

Trauma Informed & Clinically Focused Outcome Study for Women



THE  WILLOWS[®]
at RED OAK RECOVERY

“At The Willows, we are committed to providing developmentally specific, state of the art, and clinically sophisticated treatment.”

— Jack Kline, MS, LCMHCS, LCAS, CCS, CTT-2, MAC
President & Founder




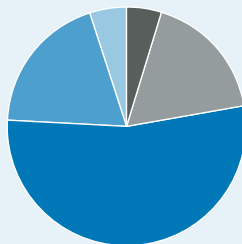
The Willows at Red Oak Recovery® (TW) is comprised of highly skilled, dedicated and caring trauma, mental health, and addiction professionals focused on providing a safe and healing environment for young adult women and their families to begin the recovery process from alcohol, drugs, and traumatic events. Through the integration of clinical and experiential modalities, The Willows® engages our clients in the process of discovering healthy alternatives to their limiting beliefs and self-destructive behaviors.

The Willows at Red Oak Recovery® (TW) also is committed to the rigorous evaluation of therapeutic programming. Thus, in cooperation with the Center for Research, Assessment, and Treatment Efficacy (CReATE; Asheville, NC) and the Arkansas Interdisciplinary Sciences Laboratory (ArKIDS; University of Arkansas), TW is collaborating on a comprehensive treatment outcome study, investigating the effectiveness of adventure programming for young adults with substance use disorders. Using state-of-the-art assessment, sampling, and retention techniques, the research team began enrolling consenting men and women in the outcome study in 2015. Five hundred-sixty three young adults (249 women) have participated to date; data collection will continue indefinitely, as TW strives to advance the empirical understanding of clients’ therapeutic response and in addition, what specific factors influence recovery over time.

Phase one of the study includes a pre-treatment assessment, conducted when clients present for admission to TW and a post-treatment assessment, completed when clients graduate from the program. For phase two, which includes conducting follow-up assessments at 3- and 12-months post-treatment, clients are tracked and assessed as they navigate additional recovery programs, sober living environments, and re-entry into their communities. Assessments include multiple standardized instruments that measure the extent and severity of substance use, as well as factors influencing therapeutic response, such as comorbid psychopathology, traumatic stress, social support, therapeutic satisfaction, and affective intensity. Lastly, clients report on skill acquisition, including mindfulness and emotion regulation. Understanding the young adults served at TW, including their response to treatment, allows for the highest quality of services, with the strongest evidence base, to be provided to clients and their families. **It is this commitment to understanding clients and their families which makes TW a leader in the field of young adult substance abuse treatment for women.**

Female Demographic Information:

 249 Women
Ages 18-36, mean 22.12 years
16% Adopted (n=39)
84.3% Non-Hispanic White



Years of Education:

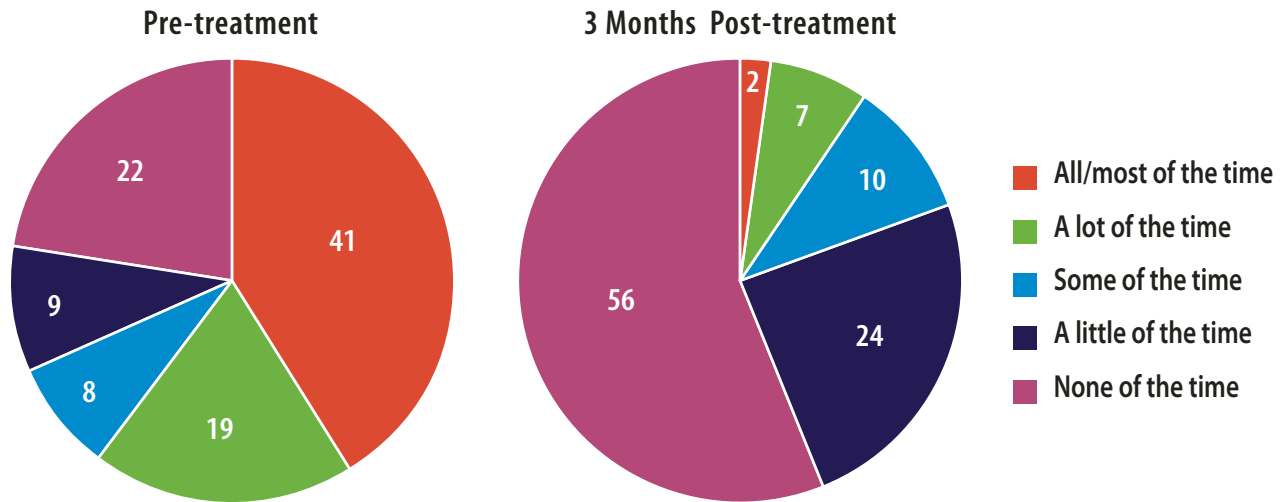
■ 5% Less than HS degree
■ 17% HS degree
■ 54% Some college
■ 19% College degree
■ 5% Some grad school or grad degree

Marital Status:

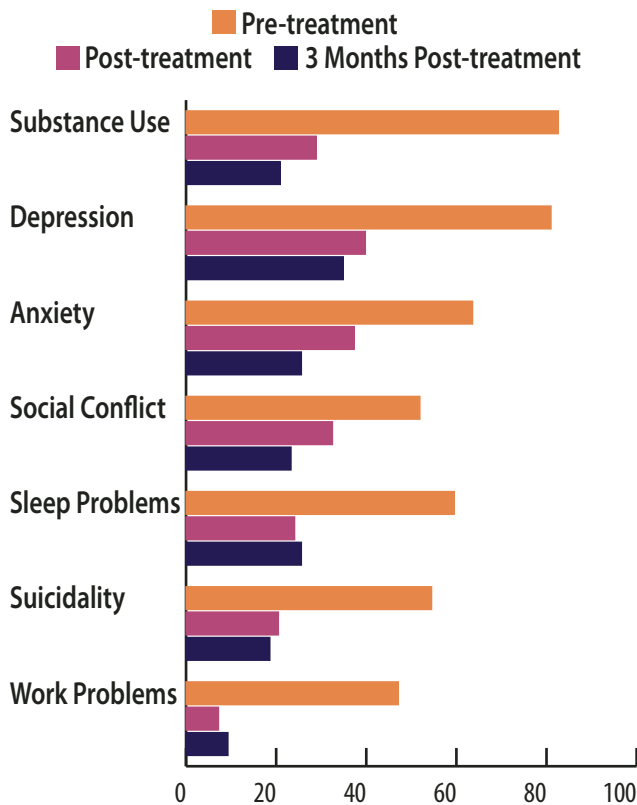
91.7% Single
3.3% Married
3.3% Divorced
1.7% Separated

The Willows at Red Oak Recovery® Study Results: 2015-2020

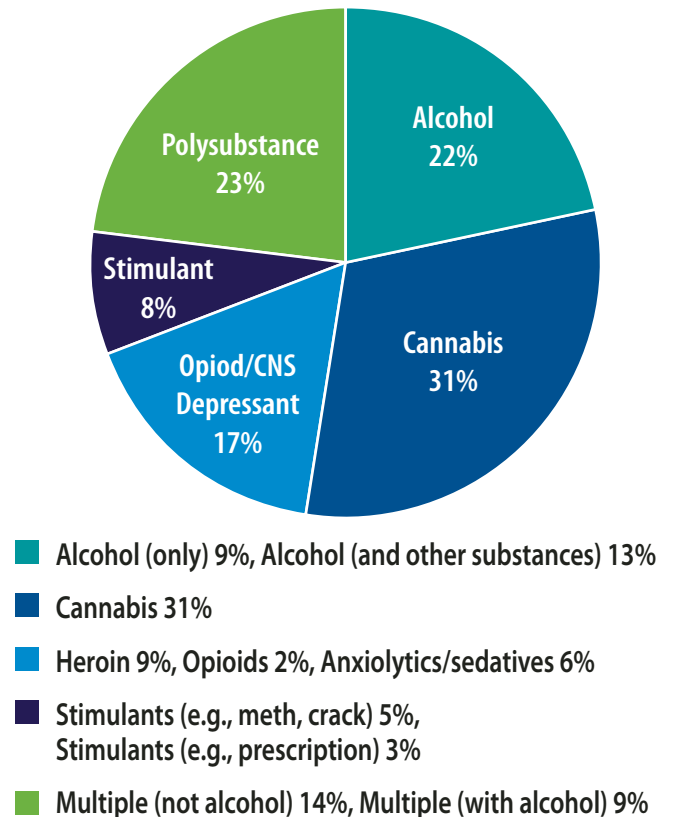
Percentage of Women Reporting Intense Urges to Use Drugs or Alcohol



Percentage of Women reporting Significant Symptoms of Psychopathology



Primary (Most Frequently Used) Substance at Pre-treatment



Number of psychiatric prescription medications at admission:

0 medications = 34.2%
 1 medication = 25%
 2-4 medications = 36.7%
 5 or more medications = 4.1%

Female Participants' Rehabilitation History:

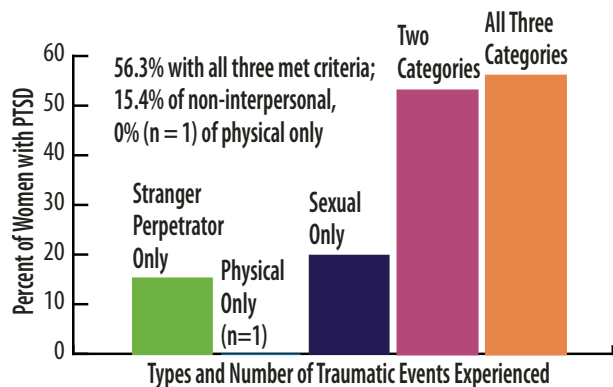
Times in drug/alcohol rehabilitation programs before The Willows

56.7%	Zero
14.2%	Once
19.2%	Two to four
9.9%	Five or more

Number of outpatient therapists seen before The Willows

14.9%	Zero
24.8%	One
44.6%	Two to four
15.7%	Five or more

PTSD Diagnosis of Women at TW based on Number and Types of Trauma Experienced



Exposure to traumatic events and substance use disorders are highly correlated. The greater traumatic stress an individual experiences, the more likely they will have symptoms of substance dependence; the greater symptoms of SUD an individual has, the more likely they are to experience traumatic events. Forty-three percent of the overall sample of women at TW met criteria for PTSD at admission for treatment. Rates of PTSD varied, depending on the types of traumatic events experienced, with 56% of women, reporting 3 distinct traumatic events, meeting diagnostic criteria for PTSD (versus 15% of women who reported a single assault by a stranger).

For additional information contact:

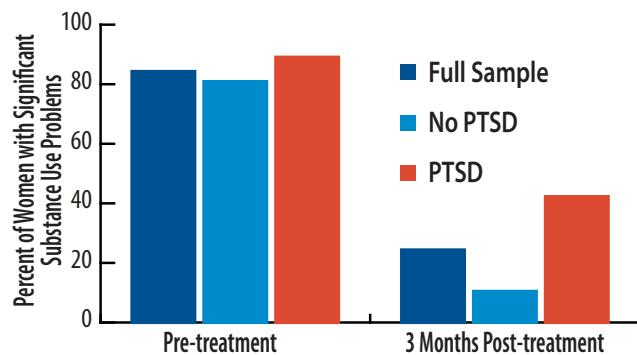
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The Willows at Red Oak Recovery®

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The Impact of PTSD Symptoms on Treatment Response at TW



The relationship between post-traumatic stress and symptoms of substance use disorders is depicted here. When entering treatment, women meeting criteria for PTSD had greater symptoms of SUDs. This pattern was more pronounced at the follow-up assessment. While the overall sample of women had significantly reduced SUD symptoms following treatment, women with post-traumatic stress continued to have the most elevated symptoms of substance use and dependence, 3-months after graduation from TW (i.e., 43% of women with PTSD continued to present with significant SUD pathology, compared to only 11% of the sample of women without symptoms of PTSD). This highlights the critical need to treat symptoms of PTSD and traumatic stress alongside substance use disorders in order to support young women's recovery and reduce likelihood of further traumatic event exposure.

"Our approach is based on compassion, respect, dignity, and rapport."

— Jack Kline, MS, LCMHCS, LCAS, CCS, CTT-2, MAC
President & Founder



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The Center for Research, Assessment, and Treatment Efficacy (CReATE; Asheville, NC) is a clinical service and psychological research organization, committed to the provision of data-driven assessment and evaluation, empirically-supported mental health treatment, and the interface between science and practice. The Research Division at CReATE, directed by Sarah "Salli" Lewis, Ph.D. provides research and outcome evaluation to organizations, programs, and individuals, consultation and training, and a comprehensive research immersion experience to doctoral and masters-level psychology graduate students.