

# Outcomes of Treatment for Methamphetamine Use: LA County (“Treatment-as-Usual”)

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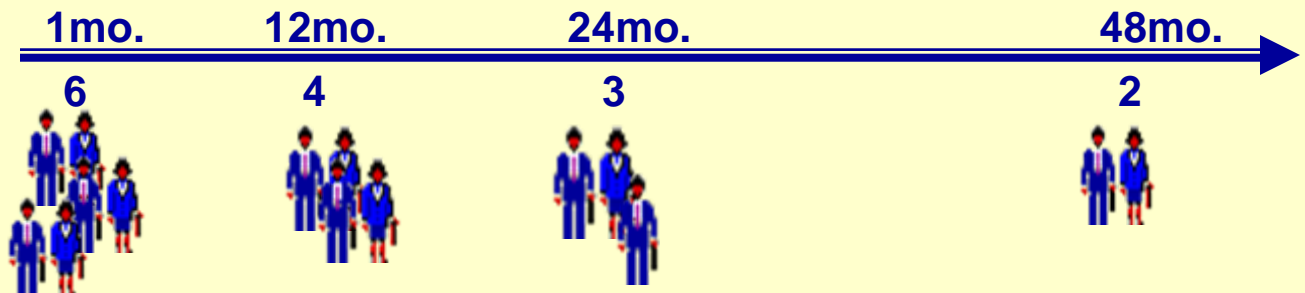
# Good News? Bad News?

Of every 10 MA users entering treatment,



After treatment:

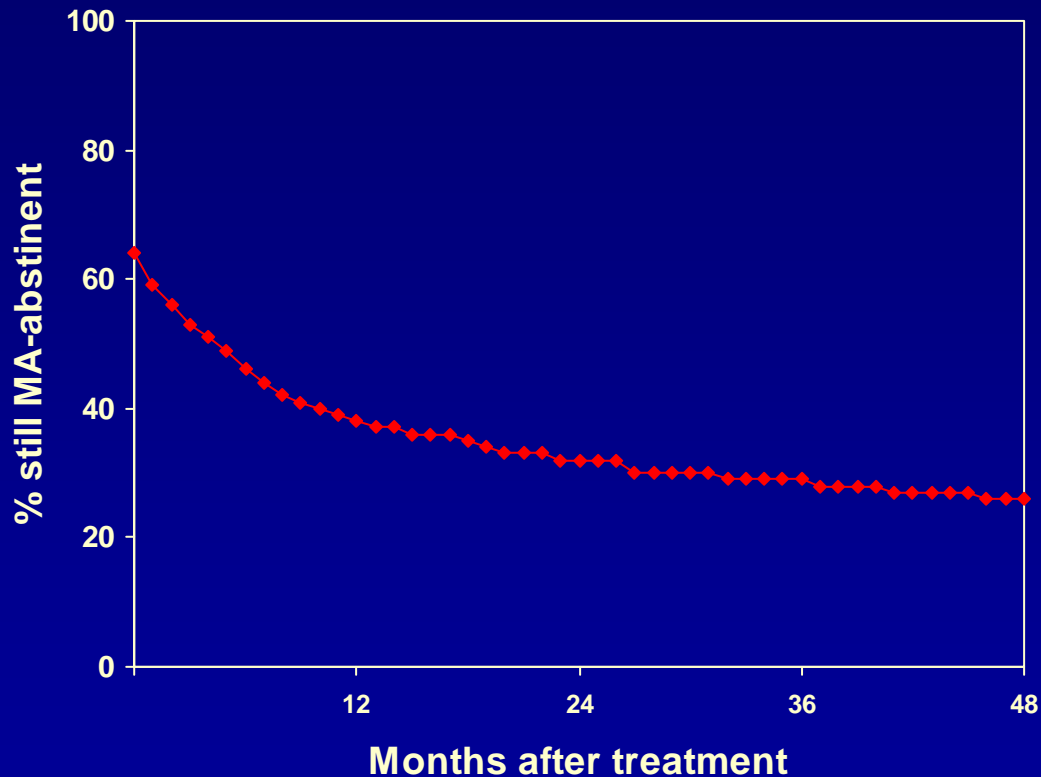
Still MA-abstinent:



**2 still MA-abstinent  
48 mo. after treatment**

# Pattern of Relapse:

Graph Shows the Declining % Remaining MA-Abstinent After Treatment (most relapse in first 12 months)



(Survival curve=expected % remaining abstinent adjusting for the few (n=30) not yet relapsed but with less than 48 months of follow-up)

# **This Talk Will Also Describe:**

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- **Where our data came from**
- **Other outcome measures (months with MA use, crime, employment)**
- **What's related to better outcomes**



# Why Are We Interested in This?

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- Increase in MA prevalence...”epidemic proportions...” and geographic penetration across US
- Treatment admissions for MA in California have doubled 1992-2002, but total admissions have increased only 17%
- Little published research on outcomes of treatment for MA use
- Results may help in designing prevention and intervention strategies



# Where Are Our Data From?

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- Random sample of MA admissions (mostly from 1996)
- From Los Angeles county-funded outpatient and residential programs
- 76% of sampled clients were located; 75% of those participated in study (n=365)
- Interviewed in 1999-2000, follow-up in 2001-2003
- Analysis sample n=350
- Data from detailed natural history interview



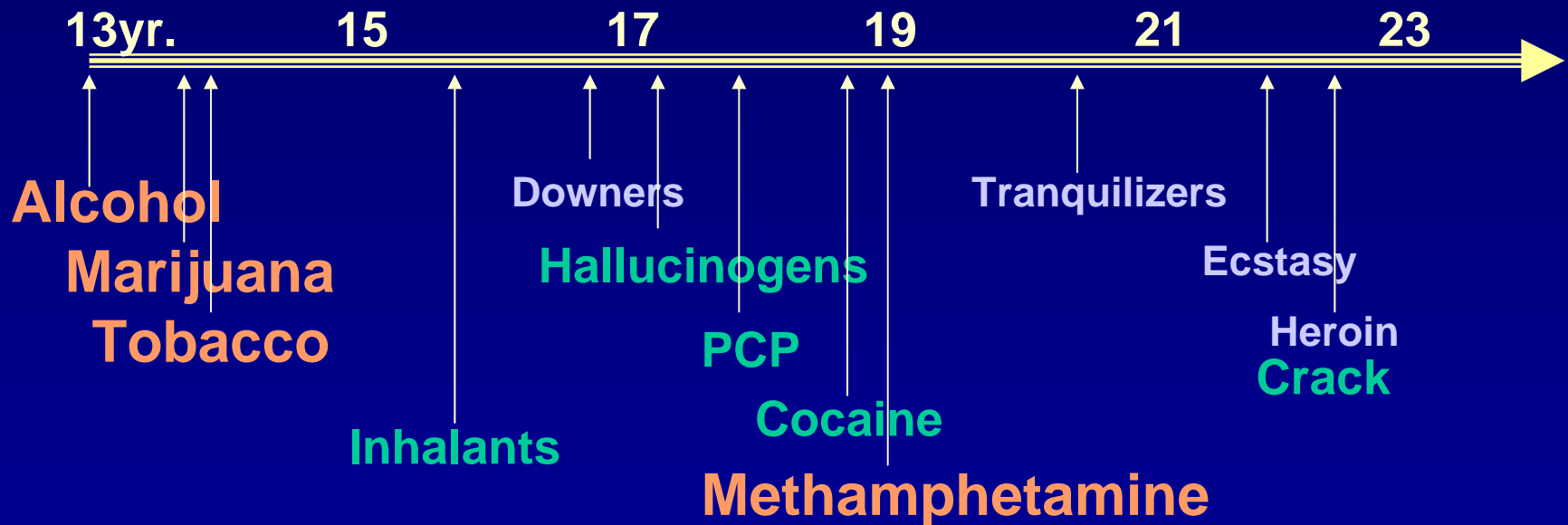
# Who Contributed Data? (n=350)

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- **Gender:** 56% male, 44% female
- **Ethnicity:** 47% non-Hispanic White  
30% Hispanic  
17% African-American  
6% other
- **Education:** 32% less than high school  
21% high school grad/GED  
47% some college/tech/trade school
- **Avg. age at first interview** 32.6 years
- **Co-morbidity:** 19%



# Average Age First Use of Substance



**97-100% have used**  
**Over 50% have used**  
Less than 50% have used



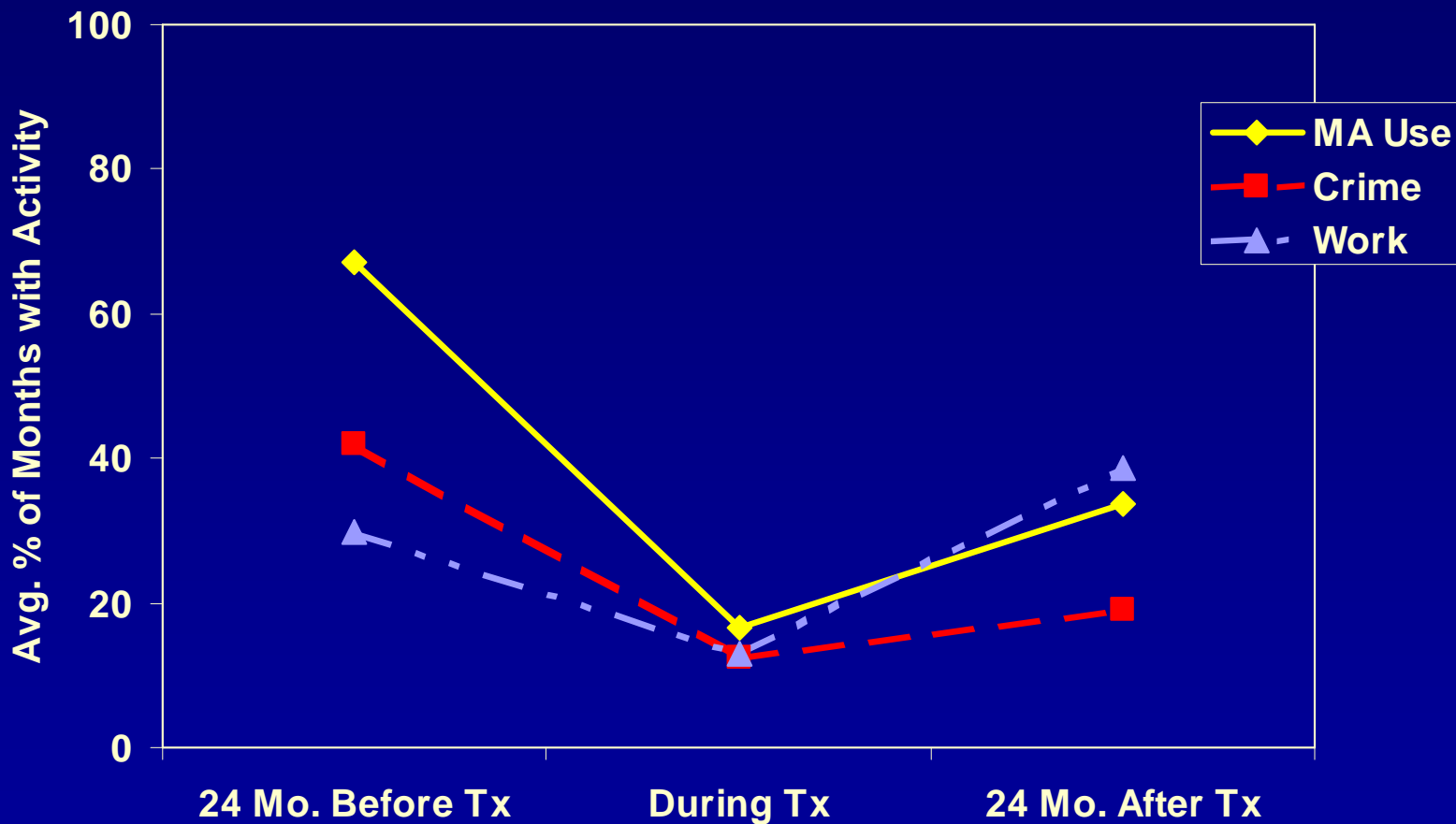
# Sampled Treatment Episode

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- Age at admission 29.4 yr.
- Residential 62%
- Outpatient 38%
- Legal pressure 51%
- 1st time in treatment 58%
- Time in treatment 3.7 mo.
- Completed tx 46%



# Other Outcomes: % of Months with MA Use, Crime, Employment Before, During, and After Treatment





# What Predicts Better Outcomes?

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- **Better outcomes for those**
  - With longer time in treatment (e.g. those with 4 or more mo. of treatment have almost double the rate of 24 and 48 mo. abstinence)
  - Completing treatment
  - With more sessions per month of individual counseling and relapse prevention
- **Worse outcomes for those**
  - Whose parents divorced when they were children
  - Who have sold MA

**Most client characteristics considered so far are  
NOT related, e.g.:**

**Gender, ethnicity, family SES, parent/family drug  
use**

**Early sexual/physical abuse or arrests, psych  
comorbidity**

**Age 1<sup>st</sup> substance use, age 1<sup>st</sup> MA use, injection  
use, no.drugs used**

**Age at treatment, type of treatment, legal pressure,  
previous time in treatment**

# Summary

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- **Of every 10 MA users treated, 2 remain MA-abstinent for at least 4 years**
- **Most relapse is within first 12 months after treatment**
- **Overall 50% reduction in MA use and crime in 2 years after treatment compared to 2 years before treatment; also, increases in employment**
- **Better MA-use outcomes related to more time in treatment; few other characteristics related**
- **Outcomes for MA treatment look much like outcomes for treatment of other drugs**



# So.....

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- **Treatment for MA use works.....**
  - For some of the people
  - Some of the time
- **We're still looking at outcomes for more specific subgroups of MA users (with combinations of characteristics)**
- **Challenge—to find out what will improve outcomes**

# Acknowledgements

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- **Cooperating community treatment providers, study participants**