Second Nature Outcome Evaluation: How are clients six months post-discharge?
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Today let's talk about:
- Outcomes per the Y/OQ, focusing on post-discharge
- Outcome differences by diagnosis, adoption, gender, and aftercare

Introduction: The what and the who

- Outcome evaluation at Second Nature
- 844 participants:
  - 658 Adolescents, 186 Adults
- YOQ/OQ Data collection:
  - Intake, Week 3, Week 5, Discharge, & 6-months post discharge

Response rates

<table>
<thead>
<tr>
<th>Week</th>
<th>Adolescents</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>40% (48)</td>
<td>56% (68)</td>
</tr>
<tr>
<td>3</td>
<td>30% (36)</td>
<td>40% (48)</td>
</tr>
<tr>
<td>5</td>
<td>20% (24)</td>
<td>30% (36)</td>
</tr>
<tr>
<td>Discharge</td>
<td>10% (12)</td>
<td>20% (24)</td>
</tr>
<tr>
<td>bleach</td>
<td>50% (60)</td>
<td>60% (72)</td>
</tr>
</tbody>
</table>

Participants

Adolescents
- Gender
  - 51% Female (334)
  - 49% Male (336)
- Average age: 13.5 years
- Average length of stay: 36.3 months

Adults
- Gender
  - 56% Female (106)
  - 44% Male (88)
- Average age: 38.4 years
- Average length of stay: 10.1 months
• Outcome evaluation at Second Nature
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## Response Rates

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<th>Parents</th>
<th>Young Adults</th>
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<tr>
<td>Intake</td>
<td>94% (619)</td>
<td>76% (501)</td>
<td>90% (168)</td>
</tr>
<tr>
<td>Week 3</td>
<td>91% (602)</td>
<td>----</td>
<td>84% (156)</td>
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<td>Week 5</td>
<td>89% (585)</td>
<td>----</td>
<td>81% (151)</td>
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<td>Discharge</td>
<td>81% (534)</td>
<td>60% (398)</td>
<td>73% (135)</td>
</tr>
<tr>
<td>Post 6 m</td>
<td>55% (363)</td>
<td>69% (452)</td>
<td>44% (82)</td>
</tr>
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Participants

Adolescents

- Gender
  - 32% females (209)
  - 68% males (449)
- 17% Adopted (111)
- Average length of stay: 10.3 weeks
- Average Age: 15.8 years

Young Adults

- Gender
  - 18% females (33)
  - 82% males (153)
- 14% Adopted (26)
- Average length of stay
  - 10.1 weeks
- Average age: 20.1 years
Overall Outcomes
Client change during program

YOQ-SR: Cutoff score = 47, RCI = 18
OQ-45.2: Cutoff score = 63, RCI = 14

RCI is reached by week 5 for adolescents and young adults

N_{adoles} = 444
N_{adults} = 93
Adolescent YOQ-SR, N=277
Parents YOQ-2.01, N=281

$M_{\text{parent}}= 67.0, t=34.6^{**}$

$M_{\text{adoles}}= 39.5, t=18.98^{**}$

6 m post:
72% of adolescents
68% of parents
in "normal" range

Discharge:
75% of adolescents
72% of parents
in “normal” range

$M_{\text{parent}}= -5.3, t=-2.9^*$

$M_{\text{adoles}}= -6.8, t= -3.6^{**}$
Young Adults OQ-45.2, N=54

- **Intake**: 
- **Discharge**: 
- **6m post**: 

**M_{diff} = 27.9, t=7.7**

At discharge:
- 76% in "normal" range

**Post 6 months:**
- 80% in "normal" range

**M_{diff} = -5.4, t= -1.5**
Gender

- Girls enter with statistically higher scores than boys, but leave with similar scores.
- At post 6m, girls assess themselves as more dysfunctional than boys, parent assessments are similar.

Adolescents by Gender

Parents of Adolescents by Gender

Young Adults by Gender
• Girls enter with statistically higher scores than boys, but leave with similar scores.
• At post 6m, girls assess themselves as more dysfunctional than boys, parent assessments are similar.
Young Adults by Gender

No statistical significance at specific data points, but overall change during program is statistically different between males and females.
Adoption

Adoption only impacted scores for parents at 6-months post-discharge

Adopted adolescents had less substance-related disorders (40% vs 78%), and more attachment disorders (21% vs 1%).
Adoption only impacted scores for parents at 6-months post-discharge.

Adopted adolescents had less Substance-related Disorders (46% vs 78%), and more Attachment Disorders (21% vs 1%).
Young Adults

*Small sample of adopted young adults*
Primary diagnosis

- **No difference on client self-reports**: no statistical difference among primary diagnoses for those in clinical or normal range of functioning at DC or Post-DC (Chi square test).

- **Difference on parent reports at discharge**: Primary dx only significantly affected YOQ scores for parents at discharge.

Diagnosis

First four diagnoses

- **Mood & Anxiety - Higher dysfunction at intake**
  - Parents, adolescents, and young adults with a Mood or Anxiety Disorder (or both) entered with higher Y/OQ scores
  - Young adults with an anxiety disorder also reported more dysfunction than those without an Anxiety Disorder

- **Substance - Less dysfunction at DC and Post-DC**
  - At discharge and post-discharge, parents reported less dysfunction
Primary diagnosis

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First four diagnoses

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Aftercare

- Adolescents who go to AC assess themselves higher at intake.
- Parents whose adolescent went to AC assessed them as more functional at 6 month follow-up.
- Potential bias in post-discharge sample of clients at post-discharge not in an AC.

**Adolescents: YOQ-SR**

**Parent YOQ-2.01**

**Young Adults OQ-45.2**

*Note: sample of clients who did not go to AC, especially at post-discharge.*
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• Parents whose adolescent went to AC assessed them as more functional at 6 month follow-up.
• Potential bias in post-discharge sample of clients at post-discharge not in an AC.
Young Adults OQ-45.2

*Small sample of clients who did not go to an AC, especially at post 6m.*
Overall

- Big changes over the course of the program with 3/4 in normal rage at discharge
- Some regression at 6 months post but over 3/4 still in normal range

Gender

- Girls enter with statistically higher scores than boys
- At post 6m, adolescent girls assess themselves as more dysfunctional than boys.

Diagnosis

- Chief diagnoses see similar trajectories
- Clients with Anxiety and/or Mood Disorder have greater dysfunction at intake, but have similar levels at discharge and 6 months post.

Aftercare

Clients in AC appear to do better at 6 months post according to parents

Adoption

Adoptive parents report more dysfunction at 6 months post than biological parents
Summary

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