

Long-term Recovery and Care

2010 UCLA Summer Institute

Yih-Ing Hser, Ph.D.



Conference Theme: Recovery

- What is recovery?
- How to support or facilitate recovery?

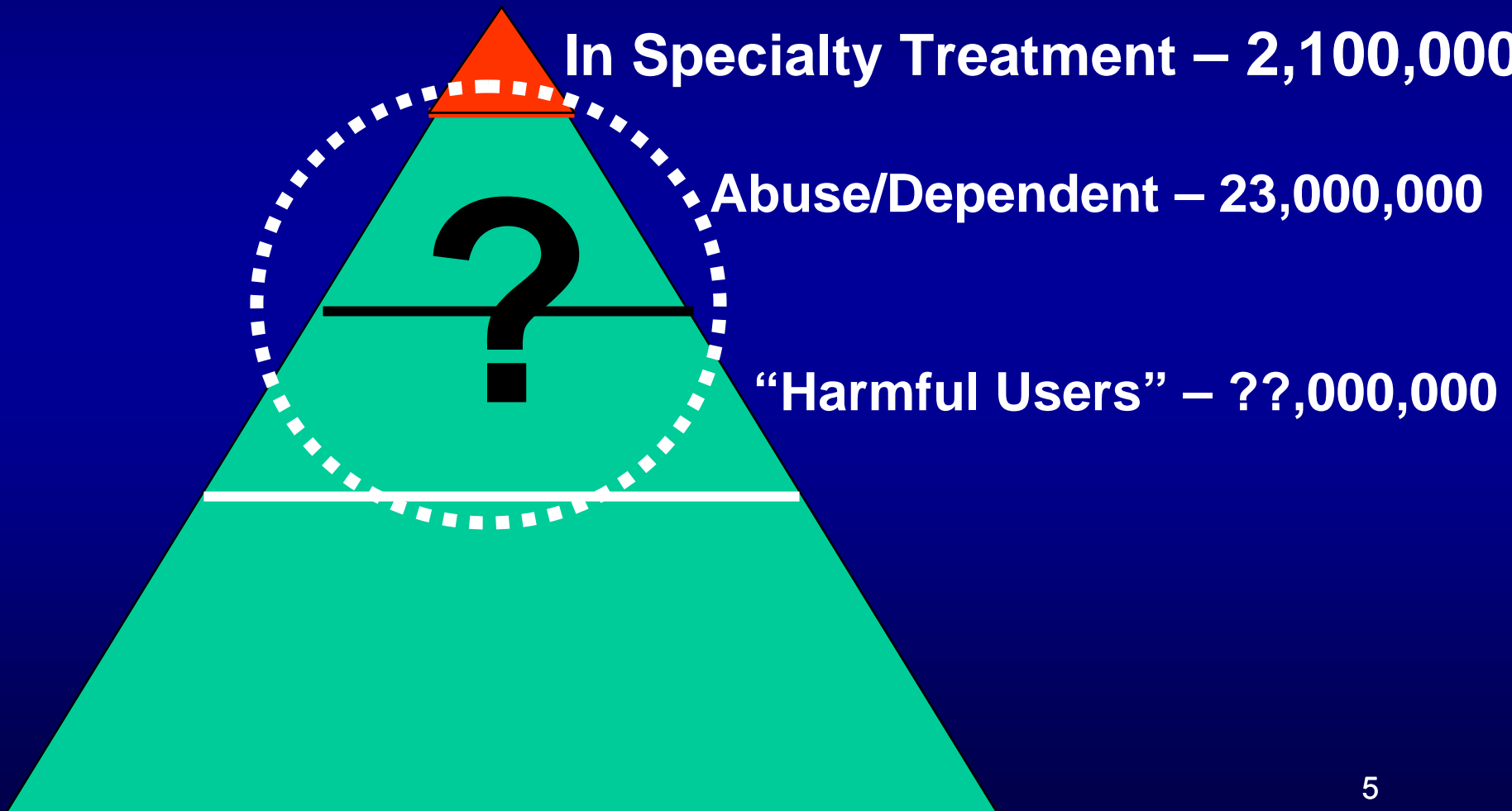
Conference Theme: Recovery

- Why important?
 - ▶ Health and well-being
 - ▶ Broad social and economic benefits
 - ▶ Guide and stage services
 - ▶ Long-term care
 - ▶ Diversity
- For whom is recovery relevant?
- What is recovery?
 - ▶ A construct with multiple domains
 - ▶ Time dimension
 - ▶ Underlying process

Research Questions

- What is recovery?
- How long a period in recovery is necessary to be considered a long-term stable recovery?
- What accounts for continuity or change?
- What kind and how long should the “long-term” care be planned?
- What about individual characteristics?

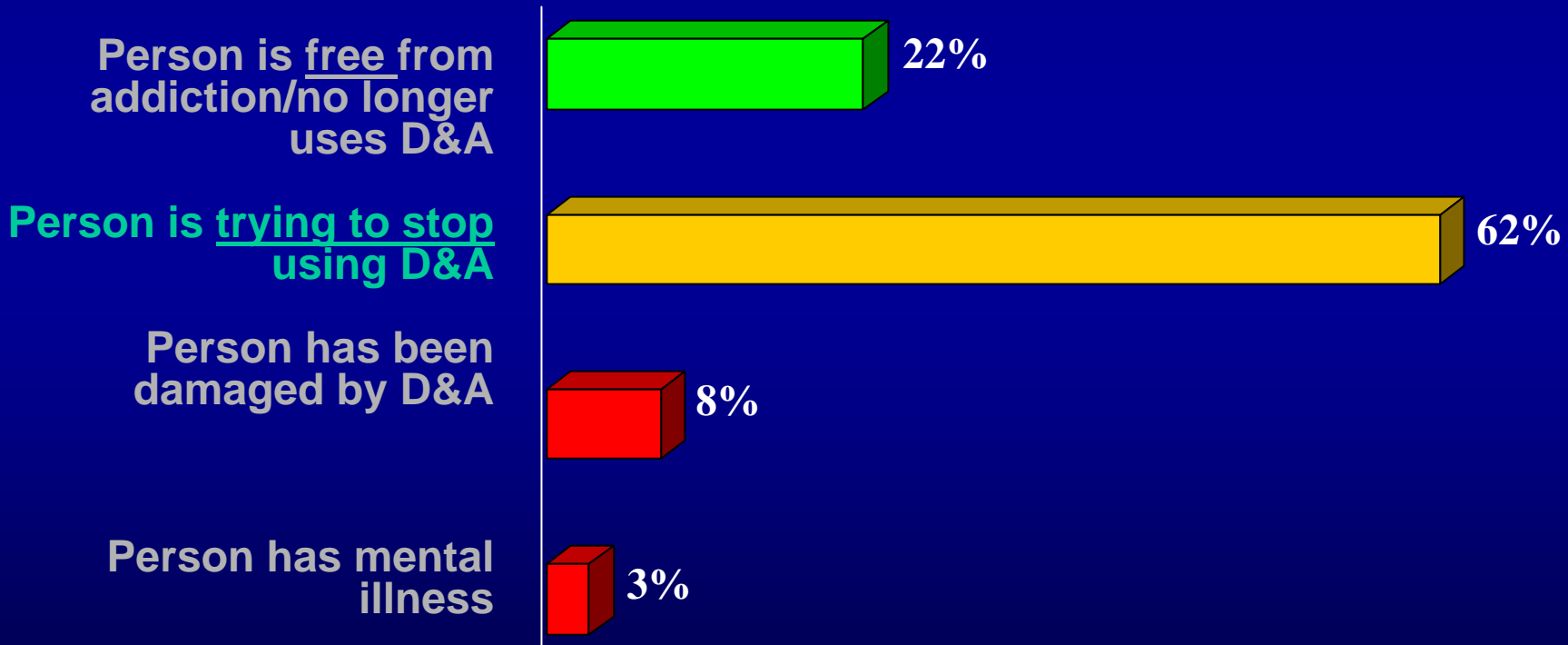
Substance Use Pyramid



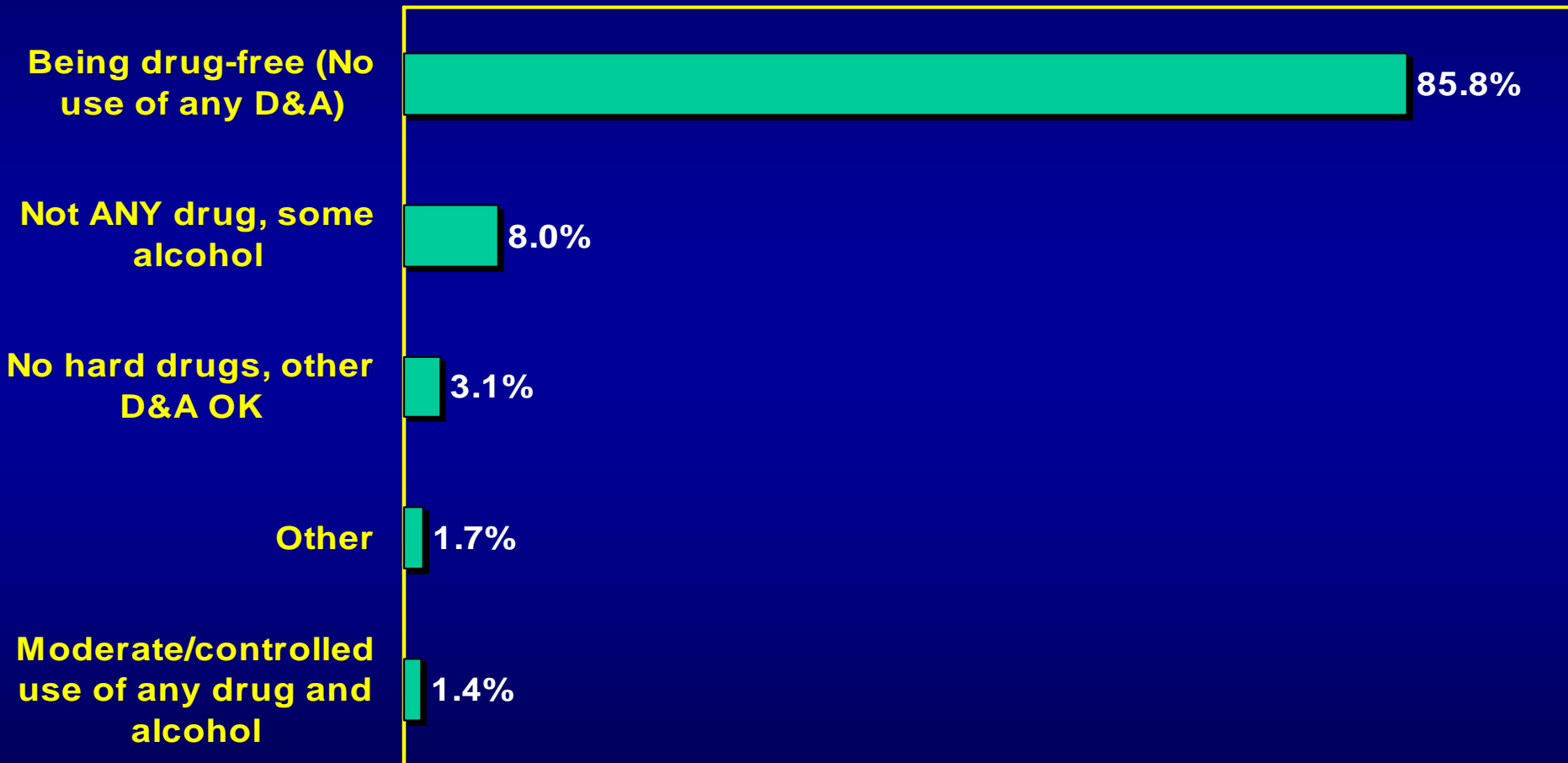
Public's Perception of "In Recovery"

From Faces & Voices of Recovery – April 2004/Hart Research and Coldwater Corporation
[National Random phone survey N = 801]

When you hear the word "recovery," as in "This person is in recovery from an addiction," what does "recovery" mean?



Pathways Study Participants' Recovery Definition



Other Example Definitions

- A voluntarily maintained lifestyle characterized by sobriety, personal health, & citizenship (Betty Ford Institute, 2007)
- Total abstinence, ongoing process of self-change, growth, reclaiming a new life or a chance at life; process of working on oneself, learning to live drug-free (Laudet, 2007)
- Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life (SAMHSA)

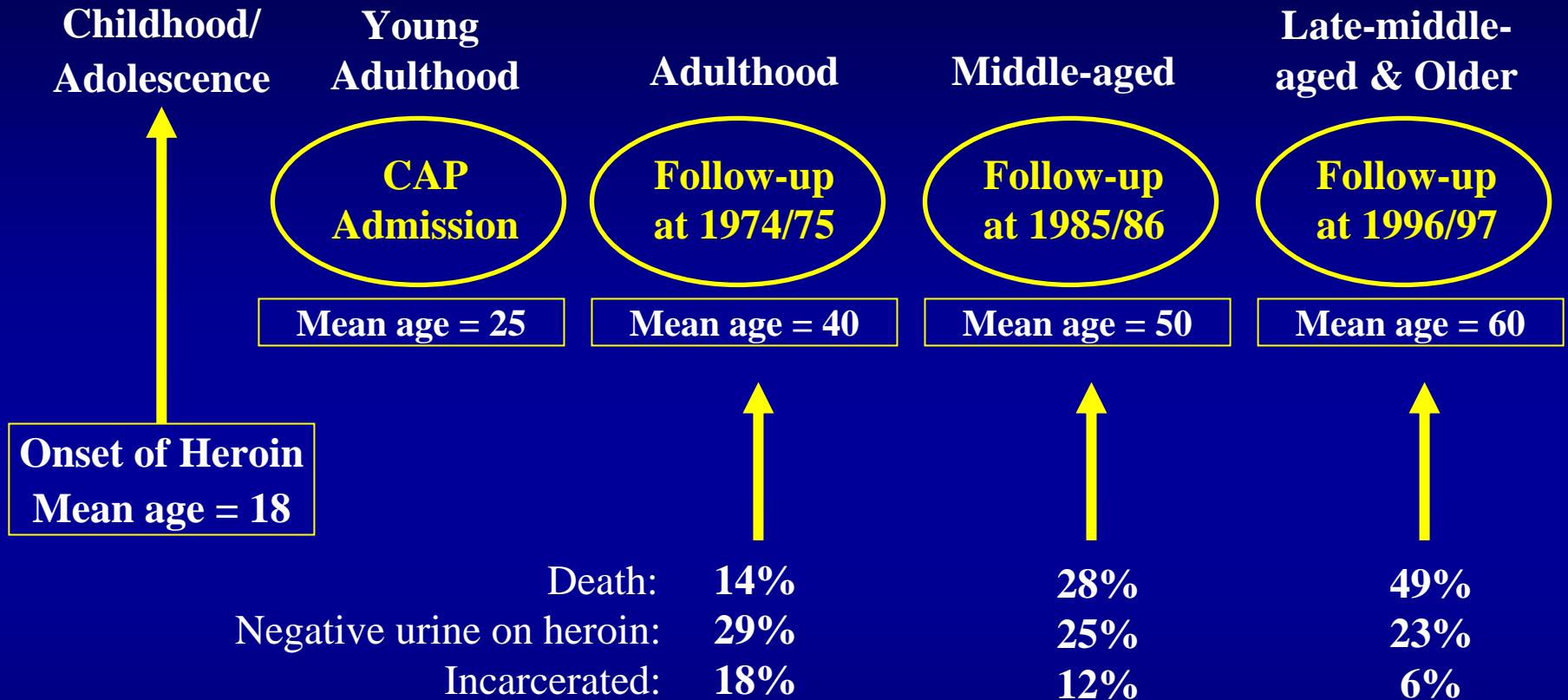
Common Elements to Consider

- Dimensions
 - ▶ Drugs
 - ▶ Health
 - ▶ Social/environmental
 - ▶ Quality of life
- Process vs. end-state
- Duration

Life Course Perspective on Drug Use

1. Life course theory recognizes the importance of time, timing, and temporal processes in the study of human behavior and experience over the life span, characterized by trajectories, transitions, and turning points
2. Persistence of drug use resembles chronic diseases: high relapse rates, non-compliance, requires long-term care/management
3. Critical life events often lead to or explain changes
4. Social capital, situated choice are additional key concepts

Life Course of Heroin Addiction

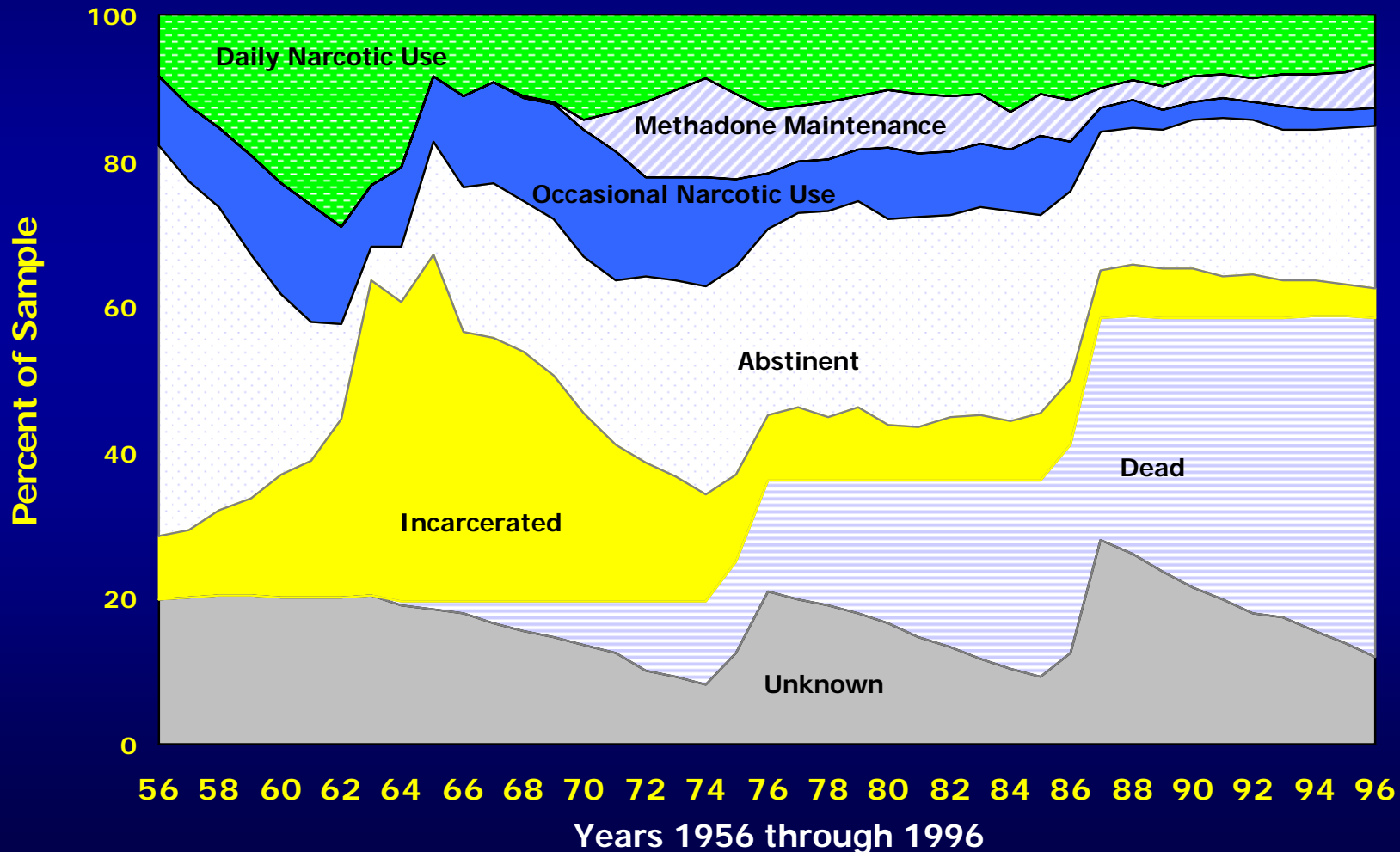


Influencing Factors

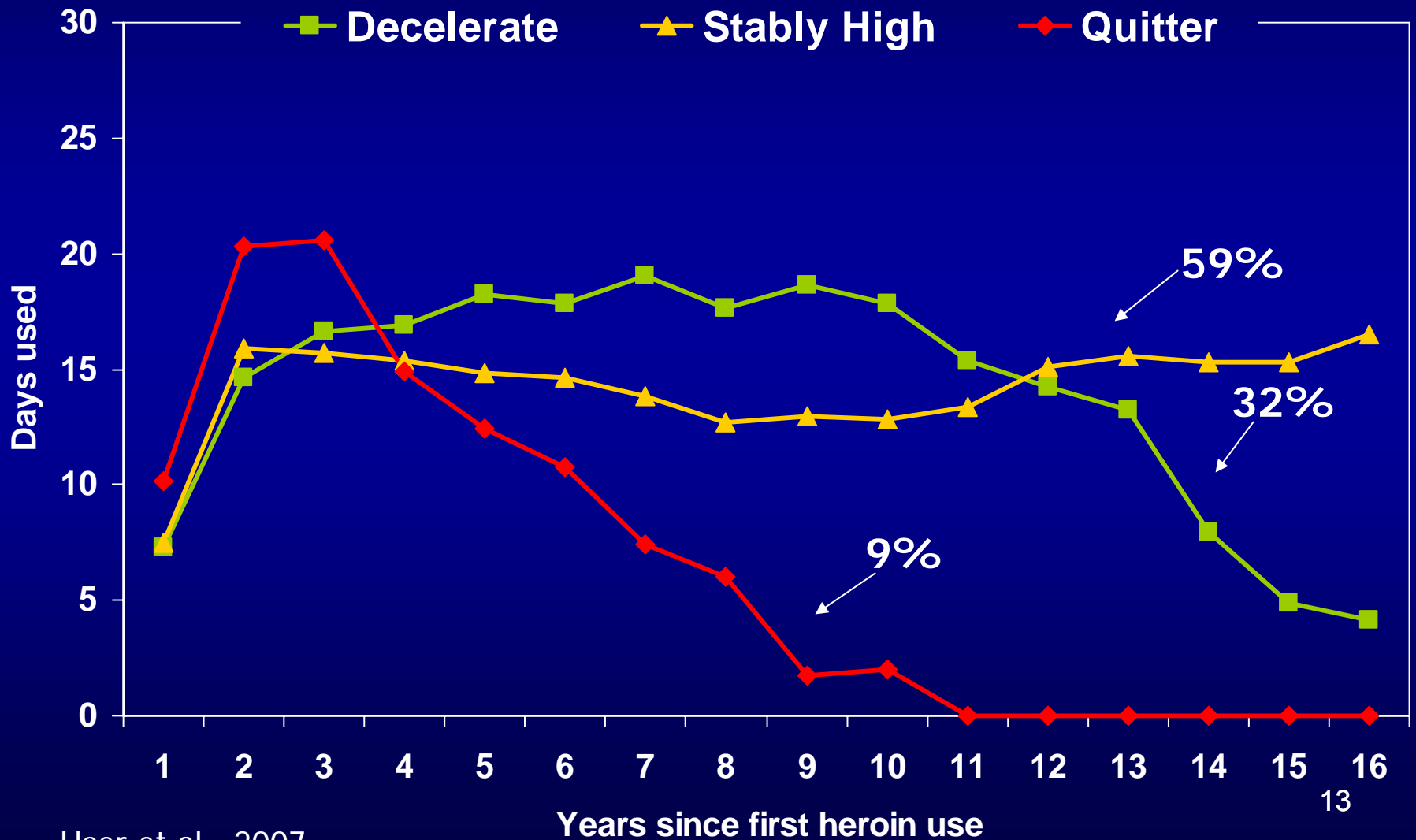
- ◆ Larger society/environment
- ◆ Drug itself
- ◆ **Individual:** social relationship (family, school, church), education/employment, institutional interaction (CJS, treatment), health/mental health

The Natural History of Narcotics Addiction Among CAP Sample

(N=581)



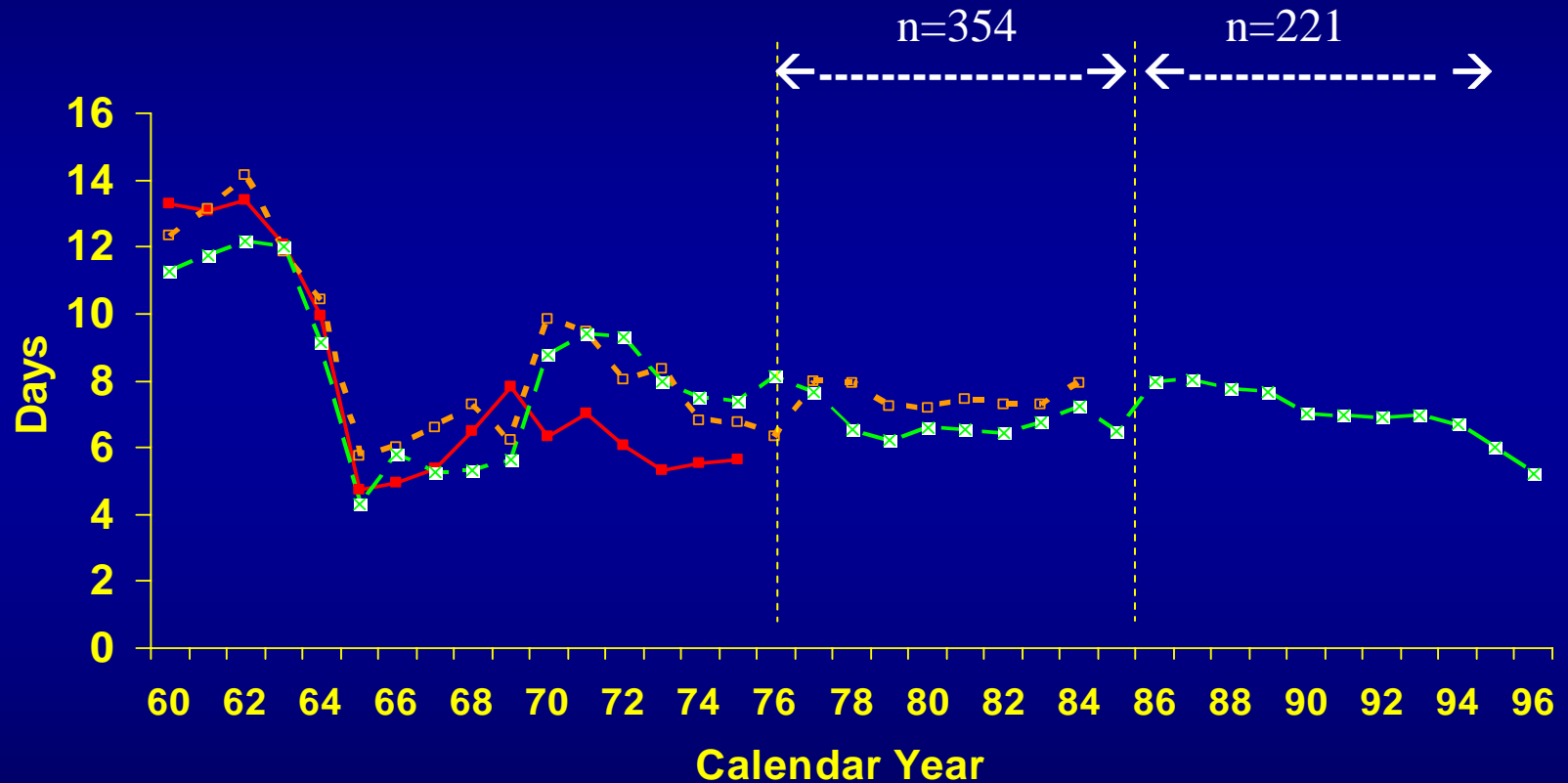
Mean Number of Days Per Month Using Heroin, 33 Year Follow-up



Recovery?

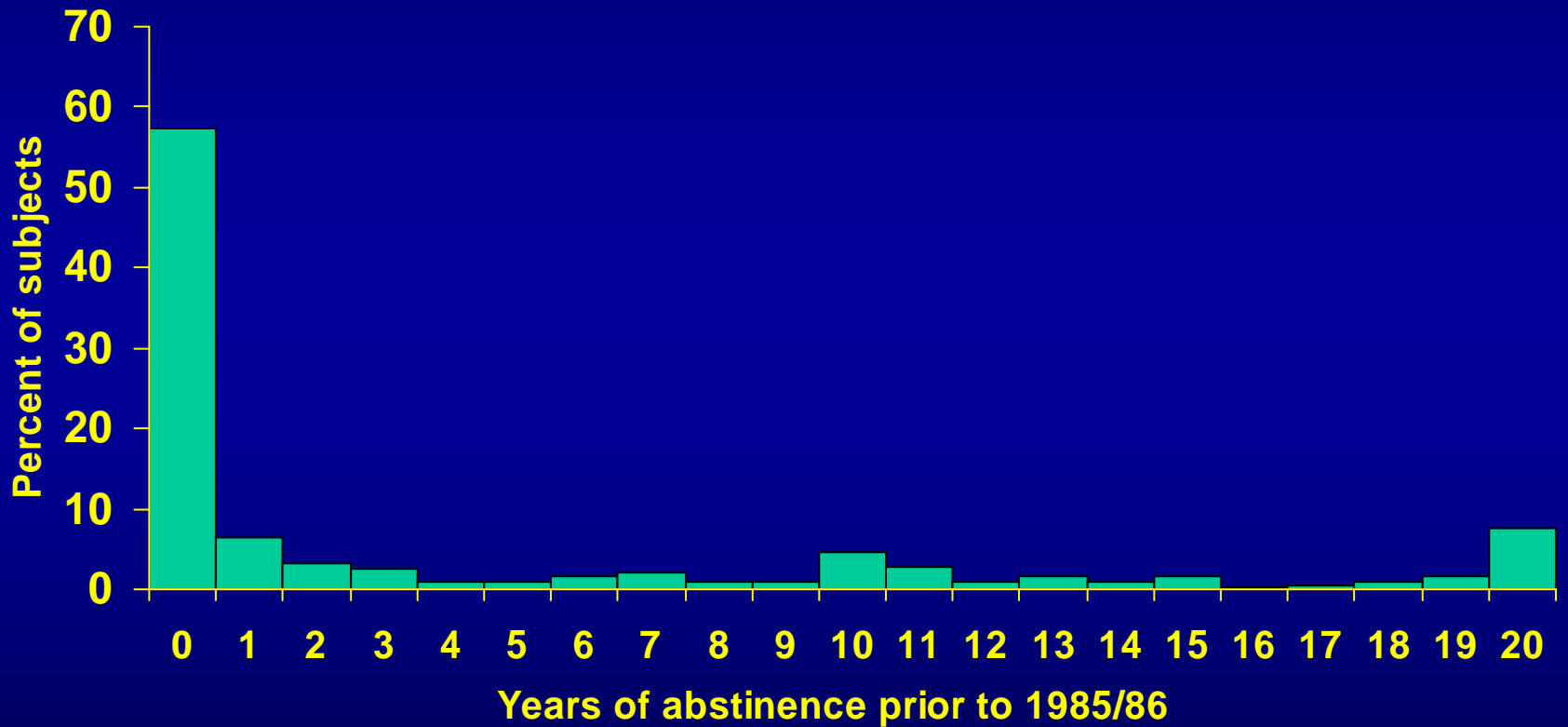
- Duration
 - ▶ Is there a critical threshold?
- Dimension
 - ▶ Abstinence
 - ▶ Incarceration
 - ▶ Others

Mean Number of Days Using Heroin

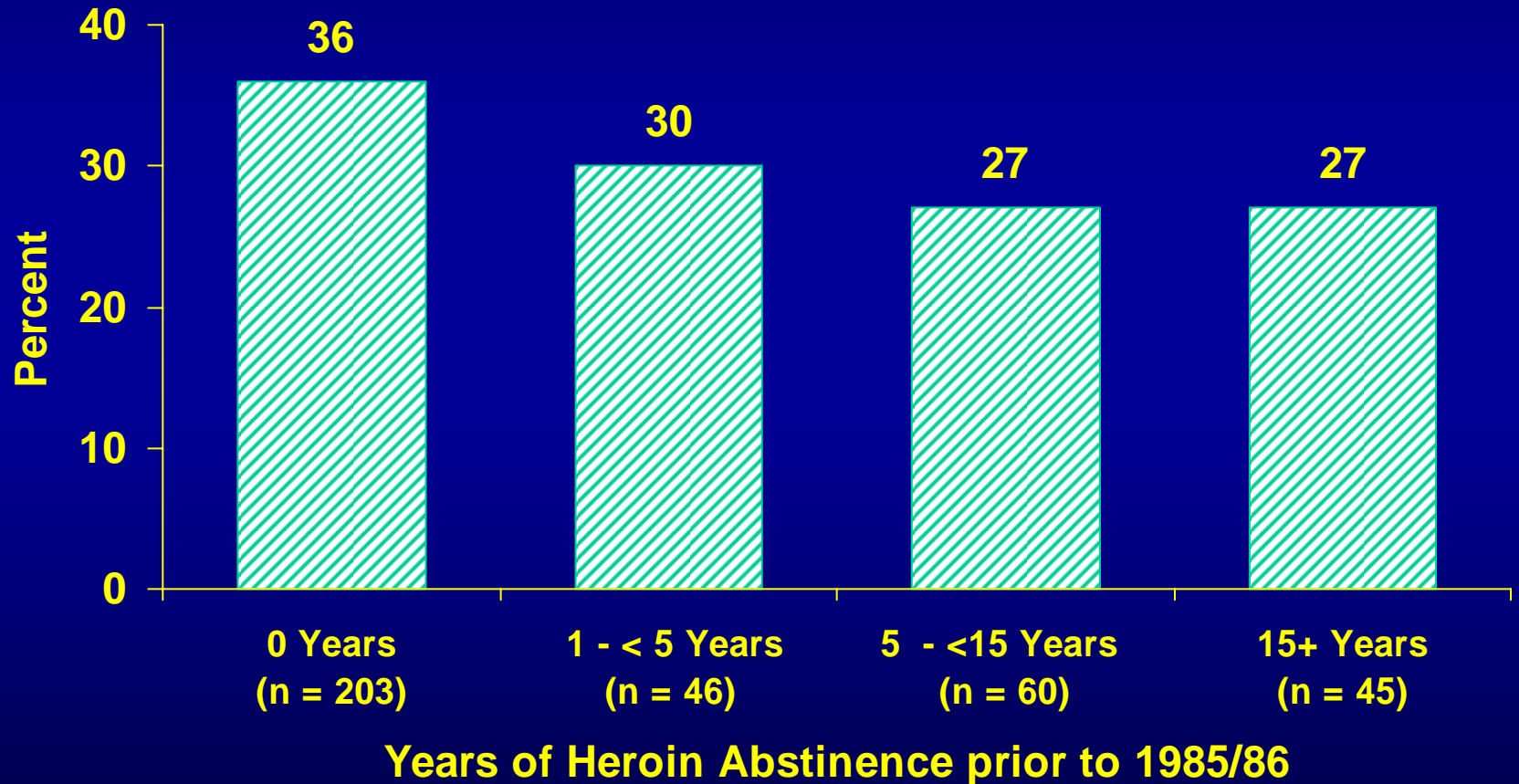


—■— Death Before 1985/86 (N = 73) - □ - Death before 1996/97 (N = 129) - x - Interviewed at 1996/97 (N = 221)

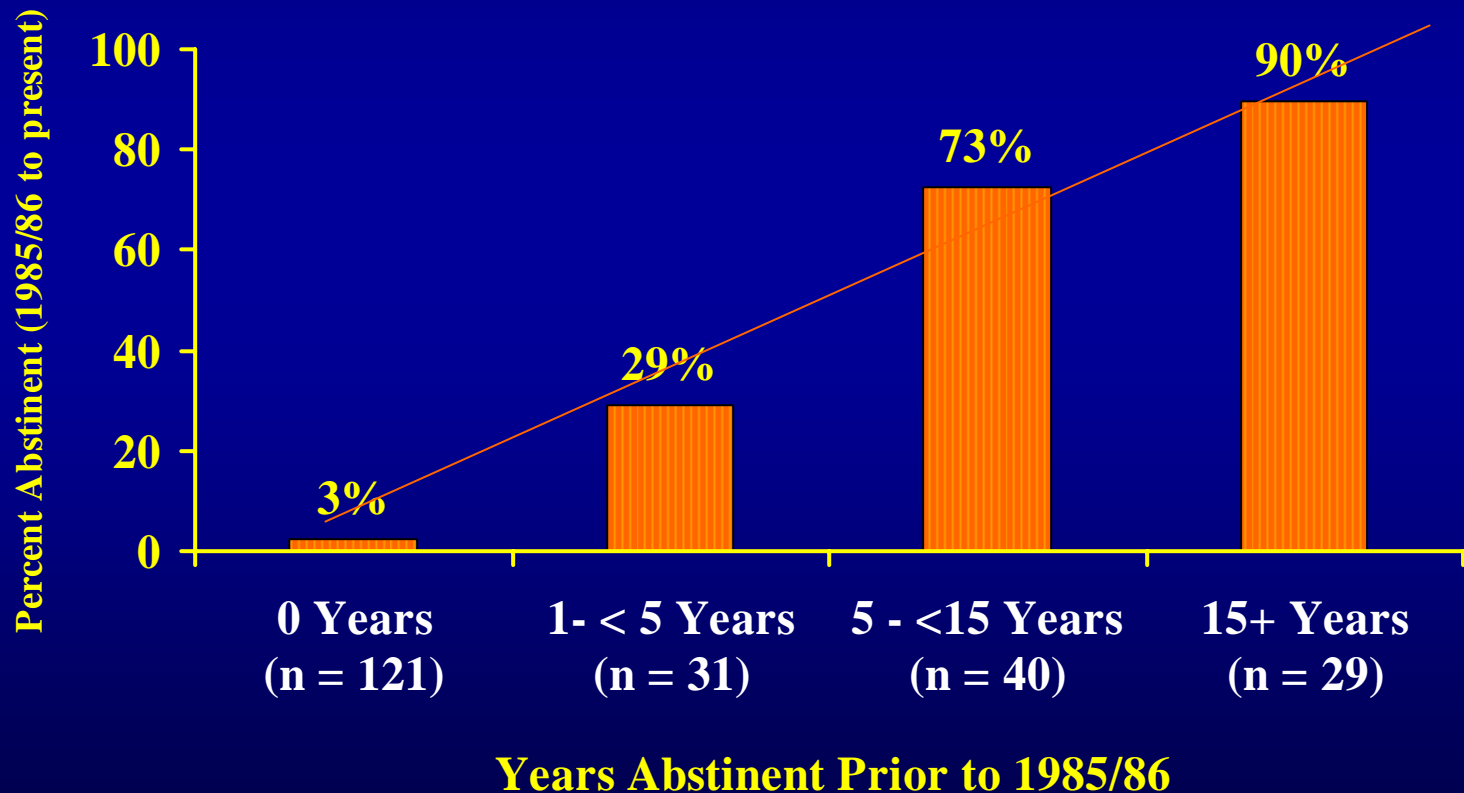
Percent of Subjects by Years of Abstinence prior to 1985-86 (N=354)



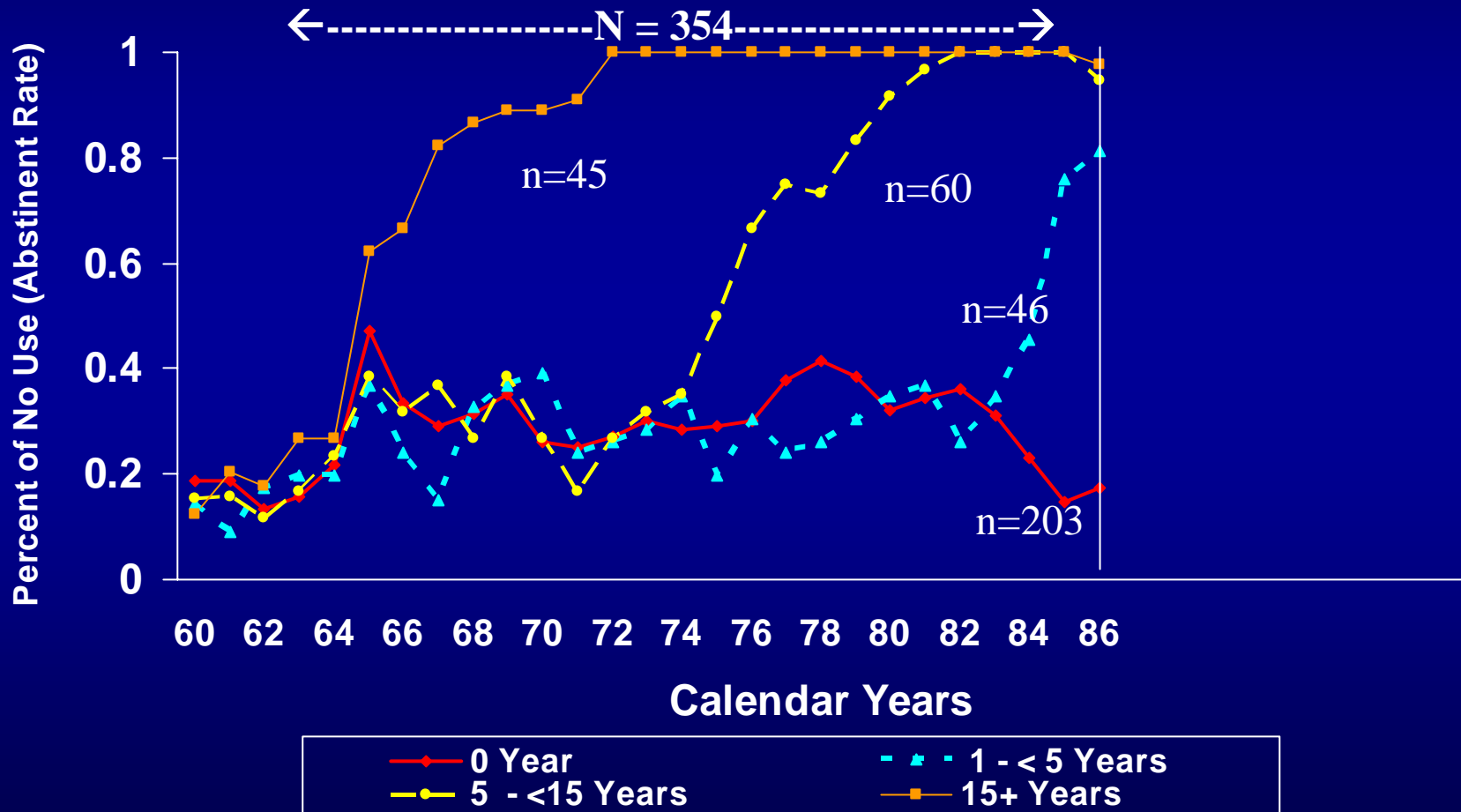
Subsequent Mortality by Length of Heroin Abstinence at 1985-86



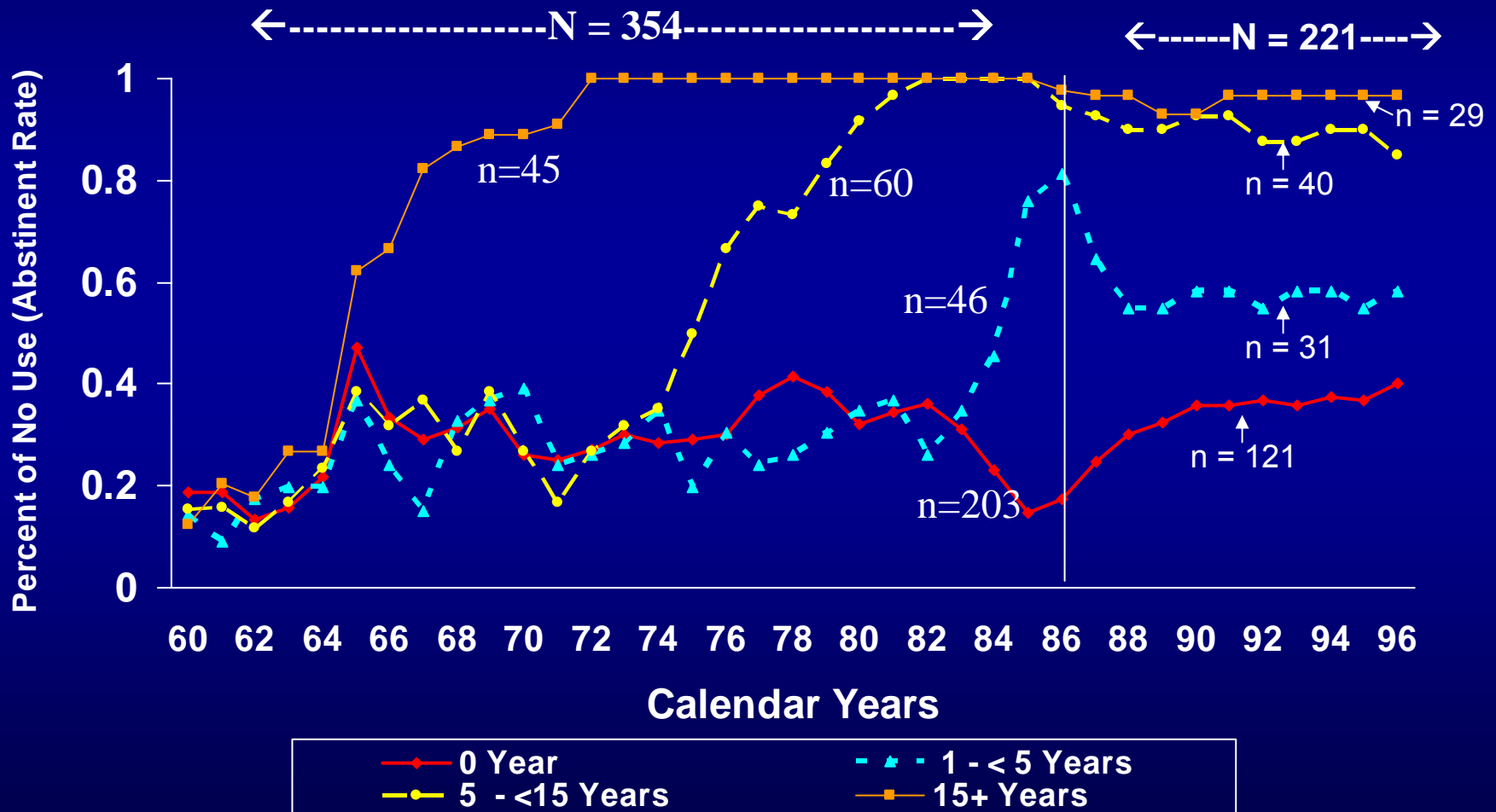
Longer Time in Abstinence (prior to 1985/86) Highly Associated with Abstinence in the Next Ten Years ($r = .73$; $N = 221$)



Approximately 30% Reported More than 5 Years of Heroin Abstinence

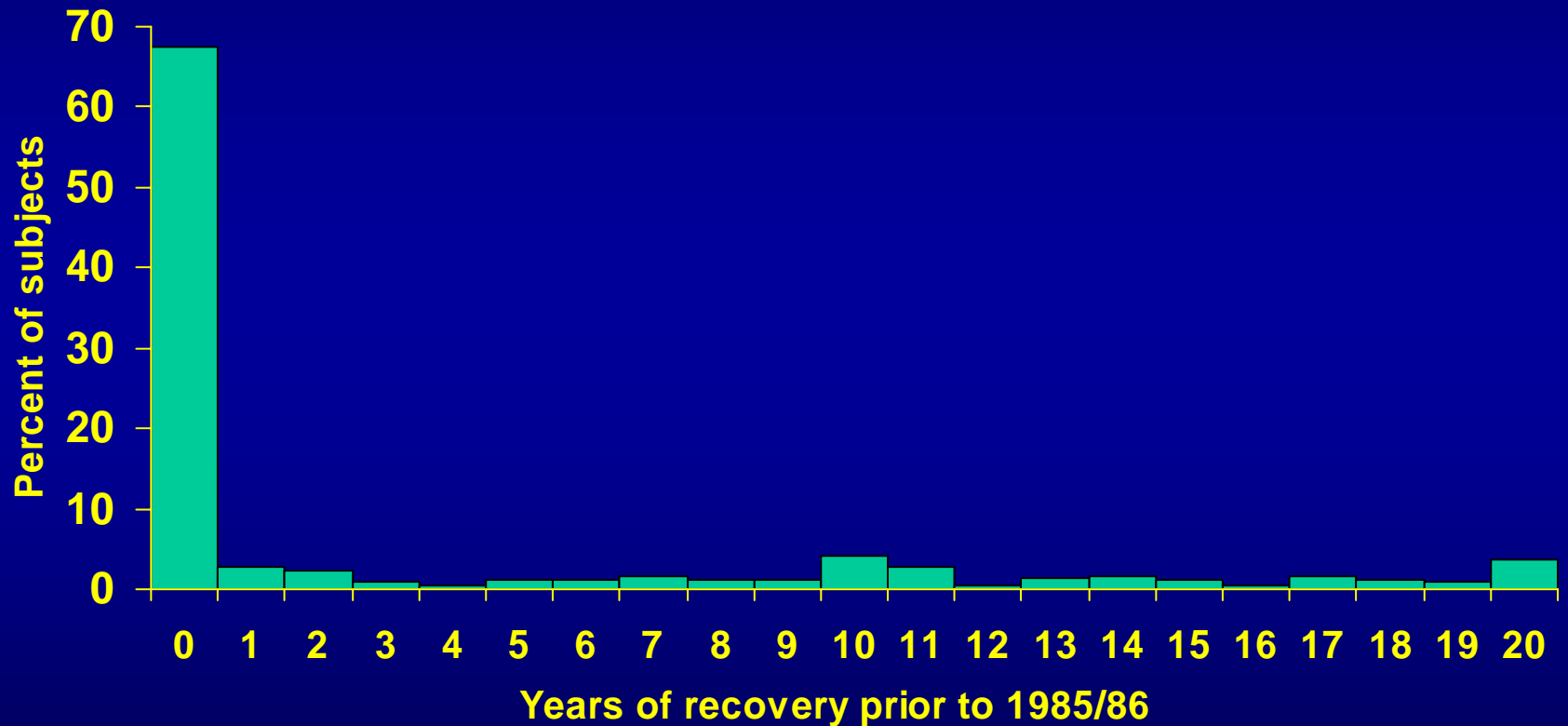


Longer Abstinence Predicts Higher Likelihood of Remaining Abstinent



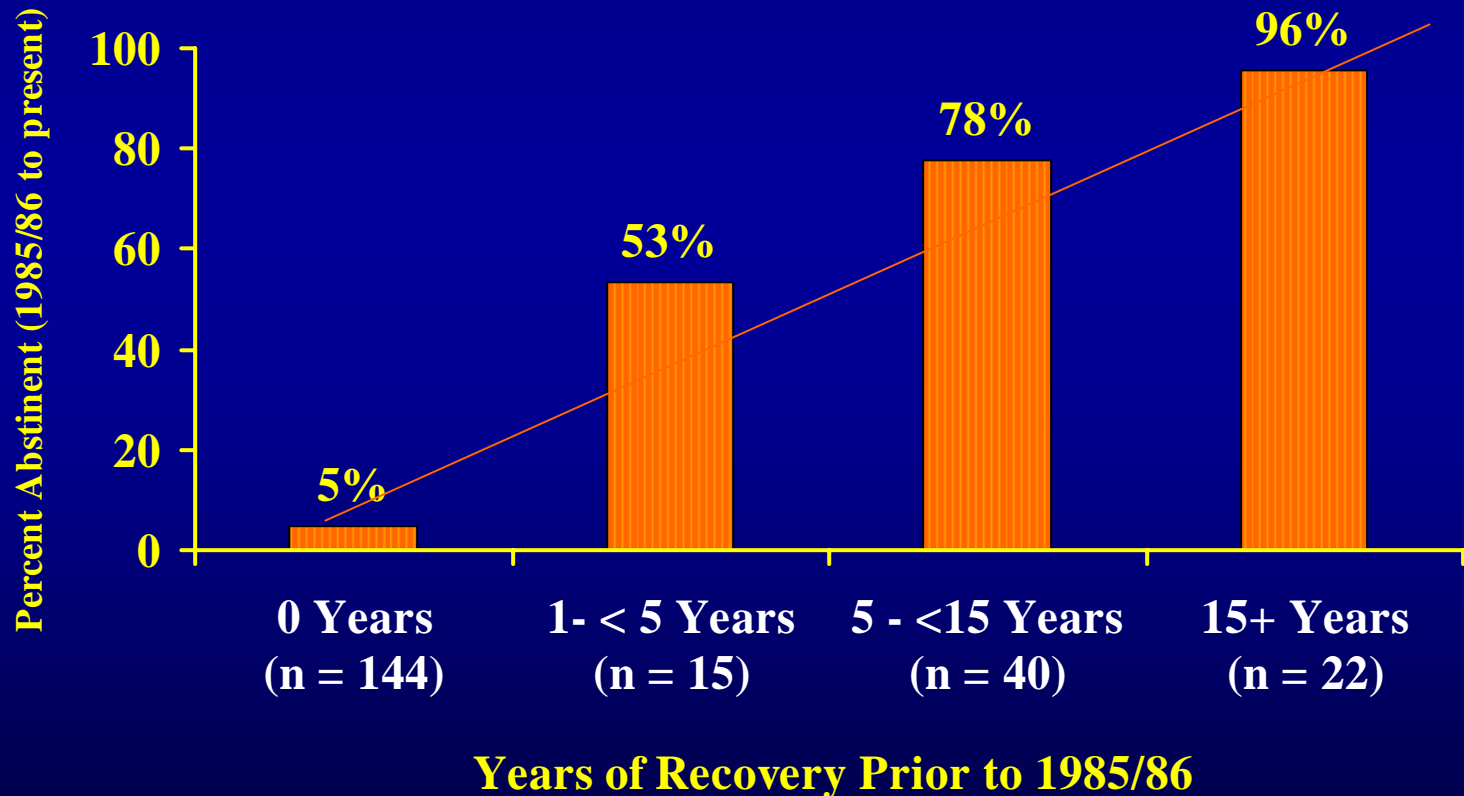
What if we consider incarceration?

Percent of Subjects by Years of Recovery* prior to 1985-86 (N=354)



Recovery is defined by heroin abstinence and no incarceration

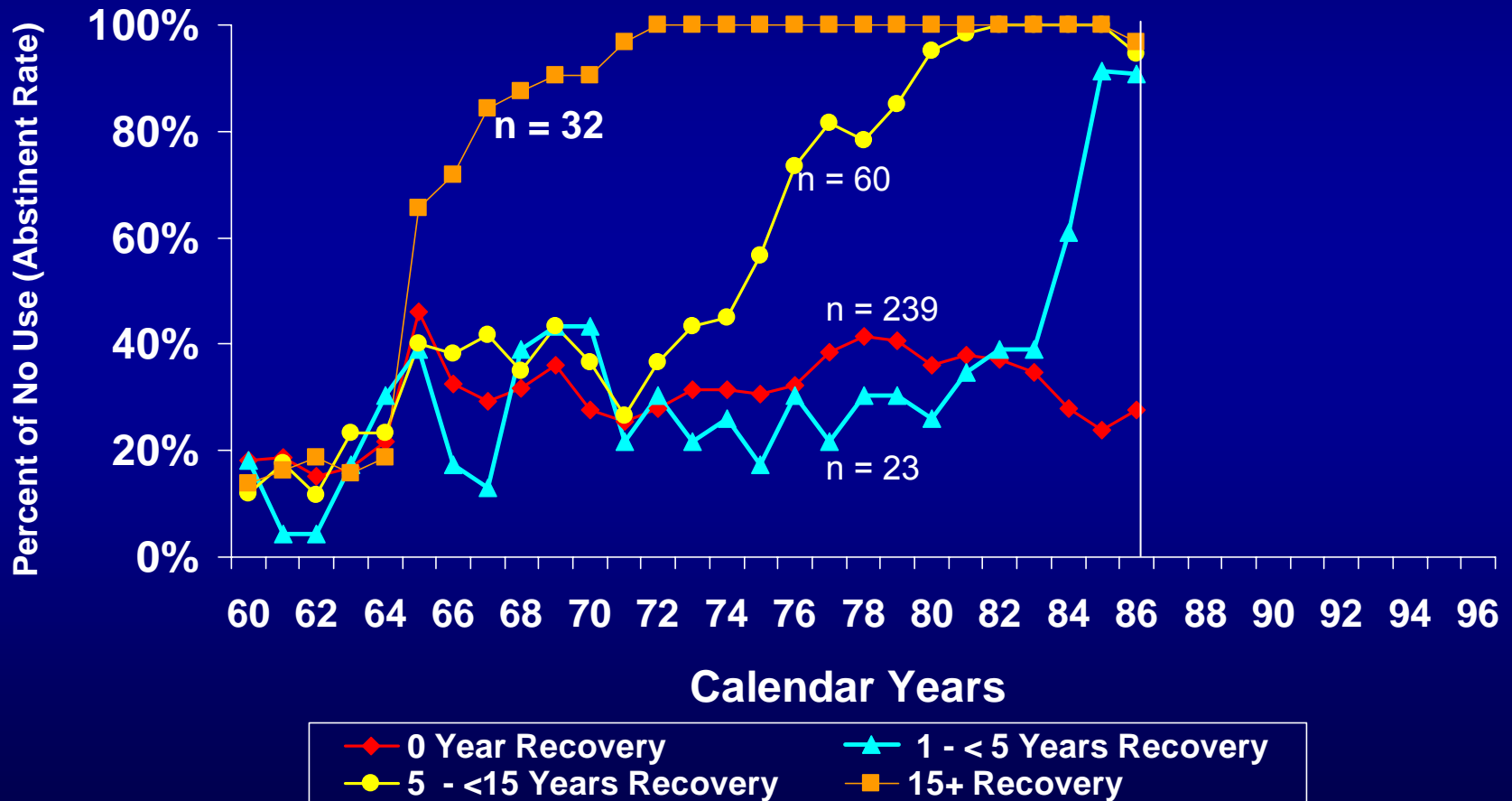
Longer Time in Recovery* (prior to 1985/86) Highly Associated with Abstinence in the Next Ten Years ($r = .75$; $N = 221$)



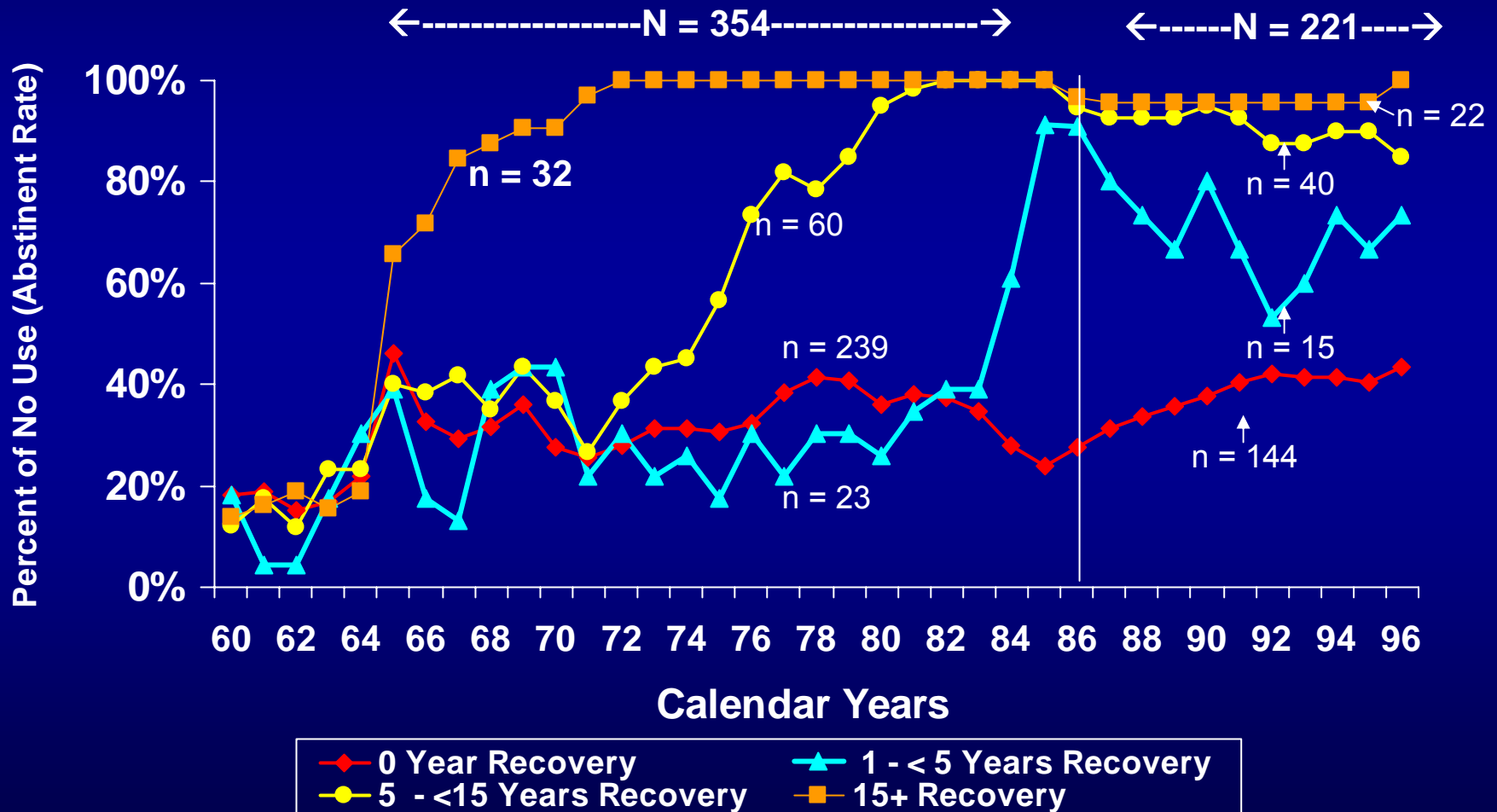
Recovery is defined by heroin abstinence and no incarceration

Approximately 25% Reported More than 5 Years in Recovery*

←-----N = 354-----→

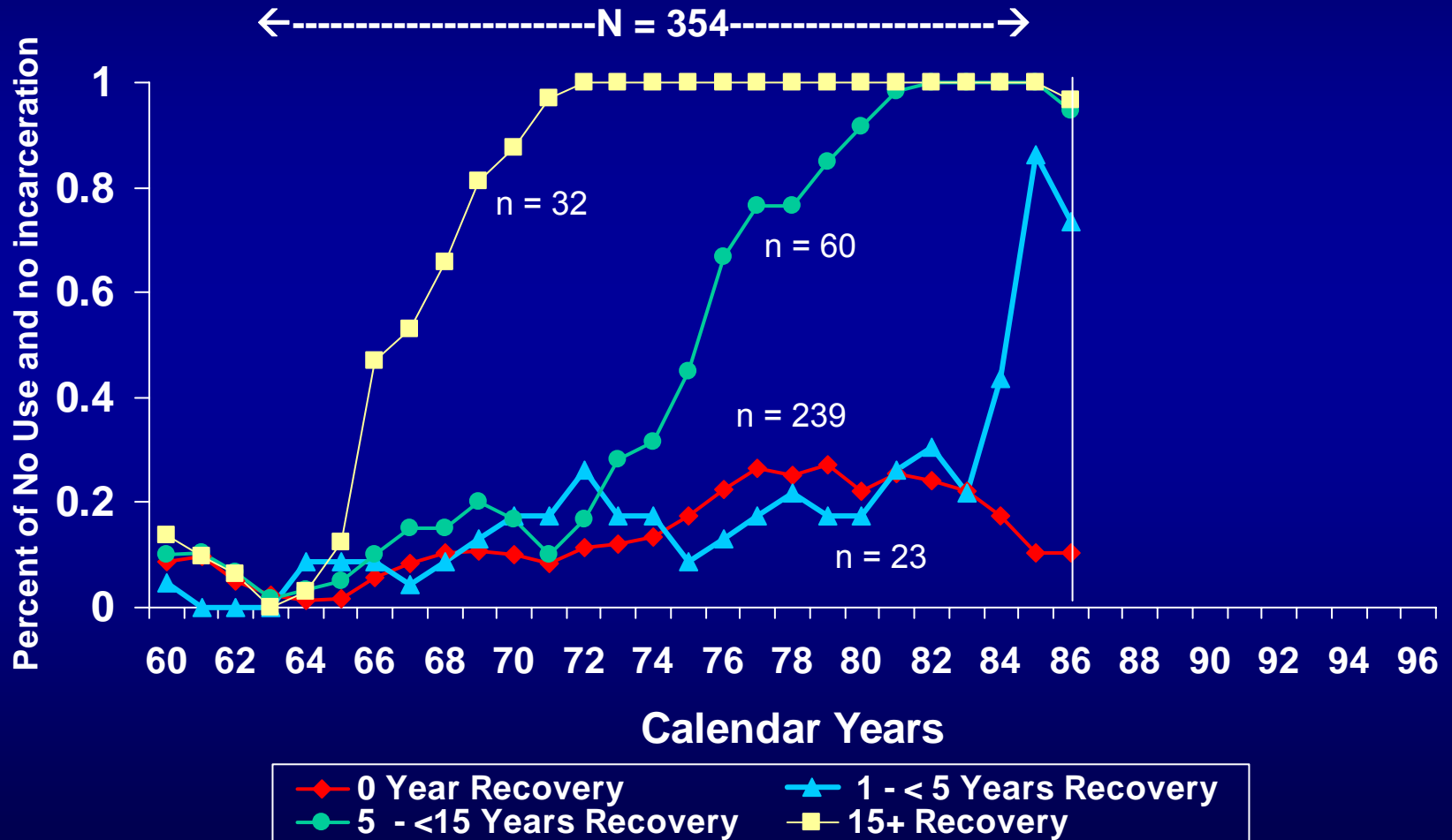


Longer Recovery* Predicts Higher Likelihood of Remaining Abstinent



Recovery is defined by heroin abstinence and no incarceration

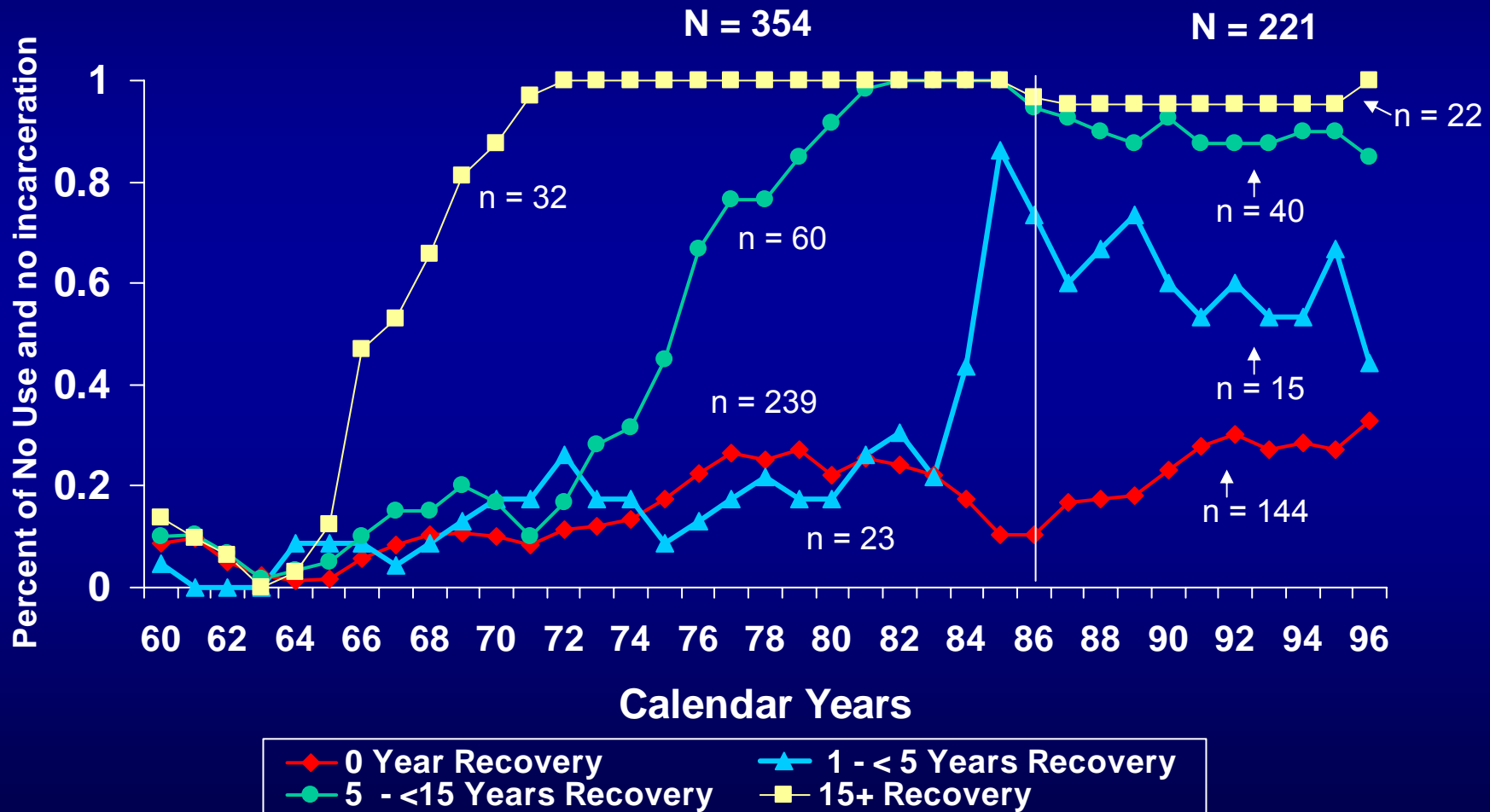
What if the Recovery Outcome Considers both heroin use and incarceration?



Recovery is defined by heroin abstinence and no incarceration

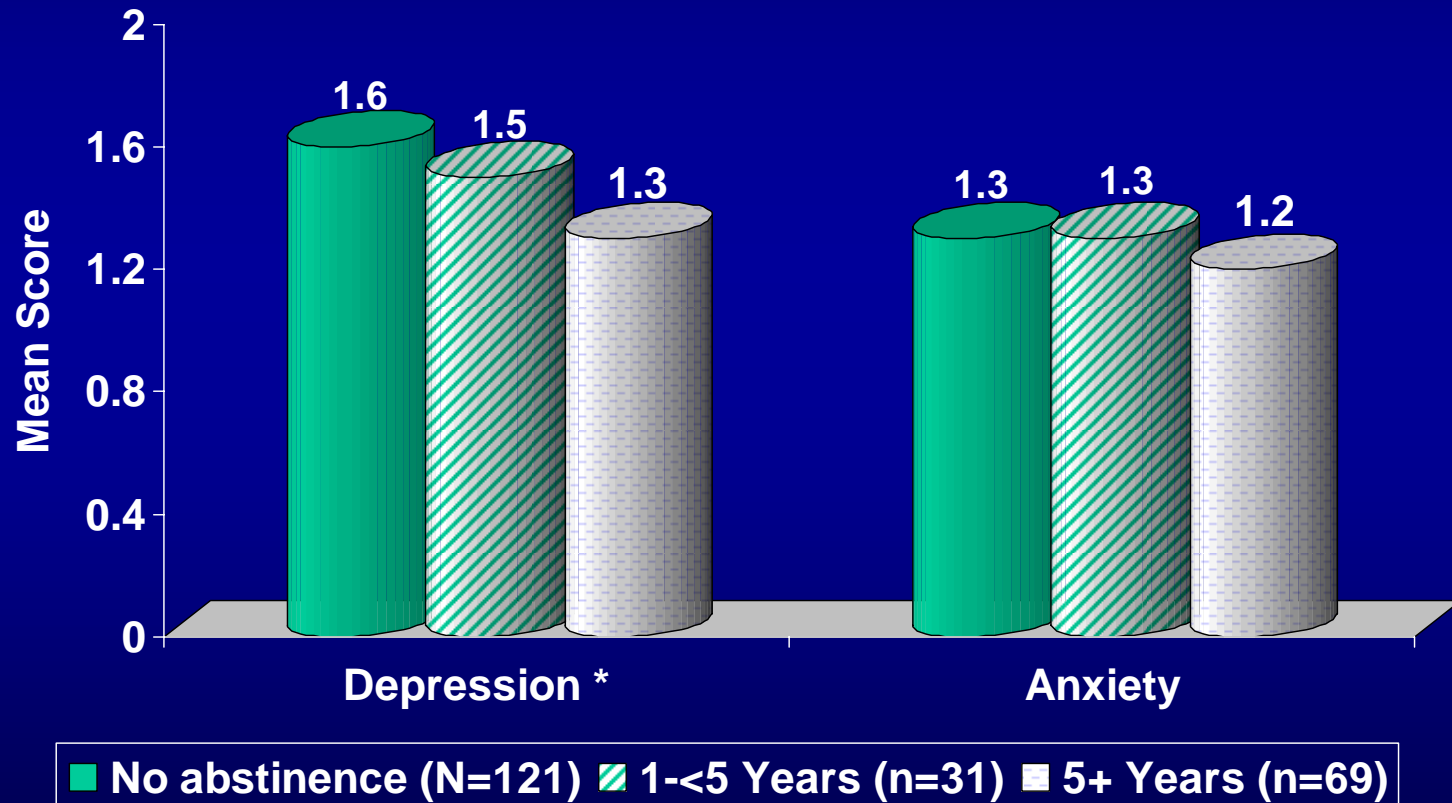
Longer Recovery* Predicts Higher Likelihood of Remaining In Recovery

(*No heroin use and incarceration)



Recovery is defined by heroin abstinence and no incarceration

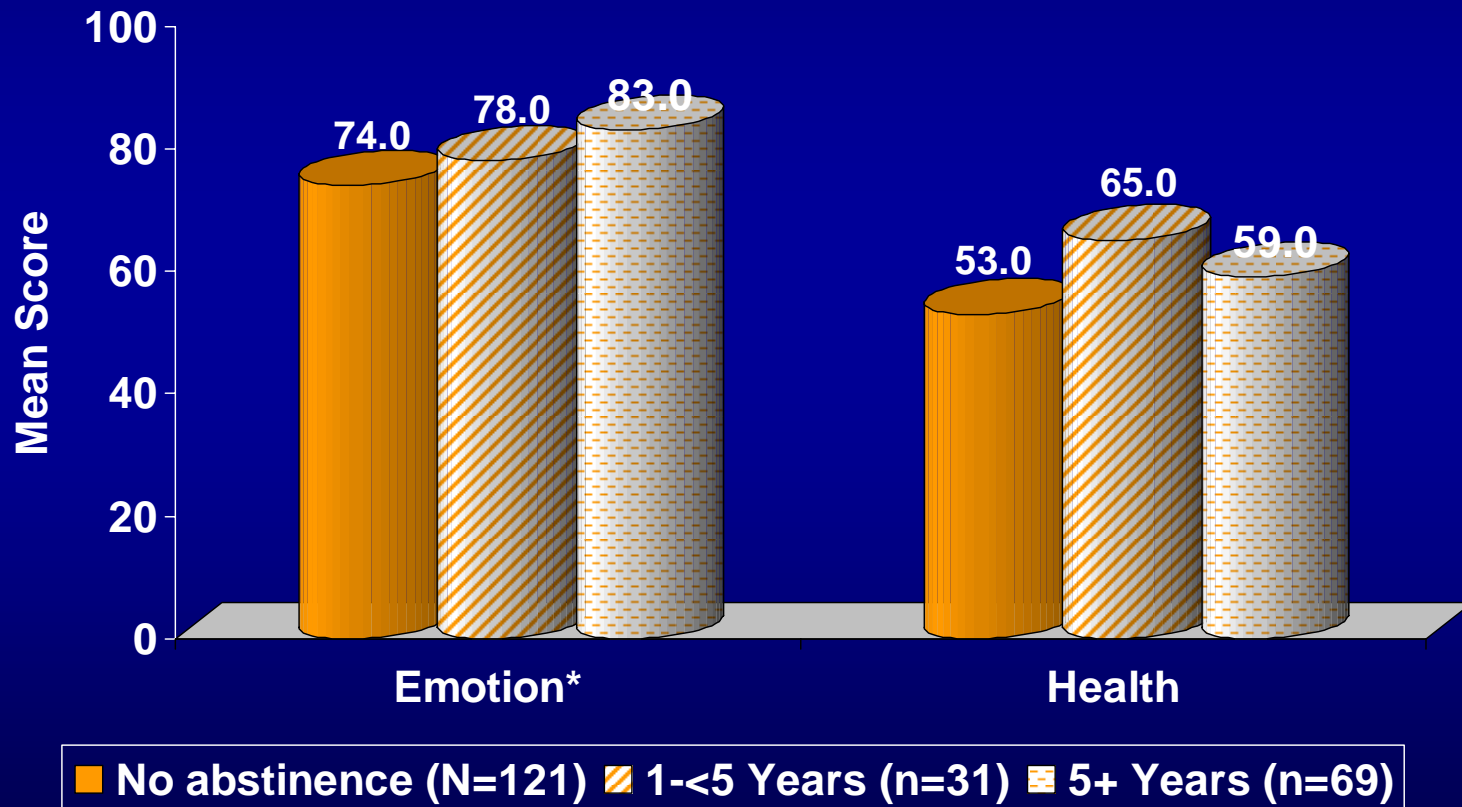
More than 5 Years of Abstinence: Predicting lower depression



* $p < .05$

**SCL58 Scale (1- 4) at the 33-year follow-up:
higher scores indicate greater symptom severity.**

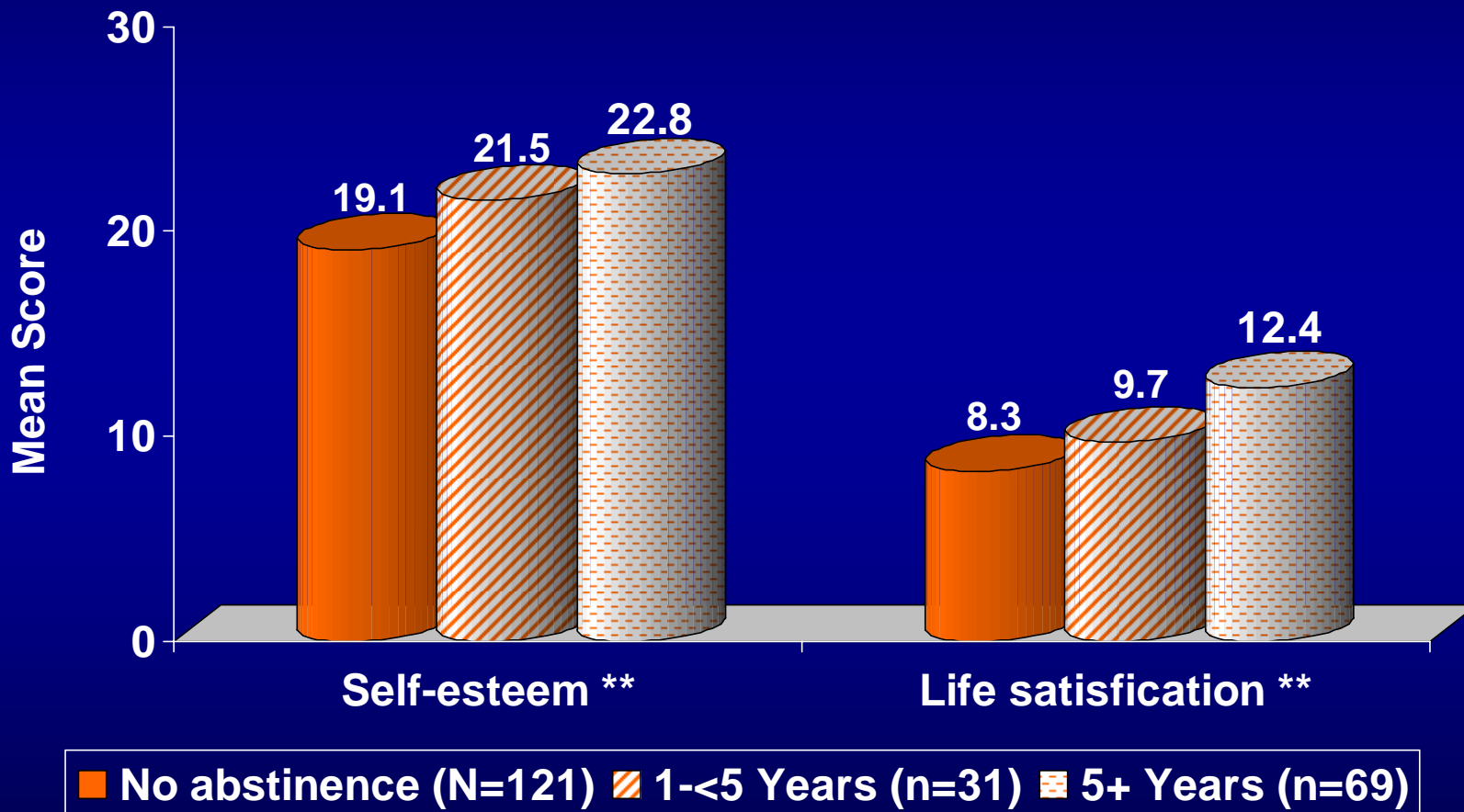
More than 5 Years of Abstinence: Predicting better emotional well-being



$p < .05$

SF36 Scale (0-100) at the 33-year Follow-up: higher scores indicate better a status

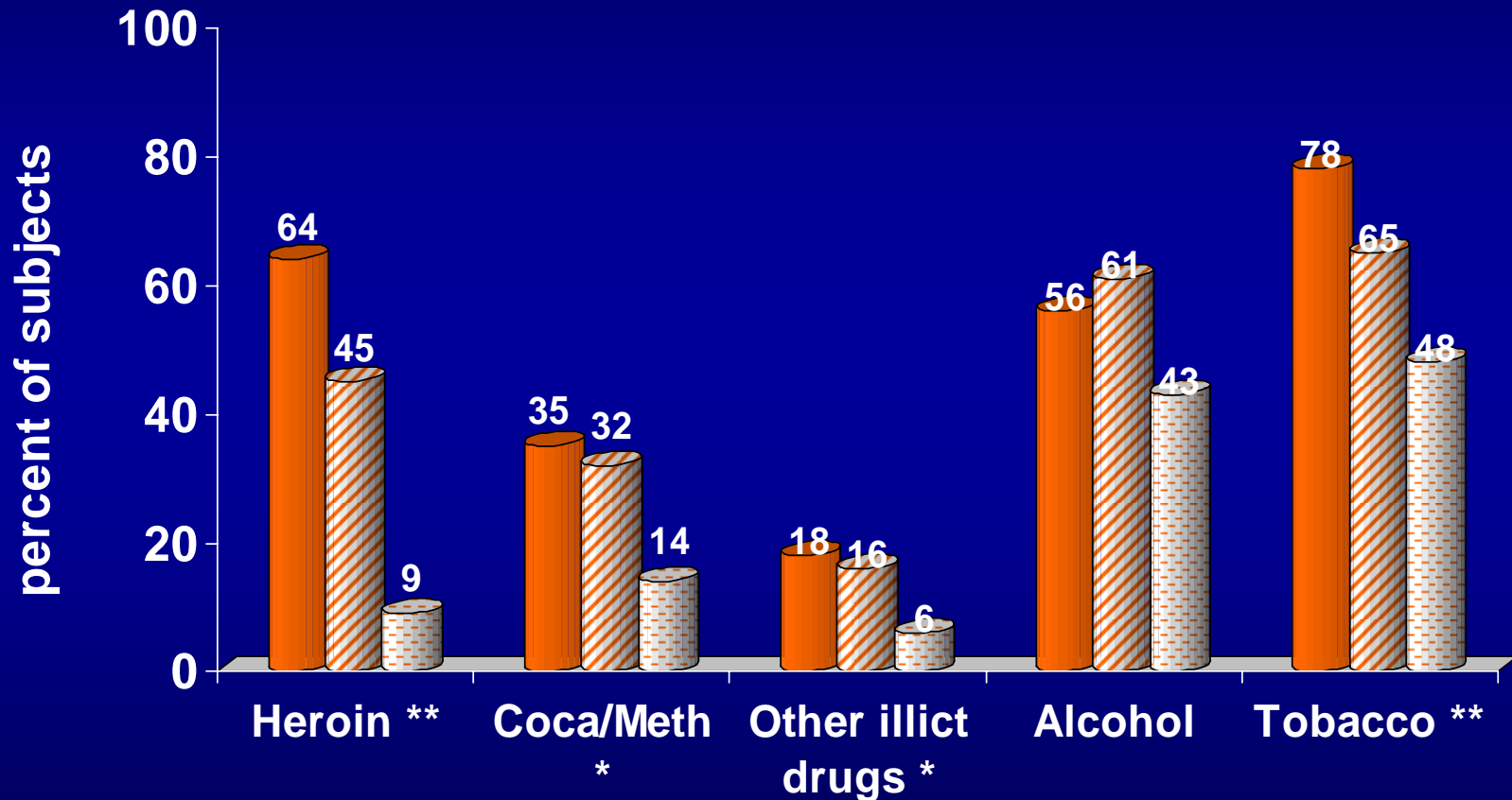
More than 5 Years of Abstinence: Higher self-esteem and life satisfaction



* $p < .05$; ** $p < .01$

Self-Esteem (0-30) and Life Satisfaction (0-18) Scales at the 33-year : Higher scores indicate a better status

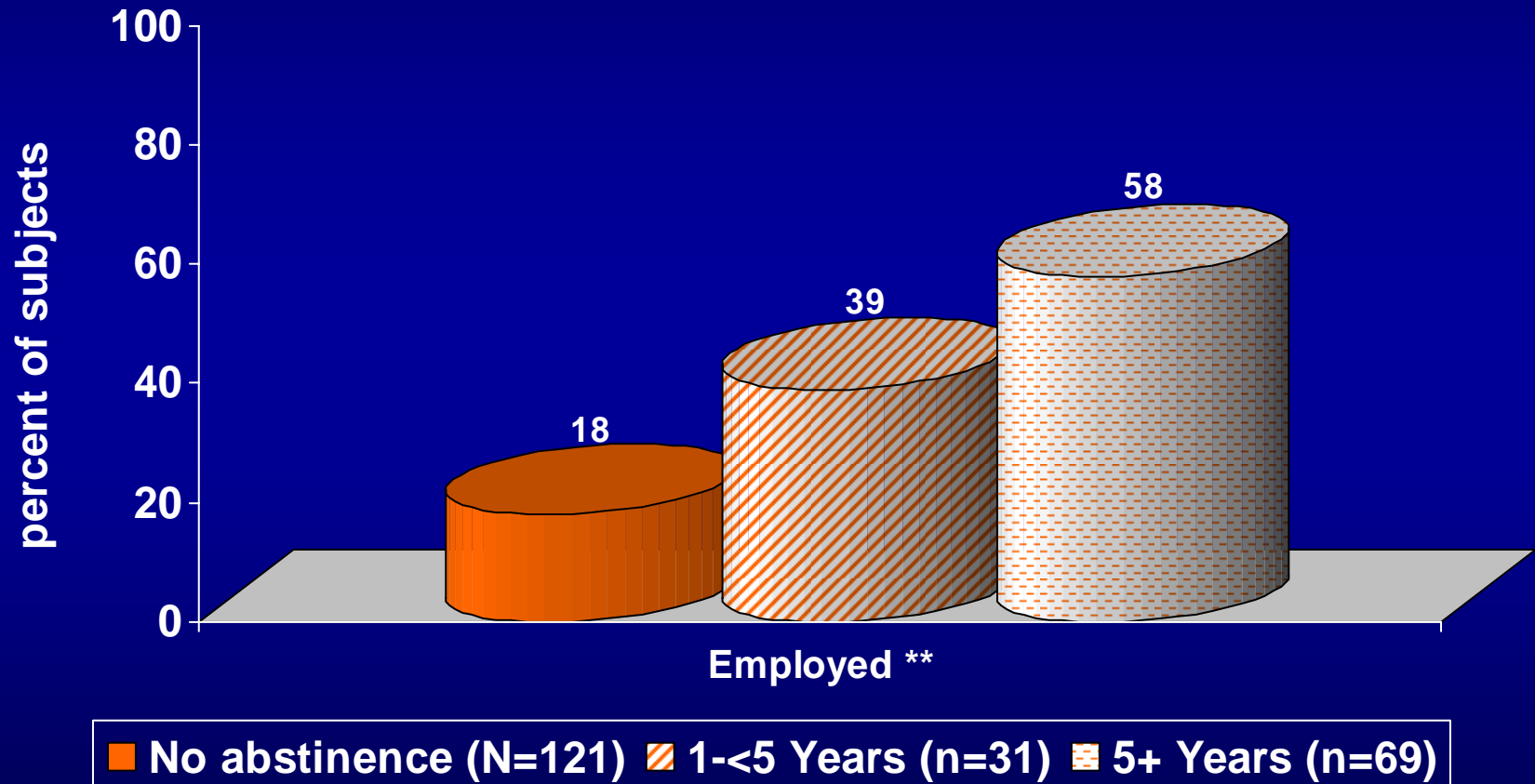
Alcohol, Tobacco and Illicit Drug Use at the 33-year Follow-up



■ No abstinence (N=121) ▨ 1-<5 Years (n=31) ▩ 5+ Years (n=69)

* p<.05; **p < .01

Employment at the 33-year Follow-up



* $p < .05$; ** $p < .01$

Summary of Findings

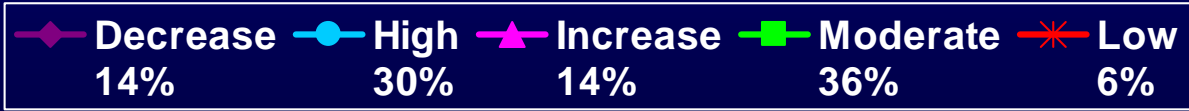
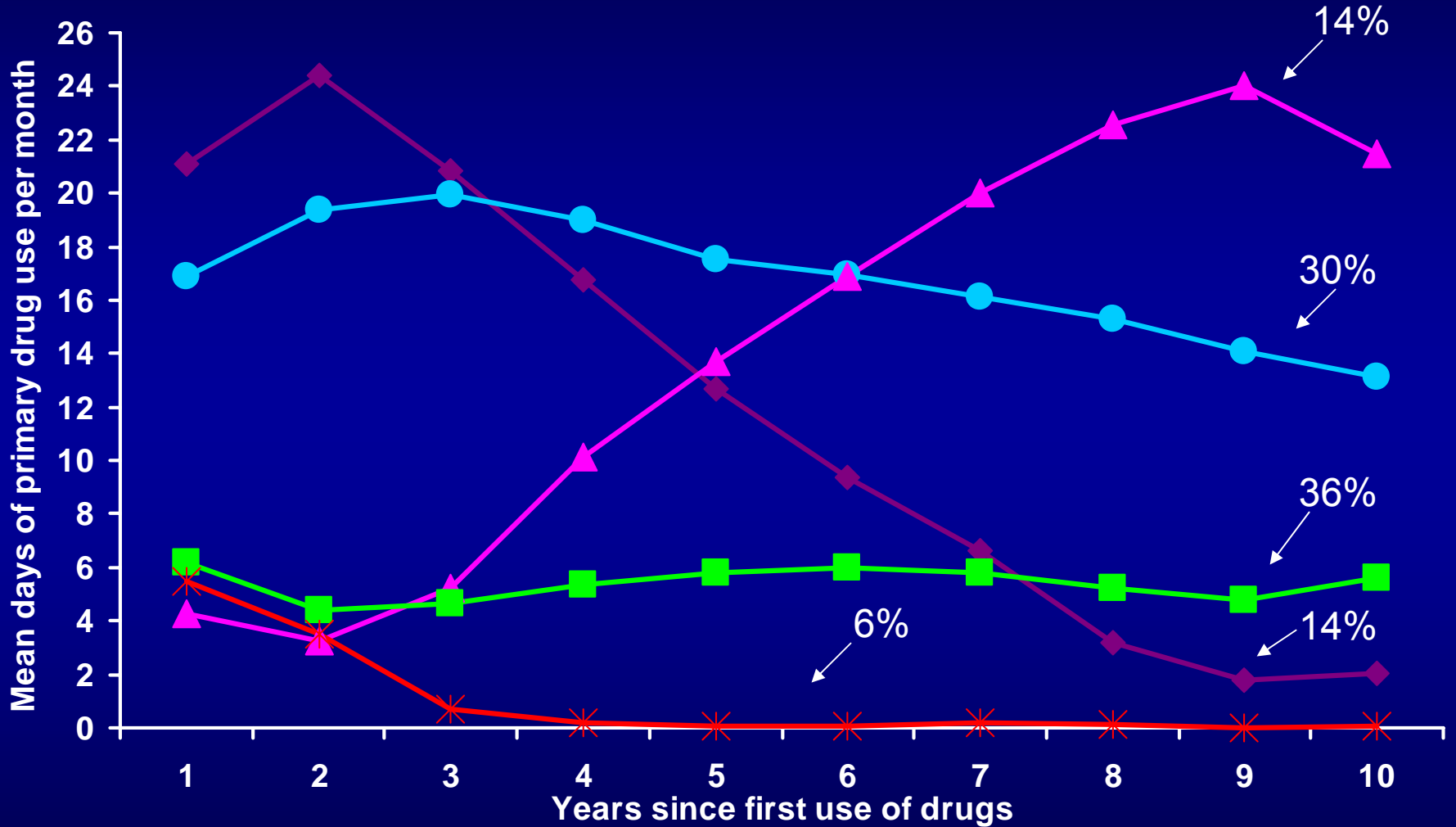
- **Five years appear to be a good benchmark**
 - ▶ Less future use
 - ▶ Less CJS involvement
 - ▶ Better emotional and social functioning
- **Timing may be critical**
 - ▶ Health is not much better
 - ▶ Alcohol and tobacco still problematic
- **Need to**
 - ▶ **Expand to consider other dimensions**
 - ▶ **Other samples**
 - ▶ **Understand the underlying mechanisms**
 - ▶ **Promote recovery in early stages of addiction**

Comparing Heroin, Cocaine and Meth Use Trajectories: Data Sources

- Study selection criteria: natural history interviews
 - Subject selection criteria: primary drug is either heroin, cocaine, or methamphetamine
 - Total subjects N=1,797
35% heroin, 39% cocaine, 26% meth
1. The 33-Year Heroin Follow-up Study (n=472)
 2. The 12-year Cocaine Follow-up Study (n=319)
 3. the Meth Natural History Study (n=350)
 4. Treatment Process Study (n=391)
 5. Treatment Utilization and Effectiveness Study (n=265)

Distinctive Drug Use Trajectories

approximately 1,800 heroin, cocaine, and meth users



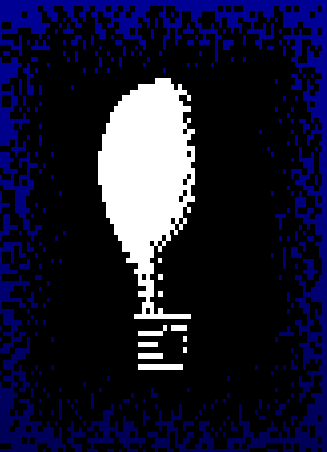
Systems Experiences and Drug Use in 10 Years Following First Primary Drug Use

	Early Treatment (n=61)	Late Treatment (n=60)	No Treatment (n=326)
Cumulative months of:			
Drug treatment, Mean (SD)**	15.1 (16.5)	5.6 (7.5)	0.0 (0.0)
Incarceration, Mean (SD)	11.3 (17.6)	8.8 (19.4)	10.4 (20.6)
Employment, Mean (SD)*	47.3 (41.4)	39.4 (35.5)	54.0 (43.3)
Primary drug use, Mean (SD)	76.6 (34.1)	77.6 (35.7)	72.9 (40.3)

* $p < .05$, ** $p < 0.01$

Long-term Care: Various terms and definitions

- Continuing care
- Assertive continuing care
- Aftercare
- Disease management Model
- Step-down care
- Stepped care
- Extended intervention
- Chronic care model

- 
- Services adaptive to the course of addiction
 - Longer term of care if needed
 - How to be cost & efficient?

Promoting Recovery: Challenges

Patients

- ▶ Low rates of access and utilization
- ▶ High dropout and relapse rates
- ▶ Multiple co-occurring conditions

Service providers

- ▶ Most treatment is for short time periods
- ▶ Disconnected
- ▶ High rates of turnover

Research & evaluation

- ▶ Most research is on interventions of short-term nature
- ▶ Most evaluations focus on short-term outcomes

Medication-assisted maintenance (for opioids)

- Methadone maintenance
- Buprenorphine (including Suboxone, Subutex)
- Naltrexone

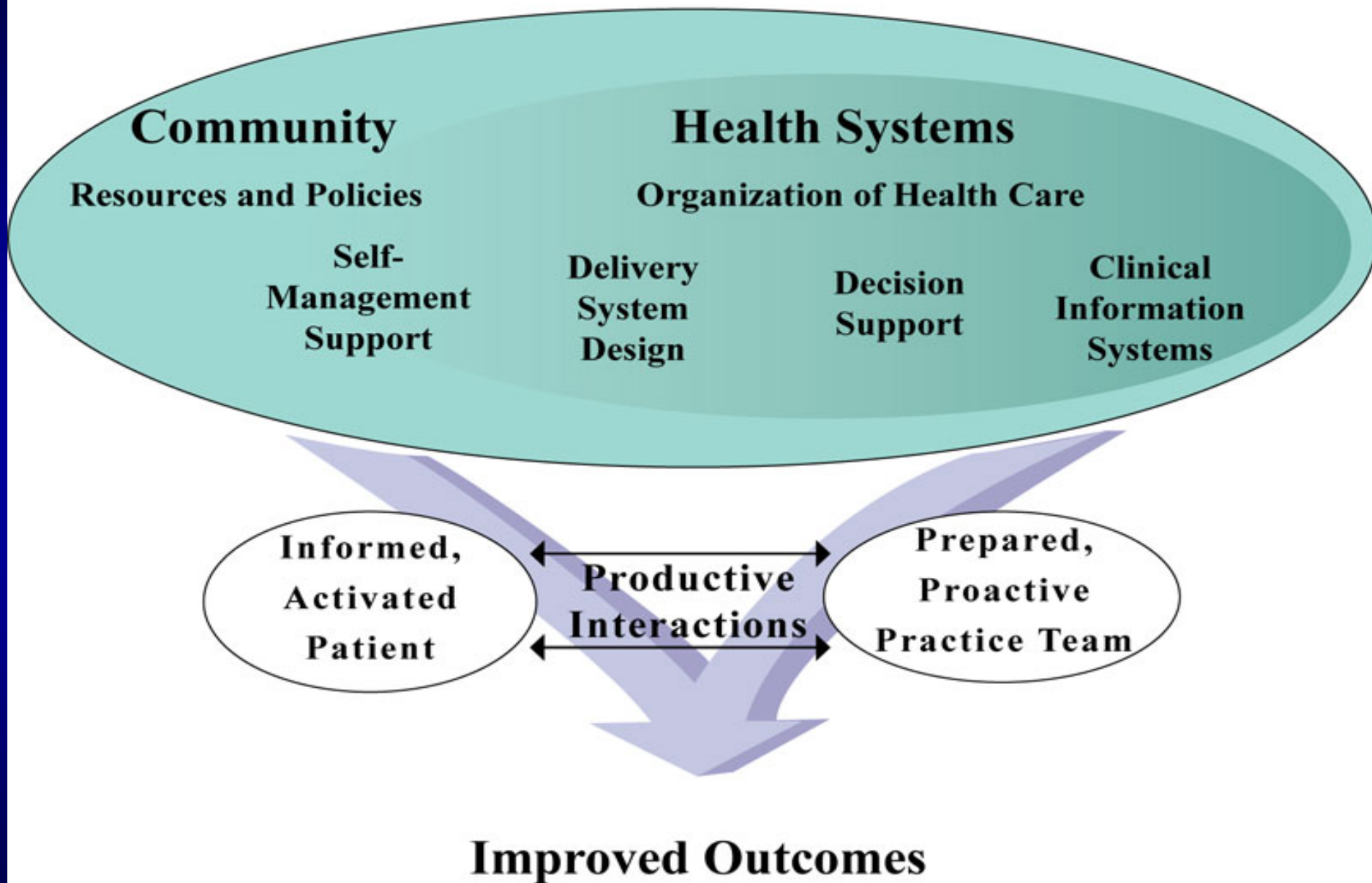
Other Long-term Approaches

- Self-help
- Recovery management checkups
- Aftercare telephone interventions
- Collaborative management model
- Recovery-oriented systems of care

Systems Approach

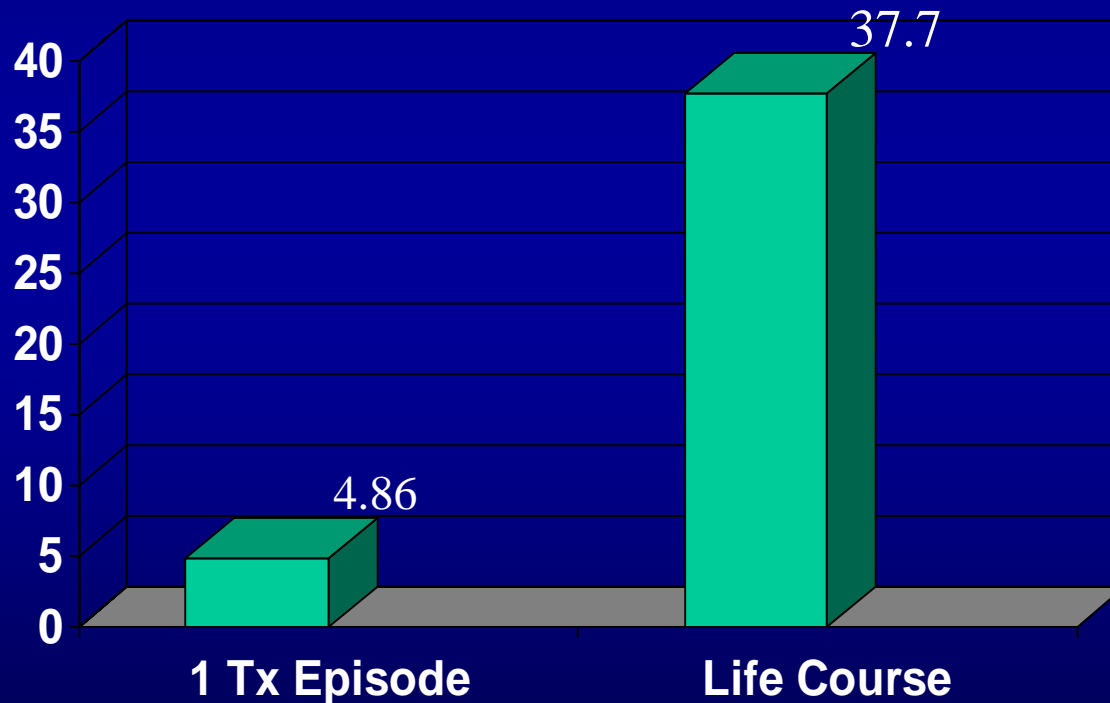
- Integration within the drug treatment service system
- Integration across systems
 - ▶ Primary care
 - ▶ Mental health
- Integration with the community

The Chronic Care Model



Life Course View of Addiction Shows Increased Benefit-Cost

Lifetime Benefit-Cost Ratio for Tx of Heroin Addiction



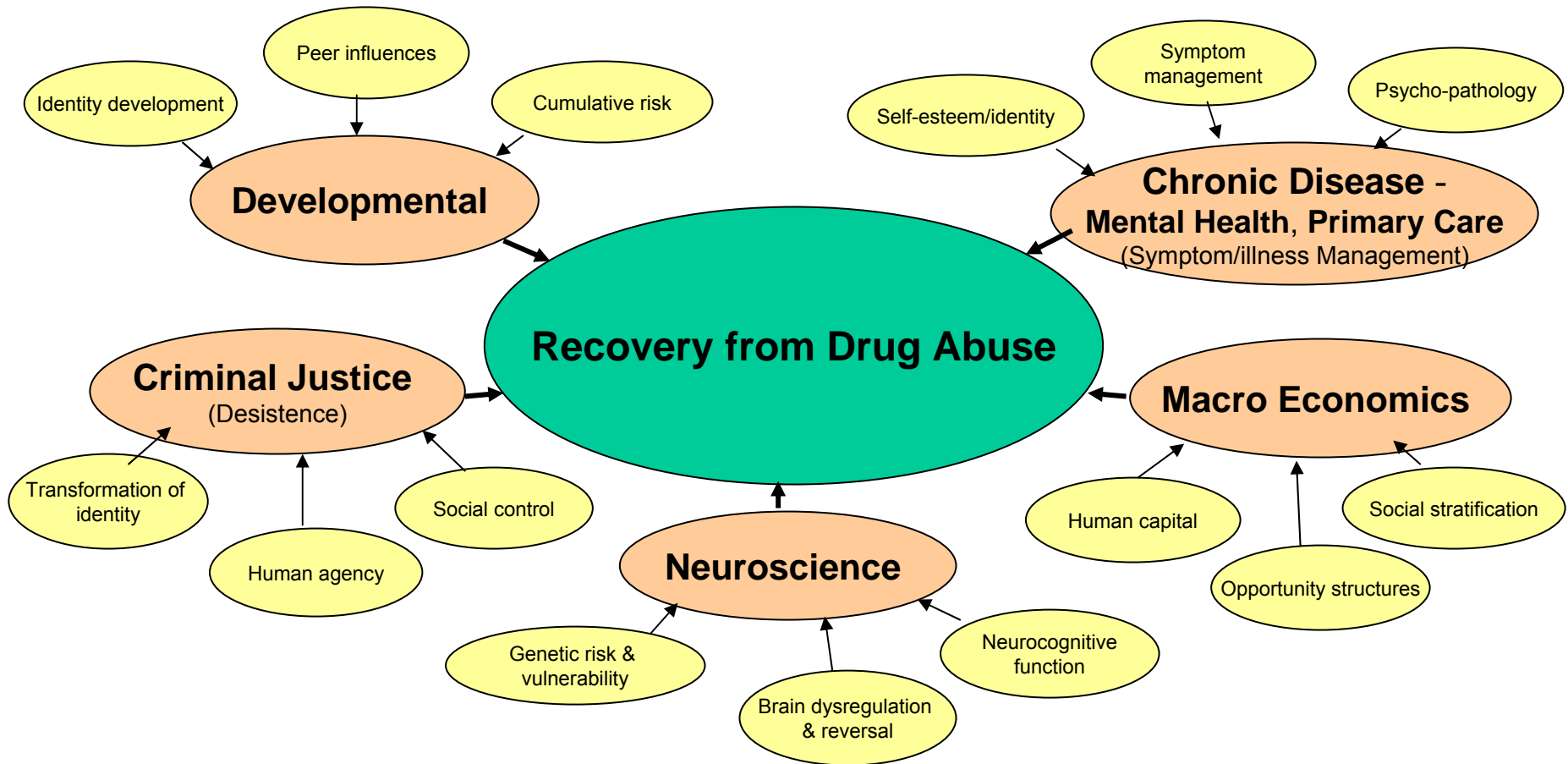
The Future?

- Evidence-based intervention, practice, & principles
 - ▶ CTN
 - ▶ Performance measures
- Long-term care or management
 - ▶ Longitudinal intervention
 - ▶ Adaptive treatment
- Service structure
 - ▶ Integration within treatment systems
 - ▶ Integration across systems
- Technology

Research Questions

- What is recovery?
- How long a period in recovery is necessary to be considered a long-term stable recovery?
- What accounts for the continuity or change?
- What kind and how long should the “long-term” care be planned?
- What about individual characteristics?

Conceptualization of Recovery within the Life Course Perspective



CALDAR Selected Tasks

- Conceptual and theoretical framework
 - ▶ Life course, turning points, recovery capitals
 - ▶ Informed by other disciplines
- Measurement development
 - ▶ Recovery, including quality of life
 - ▶ Item response theory
- Modeling development and applications
- Long-term follow-up studies
 - ▶ CTN START follow-up

Learn more about longitudinal research findings and modeling techniques??



See CALDAR website (www.caldar.org) for new findings, development, and workshops