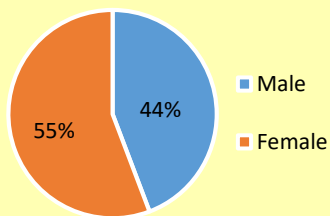




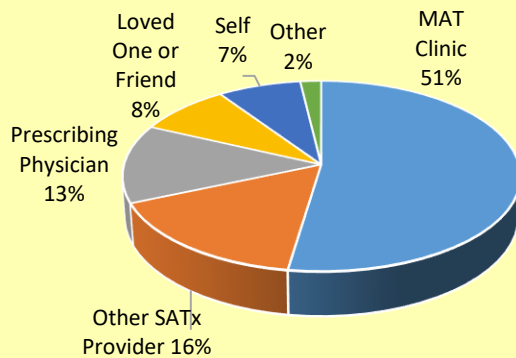
This brief report describes the results achieved by Morrisville's Recovery Center's Pathway Guide program. Morrisville's Pathway Guide is ½ time and works with individuals seeking or participating in Medication Assisted Treatment (MAT). VRN's federally funded Pathways to Recovery expanded the availability 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 111 individuals with baseline data and of those, enough time had passed that we have 6 month follow up data on 56 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, 2018. For more information about VRN, go to www.vtrecoverynetwork.org.

Gender (n=105*)



*Gender data missing for 1% of clients.

Referral Source (n=107*)



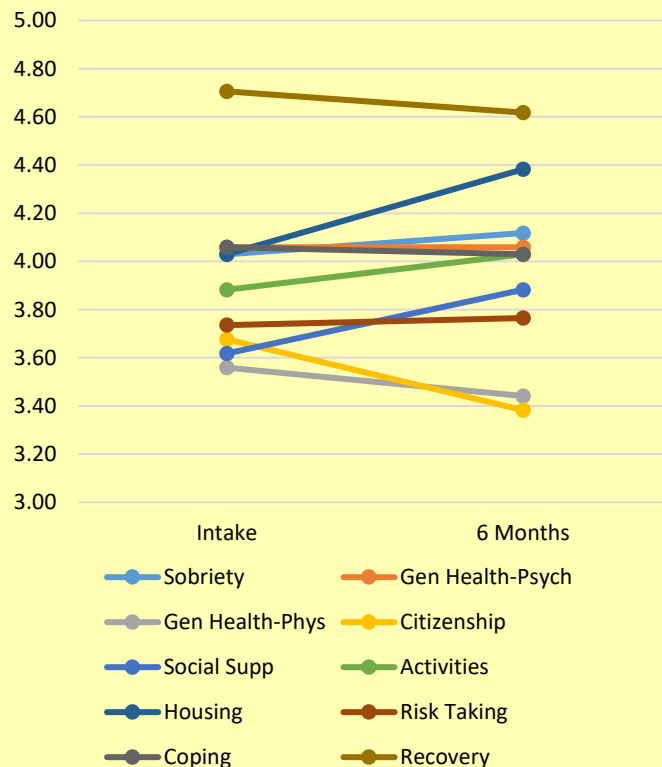
*Referral source missing for 2% of clients.

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 and each subscale (see graph) has a maximum score of 5. Overall, those using PG services report a strong sense of recovery capital over time (Intake = 39.38; 6 months later = 39.76). None of the differences in mean scores over time were significant. This measure was introduced later in the project so to date, only 34 participants have completed.

Race/Ethnicity*	n	Intake
White	97	92%
American Indian/Alaskan Native	3	3%
African American	2	2%
Not of Hispanic or Latino origin	101	96%
Hispanic, Latino, or Spanish*	4	4%

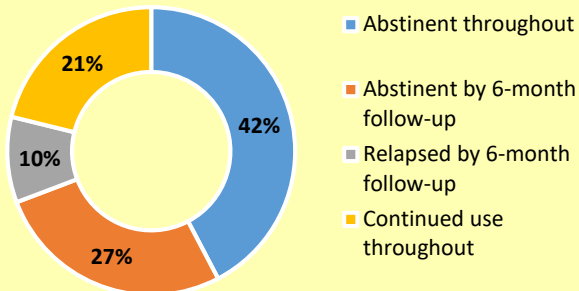
*Missing race data for 3% of participants.

ARC Mean Scores



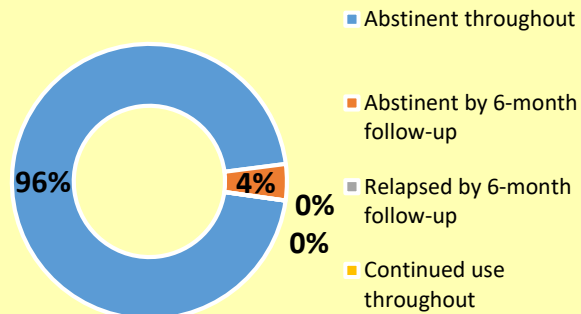
OVERALL ABSTINENCE

69% 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.



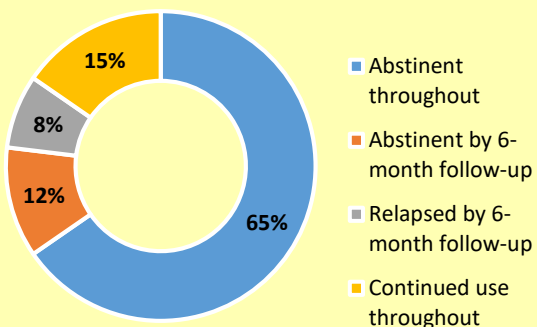
*Note: abstinence is defined as no alcohol, cannabis, or illegal drug use AND no misuse of prescription medications.

CHANGES IN ILLEGAL DRUG USE

Use of any illegal drugs decreased from 30% to 15%. Changes in opiate use is reflected in the graph above. Of those endorsing illegal drug use at intake, 65% endorsed marijuana use. At the 6 month follow up, it is important to note that only 36% of those same individuals endorsed marijuana use in the past 30 days. Additional decreases in illegal drugs are driven by decreases in cocaine and other drugs. It is important to note that 7% of the follow up sample had relapsed at the 6 month follow up.

ABSTINENCE FROM ALCOHOL

77% of individuals sustained or achieved 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 31%, 23% and 4% respectively.

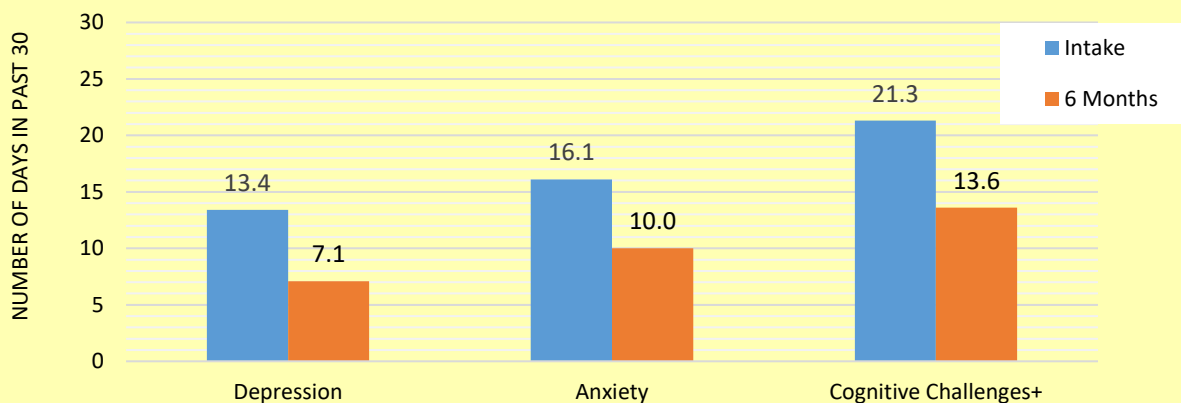
OVERALL DECREASES IN MENTAL HEALTH SYMPTOMS

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 93% at the intake to 80%. 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).

Of note, only 1 individual (2%) 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



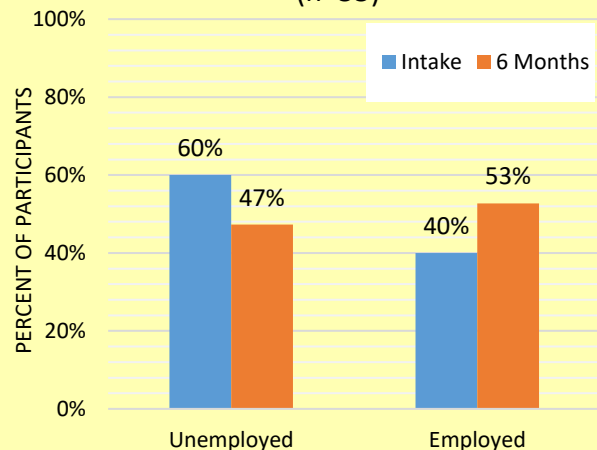
*p<.05; **p<.01***p<.001

*Asks about trouble concentration, understanding or remembering NOT due to drug use.

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 25% to 31% over 6 months. The percent of part-time working individuals increased as well from 15% to 22%. Of note, 15% (n=8) identified themselves as being disabled at intake and this increased to 22% over 6 months (n=12). (Data missing for 2%)

Increases in Employment Over Time (n=55)



Type of Housing	Intake	Follow up
Own/Rent	60%	79%
Someone Else's Home	29%	17%
Homeless/Shelter	6%	4%
Transitional Housing	4%	--
Total	100%	100%

HOUSING CHANGES OVER TIME

Among the 48 participants who had housing data at both intake and follow up, there was a 19 percentage point increase in those who were living in their own place. This was mirrored by decreases in the percentage of those living in someone else's home, identifying as homeless, and living in transitional housing.

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, 30% indicated criminal activity at the time they began working with a Pathway Guide. Six months later, 7% endorsed criminal activity. This change represents over a 75% decrease among those engaging in criminal activity at intake.

Decreases in Criminal Activity Over Time (n=56)

