

PATIENT SUCCESS - SERENITY LANE OUTCOME STUDIES CONDUCTED FROM 1986 TO 2011

Year	Author	Name of Study	Sample Sizes		Methodology	Findings	Sobriety Rate	Inpatient/Outpatient	Qualifier Statements
			Initial N	Number of Respondents					
1986	Peter Frohman, University of Oregon Doctoral Candidate	Serenity Lane Treatment Outcome Project	108	98	Survey mailed to patients and family; second copy mailed with incentive promise for nonrespondents; telephonic contact attempted for nonrespondents.	Aftercare works. Patients that completed Aftercare had more than twice the recovery rate as those patients that completed Residential only. 94% of respondents would or did recommend Serenity Lane to another person.	69% at One Year After Discharge 72% at Six Months After Discharge	Inpatient and Aftercare	Did not measure patients who relapsed then became sober. Significant Others verified patient's sobriety.
1993	Cindy Kimsey, QA Coordinator	Serenity Lane Treatment Outcome Report	350	210	Survey mailed to 350 patients six months after discharge. All patients had completed Inpatient and/or Outpatient.	90% of respondents stated that they were continually abstinent at six months after discharge. 88% reported that they attended about eight Alcoholics Anonymous meetings per month.	75.4% at One Year After Discharge 87% at Six Months After Discharge	Both Inpatient and Outpatient and Aftercare	Did not measure patients who relapsed then became sober.
1994	Cindy Kimsey, QA Coordinator	Outcome Survey – Final Report	595	197	Survey mailed to 595 patients one year after discharge. All patients had completed Inpatient and/or Outpatient.	66% of respondents stated that they were continually abstinent for two years after discharge. 55% reported that they regularly attend Alcoholics Anonymous or Narcotics Anonymous.	66% at Two Years After Discharge	Inpatient and Outpatient	Measured patients who had no relapses only.
1996	New Standard, Inc.	Comprehensive Report, Six-Month Outcomes	56	56	Sample of 56 Inpatients admitted between May 1994 and August 1995. Survey conducted by telephone. Data compared with CATOR database.	73% of respondents reported overall abstinence at six months after discharge. 78% of respondents reported attending Alcoholics Anonymous at least once a week. 43% of respondents reported attending formal Aftercare at least once a week. 88% of respondents gave a "good" rating to the overall program.	73% at Six Months After Discharge	Combined Inpatient and Outpatient and Aftercare	Significant Others verified patient's sobriety.
1997	New Standard, Inc.	Comprehensive Report, Six-Month Outcomes	52	52	Sample of 52 inpatients admitted between September 1995 and November 1996. Survey conducted by telephone. Data compared with CATOR database.	81% of respondents reported overall abstinence at six months after discharge. 80% of respondents reported attending Alcoholics Anonymous at least once a week. 80% of respondents gave a "good" rating to the overall program.	81% at Six Months After Discharge	Outpatient and Aftercare	Significant Others verified patient's sobriety.

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2002	John O'Guinn, Internal Auditor	Patient Treatment Outcome Study for Patients One or More Years Out of Treatment	401	175	401 patients who had completed at least one phase of treatment between May 1999 and February 2001 were initially selected. 175 of these patients were contacted by telephone and answers were compared with family member responses, where possible.	79% of all Residential respondents reported abstinence at one year after discharge. 58% of all Residential respondents reported attending a 12 Step program regularly.	79% at More than One Year After Discharge	Inpatient, Outpatient, and Recovery Support	Did not include short-term relapsing patients as sober.
2003	John O'Guinn, Internal Auditor	Follow up to Serenity Lane Sobriety Study	175	67	Follow up to 2002 study. 67 patients were successfully contacted by telephone one year after discharge. Patient responses were compared with those of family members, where possible.	89% of all Residential respondents reported sobriety at two years after discharge. 33% of all Residential respondents reported attending a 12 Step program regularly.	89% at Two Years After Discharge	Inpatient, Outpatient, and Recovery Support	Relapses were not excluded. Family or Significant Other verification. Focus was on "is sobriety present now," does patient have it under control.
2006	John O'Guinn, Internal Auditor	2006 Outcome Study	438	132	Committee approved. Notification letter, cover letter with incentives, and reminder card mailed to all patients admitted between September 1 st and December 31 st 2005. 132 patients responded (30.1%).	91% of all respondents reported abstinence at one year after discharge. 62% of all respondents reported attending a 12 Step program regularly. 90% of all respondents would choose to be admitted to Serenity Lane or would refer Serenity Lane to someone.	91% at One Year After Discharge	Inpatient, Outpatient, and Recovery Support	Relapsed included if patient sober and under control at time of study. No family verification.
2006	John O'Guinn, Internal Auditor	2006 Outcome Study – by Family	132	132	Correlation of 2006 Outcome Study data with data on family participation in treatment.	66% of all respondents had family involved in their course of treatment. 74% of all patients with family were clean and sober – this is more than twice what patients without family reported (32%).	N/A	Inpatient, Outpatient, and Recovery Support	N/A
2007	John O'Guinn, Internal Auditor	2007 Outcome Study	489	108	Committee approved. Notification letter, cover letter, and reminder card mailed to all patients admitted between January 1 st and May 31 st 2006. 108 patients responded (22.1%).	91% of all respondents reported abstinence at one year after discharge. 60% of all respondents reported attending a 12 Step program regularly. 91% of all respondents would choose to be admitted to Serenity Lane or would refer Serenity Lane to someone.	91% at One Year After Discharge	Inpatient, Outpatient, and Recovery Support	Relapsed included if patient sober and under control at time of study. No family verification.

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2007	John O'Guinn, Internal Auditor	2007 Outcome Study – ExSL Program	147	66	Eligible patients were discharged at least one year from Serenity Lane. Monetary incentives were used to enhance the rate of response.	59 percent of the respondents indicated that they relapsed after leaving Serenity Lane. Of this group, more than half used drugs and/or alcohol for a period of <u>less than</u> six months after relapse.	92% at One Year After Discharge	Inpatient	N/A
2011	John O'Guinn, Internal Auditor	May 2011 Outcome Study	622	92	Eligible patients were discharged from Serenity Lane 48 – 54 months before the study date.	80% of all respondents reported abstinence at one year after discharge. 40% of all respondents reported attending a 12 Step program regularly. 89% of all respondents would choose to be admitted to Serenity Lane or would refer Serenity Lane to someone.	80% at One Year After Discharge	Inpatient, Outpatient, and Recovery Support	Lower response rate due to mobility of population at four years post discharge.
2011	John O'Guinn, Internal Auditor	June 2011 Outcome Study	676	174	Eligible patients were discharged at least one year from Serenity Lane before the study date.	93% of all respondents reported abstinence at one year after discharge. 53% of all respondents reported attending a 12 Step program regularly. 87% of all respondents would choose to be admitted to Serenity Lane or would refer Serenity Lane to someone.	93% at One Year After Discharge	Inpatient, Outpatient, and Recovery Support	N/A