

Addiction Medicine Services PTSD FY 2016

Program Overview

Homewood Health Centre has treated patients for addiction since we first opened our doors in 1883. The close association between addiction and Post-Traumatic Stress Disorder (PTSD) is well-established. Best clinical practice indicates that outcomes for those suffering from addiction and co-occurring PTSD are improved with an integrated treatment approach. The Addiction-PTSD Recovery Program is for individuals struggling with addiction and symptoms of PTSD. The Addiction Medicine Services (AMS) are founded on two underlying principles: abstinence and lifestyle change. Both factors are equally important for successful recovery from addiction and PTSD.

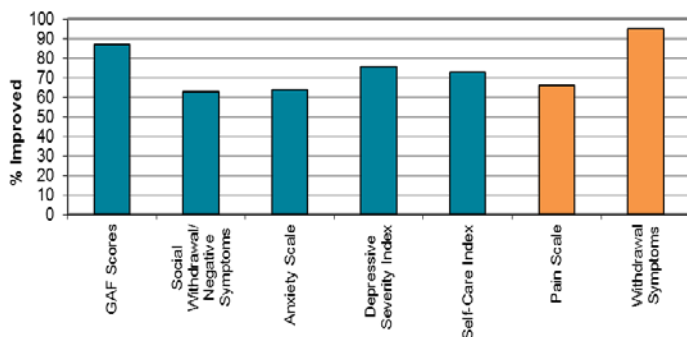
Program Trends and Patient Characteristics

- 159 patients were discharged from AMS-PTSD in 2016. They were between 20 and 62 years of age (average age 43 years) and 57% were male.
- Individuals come to AMS-PTSD as voluntary patients.
- Individuals seek treatment due to problems with addiction/dependency, while some may also have specific psychiatric symptoms: the two most common concurrent psychiatric disorders are mood disorders and anxiety disorders.
- 74% of AMS patients have had prior admissions to an inpatient mental health treatment setting at some point in their lifetime.

Clinically Observed Outcomes

The Resident Assessment Instrument-Mental Health (RAI-MH) is a comprehensive, standardized instrument evaluating symptoms and functioning, socio-demographics, behaviours, prior experiences, and interventions. The outcomes below reflect the percentage of patients whose difficulty with certain symptoms or functioning improved from admission to discharge.

% of 2016 AMS Patients Who Improved in Clinically Observed Outcome Domains



The graph above illustrates that AMS-PTSD patients displayed positive rates of improvement (75% on average) for all outcome indicators.

Substance Use:

95.2% of patients experience an improvement of withdrawal symptoms.

Substance Used	Frequency of Use	
	Admission	Discharge
Alcohol	67.3%	11.1%
Cannabis	22.2%	8.0%
Cocaine/Crack	9.3%	3.7%
Opiates	7.4%	1.9%
Stimulants	2.5%	1.9%

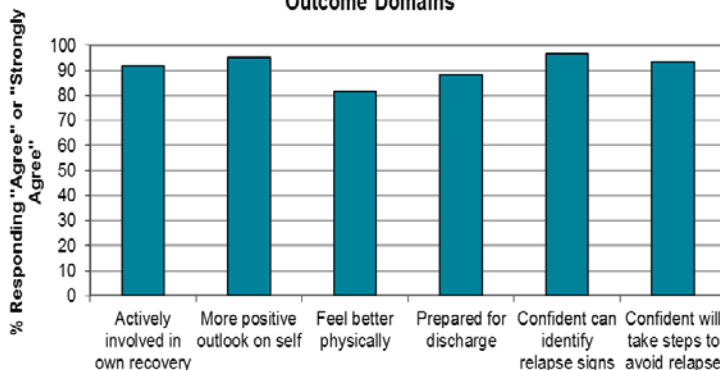
*Frequency of use: 14 days prior to admission & discharge for Alcohol; 7 days prior to admission & discharge for substances

The above chart illustrates a visible shift in the reduction of substance use while in program.

Patient Short-Term Outcomes

AMS-PTSD patients are asked to rate the degree to which they feel they have achieved several short-term outcomes at the time of discharge. The following graph displays the percentages of those who had above average responses for six outcome domains.

% of 2016 AMS Patients Who Responded Positively to Different Outcome Domains



The graph above illustrates that AMS-PTSD patients displayed positive rates of achievement (greater than 81%) for all six short-term outcomes.

Patient Ratings of Treatment

Patient ratings of *how well treatment met their needs, learned new skills, and would recommend the program* are considered key indicators of service quality.

- 88% of patients felt treatment met their main addictions needs.
- 92% of patients felt they learned skills and techniques to improve their own mental health
- 100% of patients would recommend Homewood to others who needed similar treatment.

What patients have said about the program...

"My personal health care team was excellent. I was well taken care of and felt that my personal health was of great importance to my team. I would just like to thank my team for all of their great work and kind hearts."

"I have never been to a more professional organization in all my life. Your organization is outstanding from top to bottom. I will be forever grateful for the care and help I have received here."



Homewood
Health Centre