

## An Introduction to the Treatment Effectiveness Assessment (TEA)

According to Ling, Farabee, Liepa, and Wu (2012), "Traditional tools to assess a patient's recovery progress are expensive, time consuming, complex, and based on topics that clinicians or researchers think are important. Yet it is critical to use tools that are meaningful and relevant to the lives of patients with substance use disorders." Dr. Walter Ling and colleagues from UCLA ISAP developed a patient-centered assessment, the Treatment Effectiveness Assessment (TEA), to evaluate a patient's progress in recovery from addiction. The TEA assesses substance use (frequency of drug use, money spent on drugs, drug cravings, etc.), health (physical and mental), lifestyle (living conditions, family situation, employment, relationships), and community (obeying laws and meeting responsibilities to society). A higher score represents better functioning or improvement within the specified area. According to Ling et al. (2012), "the TEA may have advantages over existing recovery assessments: brevity, simplicity, ease of administration, orientation to the patient, and cost (none)." The TEA measure of substance use is moderately correlated with the Addiction Severity Index-Lite drug-use composite score and concurrent urinalysis. Further research is underway to correlate the TEA health and community domains with existing tools.

The Antelope Valley Rehabilitation Center (AVRC) piloted the TEA. From June 2013 to July 2014, 108 AVRC patients completed the TEA. Most patients completed two surveys (range 1 to 6) while in treatment. The baseline TEA survey was completed within 30 days of treatment admission and the last TEA was completed about 30 days prior to discharge from treatment. Of the 108 patients, 49 (45.4%) completed at least two surveys.

**Chart 1: Changes in TEA Scores from Baseline to Last Survey of AVRC Patients with at Least 2 Surveys (N = 49)**

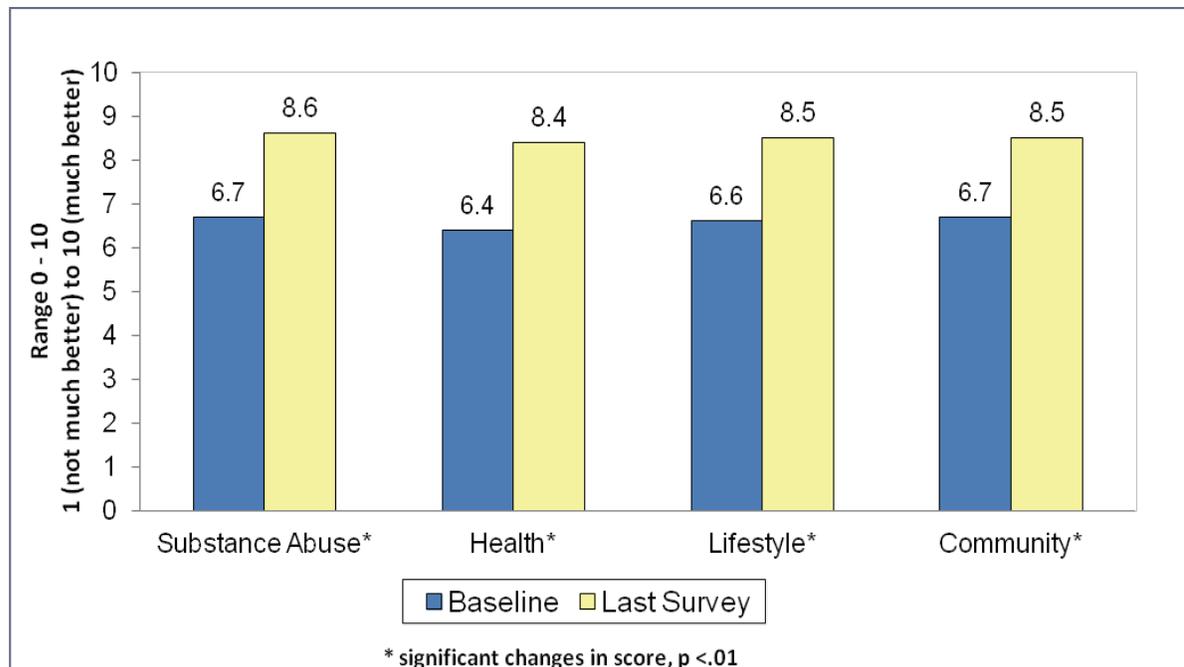


Chart 1 illustrates the gains in patients' self-reported involvement in the program at the time of the survey in four areas: substance use, health, lifestyle, and community. Results indicate a statistically significant change from the baseline survey to the last completed survey. These findings suggest that patients attending treatment at AVRC reported improvements in substance use as well as other domains important to them, such as physical and mental health, lifestyle (living conditions, etc.), and community responsibilities (obeying laws, etc.).

Reference: Ling, Farabee, Liepa, & Wu. (2012). The Treatment Effectiveness Assessment: An efficient, patient-centered instrument for evaluation progress in recovery from addiction. *Substance Abuse Rehabilitation*, 3(1), 129-136.