McShin Foundation

2018-2019

DATA REPORT

Summary/Overview

▶ Throughout the year, critical data was collected through multiple data streams about our participants. These sources include:

- ▶ Self-Reported assessments;
- ▶ One-on-one interviews;
- ▶ Intake forms; and
- ▶ reports generated by Millenium

Executive Summary (2018-2019)

- ▶ 75 recovery beds in 8 locations for both men and women with access to more than 300 more beds throughout the Richmond area. These are available for both short-term and for long-term stays.

- ▶ A 15,000-square foot Recovery Community Center that hosts over 2,000 group meetings per year for participants and their families.

- ▶ 24/7 access to trained recovery peers who are skilled in crisis intervention.

- ▶ In-house assistance with transportation, employment, housing, social services, treatment program referrals, and other participant concerns.

- ▶ 24-hour respite program for persons requiring monitoring for drug-based treatments.

- ▶ 28-day retreat program to help participants through the critical first month of recovery.

Surveillance, Prevention, and Research Efforts

Residential Services Program;

Recovery/Sober Living housing;

Conducting surveillance and research to improve data quality and track trends;

Connecting with state and local partners to provide external resources;

Strengthening our community;

Supporting providers, health systems, and specialists, recommendations, and guidance to improve the safety of our participants.

Drug Surveillance Data: Millennium Health

Over 1,200 unique specimens were submitted to Millennium Health this year

68% of these were in full compliance of reported medications

18% detected unreported medication

13% detected the presence of illicit substances

5% unique specimens collected detected the presence of EtG/EtS, Alcohol Biomarkers

In-Depth Results Summary

The following report outlines the presence of recreational substances found:

- ▶ 6% - Cocaine
- ▶ 2% - Heroin
- ▶ 4% - Kratom
- ▶ 8% - Marijuana
- ▶ 1% - Methamphetamine

As we continue to track trends and conduct analysis, the results indicate that the use of prescription medication was far more prevalent

Prescription/Medication/Rx Surveillance

- ▶ Dextromethorphan
- ▶ Buprenorphine
- ▶ Fentanyl
- ▶ Opiates
- ▶ Benzodiazepines
- ▶ Gabapentin
- ▶ Quetiapine

Were the most common substances detected to have tested positive, WITHOUT reported prescriptions.

# Metrics and Measurements: Overview

- ▶ Monitoring and conducting repeated assessments and surveys provides useful data to track trends in 4 different domains
    - ▶ Physical
    - ▶ Mental
    - ▶ Social; and
    - ▶ Environmental aspects
- ▶ McShin Foundation also conducts multi-dimensional/cross-dimensional analysis of our participants at various stages
    - ▶ Initiation and stabilization;
    - ▶ Maintenance; and
    - ▶ long-term quality of life

Measurements/Analysis

- ▶ McShin Foundation served 683 participants this year
  - ▶ 412 participants enrolled to our Residential Services Program
    - ▶ 271 became residents in our regular recovery/sober living housing
  - ▶ Research efforts engaged these participants throughout this year to determine the following:
    - ▶ Length of engagement
    - ▶ Quality of Life
    - ▶ Recovery Capitol

Length of Engagement: Trends

- Conclusion: A trend of participant "drop-off" rate is significantly increased after enrollment in our 28-day Intensive Program

- Keeping participants engaged and active will help this dimension of Recovery and increase engagement length

  - Participant assessments show that those who have remained in our program for 90-Days or more were still engaged and active in our community

Length of Engagement: Days

| Range	Percentage
0-30	38.31%
31-45	15.42%
46-60	8.96%
61-75	5.97%
76-90	4.98%
90+	26.87%
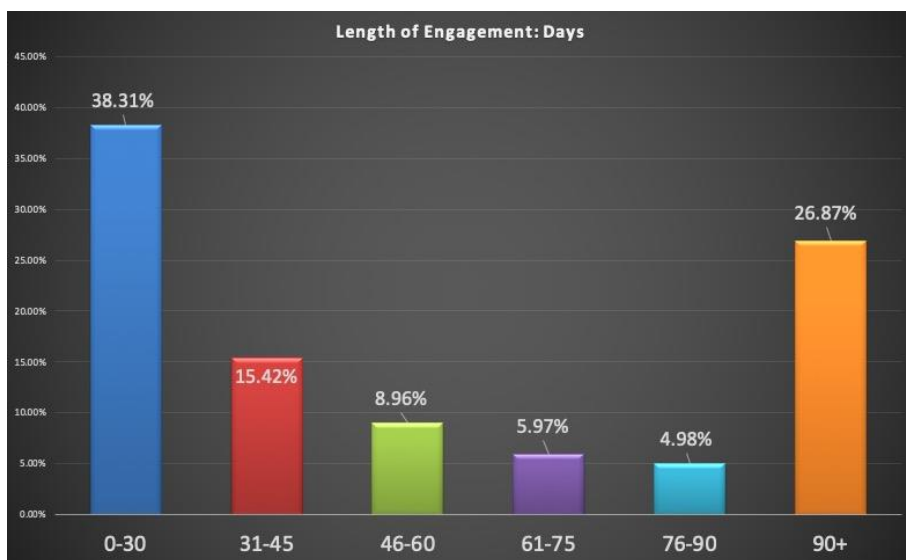
Quality of Life: Summary

- Measurements of physical, mental, and social aspects of our participants will provide information for comparison in the future

- Participants tend to engage into our program seeking recovery from Substance Use. Part of this process includes repairing relationships with
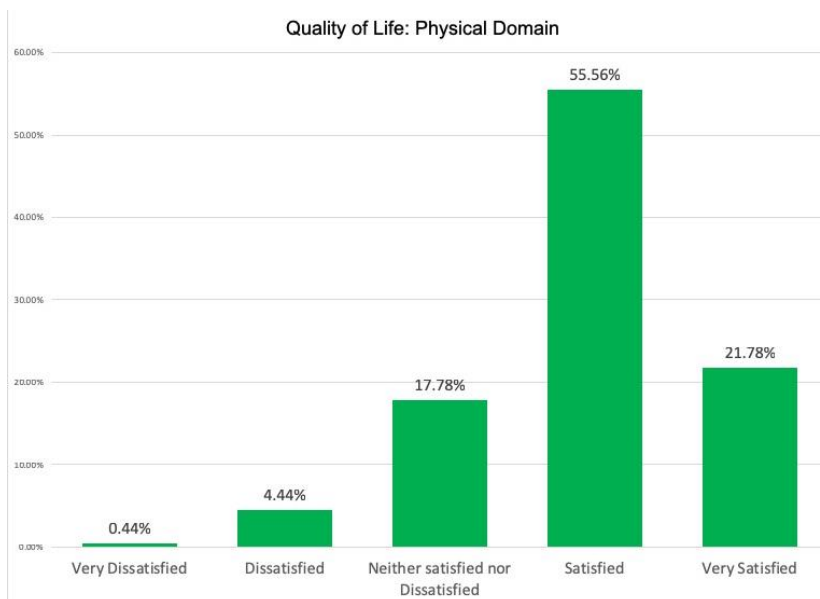
  - Family;
  - Friends; and
  - Loved ones

Quality of Life: Relationships

▶ Conclusion: Our participants are satisfied with their relationships during and after completion of the initialization stage

Social Dimensions: Personal Relationships
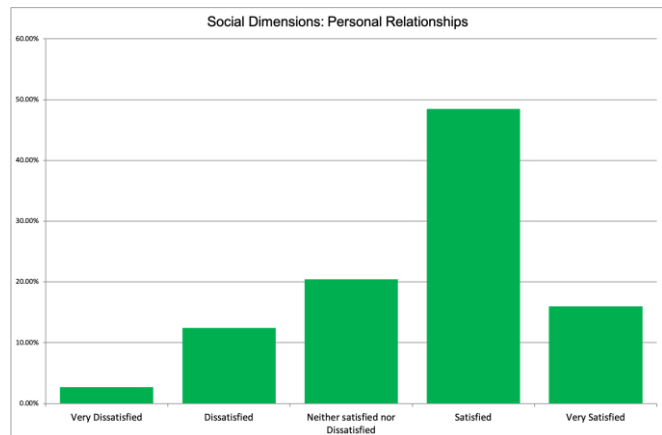
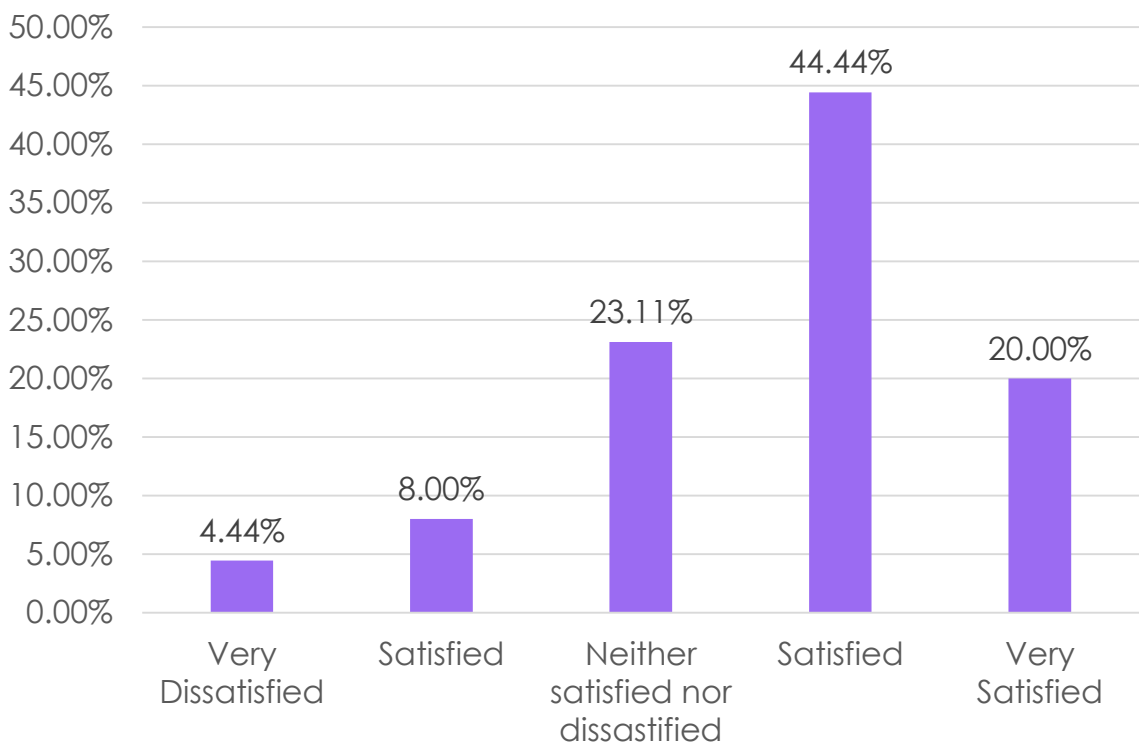# Quality of Life: Physical Health

Quality of Life: Physical Domain

Assessment of participants ability to perform, complete, and feel motivated to be active in daily tasks provides information for multi-domain recovery trends
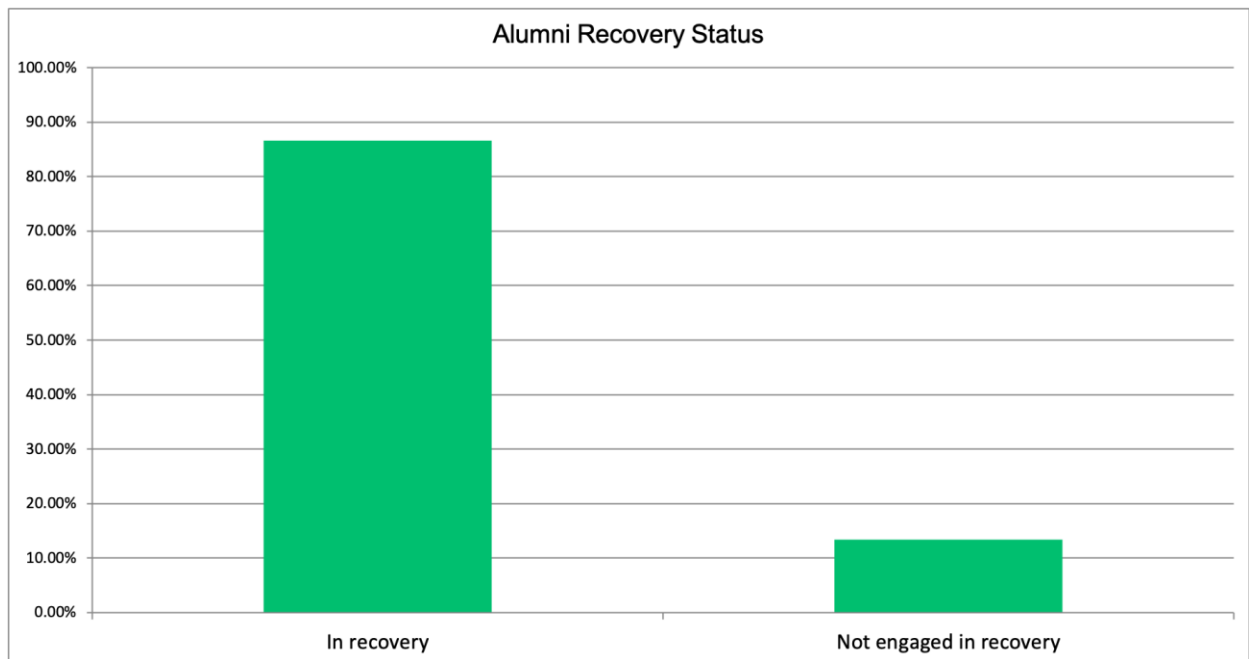
# Quality of Life: Mental Health

How Satisfied Are You With Yourself?

Category	Percentage
Very Dissatisfied	4.44%
Satisfied	8.00%
Neither satisfied nor dissastified	23.11%
Satisfied	44.44%
Very Satisfied	20.00%

Alumni Summary

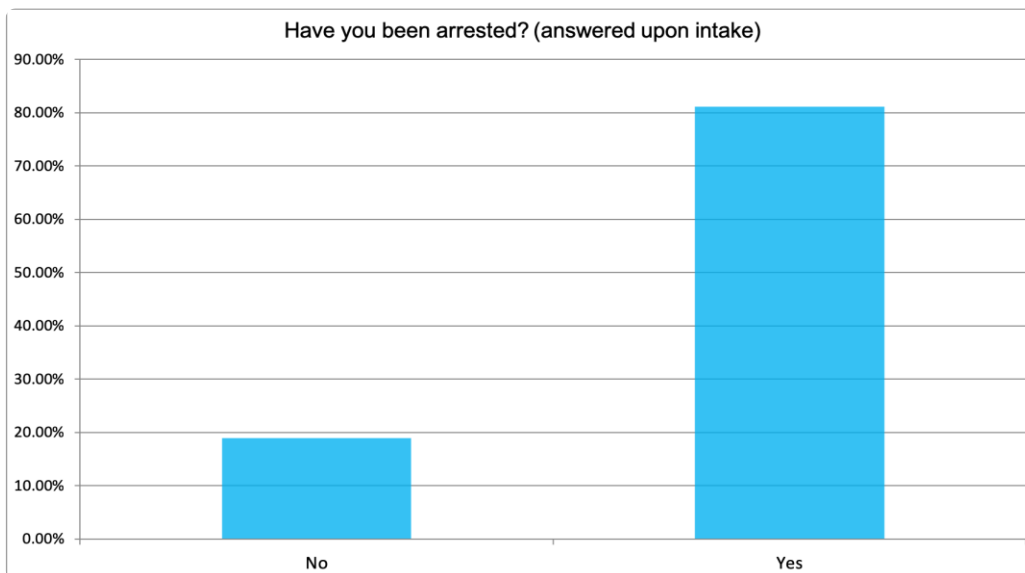**Alumni Recovery Status**

- ▶ McShin collected results in the same domains from our alumni community
  - ▶ Results from self-reported surveys results show:
    - ▶ 86.6% were still active in recovery
   - ▶ 13.4% were not engaged in recovery

Alumni:
Quality of Life; Employment

Alumni Employment Status

	Employed	Not Employed
Percentage	~72.50%	~27.50%
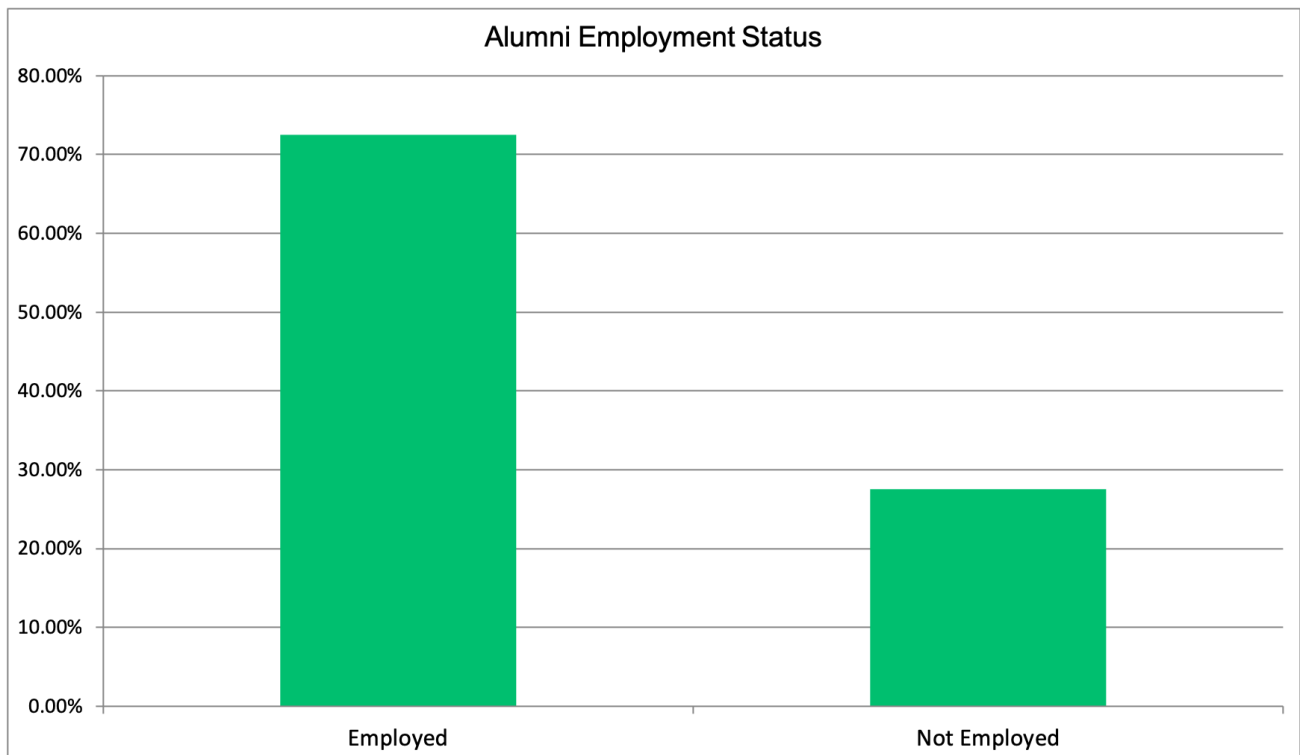
Prevention Efforts/Participant Surveillance

Have you been arrested? (answered upon intake)

- ▶ McShin Foundation efforts decrease recidivism
  - ▶ Strengthens communities;
  - ▶ Promotes positive changes in lifestyle; and
  - ▶ Creates a strong foundation for participants to become productive members of society

Since leaving, McShin have you been arrested?
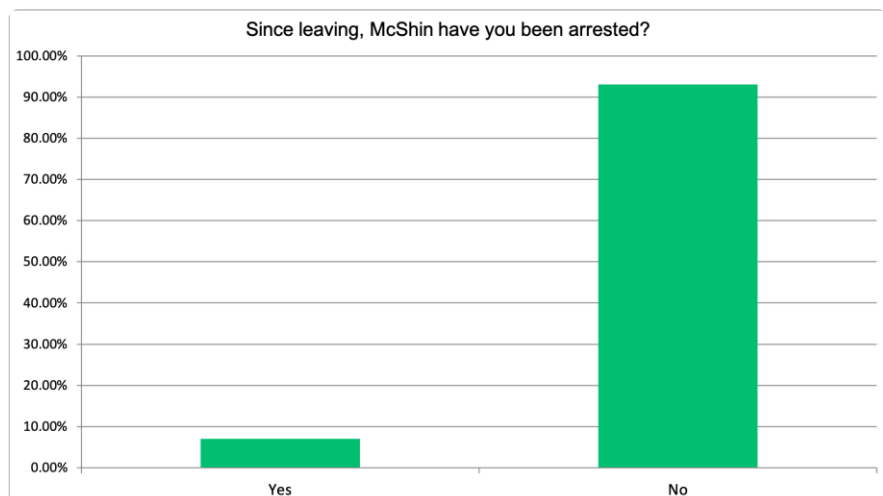
Statistical Values: Success Rating Scale [MSRS]

- ▶ McShin Foundation data specialists developed a success scale, combining the results in domains assessing our participantss quality of life

  - ▶ Results show a 63.8% success rate

  - ▶ Success rate is calculated by using MSRS equation

    - ▶ S= Re+Em+Na/3

    - ▶ Re = Recovery Engagement

    - ▶ Em = Employed

    - ▶ Na = No Arrests

Using this scale, we can conclude that our participants this year have been successful in multiple domains. Success rate is NOT based on the length of a participantss enrollment. MSRS determines acquisition of a higher quality of life and data outcomes supporting the McShin Foundation model as a solution that benefits multiple fields

Success Rate Formula

	Yes	No	Unknown	Total
Engaged in Recovery	271	42	99	**412**
	65.70%	10.30%	24%	**100%**
Employed (Full-time, part-time, intership)	227	86	99	**412**
	55%	21%	24%	**100%**
Arrested since entering McShin	22	291	99	**412**
	5.30%	70.70%	24%	**100%**

Success = Recovery Engagement (RE) + Employment (E) + No Arrests (NA) / 3