

Introduction

- Recovery Centers of America (RCA) in Danvers, MA is a center for addiction treatment. Their facility offers residential inpatient detoxification, outpatient care medication assisted treatment, Telehealth, and an evidence-based curriculum.
- In addition, family therapy and mental health services are provided to support individuals through detox and rehabilitation. "Recovery Centers of America is defined by our mission of saving one million lives from the disease of addiction. In pursuit of this, we offer unparalleled treatment to get you or your loved one the life-saving care you need and deserve" (Recovery Centers of America [RCA], para. 1).
- Programming to support individuals include music therapy, art therapy, physical activity, and animal therapy.

RCA's current treatment strategy:

- To address the underlying causes of addiction and promote mental and emotional healing.
- Provide intensive care that focuses on individual, group, and family therapy.

Through educational sessions, RCA patients acquire knowledge about addiction. Inpatient therapy with RCA also includes 12-step and rehabilitation activities, art and music classes, fitness and yoga, and group sessions to support in the healing of the whole person. (RCA, 2022).



(Summit Malibu, 2022)

Objective

To collect patient feedback on RCA's treatment strategies.

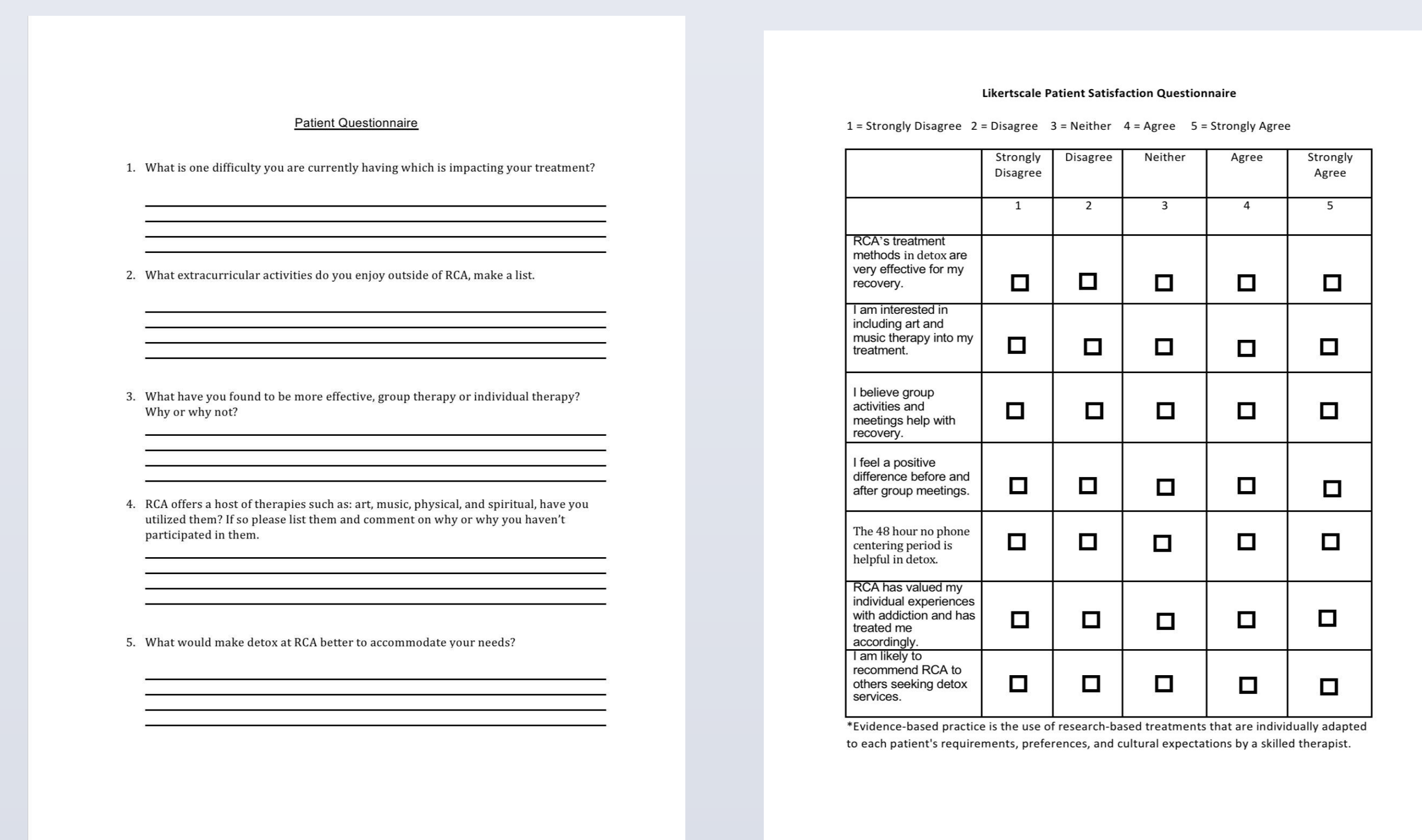
Related Literature

"Addiction is a complex and devastating disease that can ruin lives. While there is no one-size-fits-all approach to treatment, it is important to seek help from an evidence-based program. Evidence-based practices have been shown to be more effective than other types of treatment in reducing drug use and cravings, improving family functioning, and reducing the risk of relapse" (Recovery Centers of America, 2022, para. 21).

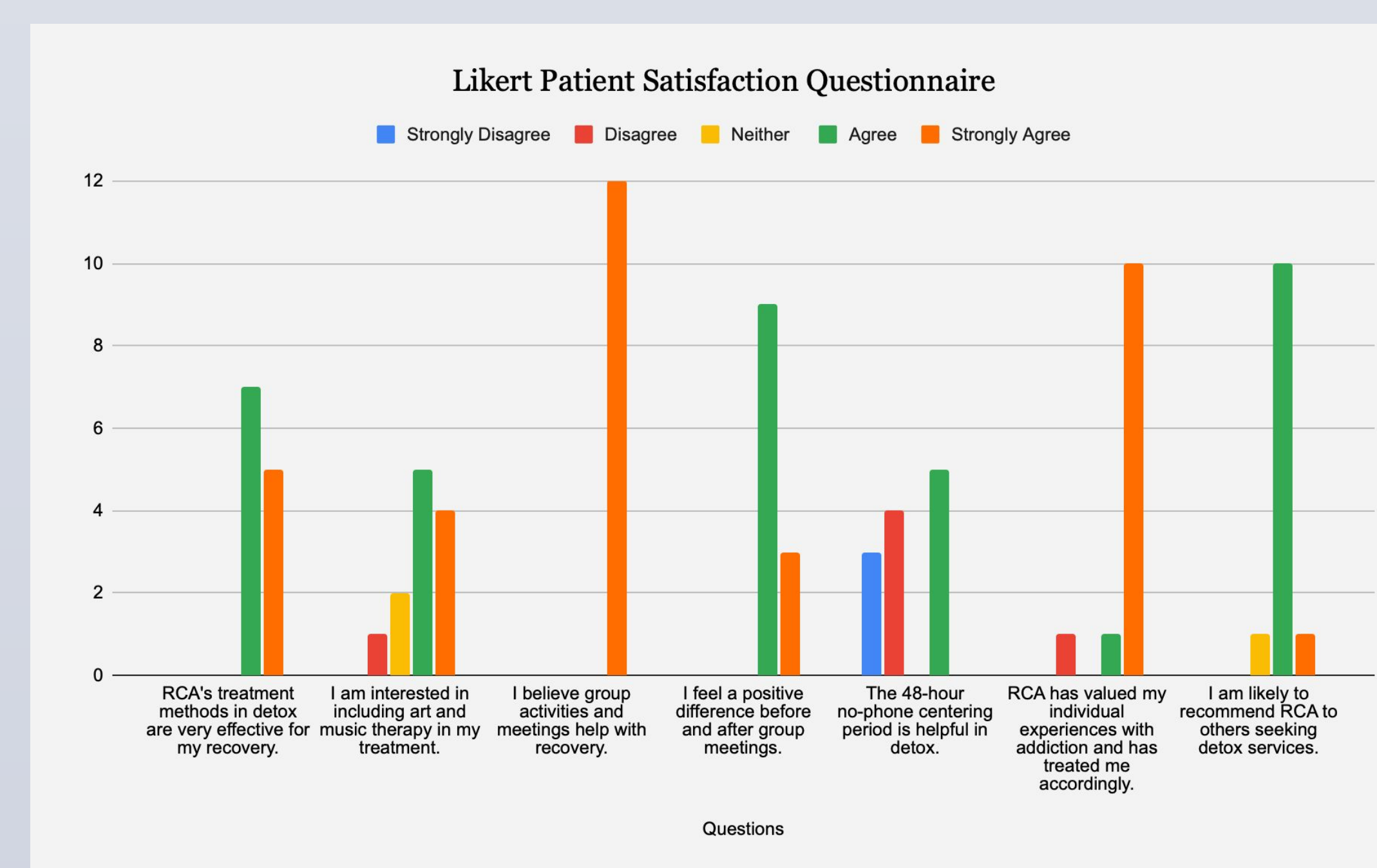
"An underappreciated aspect of this research-practice gap is a mismatch in treatment modality: Whereas clinical trials have focused primarily on individual therapy, most substance use disorder specialty treatment is provided in group format" (Wendt & Gone, 2018, p.10).

Methods and Materials

- Conducted related literature review on treatment strategies for rehabilitation as well as current methods utilized by RCA.
- Met with case managers to review rehabilitation methods for the groups at RCA.
- Created an open-ended questionnaire and Likert Questionnaire for participating patients.
 - Patients were asked feedback on treatment methods.
 - Patients were asked personal reflection questions.
- Questionnaire distribution
 - Each patient completed both the Likert scale and the open-ended questionnaire
 - Total responses: 12
 - Distributed at the beginning of the patient detox session
 - Paper and pencil



Likert Scale Results



Note: 100% patients agreed/strongly agreed that RCA's treatment methods are effective in detox, although the open-ended questionnaire responses differ.

Open-Ended Results

Theme: Patient desire to give feedback

- It was clear from patient remarks that the ability to provide feedback was highly desired by patients.
- Another patient said, "I wish patient satisfaction questionnaires were readily available".

Theme: Group therapy vs individual therapy

- A patient said "It really depends, I like both individual and group therapy, but individual therapy is better because it's one-on-one focus.
- One patient said, "Group therapy is actually very helpful, just knowing I have peers that are suffering like me and knowing that I'm not alone is comforting".

Theme: Program Effectiveness

- Another participant said, "Detox at RCA would be better if we were allowed more than one cigarette during cigarette break".
- Another patient said "I was interested in music therapy, but I have to wait until I go to CSS because therapies aren't offered in Detox.

Conclusions

- Due to patient desire to give feedback, the need for forms and other means of collecting patient input should be reconsidered by RCA.
- Ensure that the treatment plan is evaluated every few years to guarantee patients are receiving the most effective, satisfactory methods.
- It is obvious from data that patients hold unique preferences regarding group therapy and individual therapy.

References

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- Summit Malibu. (2022). *What does evidence-based Rehab treatment mean?* <https://summitmalibu.com/blog/what-does-evidence-based-model-really-mean/>
- Wendt, D. C., & Gone, J. P. (2018). Complexities with group therapy facilitation in substance use disorder specialty treatment settings. *Journal of Substance Abuse Treatment, 88*, 9–17. <https://doi.org/10.1016/j.jsat.2018.02.002>

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