

DRAFT

**THE TREATMENT EFFECT ASSESSMENT (TEA):
HOW ARE YOU DOING?**

by

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What Is the TEA and What Does It Mean for You, Our Patient?

This Treatment Effect Assessment (TEA) is to help you and your clinician quickly gauge your treatment progress and your recovery. The results are shown as a numerical tally that is useful in tracking changes over the course of your recovery in your drug use and in other areas of your life. Your responses help you and the clinician recognize how you're doing. To make the TEA useful, the most important thing is for you is to be honest with yourself when you refer to your situation along the lines of these categories:

Substance Use (drugs *and* alcohol)

Health (physical and emotional)

Lifestyle/Personal Responsibilities (housing/living situation, family, employment, relationships)

Citizenship (obeying laws and becoming a responsible citizen).

The most important measure for patients in treatment for drug abuse is the change in drug-related behaviors, including alcohol use and smoking, so let us call that domain **Substance Use**. As you work to achieve the primary goal of reducing and eliminating substance use, positive changes are likely to be evident in other areas of your life. For the assessment, we will organize these other areas along three dimensions: **Health** (physical and mental health), **Lifestyle/Personal Responsibilities** (housing/living conditions, employment, relationships), and **Citizenship** (following rules and becoming a responsible citizen). The basic idea is that the disease (drug abuse in this case) causes you to regress so that your world shrinks until it disappears into the disease and as you get better your world expands from inside out, beginning with getting rid of or reducing drug use, becoming healthier, taking responsibility for your personal life, and becoming a true member of your community.

That's about it—the whole assessment takes only a few minutes unless you want to discuss things that occur to you while doing the TEA, and that would be fine. As your treatment goes along, we will do the TEA periodically in order to keep track of how things have or have not changed in some key areas of your life. We hope this process works to help us help you recover from drug abuse so you can improve the way you are living your life.

Doing the TEA: a Piece of Cake

Here's how the TEA works—or, really, how you work the TEA—we trust that you know best what the four categories mean to you and how to respond. Rather than us asking you many questions about the topics, you provide your own observations about what is going on with you in those areas. You can jot down some remarks in each category if you wish, then turn them into a number on a scale from 1 to 10—the more positive change in that area, the higher the number. To help you get started here are some examples of how you might proceed, using that numerical scale from 1 to 10 to address the TEA topics.

Substance Use: If you have stopped using drugs, great! Give yourself an 8 if you've been completely off drugs for a while or even a 10 if it's been longer. If you have cut down use of drugs and alcohol and are not spending much time craving drugs or trying to get drugs, give yourself a 5 if you think you've improved by 50% from when you first came here. If there are changes in other drug-related behaviors that indicate to you that you are less involved in drugs—perhaps you no longer associate with drug users or go to places where drug use is common—give yourself credit for it in figuring the numerical response. An easy way to think about this is if you were to give a urine sample right now, what are the chances it will be negative for illicit drugs? Give yourself a 10 if you know for sure it will be negative every time you have to give a urine sample and 0 if you're sure it will be positive.

Health: You would assess improved health—for example, if you have started exercising, are in a weight loss program, had a dentist deal with your bad teeth, etc. All of those kinds of things can be in the consideration of your overall health score. Go ahead and jot down the items most important to you and then give yourself a score.

Lifestyle/Personal Responsibilities: Your living situation could have been pretty chaotic while you were doing a lot of drugs. Maybe after time in treatment, you have been able to get a job or are really looking for one, or you're back in your own apartment. Maybe you're back living with your spouse and kids, and the way you interact with people is better.

Citizenship . After you've been able to stay off drugs for a while and you've got some stability in your health and living situation, you can finally become a true member of the community. You are obeying laws and are meeting your obligations, becoming a good citizen. Progress here usually happens a little later in your treatment, so you aren't likely to write down a high number right away. For example, early in the program, perhaps you just say that at least you aren't committing any crime—just consider whatever aspect of this topic makes sense to you as far as how you feel your situation can be assessed on the scale from 1 to 10.

After you've considered the things important to you in terms of the TEA categories and noted your responses in the chart below, your results might look like the example (on the next page):

TREATMENT EFFECT ASSESSMENT (TEA)

<i>Category</i>	<i>1 to 10</i>	<i>Remarks</i>
Substance Use		
Health		
Lifestyle/ Personal Responsibilities		
Citizenship		
<i>TOTAL</i>		

Additional Remarks: Although all the changes in your health and your life are important, score the Substance Use category separately because it has been the focus of treatment, and everything else flows from it.

(if you need space for more remarks, use the back of this page)

Name: _____ Date: _____

SAMPLE RESPONSES FOR THE
TREATMENT EFFECT ASSESSMENT (TEA)

<i>Category</i>	<i>1 to 10</i>	<i>Remarks</i>
Substance Use	<u>7</u>	Haven't used drugs since the week after I started coming here. Drank a little beer.
Health	<u>5</u>	Started exercising. Sleeping better, but still edgy and a bit nervous.
Lifestyle/ Personal Responsibilities	<u>5</u>	Got back to work, but I could be nicer to my wife.
Citizenship	<u>3</u>	Haven't done much different, but thought about paying my old parking tickets. Attended an AA meeting as part of probation.
<i>TOTAL</i>	<i>20</i>	

Additional Remarks: Although all the changes in your health and your life are important, score the Substance Use category separately because it has been the focus of treatment, and everything else flows from it.

(if you need space for more remarks, use the back of this page)

Name: _____ Date: _____

The TEA Is Yours

As you progress in treatment and recovery, you'll know best what changes have occurred and are most relevant, and this easy-to-use assessment is a good way to plot those changes. Looking at the totals of each of your TEAs, you and the clinician can see how you are doing according to your view. Using the TEA, you're in control of tracking your recovery from a drug-using existence toward a more productive, healthy, rewarding life.