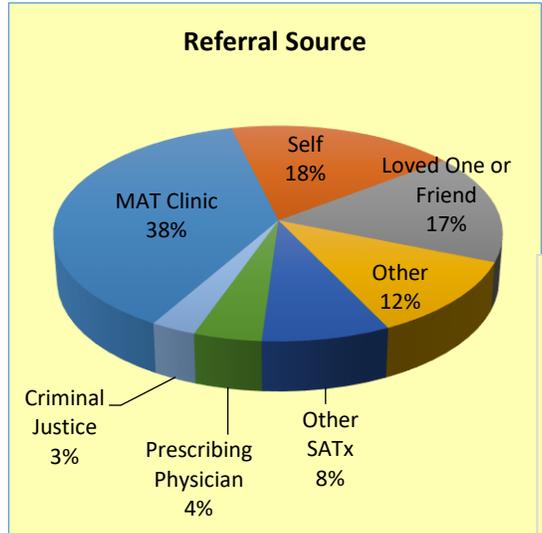
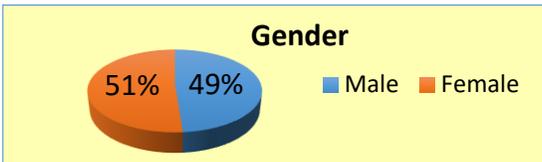




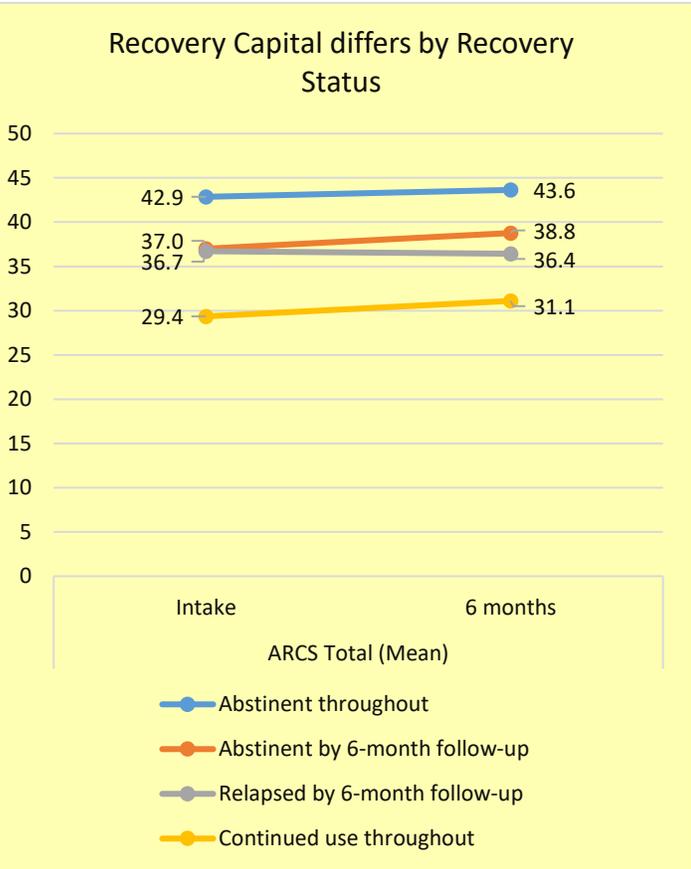
This brief report describes the results achieved by Vermont’s Recovery Centers when ½ time Pathway Guides work with individuals seeking or participating in Medication Assisted Treatment (MAT). VRN’s federally funded Pathways to Recovery expanded the availability of recovery supports for people in opiate recovery. In the fall of 2016, after the federal funding ended, the Pathway Guides were sustained with support from the Vermont Division of Alcohol and Drug Abuse Programs. Data shown here include 209 individuals with baseline data and of those, enough time had passed that we have 6 month follow up data on 96 individuals. In the summer of 2018, the VRN revised its data collection form so as to utilize a more streamlined outcome measurement tool that could be applied to multiple recovery services initiatives. Implementation of the new form began August 1, 2018. Thus, the current dashboard is a final dashboard for data collected on the past form through July 31, 2018. For more information about VRN, go to [www.vtrecoverynetwork.org](http://www.vtrecoverynetwork.org).



Race/Ethnicity*	n	Intake
White	196	94%
African American	7	3%
American Indian/Alaskan Native	3	1%
Not of Hispanic or Latino origin	194	93%
Hispanic, Latino, or Spanish*	5	2%

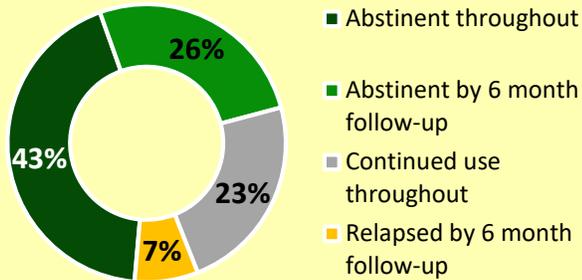
\*Missing race/ethnicity data for 5% of participants.

The **Assessment of Recovery Capital** measures individuals' inner and outer resources that aid in successful recovery. The maximum total score is 50. An ARC score of 27.5 predicts stable recovery. Overall, those using PG services report a strong sense of recovery capital over time (Intake = 38; 6 months later = 39). Interestingly, overall, those who report maintaining or gaining abstinence report a greater sense of recovery capital compared to those who relapse or report continued use over time. The differences between groups was statistically significant.



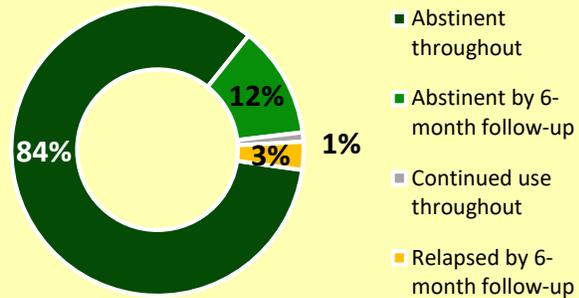
### OVERALL ABSTINENCE

66% of individuals sustained or achieved complete abstinence\* 6 months after being connected to a Pathway Guide. (Includes other classes of drugs)



### ABSTINENCE FROM MISUSE OF OPIATES

Nearly all individuals sustained or achieved abstinence from opiate misuse 6 months after being connected to a Pathway Guide.



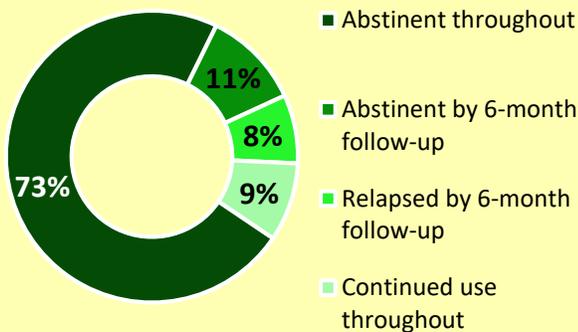
\*Note: abstinence is defined as no alcohol or illegal drug use AND no misuse of prescription medications.

### CHANGES IN ILLEGAL DRUG USE

Use of any illegal drugs decreased from 41% to 23%. Changes in opiate use is reflected in the graph above. Of those endorsing illegal drug use at intake, 79% endorsed marijuana use. At the 6 month follow up, it is important to note that only 45% of those same individuals endorsed marijuana use in the past 30 days. Additional decreases in illegal drugs are driven by decreases in opiates, cocaine, and other drugs. It is important to note that 5% of the follow up sample had relapsed at the 6 month follow up.

### ABSTINENCE FROM ALCOHOL

87% of individuals sustained or achieved or maintained abstinence from alcohol 6 months after being connected to a Pathway Guide.



### Alcohol & Other Drug Use

Individuals taking part in Pathway Guide services maintain and achieve abstinence over time, especially regarding opiates and alcohol. In addition, among individuals reporting use at intake, the number of days of alcohol and other drug use decrease significantly. Of note, at follow-up, the percent of individuals who relapse or continue to struggle with overall substance use, alcohol use, and opiate use is 34%, 17% and 5% respectively.

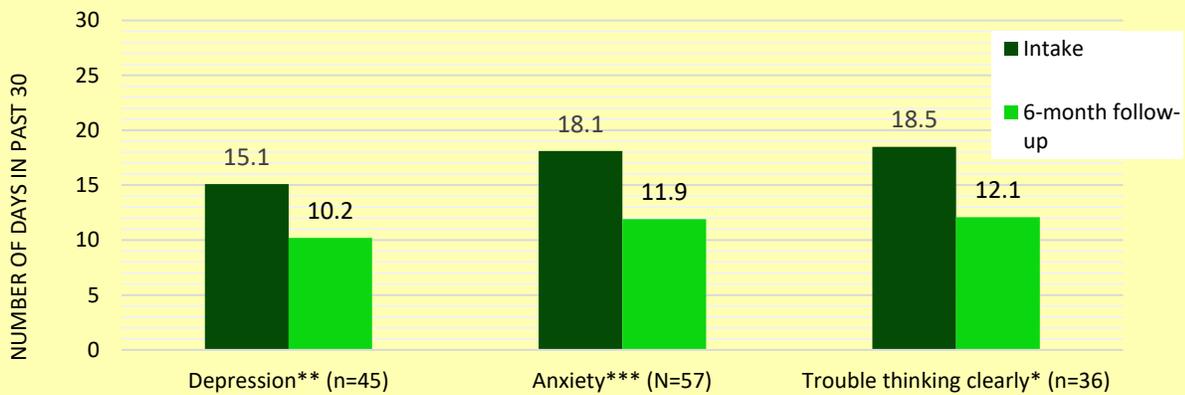
**OVERALL DECREASES IN MENTAL HEALTH SYMPTOMS**

Previous national research indicates that often mental health symptoms precede substance use problems and that among those struggling with substance use, many experience significant mental health challenges.

Available data on mental health symptoms over time, presents a complex yet hopeful picture. Overall, the percentage of individuals endorsing any mental health symptoms decreased over 6 months from 68% at the intake to 57%. In addition, there were statistically significant decreases in individuals' reports of the number of days they experienced depression and anxiety. These changes were due to steep decreases among a subset of individuals who endorsed symptoms at intake (see graph below).

However, it is important to note that 7% (n=7) of individuals who reported no mental health symptoms at intake endorsed such symptoms at the 6 month follow up point.

Decreases in Number of Days in Past Month Experienced Depression and Anxiety Among Individuals Endorsing Symptoms at Intake

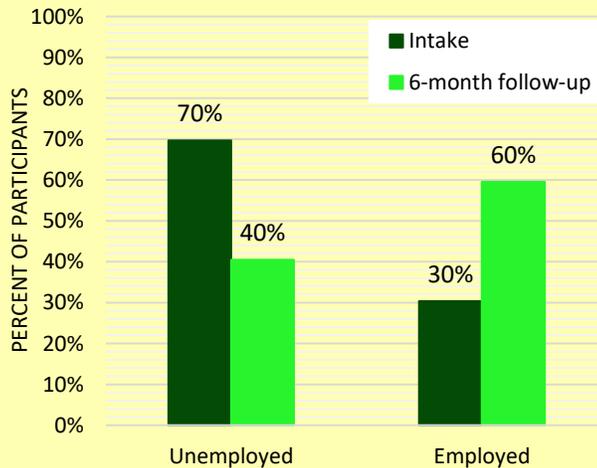


\*p<.05; \*\*p<.01\*\*\*p<.001

**OVERALL INCREASES IN EMPLOYMENT**

The overall percent of individuals who were employed increased over time. These gains were represented by significant increases in the number of individuals securing full-time work (vs. part-time). Specifically, the percent of full-time working individuals increased 24% to 36% over 6 months. The percent of part-time working individuals increased as well from 7% to 24%. Of note, 7% who identified as disabled at intake were working 6 months later and another 7% (n=6) consistently identified themselves as being disabled. (Data missing for 7%)

Increases in Employment Over Time (n=89)\*\*\*



p<.001

Type of Housing	Intake	Follow up
Own/Rent	56%	61%
Someone Else's Home	21%	23%
Transitional Housing	10%	5%
Residential Treatment/ Institution	4%	4%
Homeless/Shelter	7%	2%
Other	0%	3%
Total	99%	99%

\*Housing data missing for 1% of participants

**STABILITY IN HOUSING**

Housing remained fairly constant over time: 77% of individuals either owned/rented or lived with someone else at Intake and this increased to 84% 6 months later. Other changes included a decrease in the percent of individuals in transitional housing and a decrease in individuals identifying as homeless.

**DECREASES IN CRIMINAL ACTIVITY**

Criminal activity is measured by asking individuals if they have been arrested, committed a crime (even if not "caught"), or served time in jail in the past 30 days. Based on self-report, 15% indicated criminal activity at the time they began working with a Pathway Guide. Six months later, 11% endorsed criminal activity. This change represents a 27% decrease among those engaging in criminal activity at intake.

Decreases in Criminal Activity Over Time (n=96)

