

Safe Haven I

Missouri Institute of Mental Health

Center for Research and Evaluation

May, 2014

Anna B. Savu – Project Principal Investigator

Suzanne McCudden – Project Data Manager



MIMH

- **Provider of behavioral health research, evaluation, program management, and continuing education/training services**
- **14 faculty and 40 staff working in three academic Centers:**

Prevention, Outreach and Professional Education

Consulting and Behavioral Health Innovations

Research and Evaluation

MIMH

- **Conducting program evaluation, basic and applied research since 1962**
- **Funding sources currently include:**

SAMHSA

MO-DMH

NIDA

Other agencies in St. Louis City and County

Introduction

- **A 5-year SAMHSA/CSAT project to enhance substance abuse treatment**
- **Served racial and ethnic minorities living in metropolitan St. Louis**
- **Participants were affected by substance abuse, mental health problems, and HIV/AIDS**

Project Goal

Provide a comprehensive, integrated system of outreach, pretreatment services, and drug treatment for St. Louis city minorities diagnosed with substance abuse and mental health problems, and also engaging in behaviors putting them at risk for HIV/AIDS

Safe Haven I

- ❖ **Project years: 2004 – 2008**
- ❖ **Pretreatment/Outreach by Community Alternatives (CA)**
- ❖ **Substance abuse treatment at Preferred Family Health Care (PFH)**
- ❖ **411 Participants recruited, 290 followed up (70.6%)**

Layered Intervention Strategy

❖ Outreach Group

Direct admission to treatment 24 hours a day, 7 days a week

❖ Treatment Group

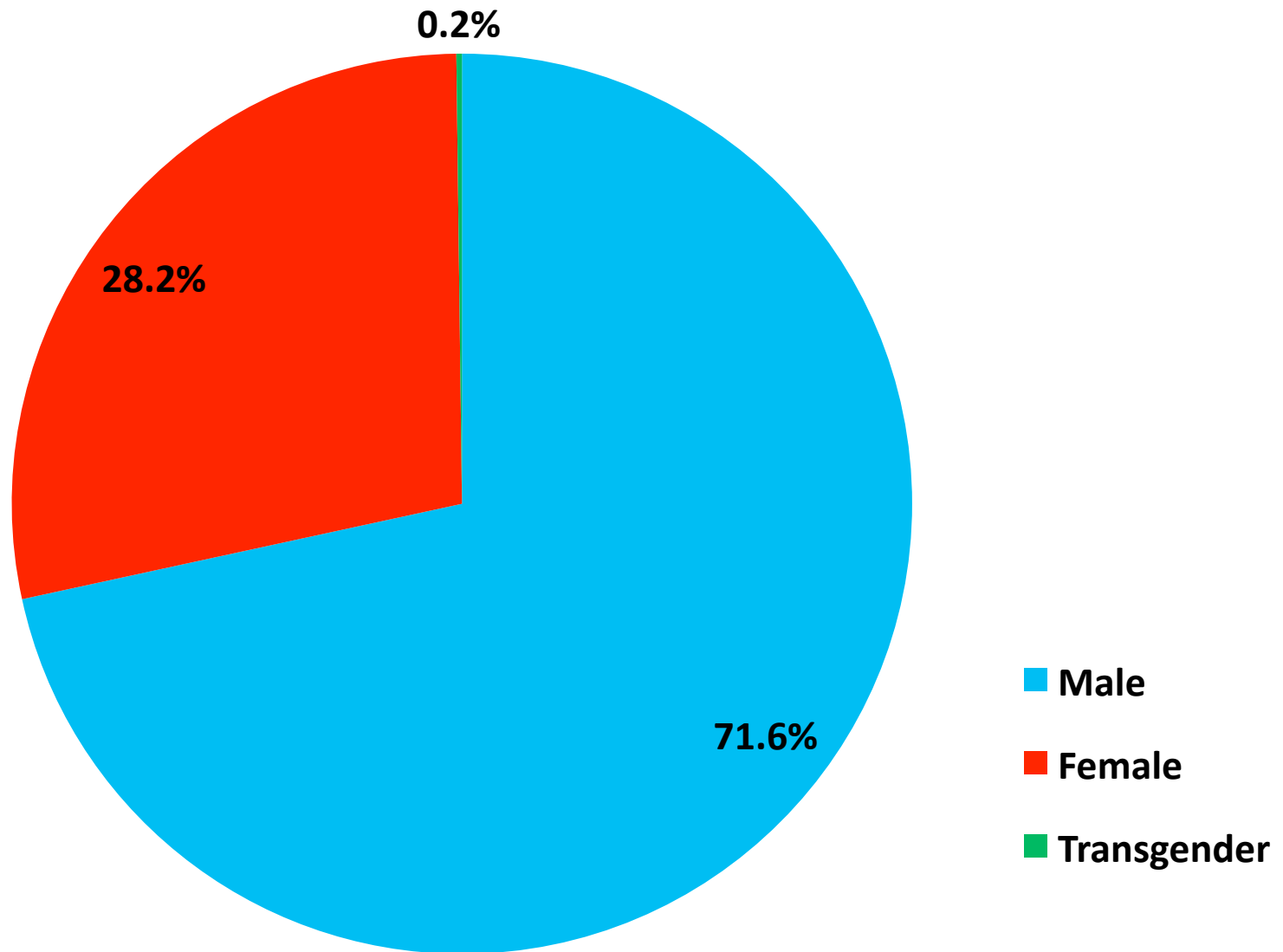
Admission to PFH Safe Haven Program +
Safety Net Coordinator

Safe Haven I

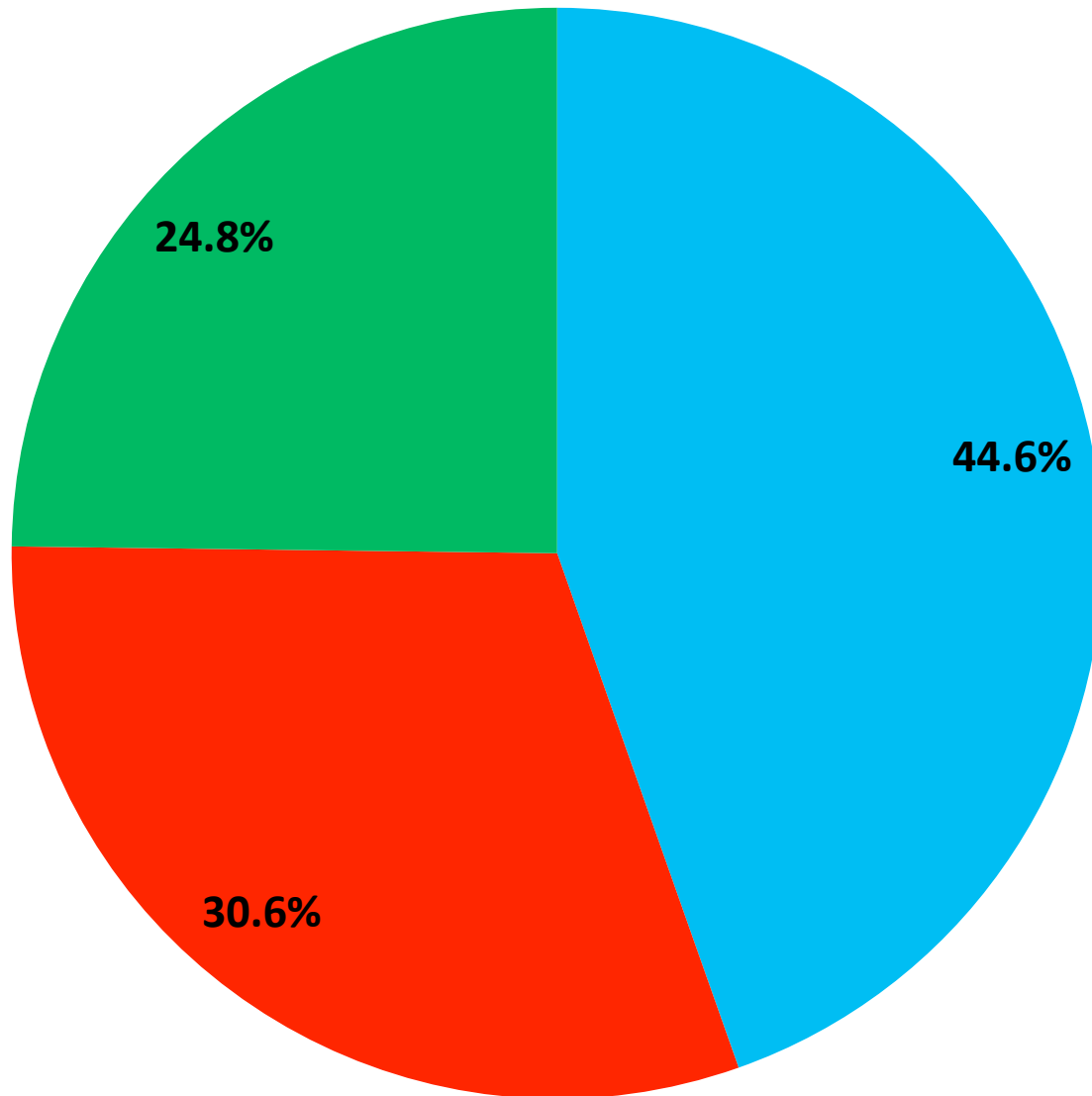
Safety Net Coordinator

- ❖ Helped participant develop supportive social network
- ❖ Encourage participant to stay in treatment

Gender



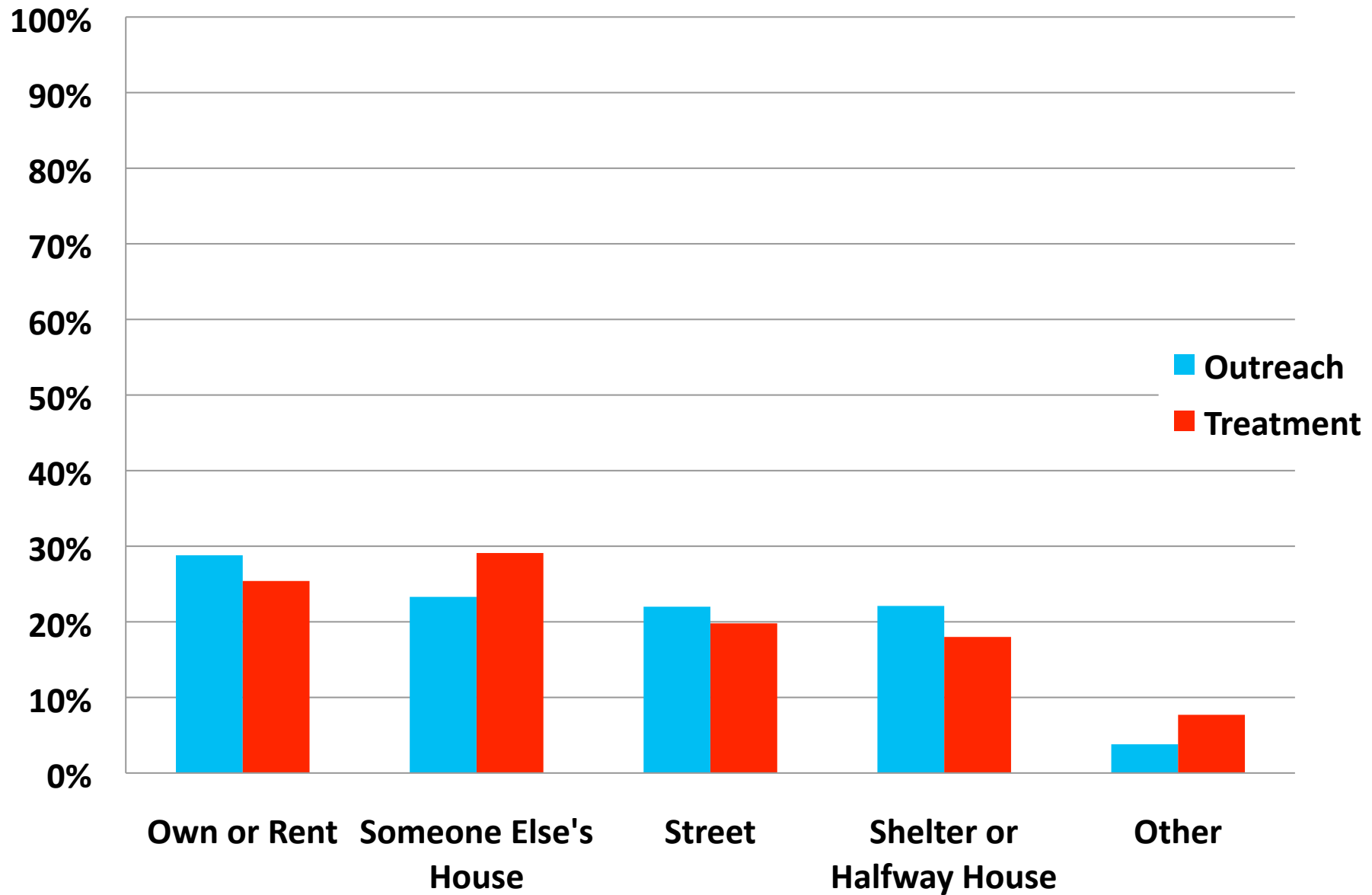
Education



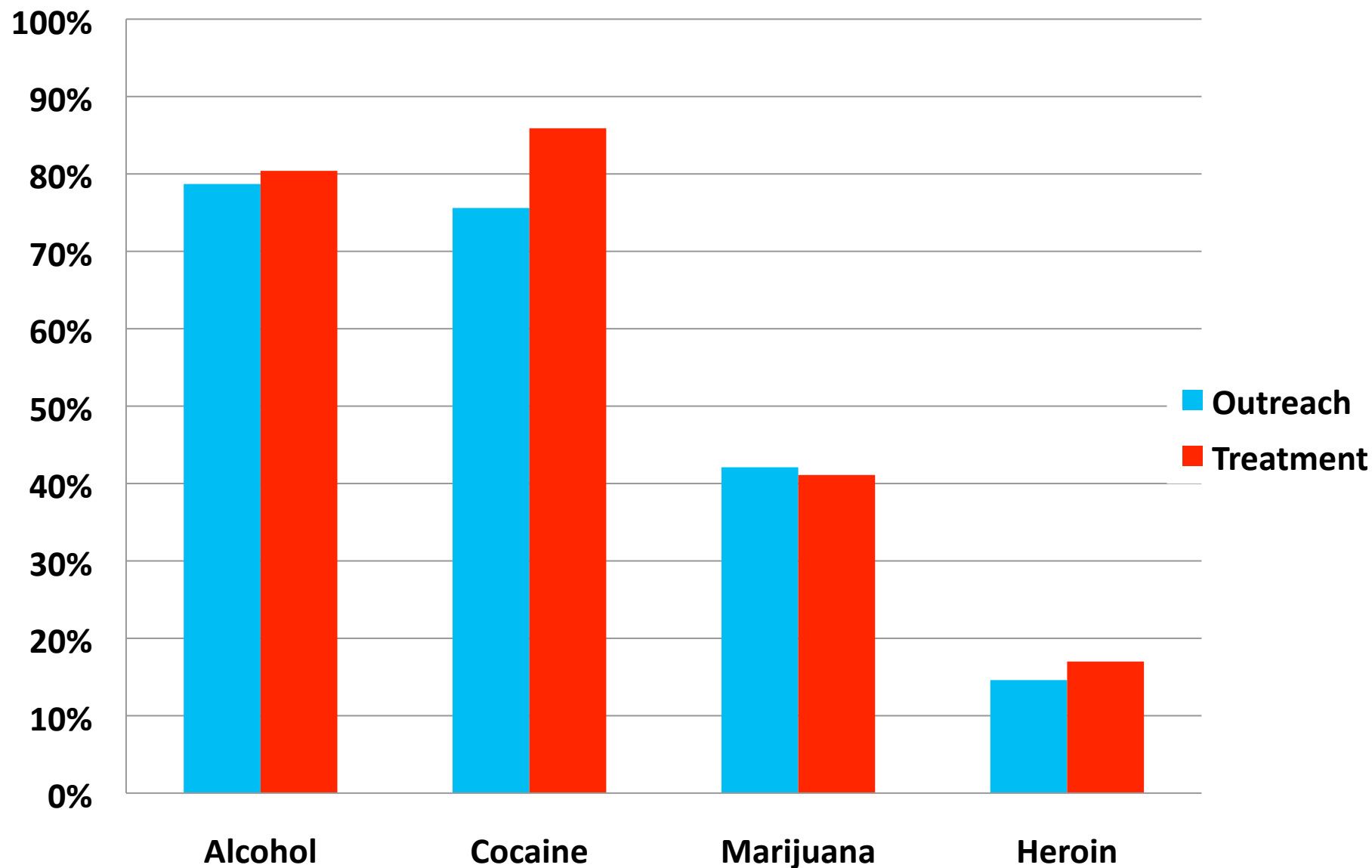
- Did not Complete HS
- Completed HS or GED
- Some College



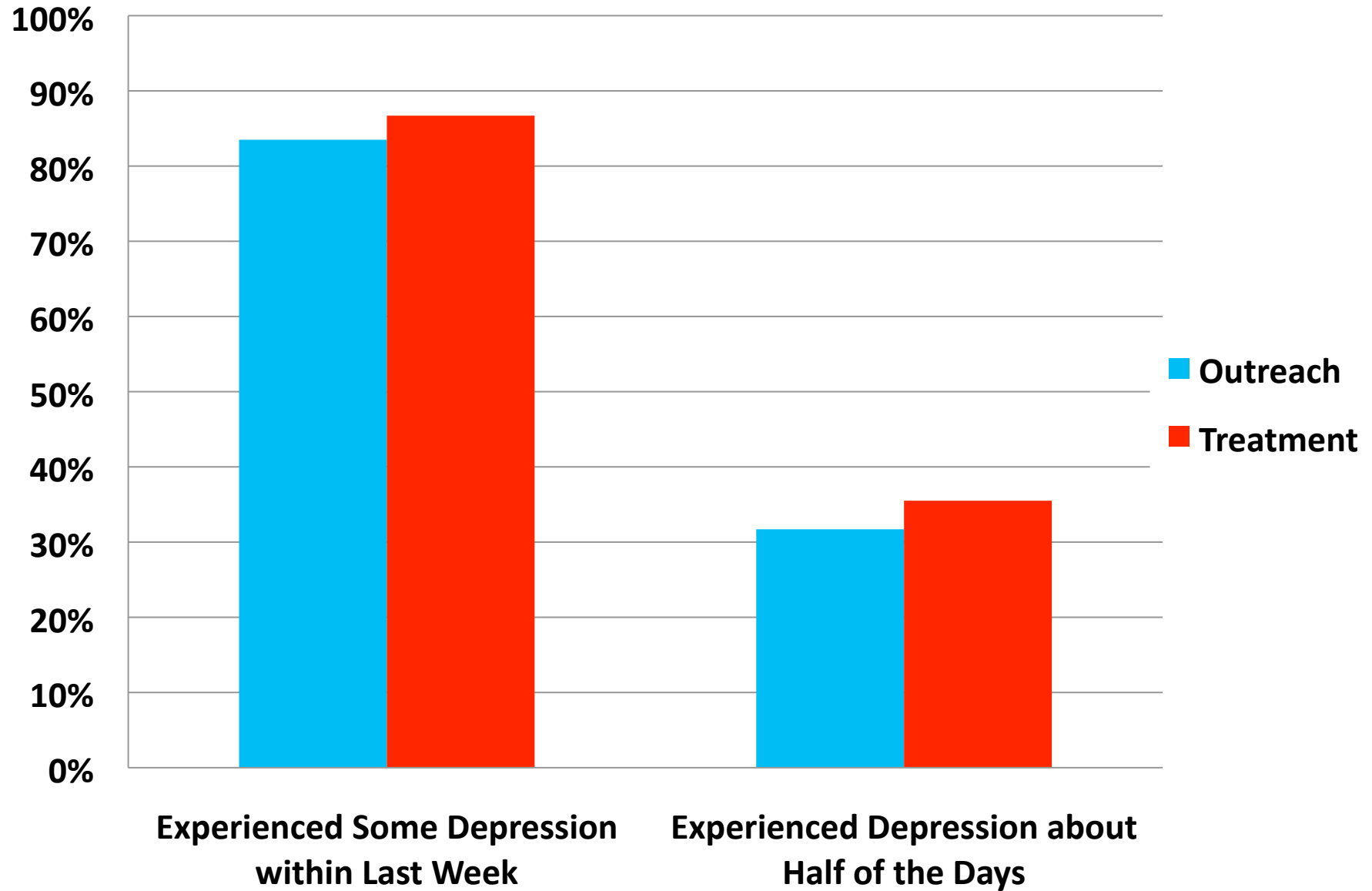
Housing at Intake



Substance Use at Intake



Depression at Intake



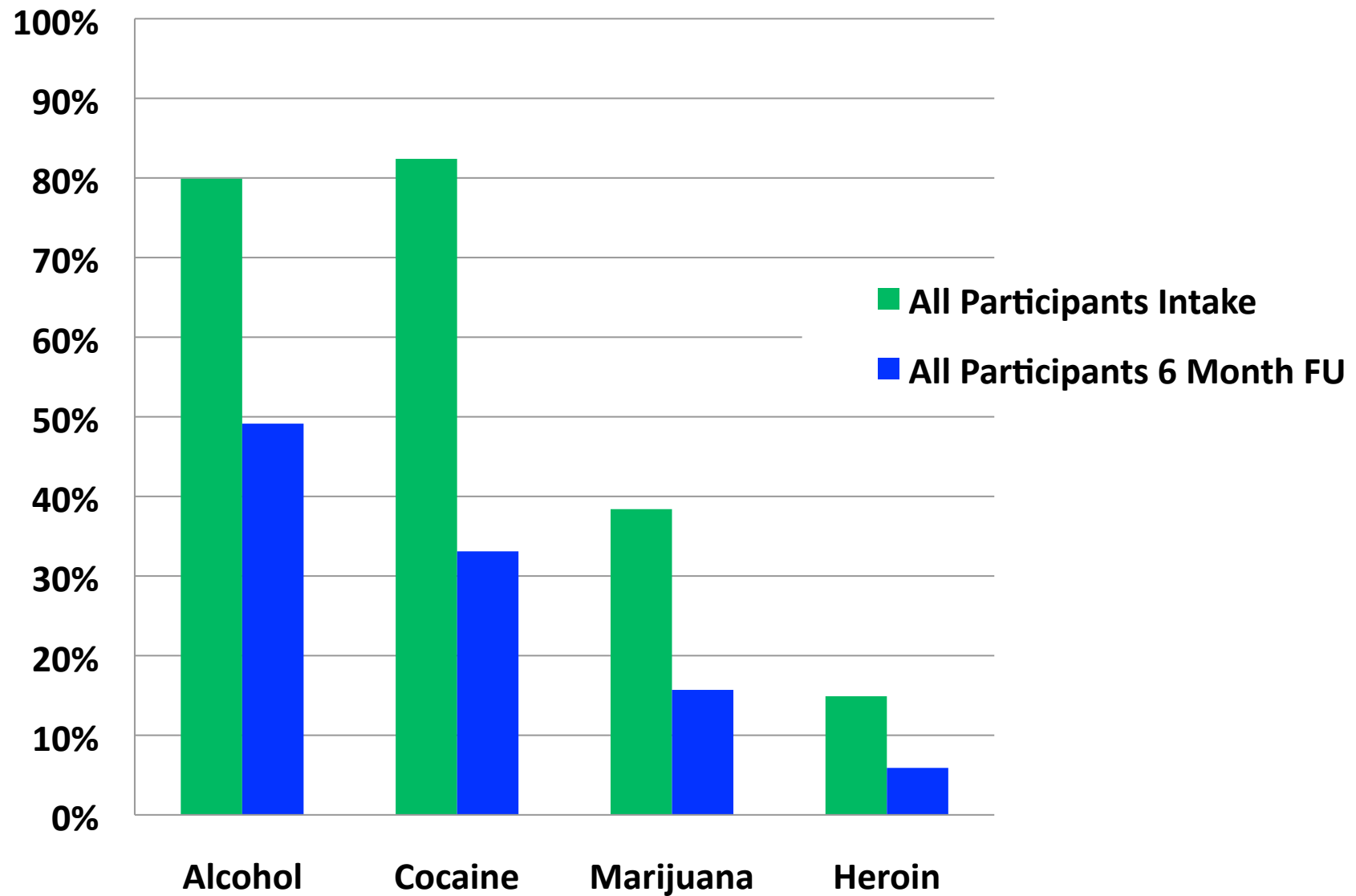
RESULTS

**Results for Outreach and Treatment groups
were similar and positive**

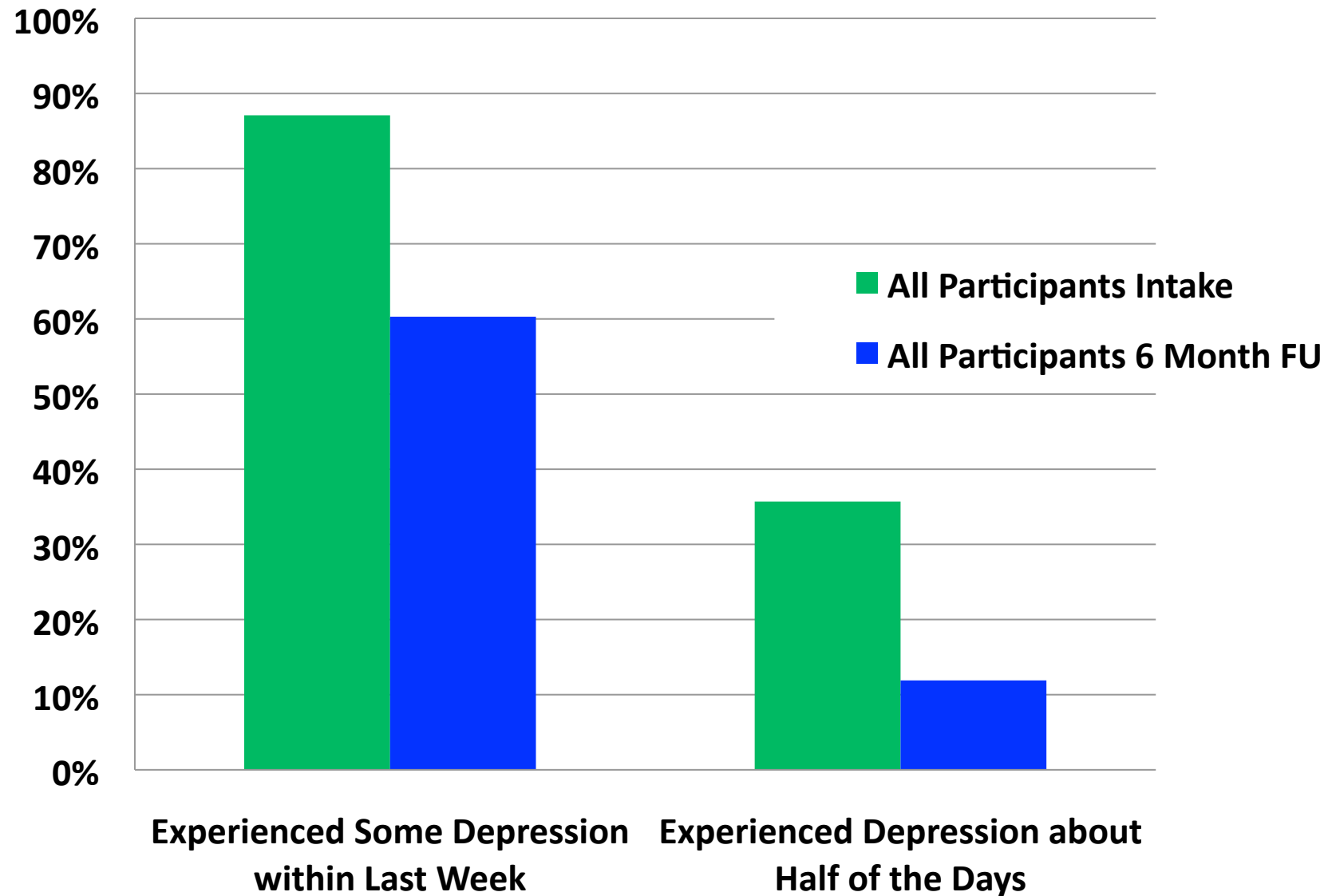
RESULTS

- ❖ **Rates of substance use decreased**
- ❖ **Depressive symptoms also decreased**
- ❖ **Unprotected sexual contacts were reduced**
- ❖ **Social Interview Network Scale (SNIS) scores improved slightly for Emotional Support and Advice but not for Financial Assistance**

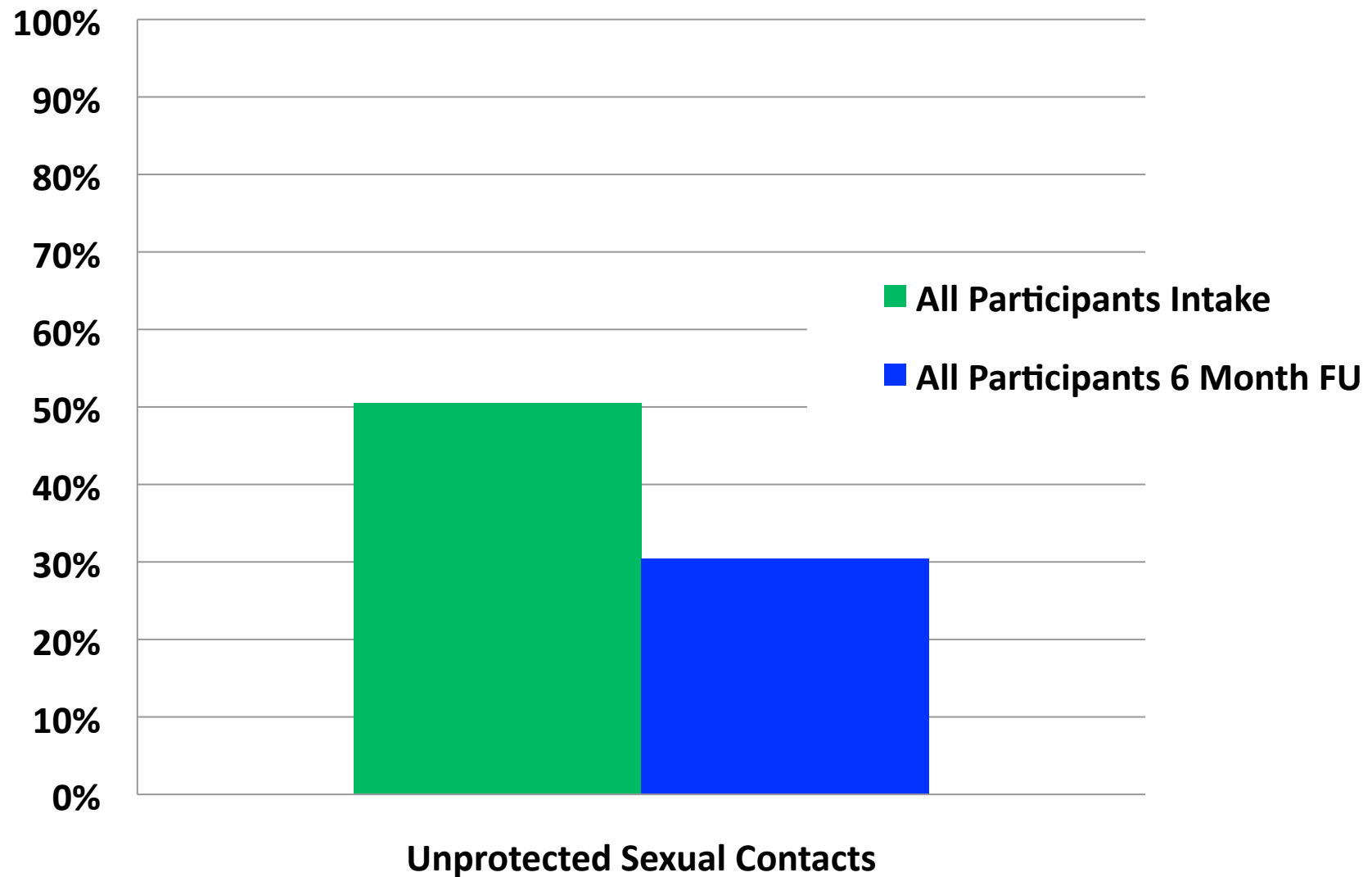
Substance Use at Intake and 6 Month FU



Depression at Intake and 6 Month FU



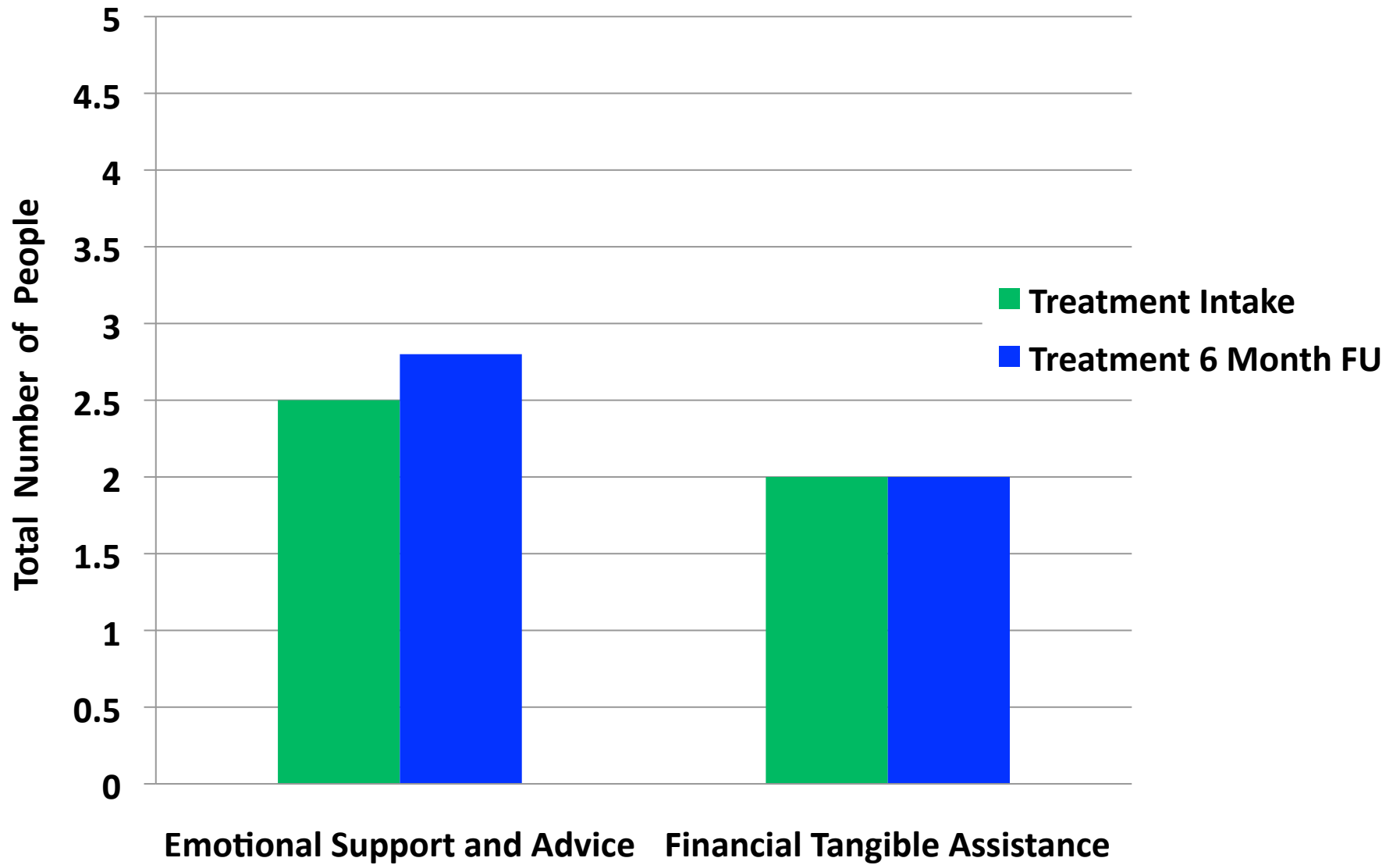
Unprotected Sexual Contacts Intake and 6 Month FU



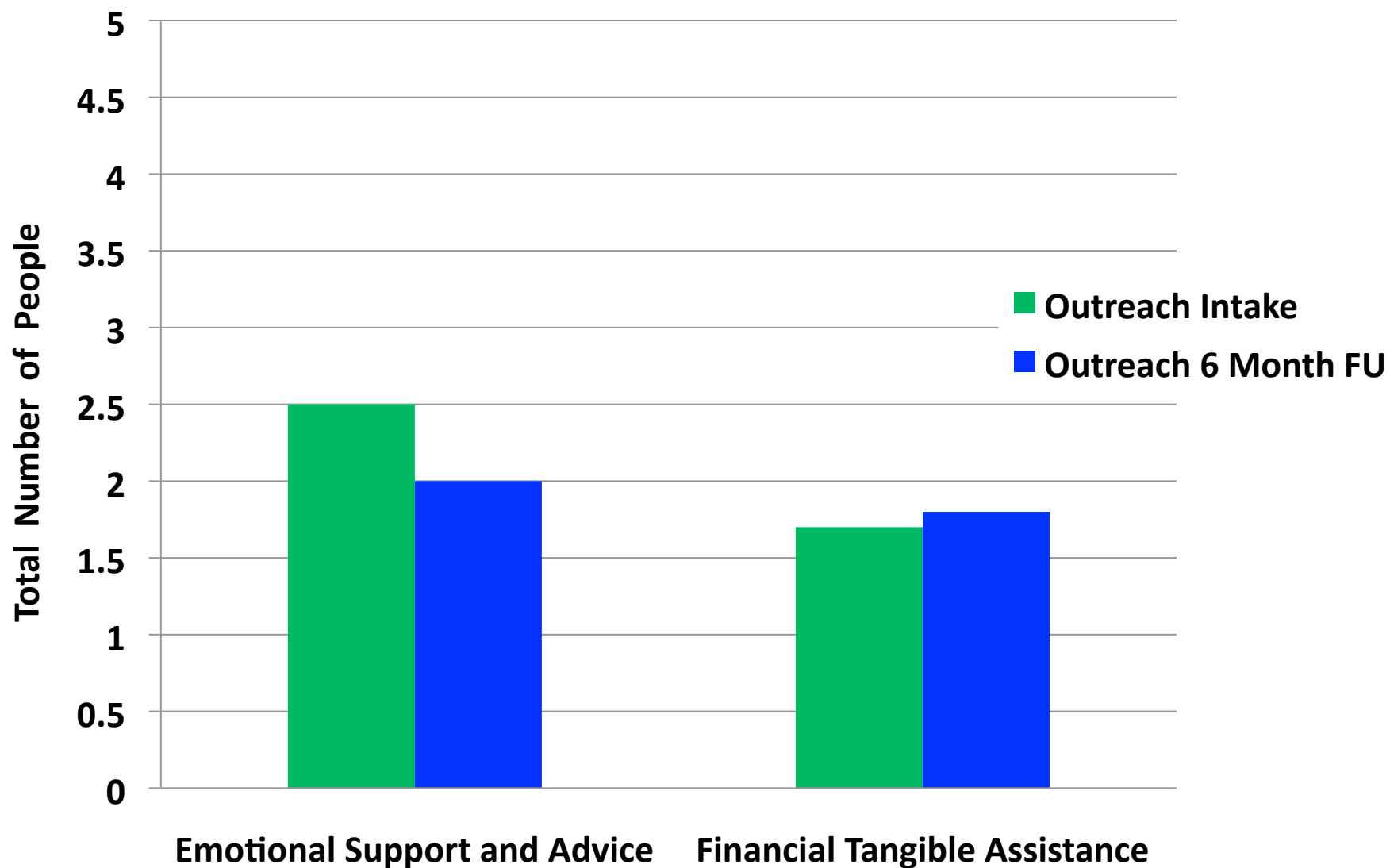
Social Network Interview Schedule (SNIS)

- ❖ **Emotional support**
- ❖ **Financial/tangible support**
- ❖ **Alcohol use**
- ❖ **Drug use**

Intake and 6 Month SNIS Scores Treatment



Intake and 6 Month SNIS Scores Outreach



Lessons Learned

- ❖ **Improve access to treatment**
- ❖ **Address substance abuse and mental health needs**
- ❖ **Improve treatment retention**
- ❖ **Increase size and quality of social network**



**The
End**



SAFE HAVEN II – Evaluation

**Missouri Institute of Mental Health
Center for Research and Evaluation**

May, 2014

**Anna B. Savu – Project Principal Investigator
Suzanne McCudden – Project Data Manager**



Introduction

- **5-year project to enhance substance abuse treatment funded by SAMHSA/CSAT. Begun 2008 as a continuation of Safe Haven I.**
- **Substance abuse treatment provided by Preferred Family Healthcare (PFH). Project evaluation completed by Missouri Institute of Mental Health (MIMH). Transitional housing at West End Mount Carmel (WEMC).**
- **Served adult members of racial and ethnic minorities living in metropolitan St. Louis**
- **Participants were affected by both substance abuse and HIV/AIDS (or at risk for HIV/AIDS).**
- **Priority placement was given to any in the target population who are returning veterans.**

Project Goals

Overall goals for the project were:

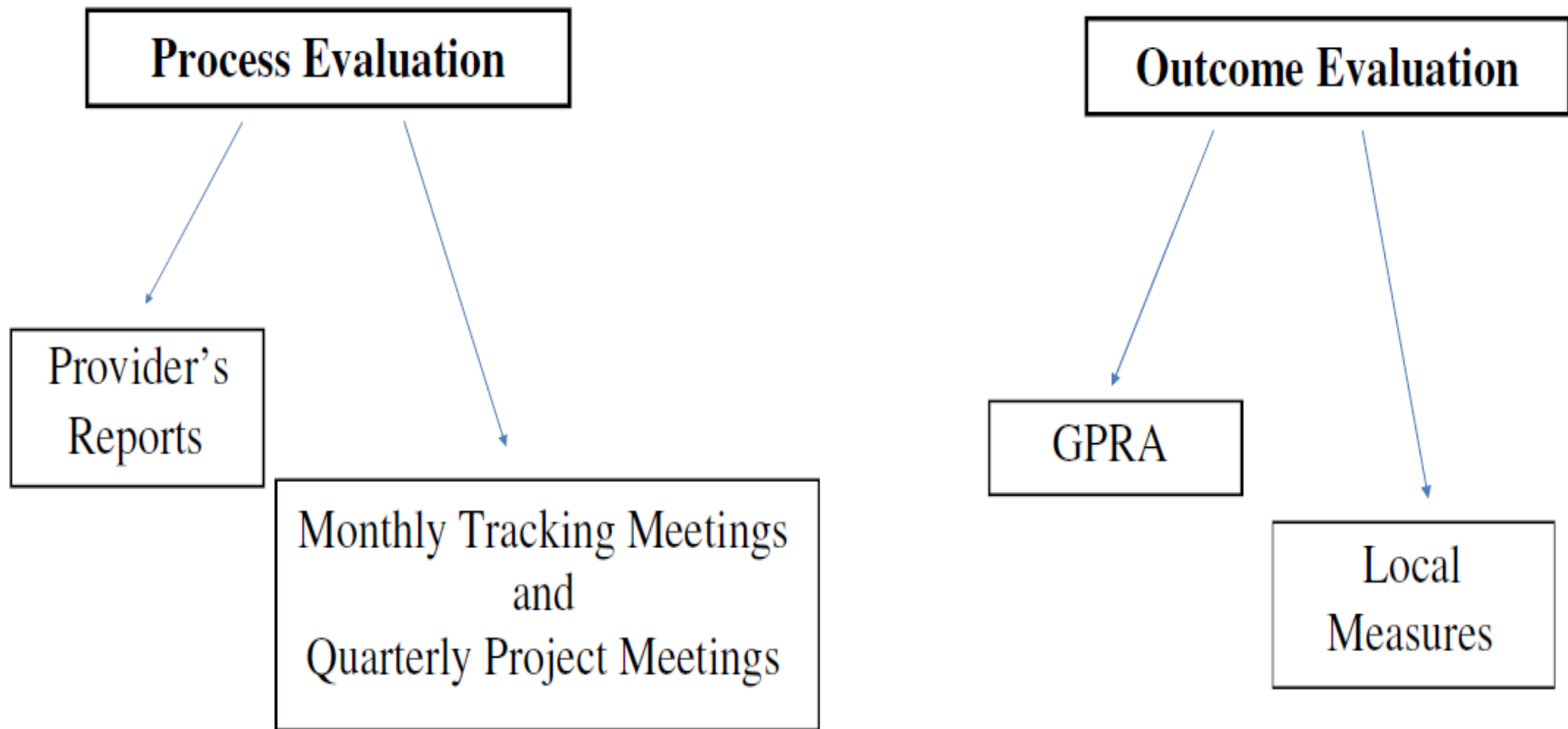
- reduction in substance use
- reduction in risky behaviors related to HIV contraction such as unprotected sex and intravenous drug use
- increase in stable social networks to provide better support for pro-social behaviors

Project Goals

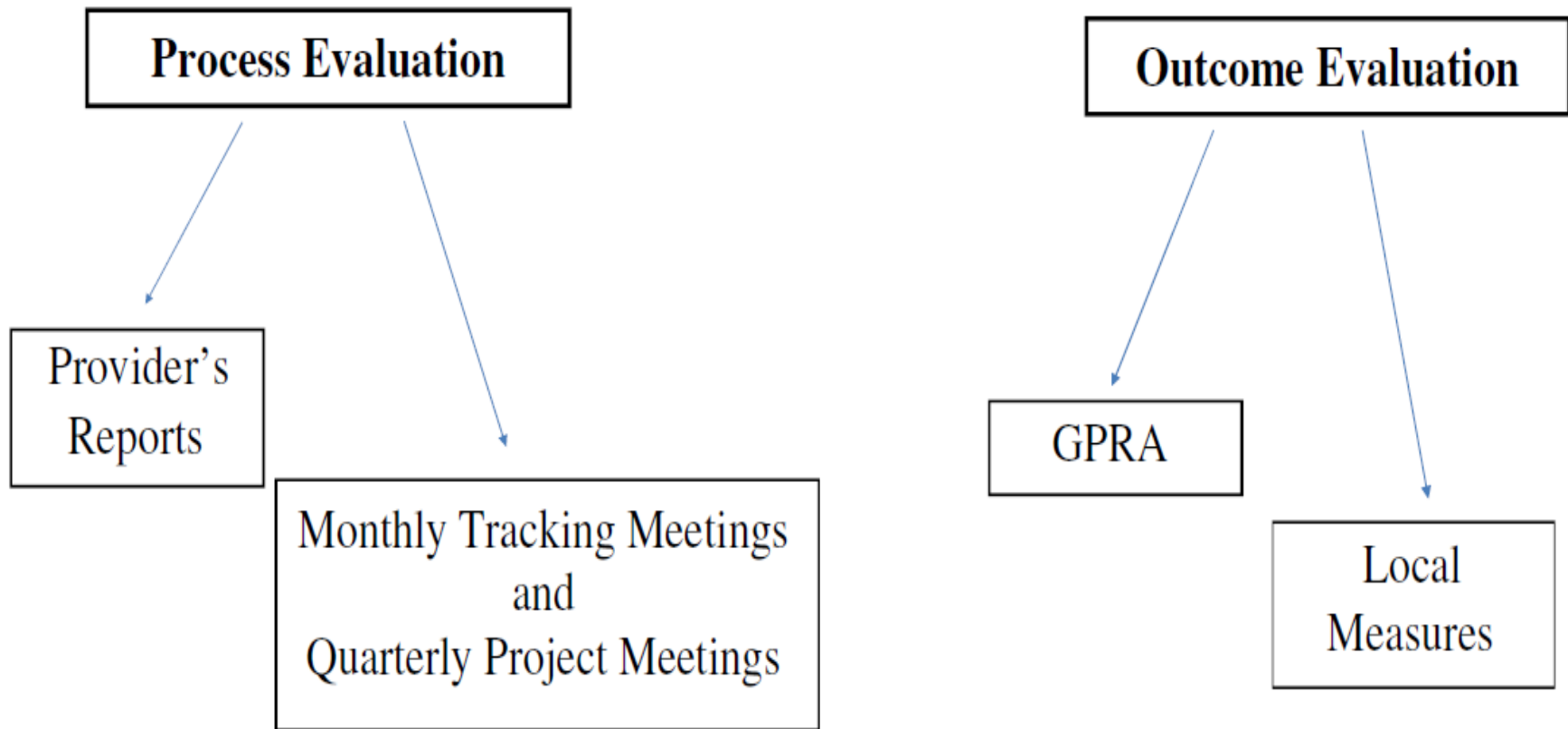
Evaluation goals were:

- be in compliance with GPRA reporting requirements
- to assess client process and outcomes related to program
- to disseminate the results
- to build a sustainability plan based on documented results

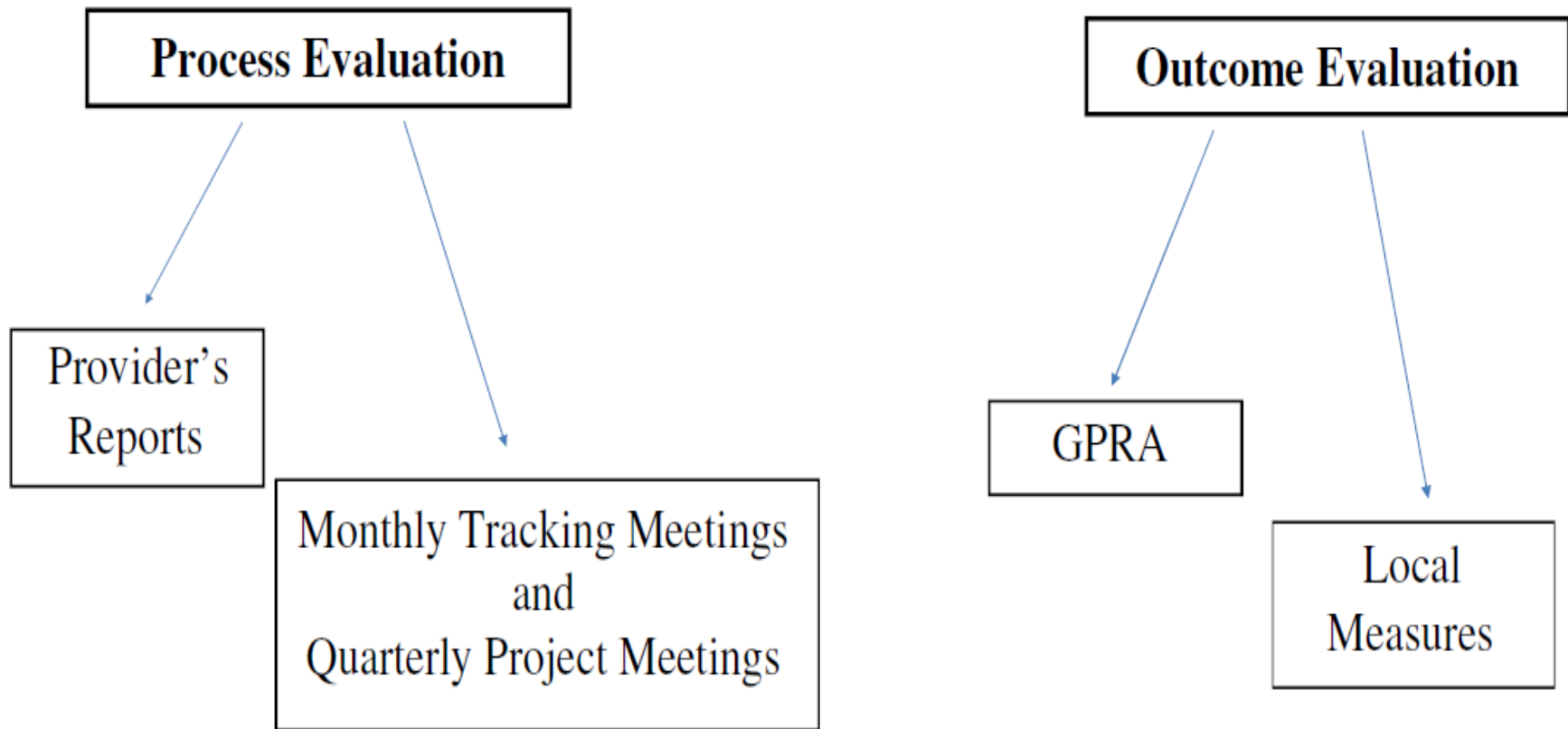
Evaluation Model



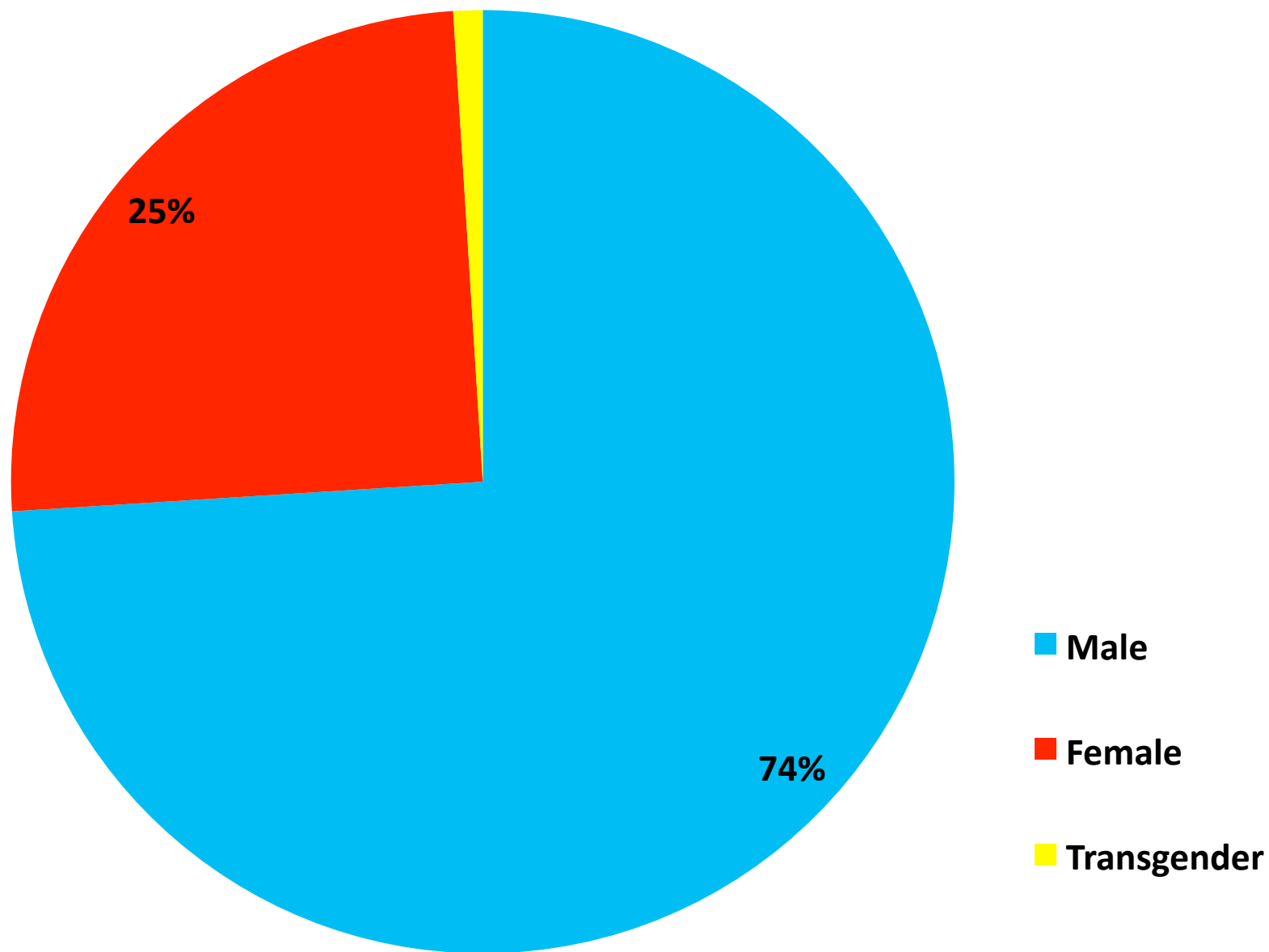
Evaluation Model



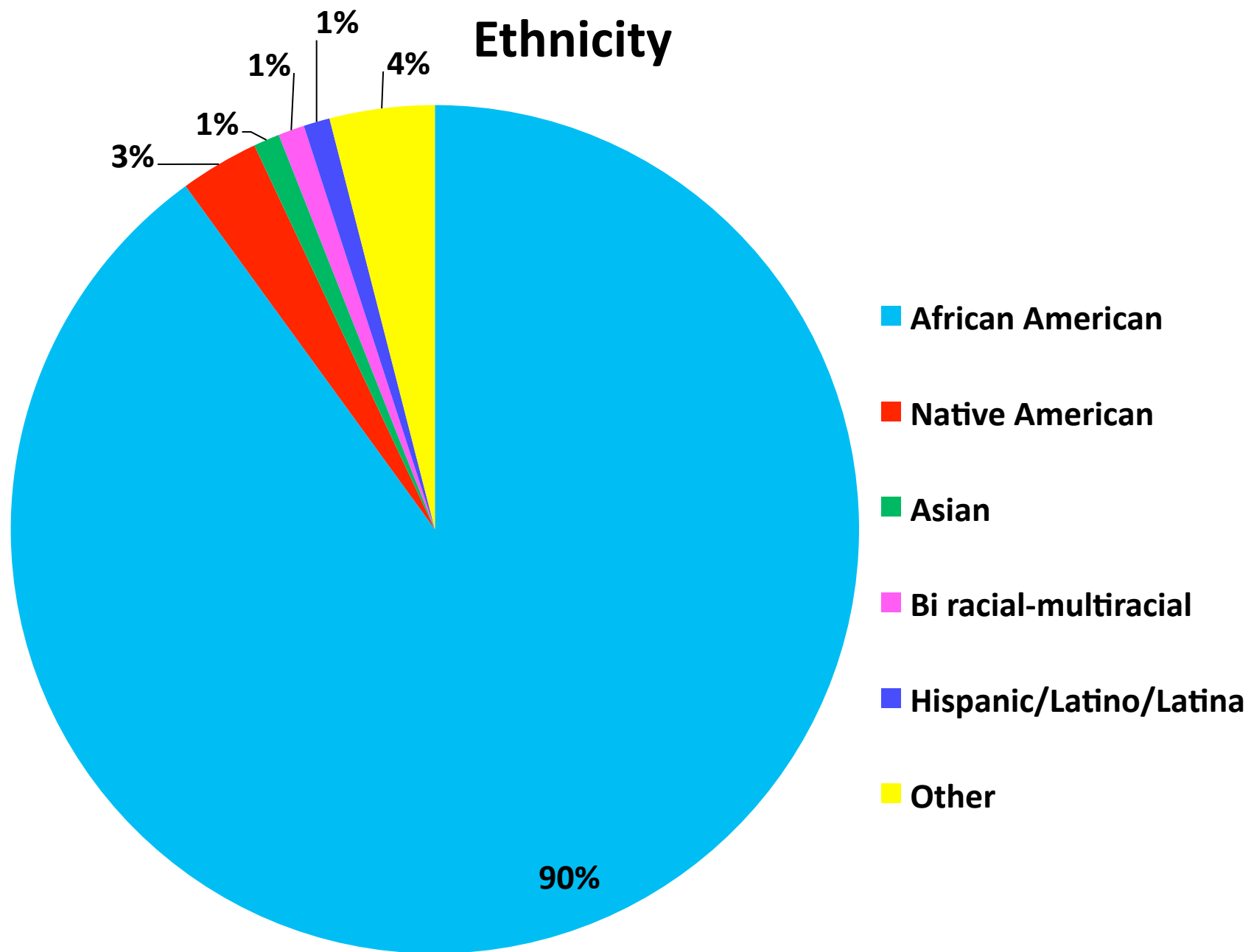
Evaluation Model



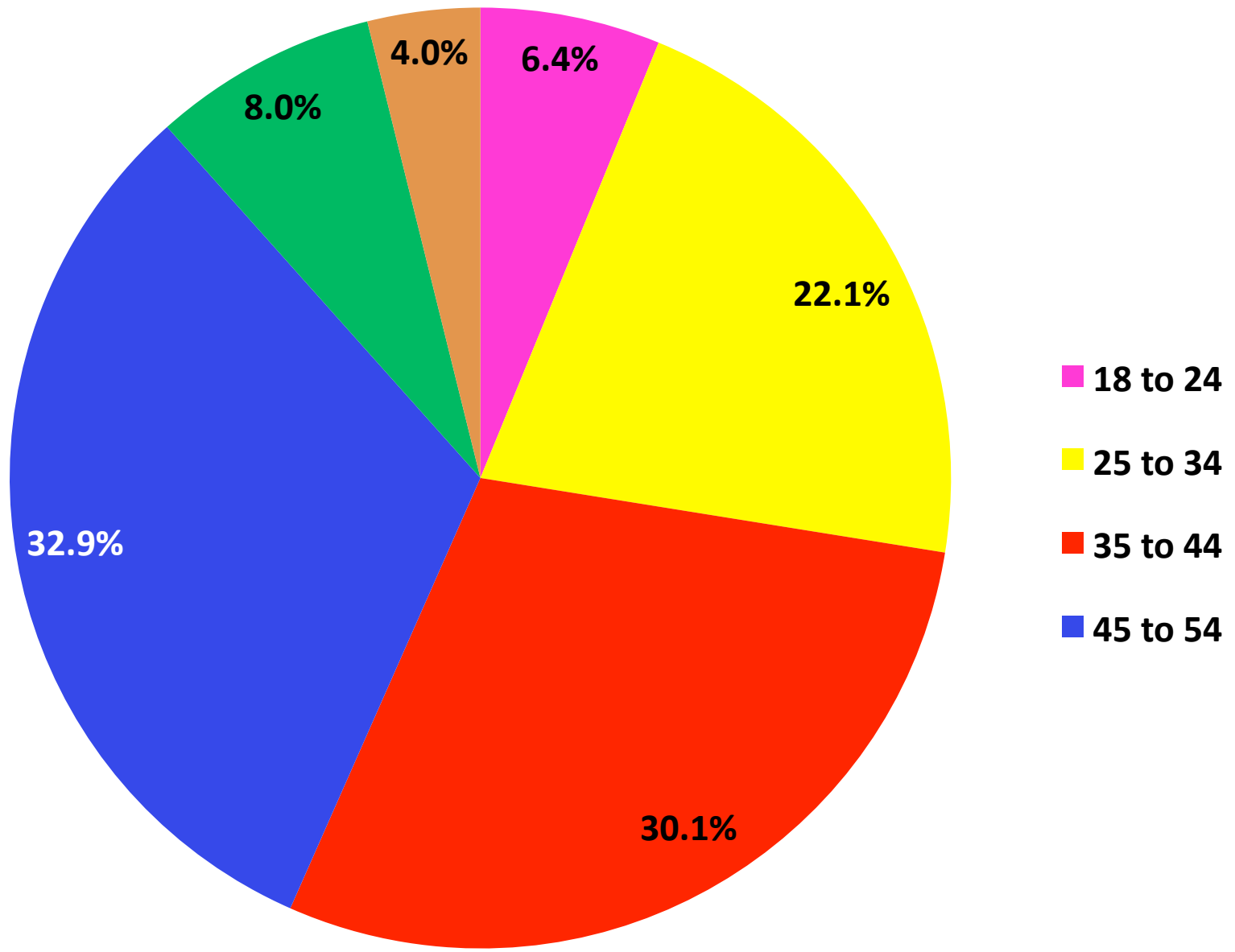
Gender



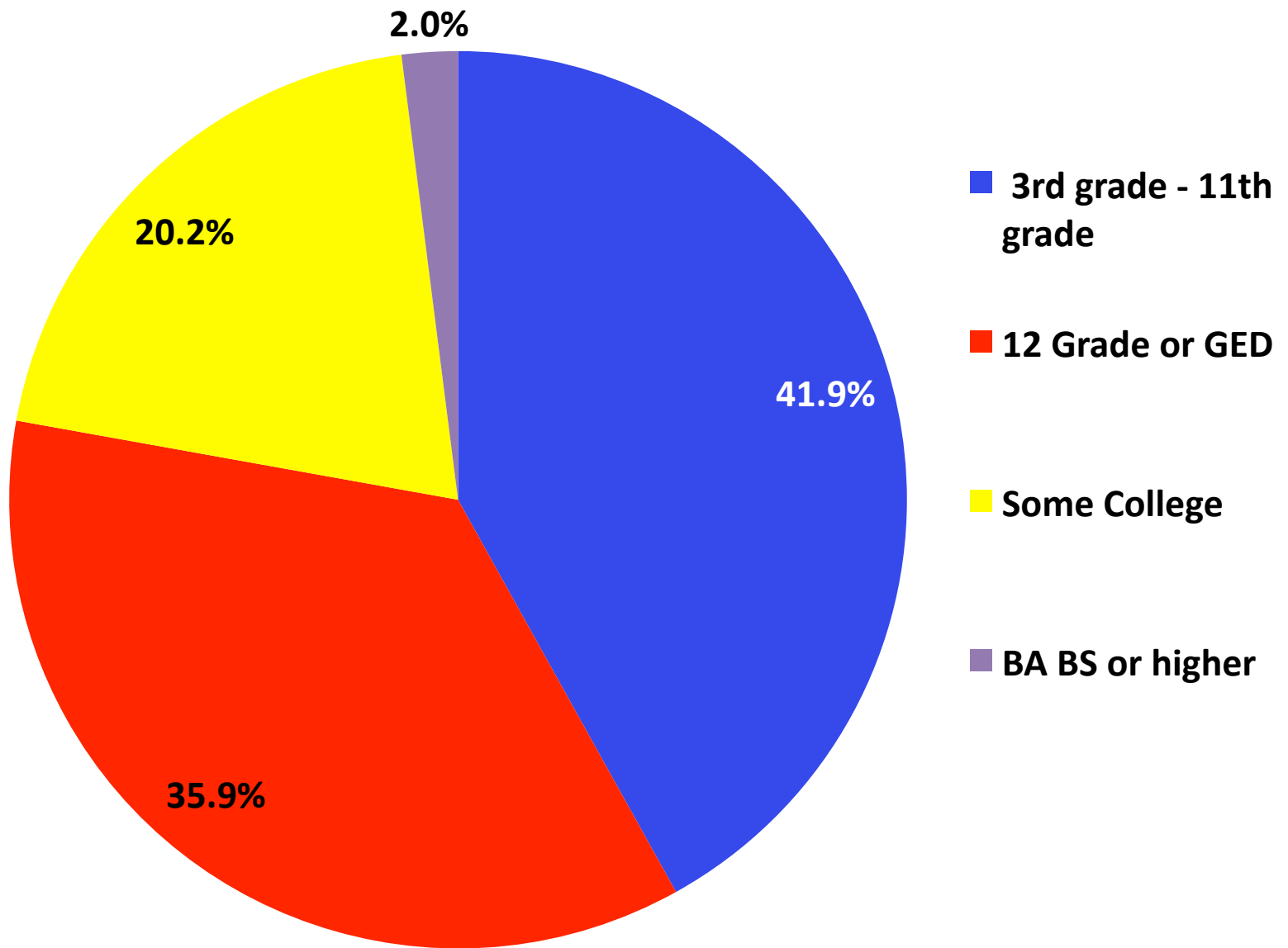
Ethnicity



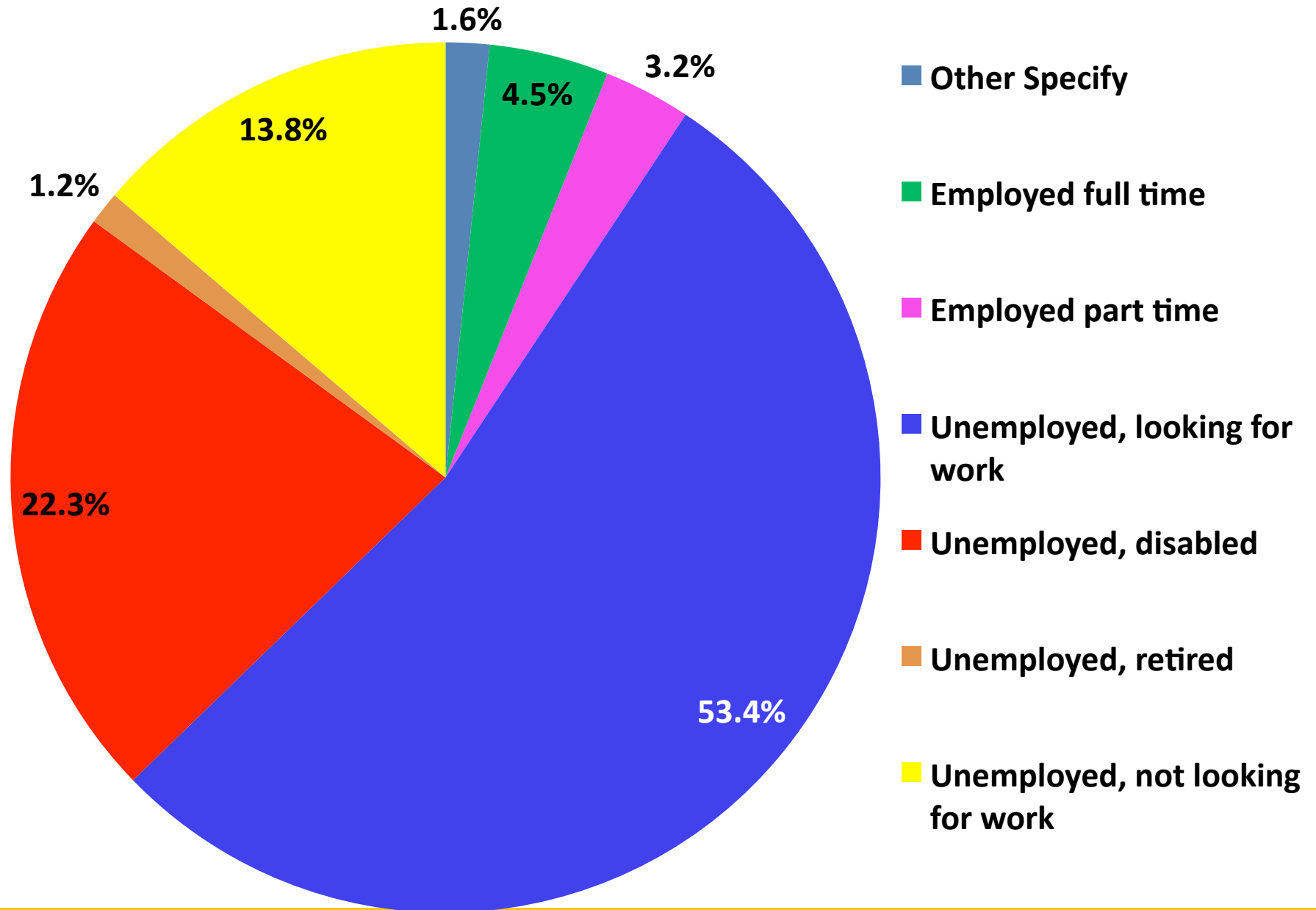
Age Group



Education



Employment



At Intake, almost 75% of participants had used alcohol in the preceding 30 days.

Almost 90% of participants had used an illegal drug within the 30 days preceding Intake.

Marijuana was used by nearly 55% of participants for an average of 6 days in the preceding 30 days.

Nearly 35% of participants had used Opiates/Heroin in the past 30 days.

The majority of the participants (75%) had experienced serious depression in the 30 days preceding the Intake.

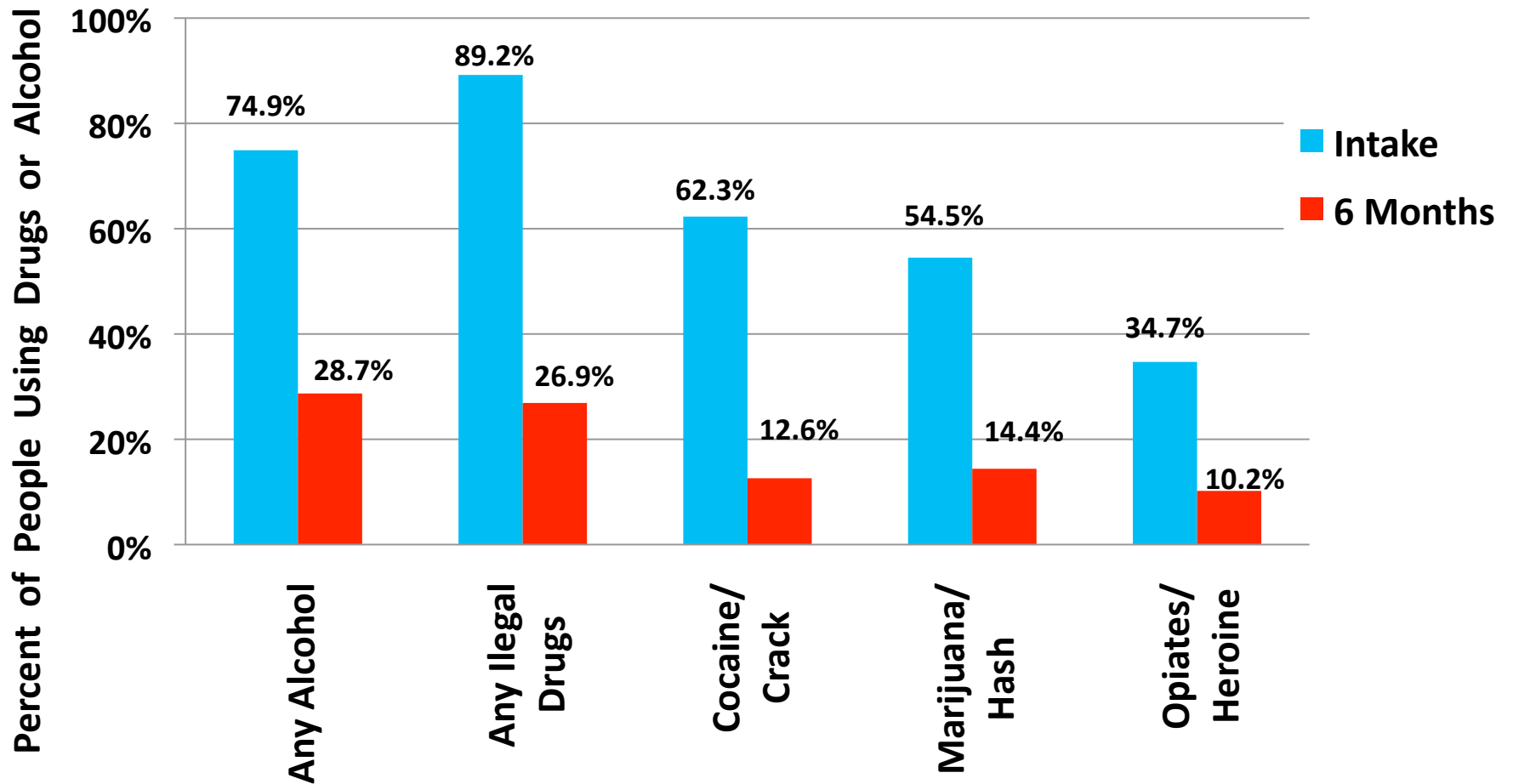
Similarly, nearly 73% had experienced anxiety and 62% of participants reported having trouble concentrating. All of these problems were not attributable to use of alcohol or drugs.

About 33% of participants reported feeling socially connected in the past 30 days at Intake.

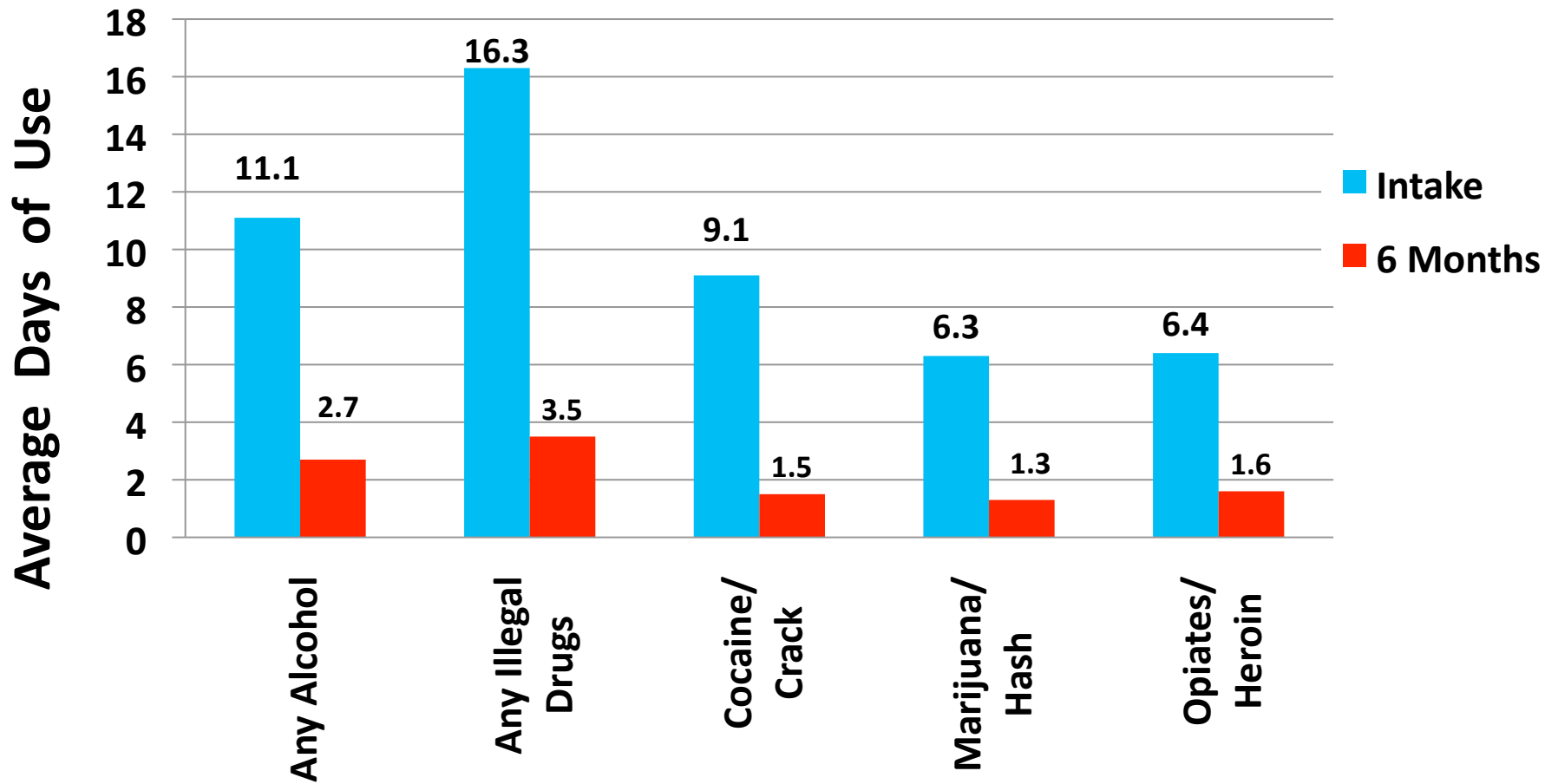
Results

- **Rates of substance use decreased.**
- **Abstinence from substance use increased.**
- **Symptoms of depression and anxiety reduced.**
- **Social connections improved.**
- **Risky sexual behaviors decreased.**

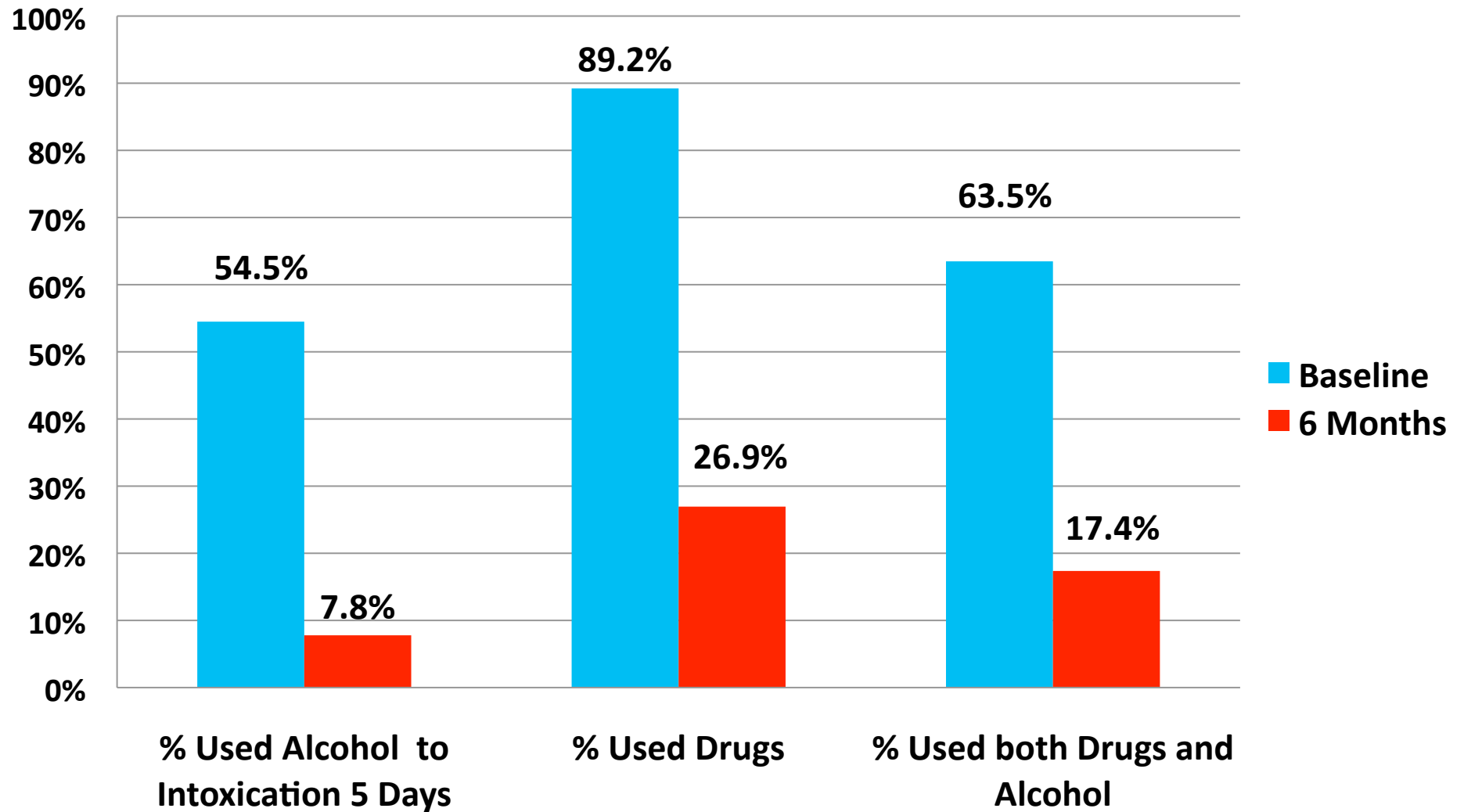
Percent of People Using Drugs or Alcohol Intake and 6 Months



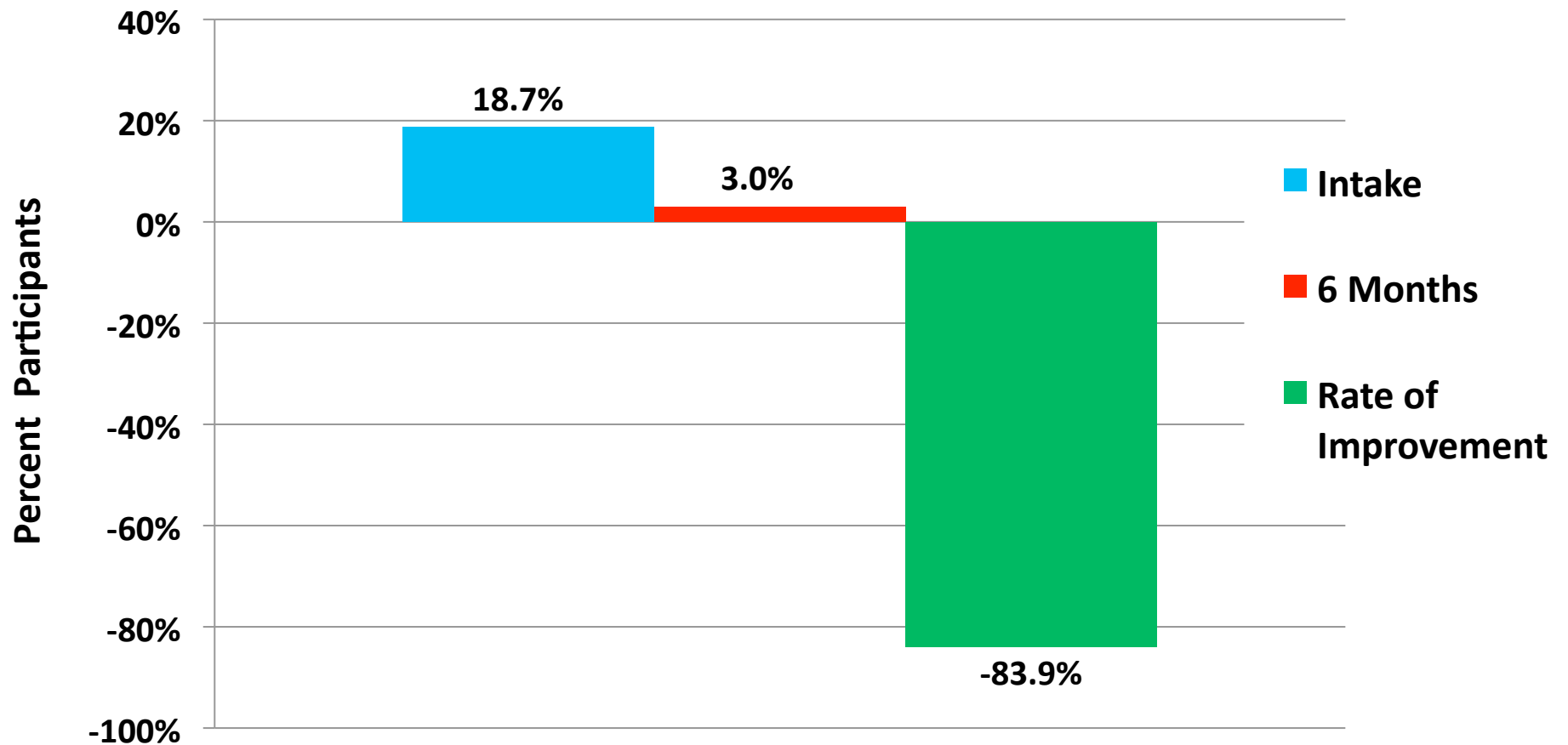
Average Days of Drug/Alcohol Use Intake and 6 Months



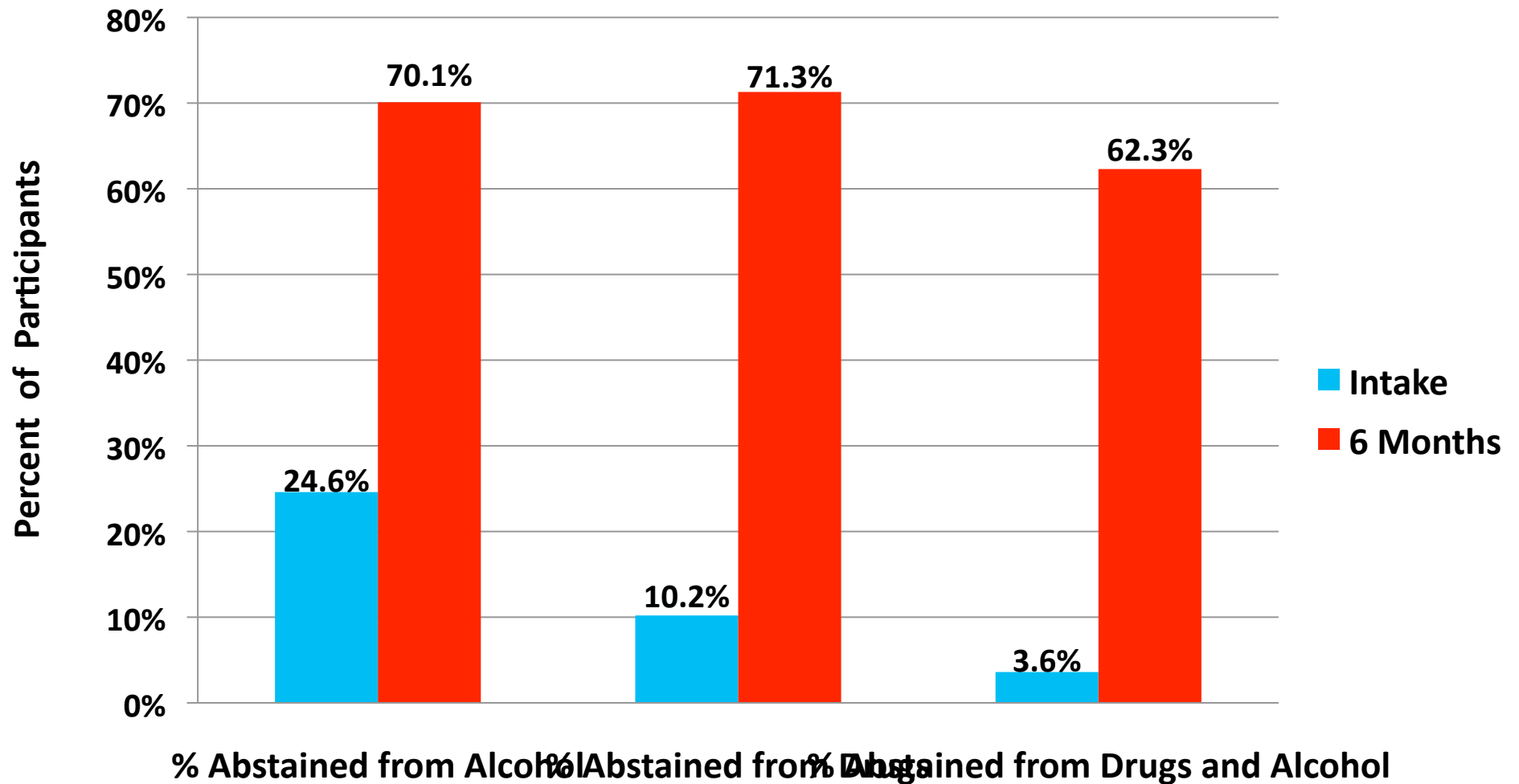
Drug and Alcohol Use to Intoxication



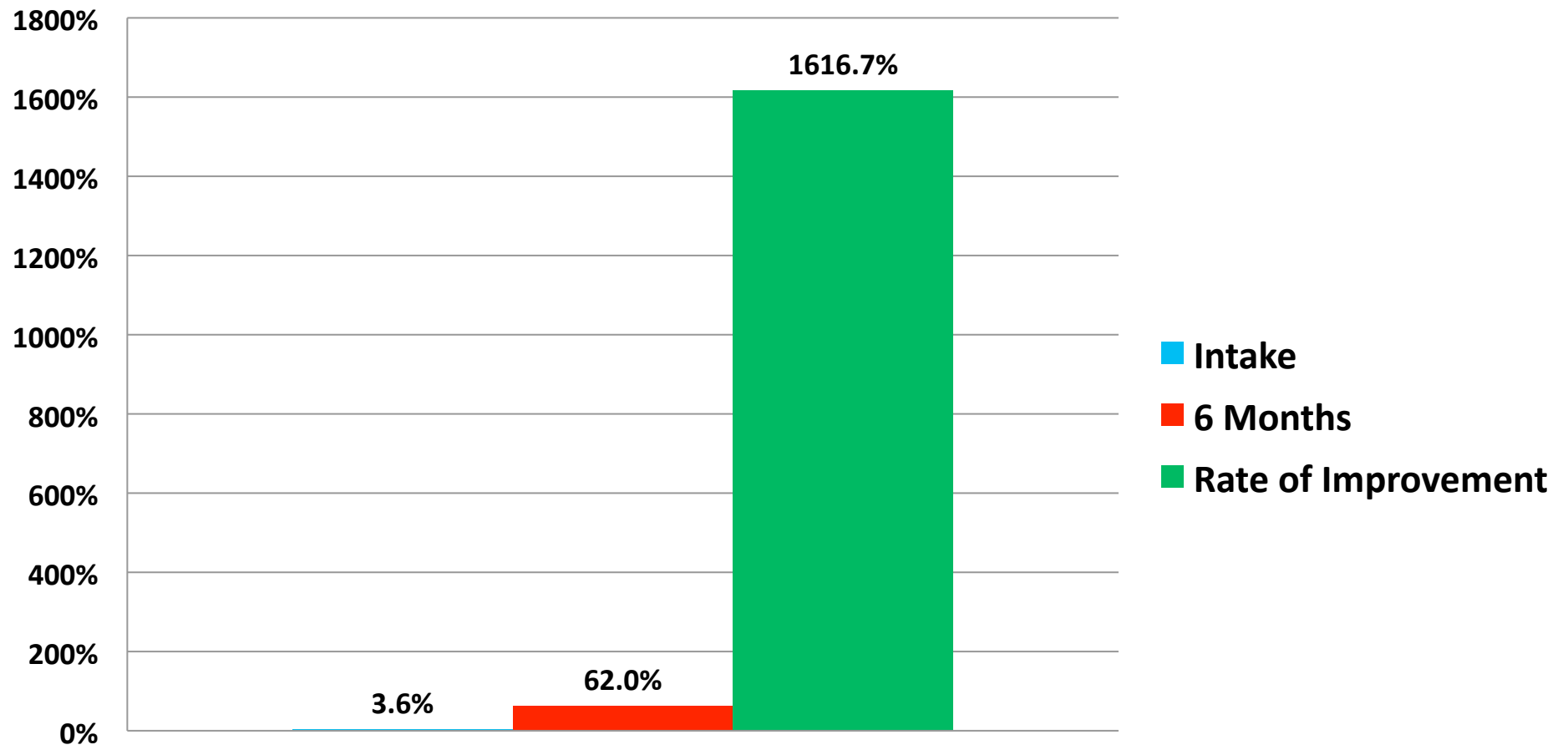
GPRA Reported Injected Drug Use



MIMH Drug/Alcohol Abstinence Intake and 6 Months

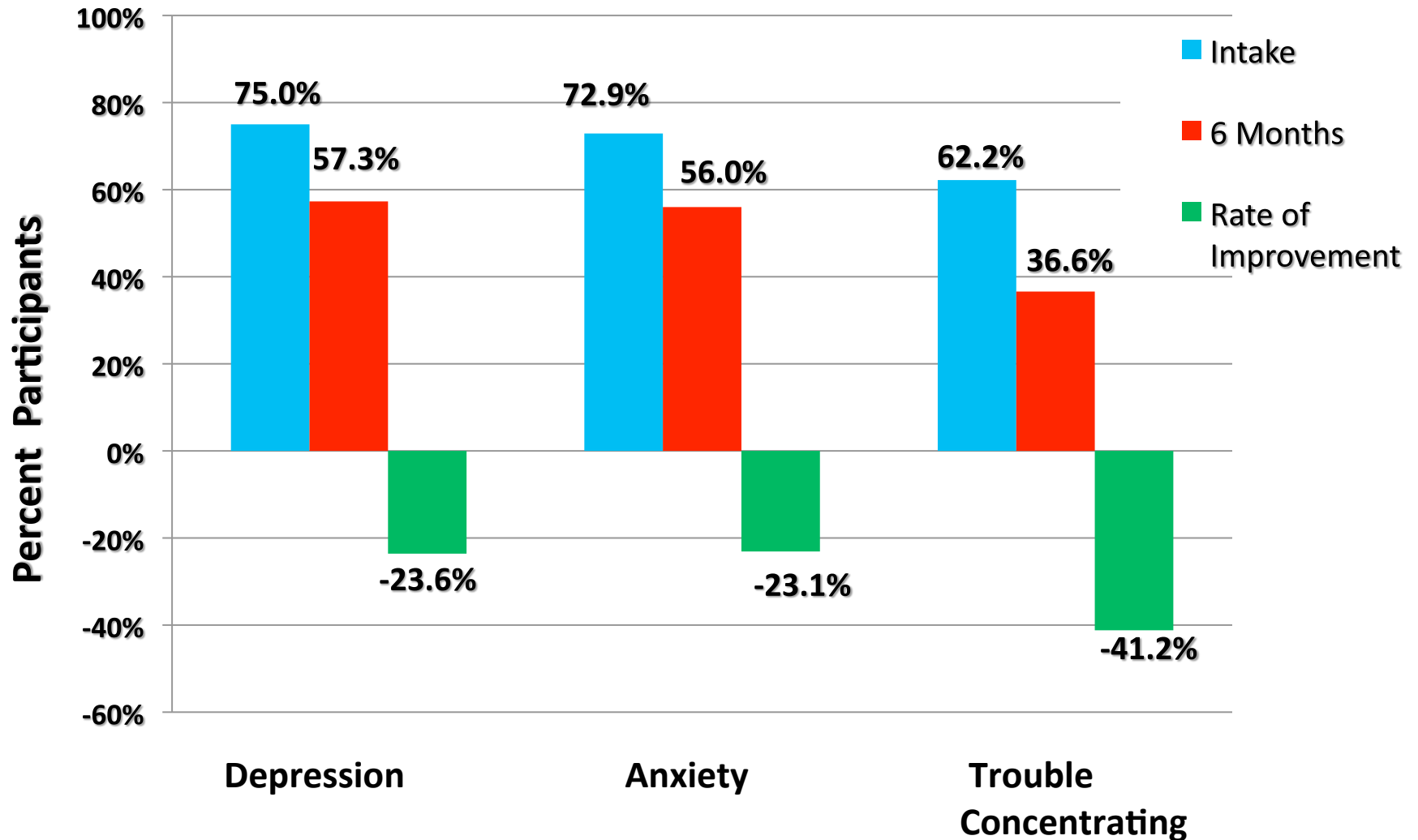


GPRA Reported Abstinence from Drugs and Alcohol

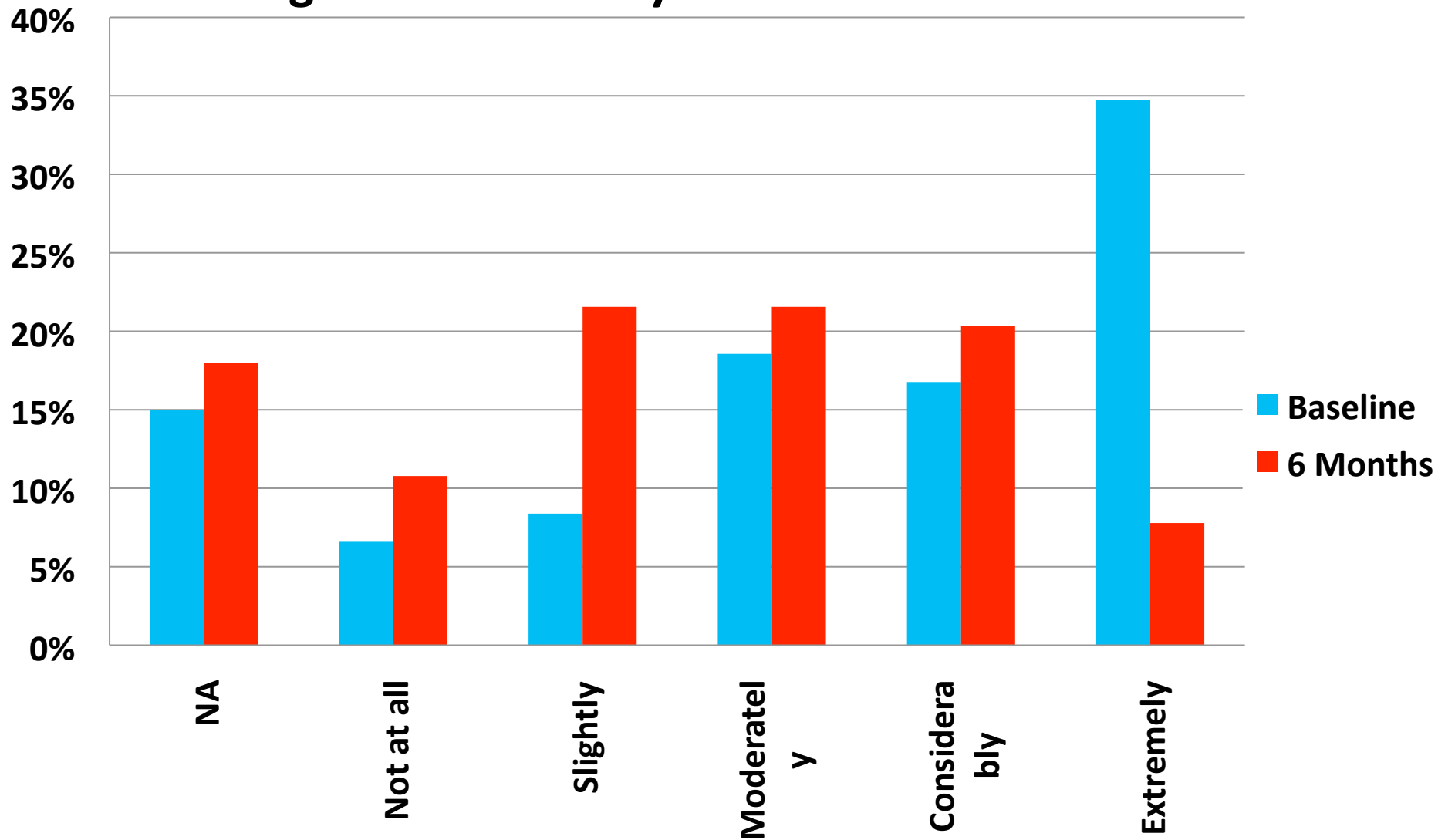


Abstinence from Drugs and Alcohol

GPRA Reported Mental Health Outcomes



Degree Bothered by Mental Health Problems



GPRA Reported Social Connectedness

