

ENTERHEALTH
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Treatment Philosophy

Over the past ten years of operations, the Enterhealth philosophical approach to alcohol and drug addiction treatment has remained the same and is very simple:

To understand what the latest scientific research has found to be effective in treating this life-threatening illness and apply those treatments in a comprehensive fashion to each individual patient over an extended period of time in order to get the best chance for a long-term sustained recovery.

Although this statement sounds simple, implementing it is a rather complex process, as scientific findings are very clear that you must start with a thorough multi-disciplinary assessment using a variety of clinical disciplines – physical, psychological, neurological, spiritual and relational aspects of the patient’s life. Once the assessment is complete, their treatment team comprised of a psychiatrist, neuropsychologist, PhD or master’s level therapist, will prepare a comprehensive treatment plan to include therapeutic services customized to each patient’s particular needs.

These services will be delivered consistently over a minimum of a year’s treatment spanning residential and outpatient settings with constant monitoring of progress to update treatment modality when necessary. Many of our patients will stay engaged with us for over three to four years, scaling back on frequency of services from acute, 24-hour care to semiannual medication management, individual and family behavioral therapy.

Outcome Monitoring Program

In terms of tracking outcomes for our patients, we have been evaluating our patients’ progress in many ways over the years. Unfortunately the field of addiction treatment does not have a consensus in terms of which specific outcome variables we should measure, or how and when we should measure them. It is naive to measure a patient’s recovery success on just one variable. Addiction is a chronic medical brain illness and like other chronic physical illnesses, a relapse of disease-related symptoms is expected, at times. When a relapse occurs, however, it needs to be identified, treated quickly and effectively monitored to return back to the maintenance period of recovery.



Consequently we have reached out to expert addiction treatment scientists who have spent years studying the addiction outcome measuring process, specifically, Thomas McLellan, PhD, and Walter Ling, MD, to help us craft our outcomes monitoring program. Utilizing their established processes and instruments, we have evolved our Enterhealth outcome measuring processes several times over the last five years.

Currently we utilize the Treatment Effectiveness Assessment (TEA) instrument, created by Dr. Ling's team at the University of California at Los Angeles (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931657/>). We administer the TEA upon admission and at certain key follow-up intervals. Our outcomes process uses sampling methods and over the last five years, we have noted the following outcomes statistics:

84% of our patients were sober and had an enhanced quality of life at 90 days post-discharge from inpatient treatment, which then changed to 64% at a one year or longer monitoring interval. In addition to sobriety variables, we include evaluations to measure a patient's health, lifestyle and community involvement in our Enterhealth outcome monitoring program. We have also noted that the longer a patient remains in treatment with us, the better his/her long-term quality of life (a finding which is consistent with the recent research denoted in the 2016 U.S. Surgeon General's report on Alcohol, Drugs and Health: <https://www.surgeongeneral.gov/library/2016alcoholdrughealth/index.html>)

These results are consistent with the very strong post-discharge surveys collected via our patients and their families. As our treatment and outcomes monitoring methods are refined in years to come, we expect these rates to improve significantly. Also, it should be noted that our rates are higher than the 20% success rates associated with more traditional 12-step only programs.

For more information please contact me at enterhealth.com.

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