction of healthcare costs which is a 74% reduction in total healthcare costs compared to prior month costs at enrollment. These results indicate that, overall, long-term recovery coaching participants demonstrated continued reduction of healthcare service utilization and costs during the year post enrollment.

These findings are comparable to the healthcare cost results reported in the RSS Project FY 15 Final Evaluation, FY 16 Interim and Final Evaluation, and FY 17 Interim Evaluation reports that analyzed data for 648, 783, 1123, and 1188 participants, respectively, who had completed all check-up interviews through those fiscal year time periods. Analyses indicated that the FY15 participants evidenced an estimated 76% total reduction in healthcare costs over the 12

months following enrollment and the participants analyzed in the FY16 Interim and Final Evaluation reports demonstrated 73% and 74% reductions in healthcare costs, as well as a 74% reduction in the FY 17 Interim Evaluation report. Thus, the health care costs analyses from these five subsamples of participants suggest that estimated cost savings are likely to be the 70% – 80% range over a 12 month time period post enrollment into long-term recovery coaching.

**N=1226**

## 74% Reduction in Health Care Costs between Enrollment and 12-Month Check Up

This report only includes persons who enrolled in the program, participated for at least 12 months, and completed a checkup interview at 3, 6, 9 and 12 months.

Table 21 Estimated Healthcare Cost Savings of Long term Recovery Coaching

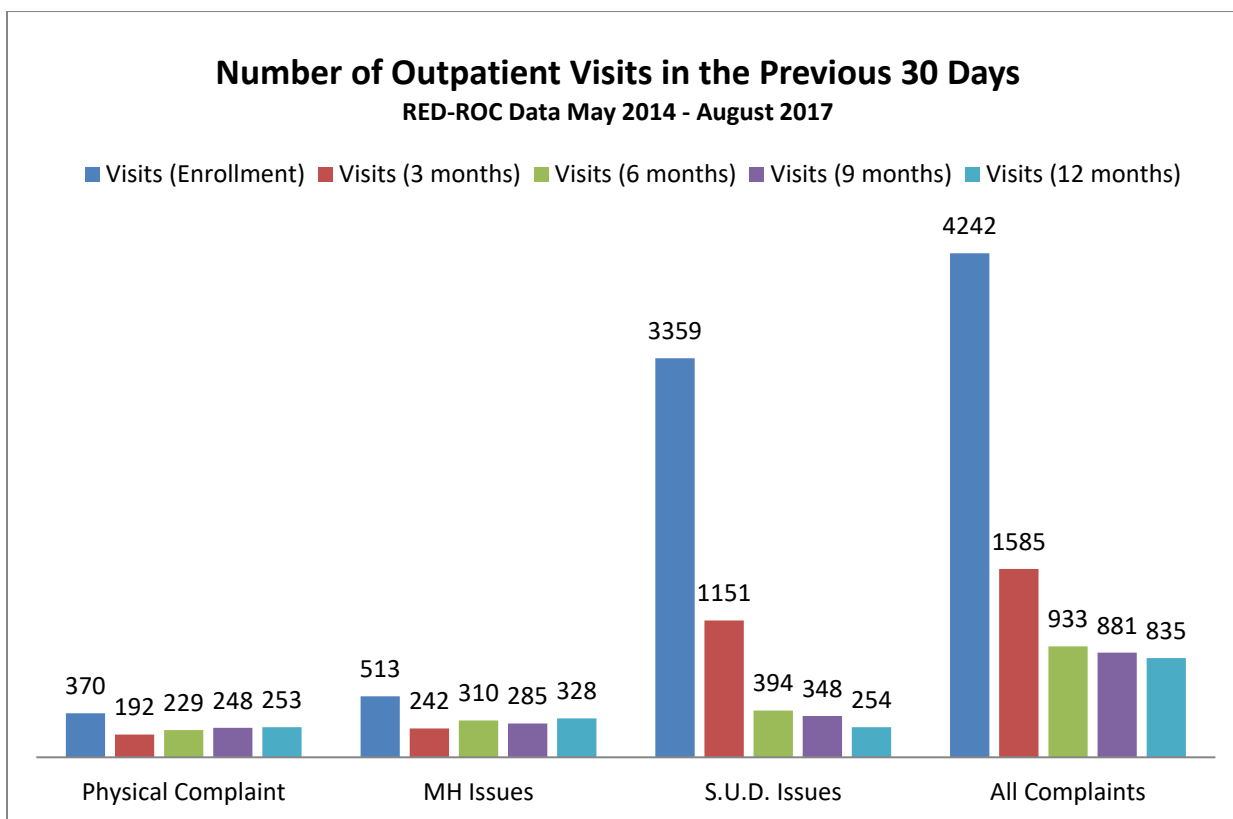


Figure 38 Number of Outpatient visits in the Previous 30 days



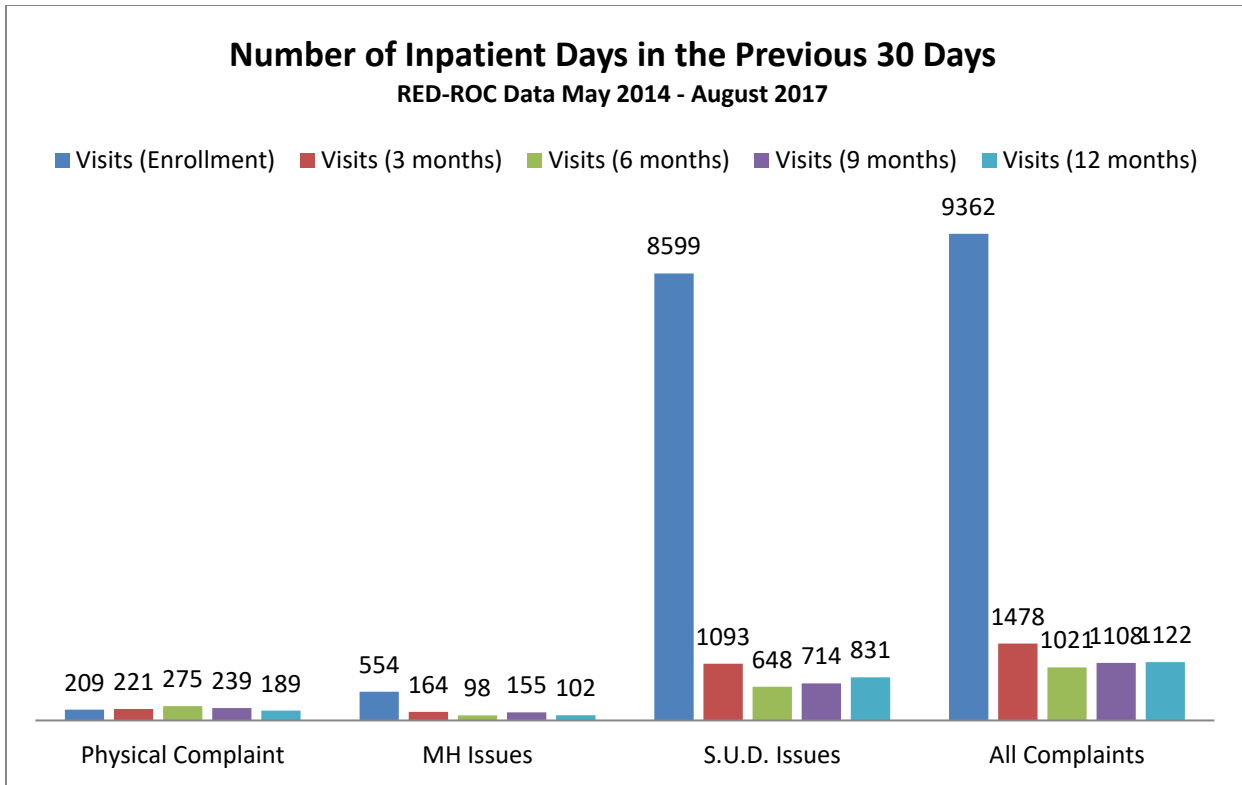


Figure 39 Number of Inpatient Visits in the previous 30 days

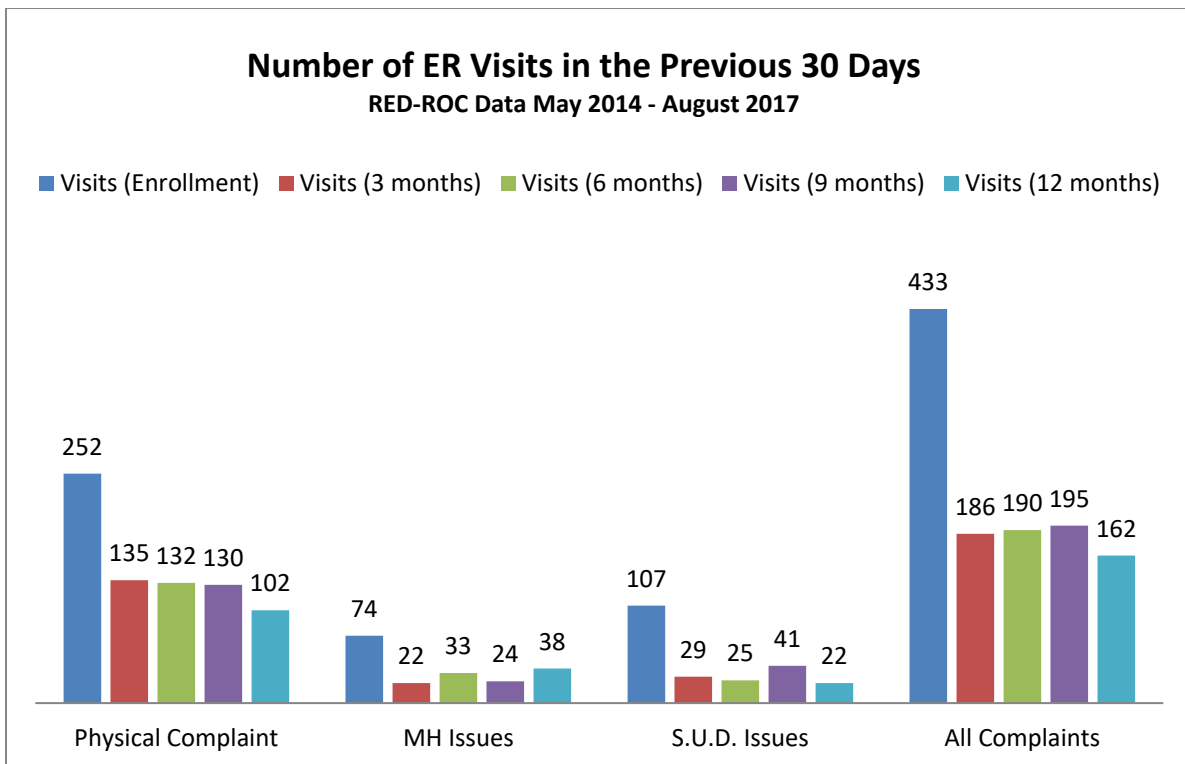


Figure 40 Number of ER Visits in the Previous 30 days

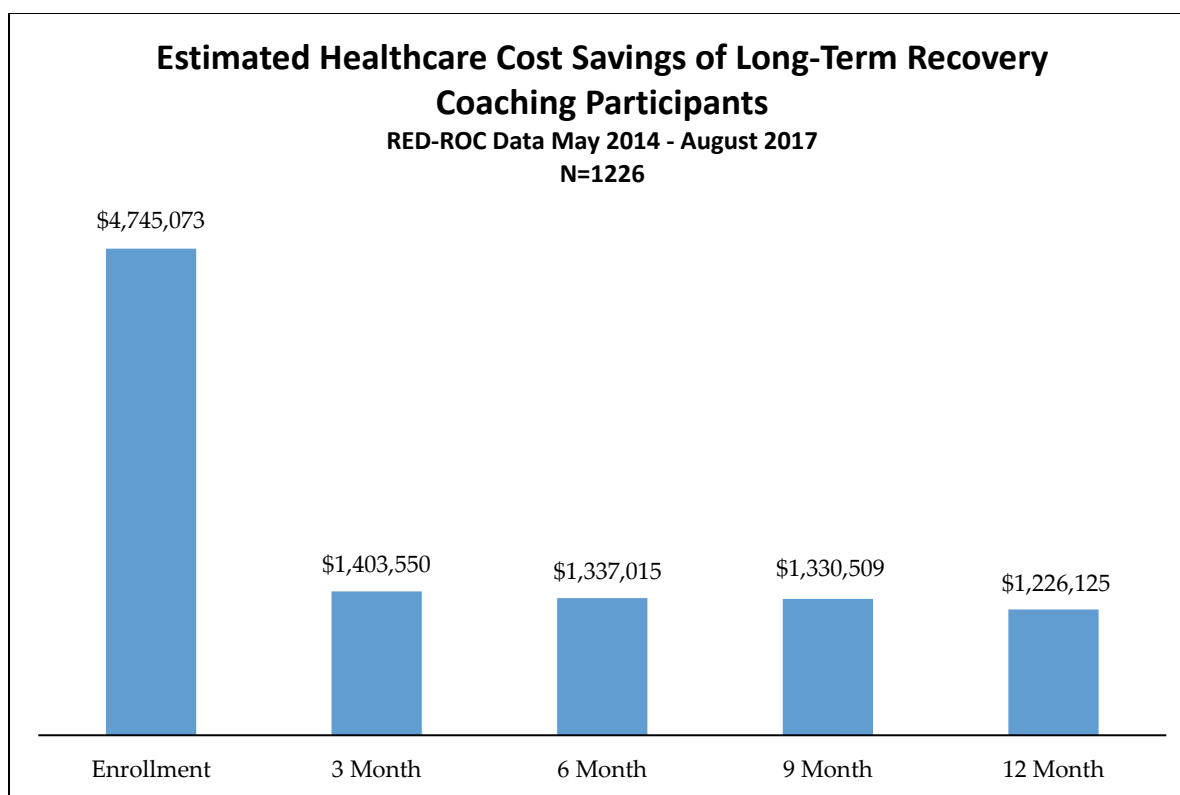


Figure 41 Estimated Healthcare Cost Savings of Long-Term Recovery Coaching Participants

In summary, long-term recovery coaching participants demonstrated improvements at check-up points in housing status, with greater percentages of participants reporting being housed and living in residences that they either personally own or rent; increased employment rates and wages earned; increased rates of abstinence and/or reduced substance use; increased personal recovery capital; and decreased healthcare service utilization and estimated costs. There was a 74% reduction in health care costs between enrollment and 12-months. These participant outcome results suggest that retention in long-term recovery coaching may be associated with improved health and wellness in multifaceted domains of life functioning.

## Recovery Engagement Status Reports

In September of 2015 a new report was added to the RED-ROC system entitled the Recovery Engagement Status report. This report is completed by the recovery coaches based on their current knowledge about the individual who had been enrolled in long-term recovery coaching. The report asks whether the individual is still receiving recovery coaching services from the program and if so, the number of face-to-face and phone/internet contacts the individual received over the past 3 months. In addition, the report asks what other recovery activities provided by the program that the person may have participated in during the past 3 months. Finally, the report asks whether the individual is still active in recovery based on the recovery coach's knowledge. The Recovery Engagement Status reports are completed at 15, 18, and 21 months post entry into long-term recovery coaching. This section of the report summarizes the results of these reports using data entered into RED-ROC from September 2015 through August 2017. Recovery Engagement Status reports were available for 1,615 at 15 months, 1,774 at 18 months, and 1,419 at 21 months.

The results regarding receipt on recovery coaching services are reported in Table 22. On average, approximately 50% of the individuals were still receiving recovery coaching at all of the status reporting periods. The average number of face-to-face meetings during the past three months decreased over time, from 4.0 at 15 months to 2.8 at 21 months. The average number of phone/internet contacts ranged from a high of 7.1 at 18 months to a low 5.4 at 21 months.

Table 22 Recovery Engagement Status - Recovery Coaching Services (RED-ROC Data September 2015 – August 2017)			
	15 Months (N=1774 )	18 Months (N=1615 )	21 Months (N=1419)
Still Receiving Recovery Coaching	56%	50%	45%
Average Number of Face-to-Face Meetings	4.0	3.4	2.8
Average Number of Phone or Internet Contacts	6.6	7.1	5.4

Table 22 Recovery Engagement Status- Recovery Coaching Services

Involvement in recovery activities other than recovery coaching during the past three months are presented in Table 23. The most frequent recovery activities accessed over all three time periods were attending recovery support groups, self-help groups, and alcohol and drug-free social activities, and being a recovery advocate. The least frequent activities accessed were being an education group instructor, leading health and wellness activities, and organizing community service projects. The percentage of individuals who were not involved in any program recovery activities increased slightly over time, from 52% at 15 months to 60% at 21 months.

<p>Table 23</p> <p>Recovery Engagement Status - Recovery Activity Involvement</p> <p>(RED-ROC Data September 2015 – August 2017)</p>			
	15 Months (N=1774 )	18 Months (N=1615 )	21 Months (N=1419)
Peer Leader	7%	5%	6%
Recovery Coach	3%	2%	1%
Volunteer	11%	9%	8%
Community Speaker/Storyteller	4%	4%	4%
Recovery Advocate	15%	14%	15%
Attends Recovery Support Groups	25%	21%	21%
Facilitates Recovery Support Groups	3%	3%	3%
Attends Self-Help Groups	20%	18%	16%
Attends Alcohol and Drug-Free Social Activities	20%	18%	16%
Organizes Alcohol and Drug-Free Social Activities	3%	3%	2%
Attends Education Groups	6%	4%	3%
Education Group Instructor	< 1%	< 1%	< 1%
Attends Health and Wellness Activities	7%	4%	5%
Leads Health and Wellness Activities	< 1%	< 1%	< 1%
Participates in Community Service Projects	6%	5%	4%
Organizes Community Service Projects	1%	1%	1%
Other Recovery Activities	5%	5%	4%
Not Involved in Program Recovery Activities	52%	57%	60%

Table 23 Recovery Engagement Status- Recovery Activity Involvement

Recovery coaches' reporting of whether the individual was still active in recovery at the time of the status report is displayed in Figure 42. Reports that the individual was still active in recovery ranged from 60% at 18 months to 49% at 21 months. The percentage of individuals with an unknown still active in recovery status at 15, 18, and 21 months was 41%, 34%, and 45%, respectively.

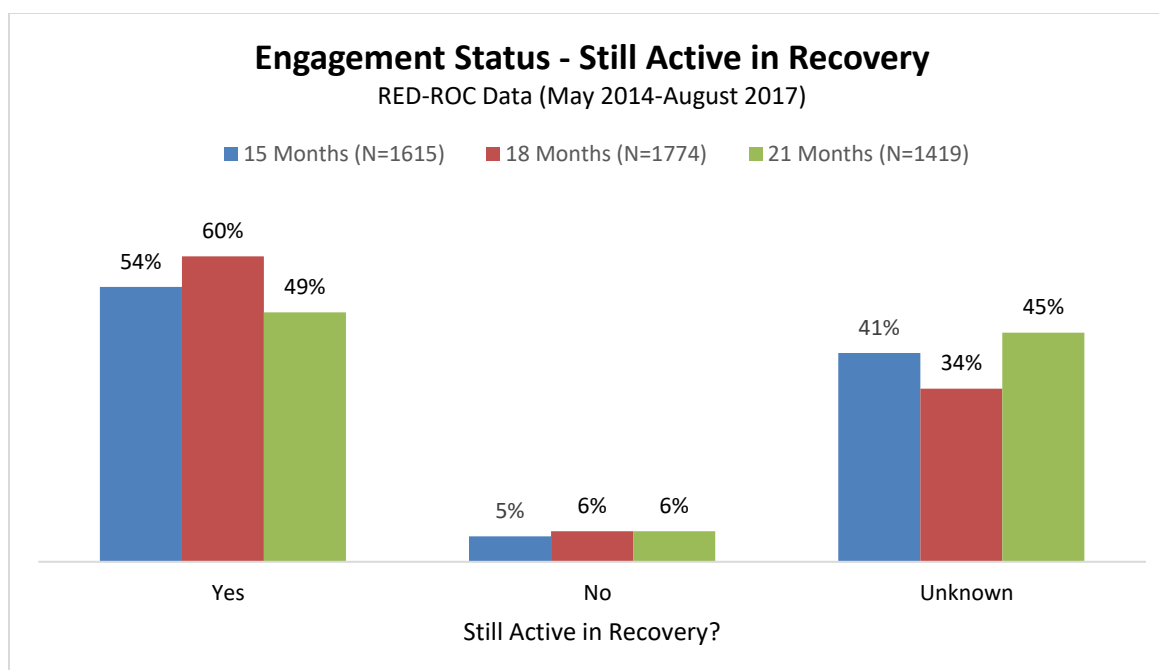


Figure 42 Engagement Status- Still Active in Recovery

## Participant View of Recovery

In August 2016 an additional report was added to REC-ROC entitled the Participant View of Recovery which asks participants about various aspects of their recovery at 24 months post enrollment into long-term recovery coaching. Participants are asked about whether their lives are better in a number of areas since entering into recovery coaching. In addition, the participants are asked whether they have experienced a return to substance use since entering recovery coaching and, if they have experienced a relapse what may have helped them to get back on their recovery path, as well as how long it took to reach out for help from their support system and/or return to their recovery path on their own. This section of the report summarizes the results of this report using data entered into RED-ROC from August 2016 through August 2017. Data were available for 560 individuals who completed the Participant View of Recovery report during this time period.

Participant reports related to life improvements experienced at 24 months post enrollment into recovery coaching are reported in Table 24. The majority of individuals experienced quality of life improvements, including improved relationships (73%), greater sense of purpose in life (68%), ability to engage in self-care (72%), and learning to have fun in recovery (61%). In the area of employment and education, 53% reported gaining employment, 42% were happier in their job/career, 46% felt increased financial security, and 33% obtained increased education and/or job training. Participants also reported

having a better living environment (58%) and a small amount stated that they had regained custody of or visitation with their children (17%). Roughly half of respondents reported being able to access physical health care (46%) and improved physical health (50%). Fewer individuals reported the ability to access mental health care (29%); however, 45% felt improved mental health. In addition, approximately one third of respondents had enrolled in some form of health care insurance, such as Medicaid (11%), Medicare (4%), or other health insurance (18%). Only 4% of the participants stated that they did not experience any of the life improvements measured in the report.

<p>Table 24 Participant View of Recovery – Life Improvements at 24 Months Post Enrollment in Recovery Coaching (N = 560) (RED-ROC Data August 2016 – August 2017)</p>	
General Quality of Life	
My Relationships Have Improved	73%
I Know What I Need to Do to Stay Well	72%
I Feel a Greater Sense of Purpose For My Life	68%
I Have Learned How to Have Fun in Recovery	61%
Employment and Education	
I Got a Job	53%
I Am Happier in My Job/Career	42%
I Am Less Worried About Money or Bills	46%
I Have Obtained More Education and/or Job Training	33%
Family and Living Conditions	
I Have a Better Place to Live	58%
I Have Regained Custody or Visitation With My Children	17%
Health Care	
I Have Been Able to Access Physical Health Care	46%
My Physical Health is Better	50%
I Have Been Able to Access Mental Health Care	29%
My Mental Health is Better	45%
I Have Enrolled in Medicaid	11%
I Have Enrolled in Medicare	4%
I Have Enrolled in Other Health Insurance	18%
I Have Experienced None of the Above	
	4%

Table 24 Life Improvements at 24 months Post Enrollment in Recovery Coaching

Incidence of relapse and characteristics of return to the path of recovery are presented in Table 25. Forty percent of participants experienced a return to substance use at some point during the 24 months post enrollment in long-term recovery coaching. The vast majority of respondents reached out to their recovery coach for assistance in returning to their recovery path (77%), followed by attending support group meetings (37%), reaching out to friends (36%), and returning to treatment (31%). Other strategies used included returning to recovery on their own (24%), using their recovery plan (22%), reaching out to sponsor (21%), and using some other method (13%). The length of time between relapse and returning to the recovery path was within a month or less for 62% of respondents with only 15% taking 4 or more months. These results suggest that, in cases of relapse, participants more often turned to their recovery coaches for support and that time periods between relapse and returning to the recovery path was relatively short with a high percentage returning within a month.

Table 25  
Participant View of Recovery – Incidence of Relapse and Return to Recovery at  
24 Months Post Enrollment in Recovery Coaching  
(N = 560)  
(RED-ROC Data August 2016 – August 2017)

I Experienced a Return to Substance Use	40%
Strategies Used to Return to Recovery Path	
I Got Back Into Recovery on My Own	24%
I Used My Wellness/Recovery Plan	22%
I Reached Out to Family or Friends	36%
I Reached Out to My Recovery Coach	77%
I Reached Out to My Sponsor	21%
I Returned to Treatment	31%
I Went to Support Group Meetings	37%
I Did It Another Way	13%
Length of Time Before Returning to Recovery Path	
Within a Week	27%
Within a Month	35%
Within 2 to 3 Months	23%
Within 4 to 5 Months	8%
Within 6 to 9 Months	5%
More Than 9 Months	2%



*Table 25 Incidence of Relapse and Return to Recovery at 24 post Enrollment in Recovery Coaching*

## V. Data Collection and Management

Study data is collected and managed using REDCap (Research Electronic Data Capture). REDCap<sup>10</sup> is a secure, web application designed to support data capture for research studies, providing user-friendly web-based case report forms, real-time data entry validation (e.g. for data types and range checks), audit trails and a de-identified data export mechanism to common statistical packages (SPSS, SAS, Stata, R/S-Plus). REDCap also provides a powerful tool for building and managing online surveys. The research team can create and design surveys in a web browser and engage potential respondents using a variety of notification methods. The system was developed by a multi-institutional consortium which includes University of Texas at Austin and was initiated at Vanderbilt University. The database is hosted at the Population Research Center, which will be used as a central location for data processing and management. The PRC server has been cleared for Category-I data collection by UT's Information Security Office. Network transmissions (data entry, survey submission, web browsing, etc.) in REDCap are protected via Secure Sockets Layer (SSL) encryption. REDCap data collection projects rely on a thorough study-specific data dictionary defined in an iterative self-documenting process by all members of the research team with planning assistance from the PRC. The iterative development and testing process results in a well-planned data collection strategy for individual studies. REDCap provides a secure, web-based application that is flexible enough to be used for a variety of types of research, provide an intuitive interface for users to enter data and have real time validation rules at the time of entry.

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## VII. Endnotes

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<sup>1</sup> (White 2007)

<sup>2</sup> (McLellan, et al. 2000)

<sup>3</sup> (Kaplan 2008)

<sup>4</sup> (Prochaska and DiClemente 1983)

<sup>5</sup> (Bandura 1997)

<sup>6</sup> Recovery capital refers to the extent of internal, social, and external resources that are accessible to the person in recovery. (Laudet and White 2008)

<sup>7</sup> (Cloud and Granfield 2001)

<sup>8</sup> (Kaplan 2008)

<sup>9</sup> <http://www.utexas.edu/ssw/dl/files/cswr/institutes/ari/pdf/Houston-ROSC-Phase-I.pdf>

<sup>10</sup> (Harris, et al 2008)