



Outcome Summary Report 2022

Vista Research Group- Research Design

Clients participate in Vista's INSIGHT Addiction progress monitoring research in which they are screened for depression, anxiety, trauma, eating disorders, suicidal ideation and self-harming behavior shortly after intake, with this information immediately being provided to the treatment team. Every week while in PHP and IOP level of care, the therapist receives reports that measure the severity of the symptoms of the various disorders they were struggling with as well as the strength and frequency of any cravings they are feeling, their satisfaction with treatment, and the quality of their relationships with their closest family members.

After a patient has either disengaged from treatment or stepped down to an Outpatient level of care, they are transitioned to RECOVERY 20/20. Once selected for RECOVERY 20/20, patients will be contacted roughly one month, six months and twelve months after they leave treatment, with Vista researchers making at least 7 attempts to contact them each time. To encourage complete honesty, patients participating in the post-treatment research are promised confidentiality and only aggregated results are provided to Lantana Recovery.

Validated Assessments



At admission and during the treatment experience (weekly) patients are assessed with empirically validated integrated assessments tool that include PHQ-9, GAD-7, PCL-6, and many others:

- PHQ-9 is a multipurpose instrument that can be used for screening and monitoring of depressive symptoms categorizing the severity from mild, moderate, moderately severe, and severe.
- GAD-7 is a self-administered seven item assessment that utilizes DSM-V criteria for Generalized Anxiety Disorder. This scale can also be used to measure panic, social anxiety, PTSD, and overall anxiety symptoms severity.
- PCL-6 assesses for experiences and is not linked to a specific event instead; it encompasses any stressful experience from the past. It is a self-report checklist utilized for post-traumatic stress disorder (PTSD) symptoms based on DSM criteria.

Lantana Recovery chose these three criteria as empirical data shows they are the most accurate predictors for a patient's substance abuse severity and treatment progression.



Vista Research Group

Vista Research Group, Inc. was founded in September 2015 to provide during-treatment monitoring and post-treatment outcomes research for addiction and behavioral health treatment facilities.

To date, Vista has monitored 72,000+ patients during treatment and followed up with over 20,000 patients at one month, six months or 12 months post-treatment.

Vista regularly publishes its results to allow the addiction treatment community to learn from its findings and shares a de-identified version of its database with academic researchers at Johns Hopkins University.

Lantana Recovery Outcomes Review Factors

Outcome Factors

- Gender
- Age
- Education
- Employment
- Reason for Treatment
- Living Environment
- Motivation
- Severity of Illness
- Medication Assisted Treatment

Admission to Discharge Outcome Findings

- Depressive Symptoms
- Anxiety Symptoms
- PTSD Symptoms
- Craving
- Suicidal Thoughts and Intentions
- Abstinent Rate Post Discharge

Working Status	
	% of Patients
Working Full-time	48%
Other	13%
Working Part-time	10%
Not working or going to school because I had been fired or kicked out	9%
Not working or going to school by choice	7%
Working & going to school	7%
Working in the home	3%
Going to school	1%

Highest Education Level	
	% of Patients
Bachelor's degree	27%
Attended college, but have not received a degree	24%
Have graduated from high school or received a GED	15%
Other	13%
Associate's degree	9%
Attended high school, but have not graduated	6%
Master's degree	6%

Key Goals at Intake	
	% of Patients
Regain the trust of my family	51%
Regain my job, or get a similar one	16%
Get a car/regain my driver's license	13%
Get back together with my partner or spouse	7%
Get my own place to live	6%
Other	3%
Return to school	1%
Stay out of jail or prison	1%

Gender	
	% of Patients
Male	57%
Female	43%

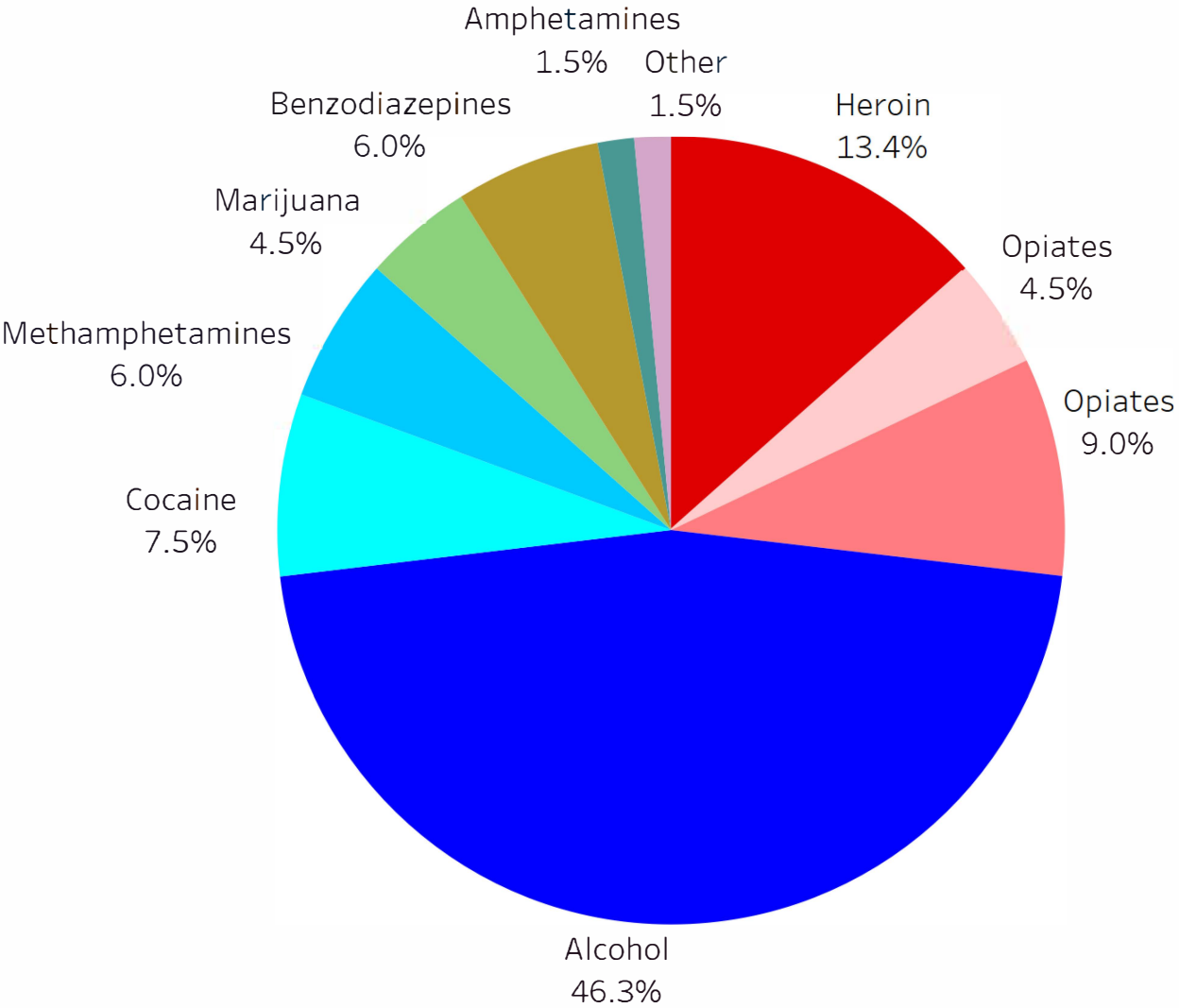
Ethnicity	
	% of Patients
White, non-Hispanic	87%
African-American	9%
Hispanic or Latino	4%

Marital Status (
	% of Patients
Single, never married	55%
Married	22%
Divorced	15%
Separated	6%
Widowed	1%

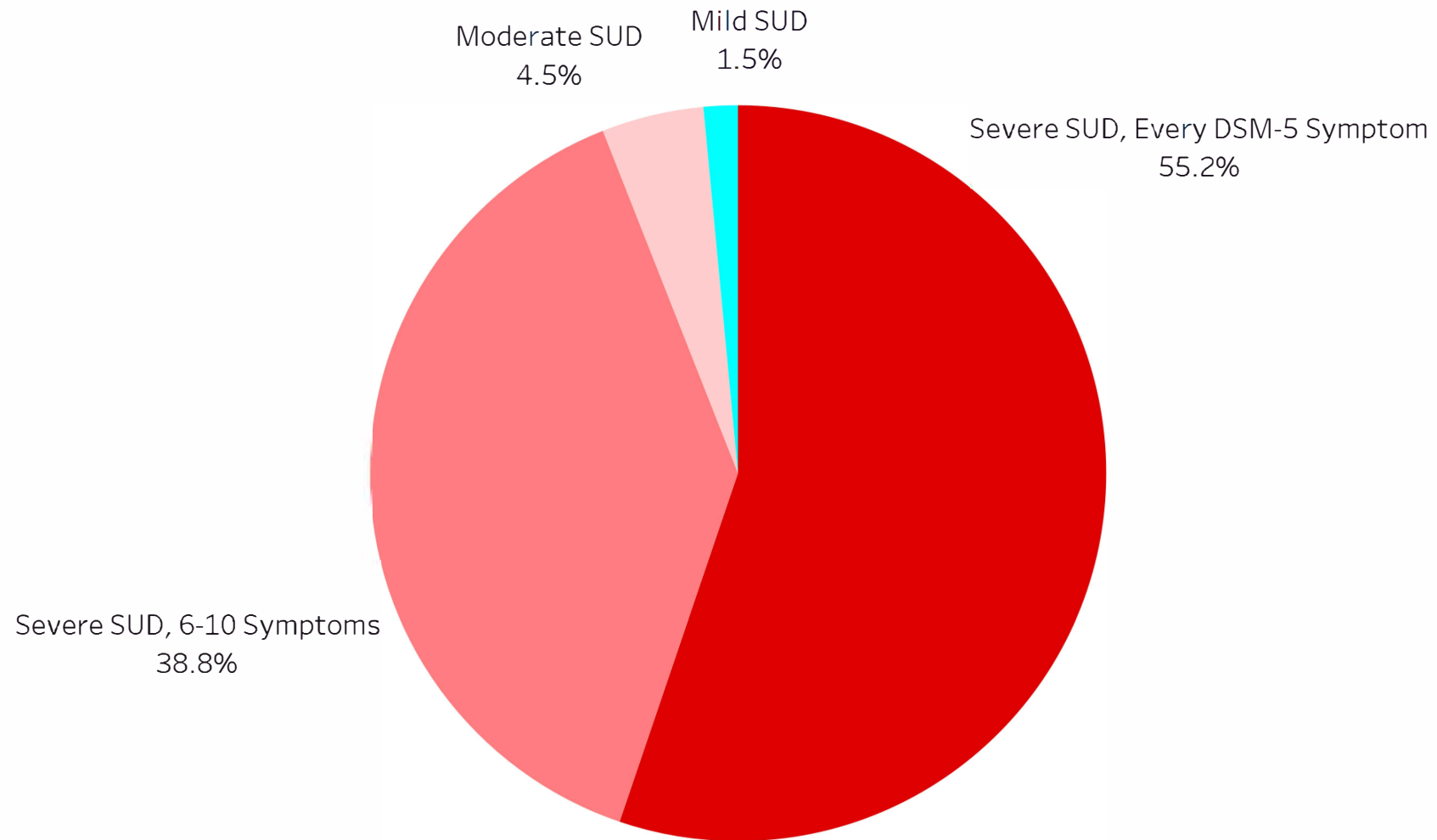
Living Status	
	% of Patients
Stable	84%
Unstable	16%

N=267

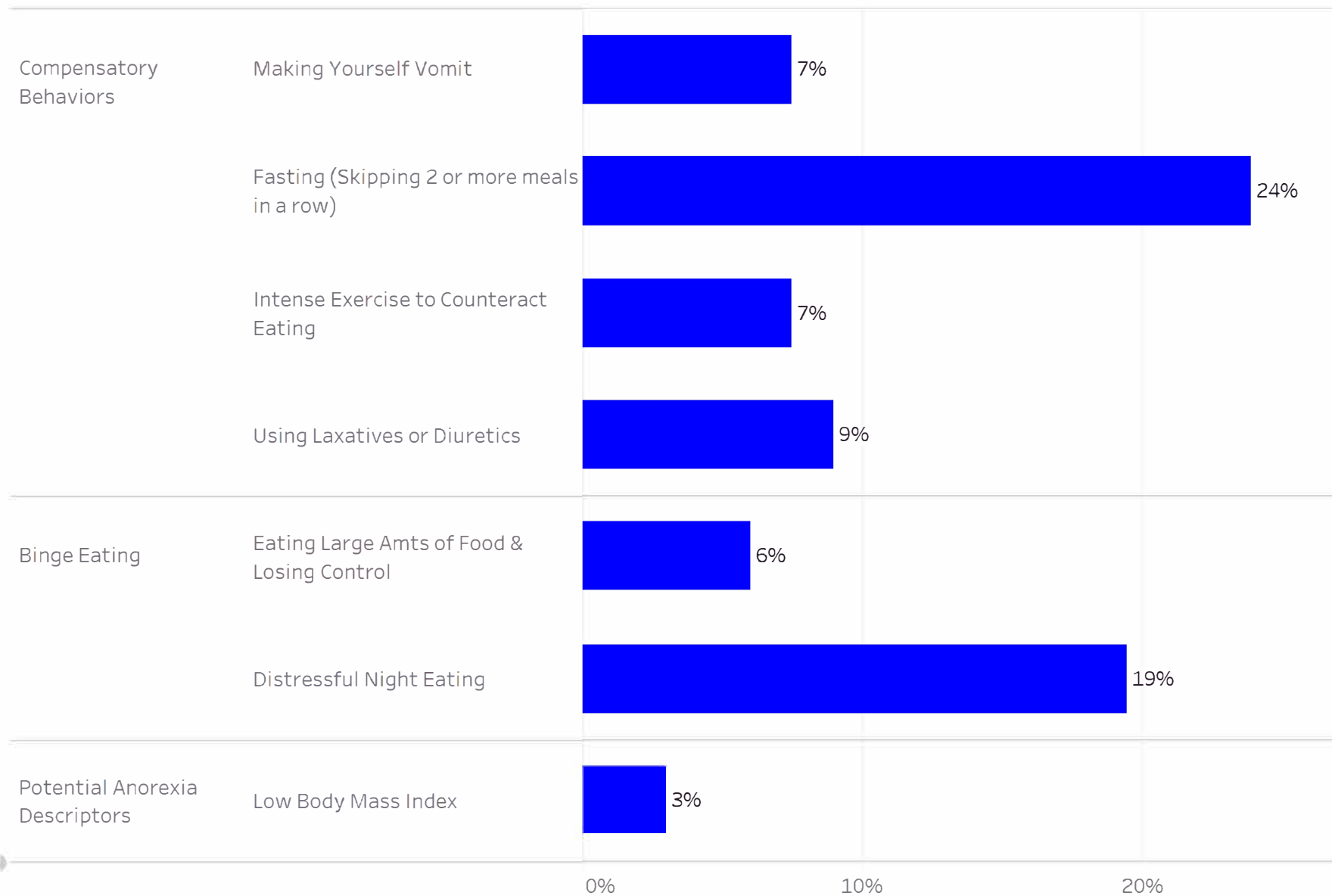
What is Your Primary Drug of Choice?



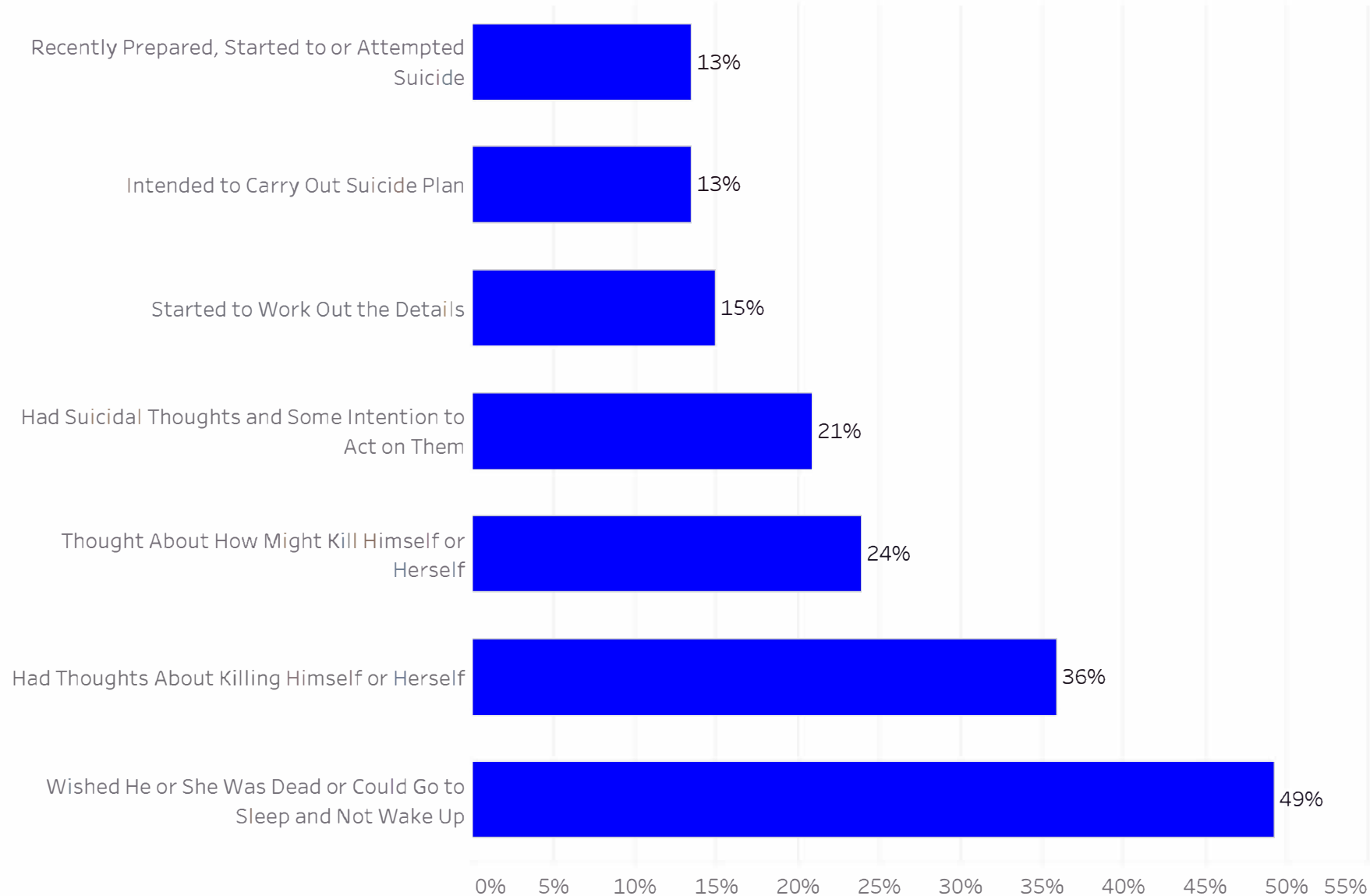
Addiction Severity



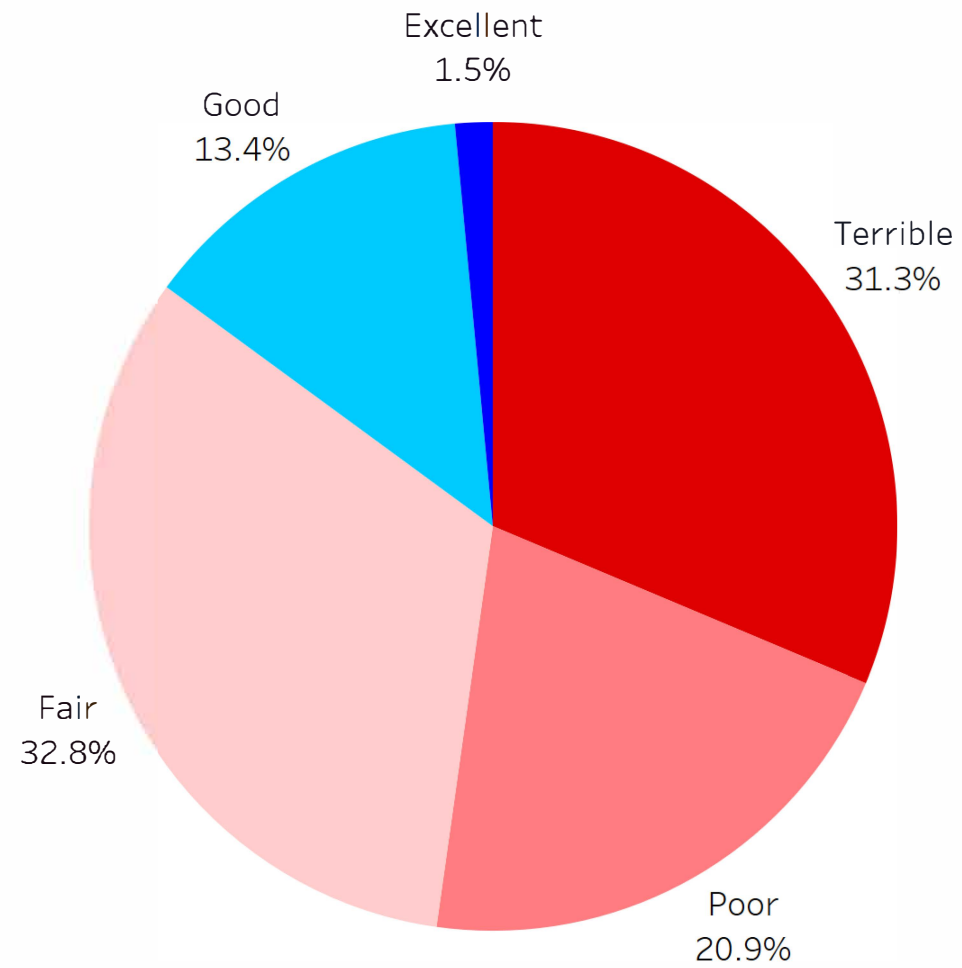
Eating Disorders at Intake



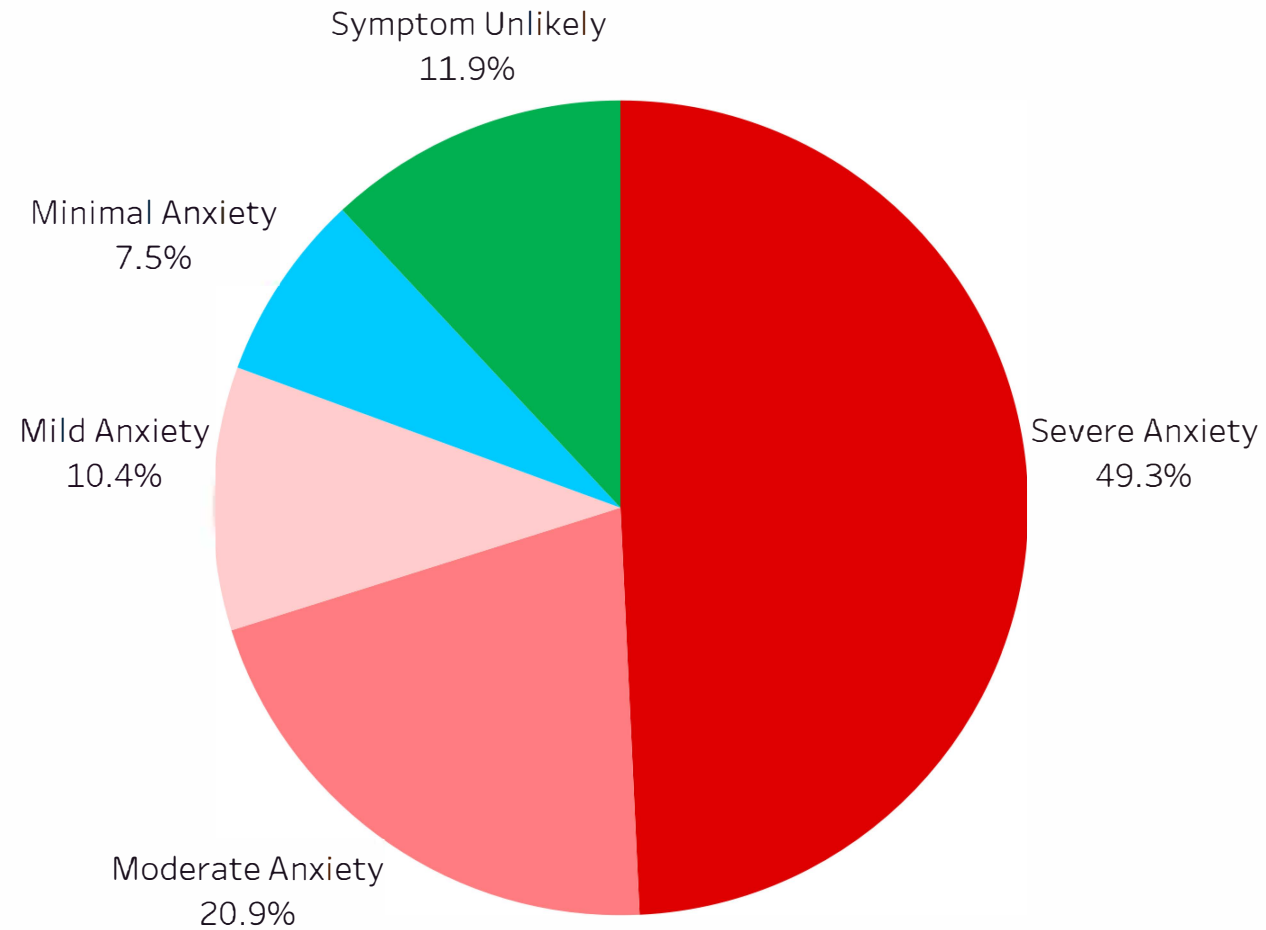
Suicidal Thoughts and Intentions at Intake



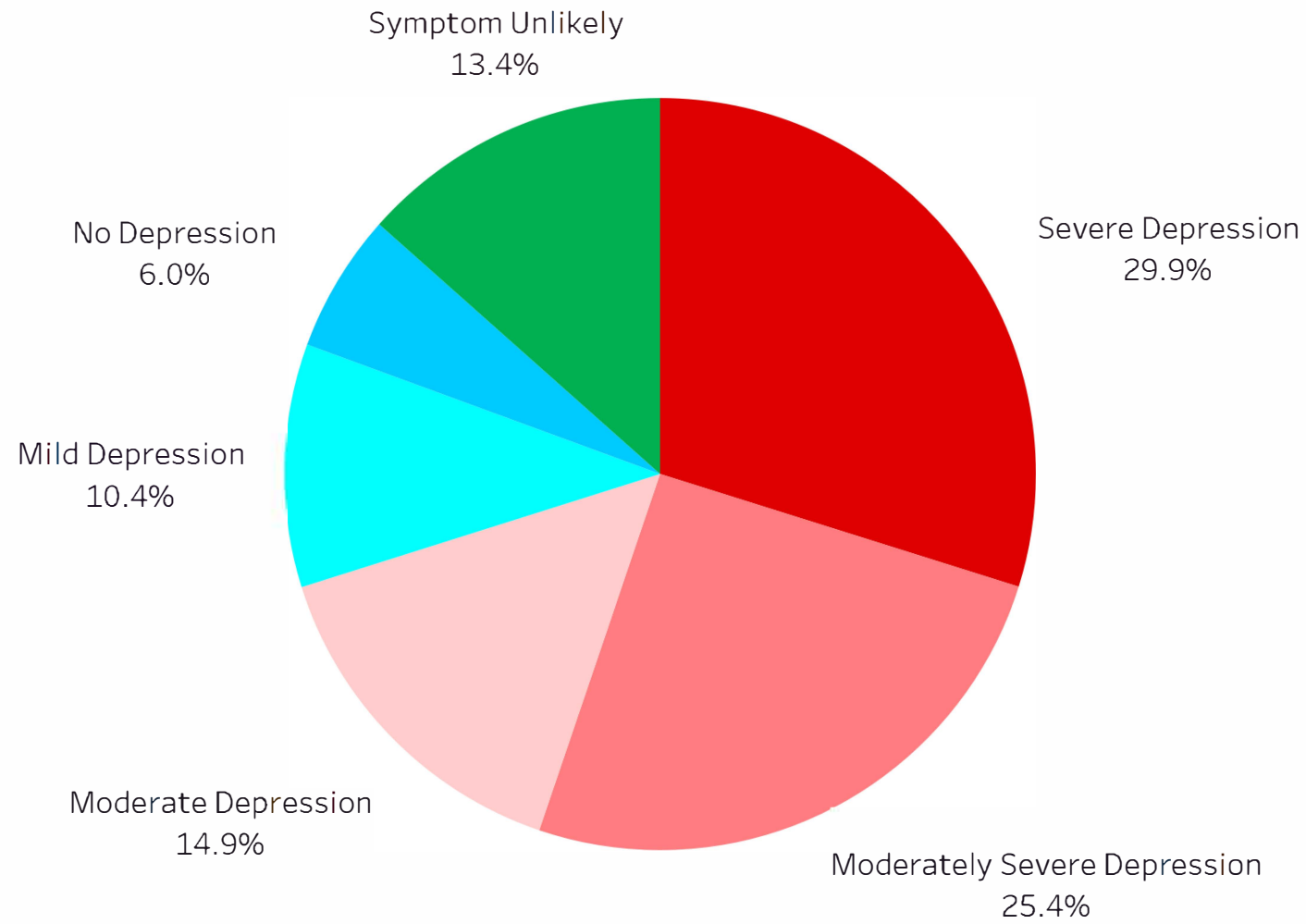
Overall Feeling at Intake



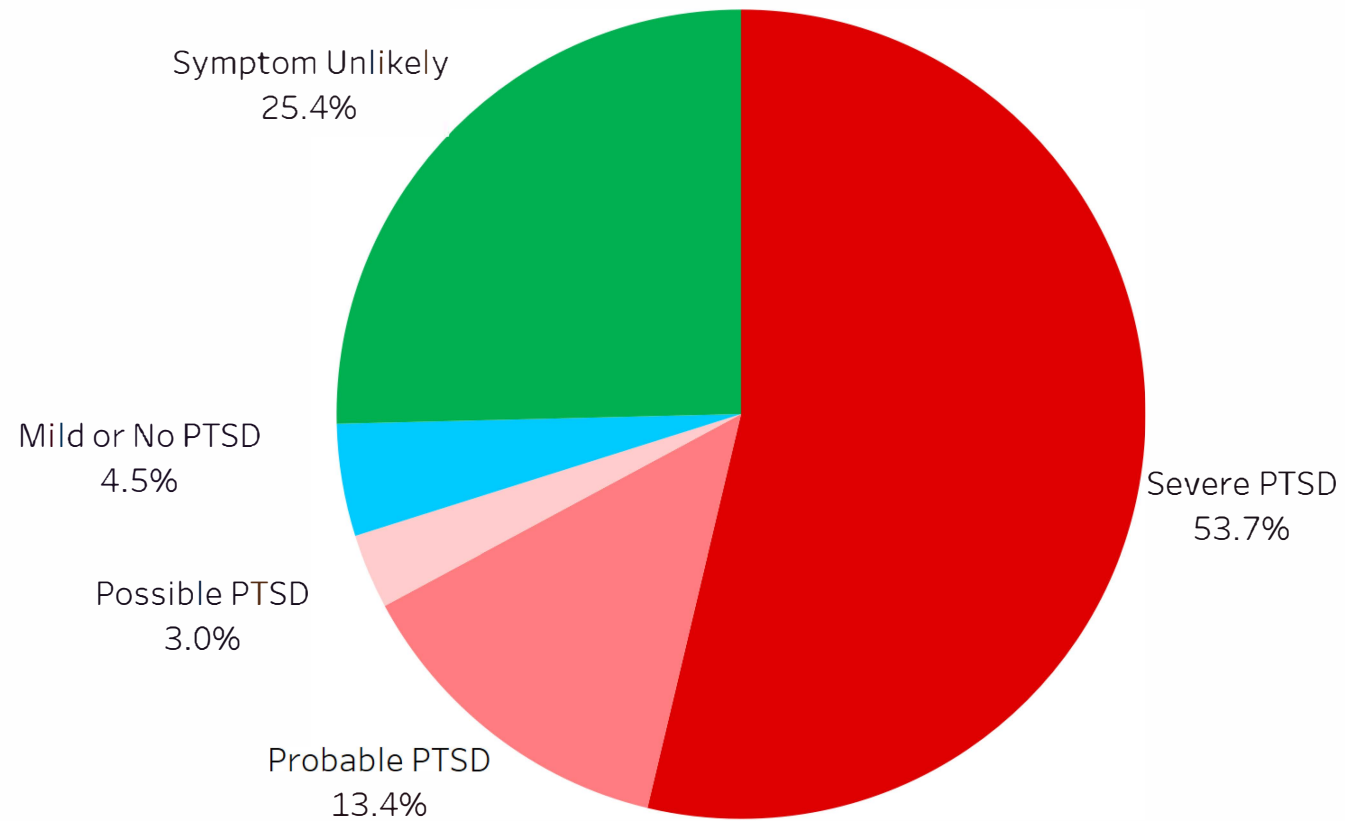
Anxiety Symptoms at Intake (GAD-7)



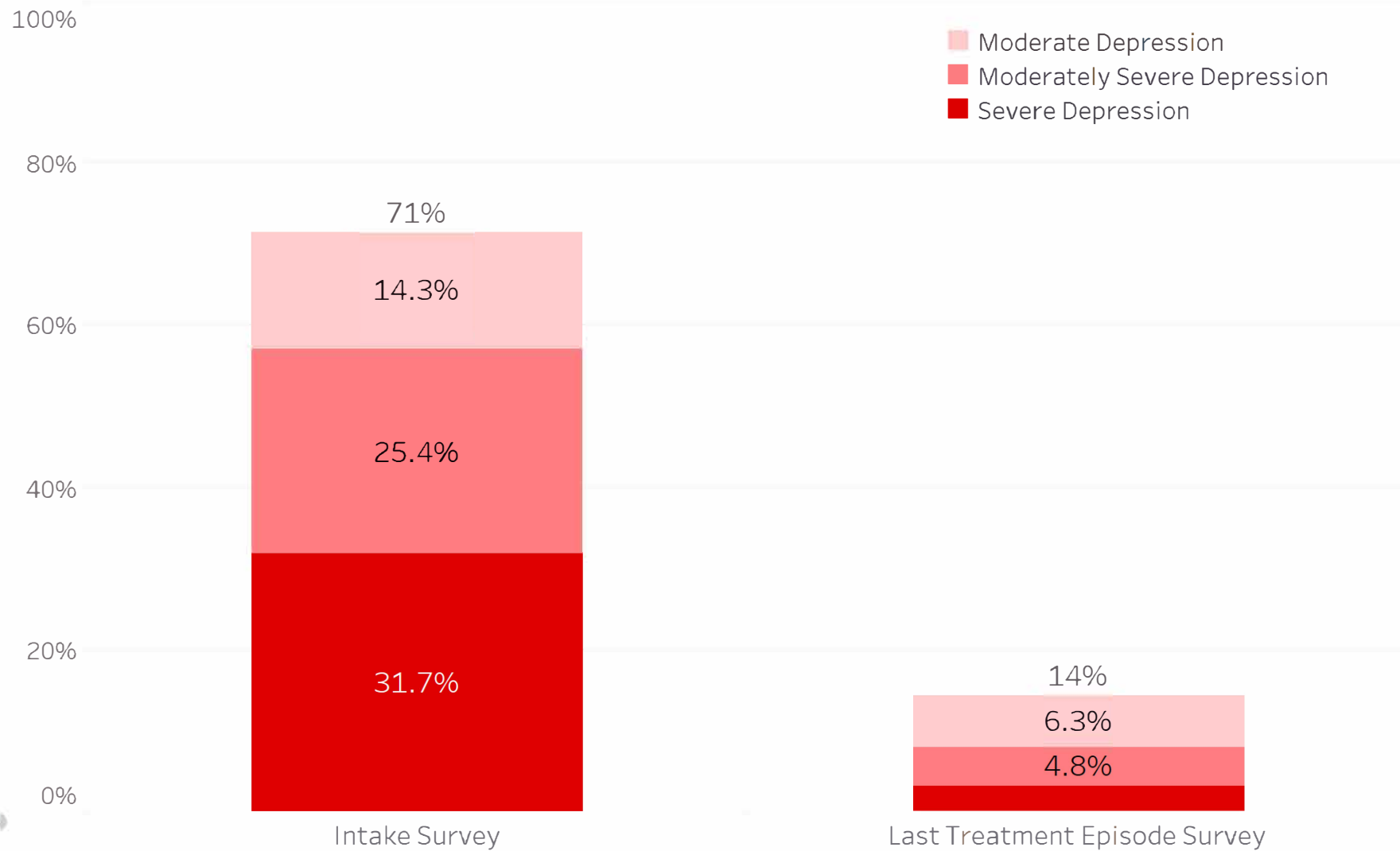
Depression Symptoms at Intake (PHQ-9)



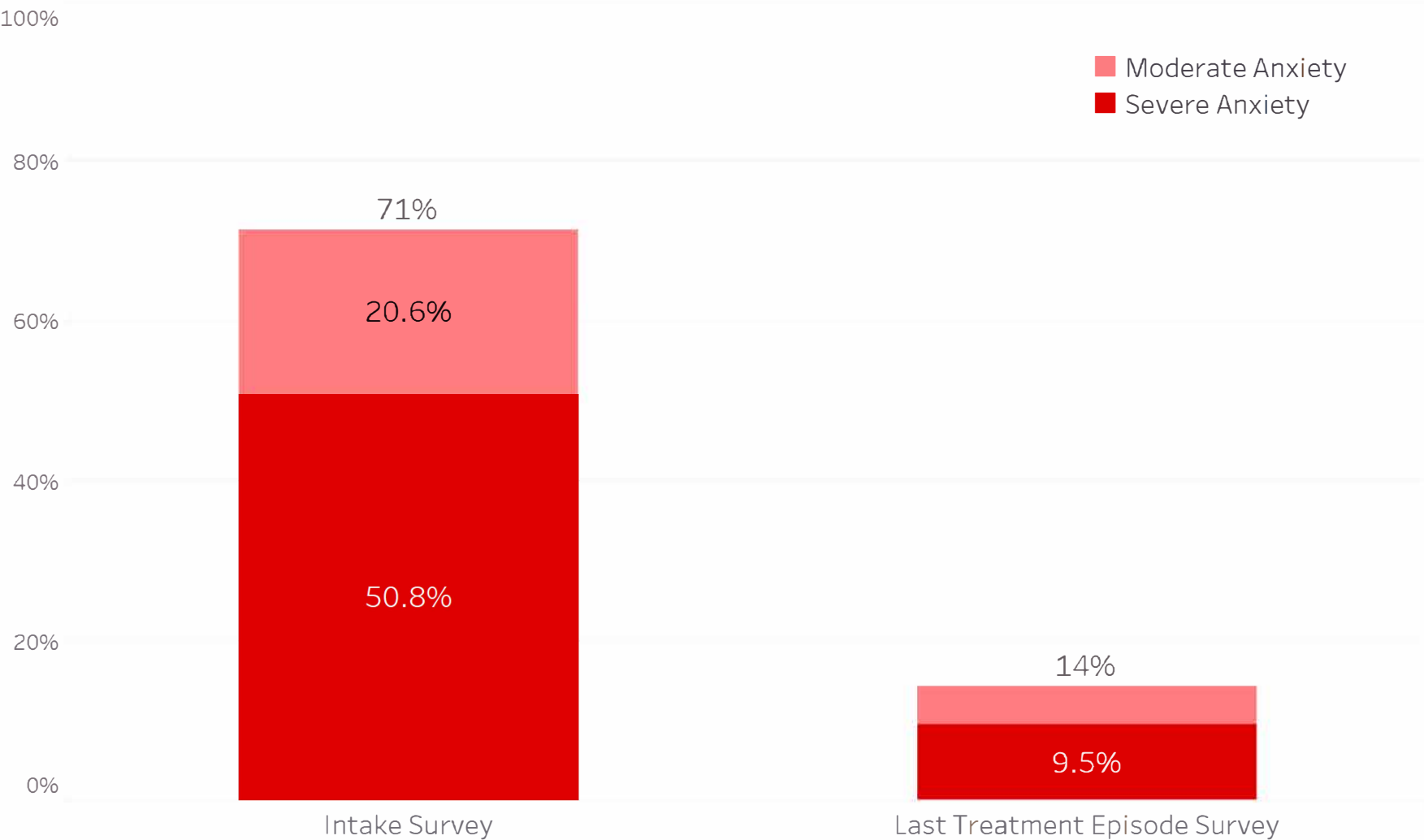
Trauma Symptoms at Intake (PCL-6)



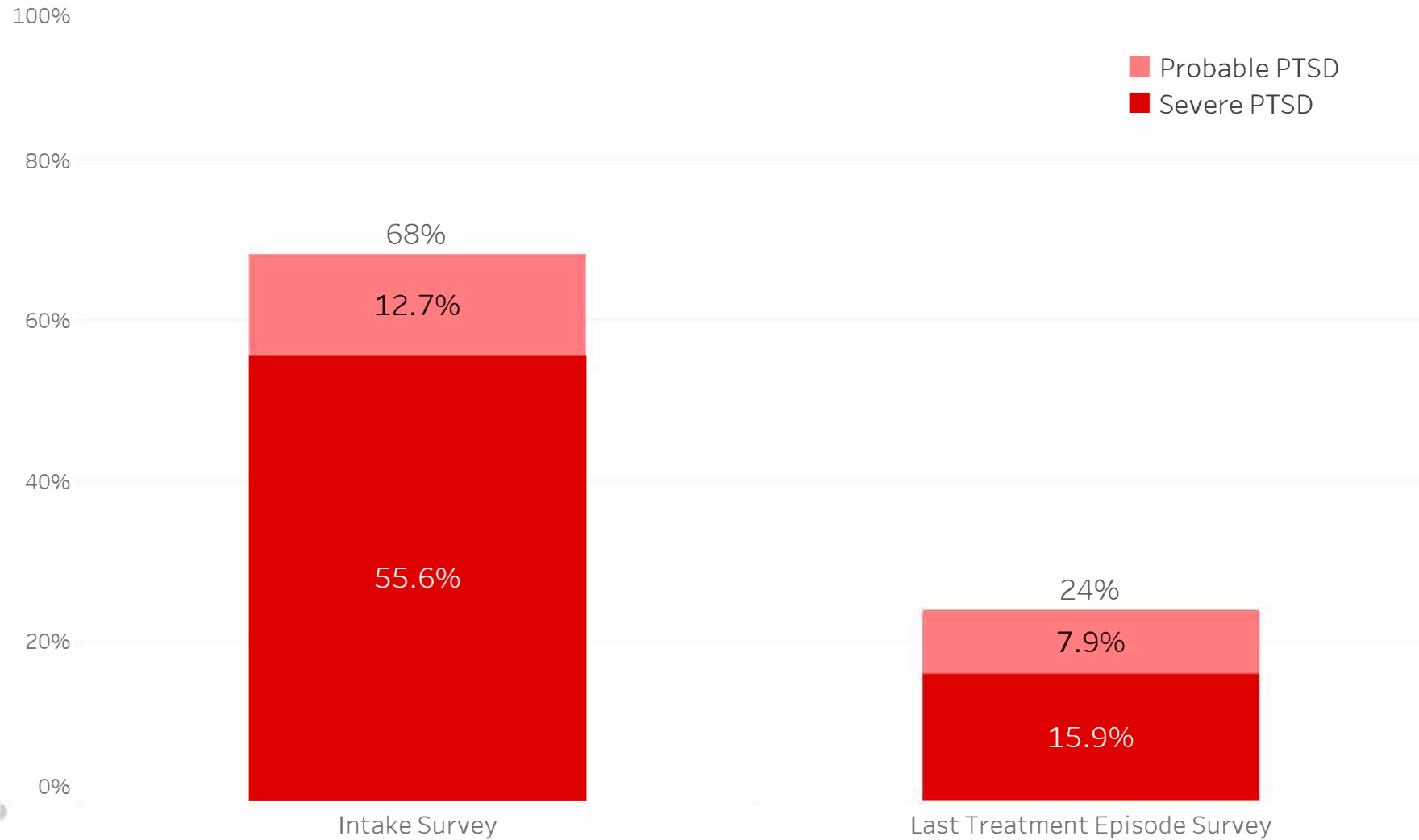
Patient Progress on Depression Symptoms (PHQ-9)



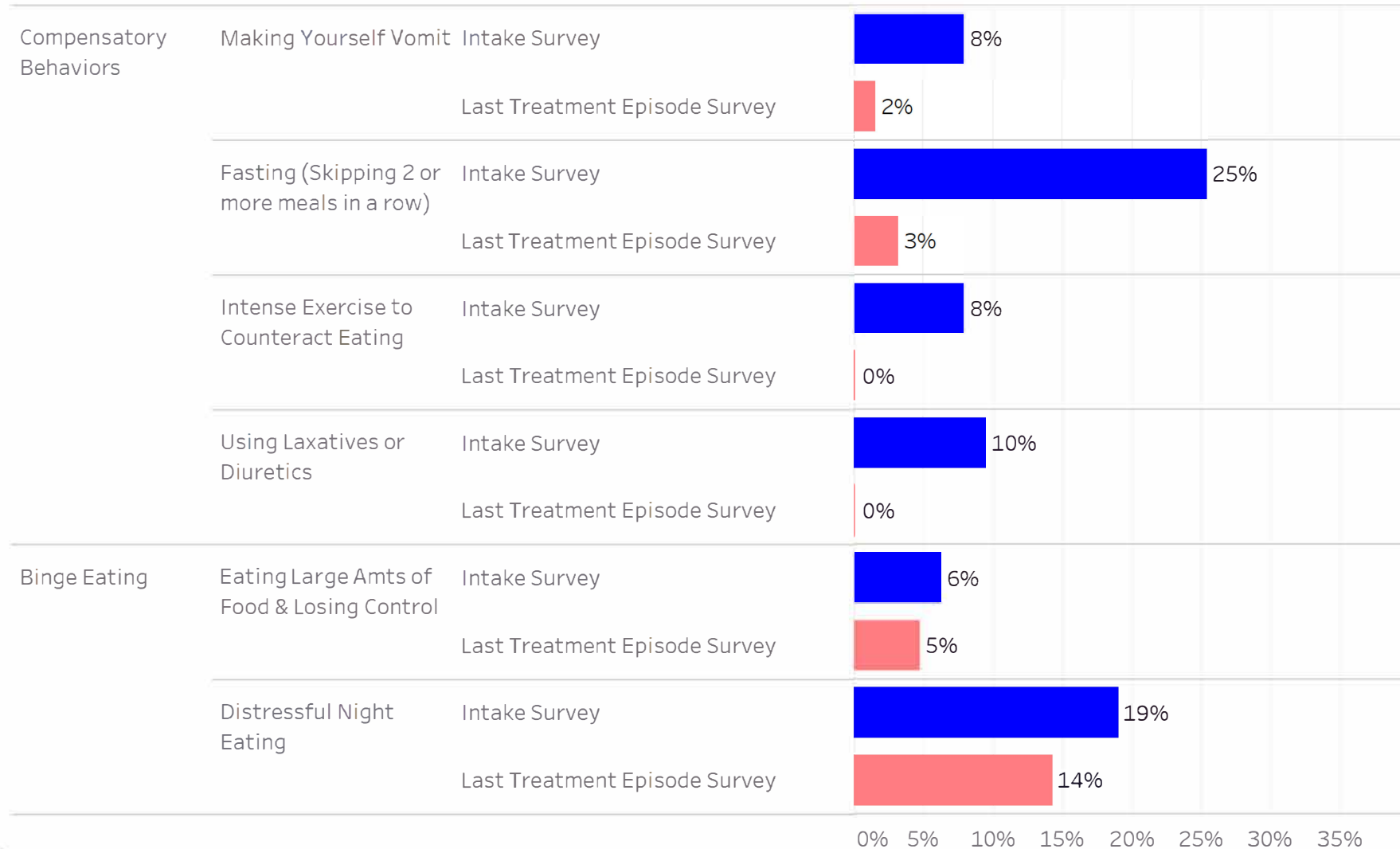
Patient Progress on Anxiety Symptoms (GAD-7)



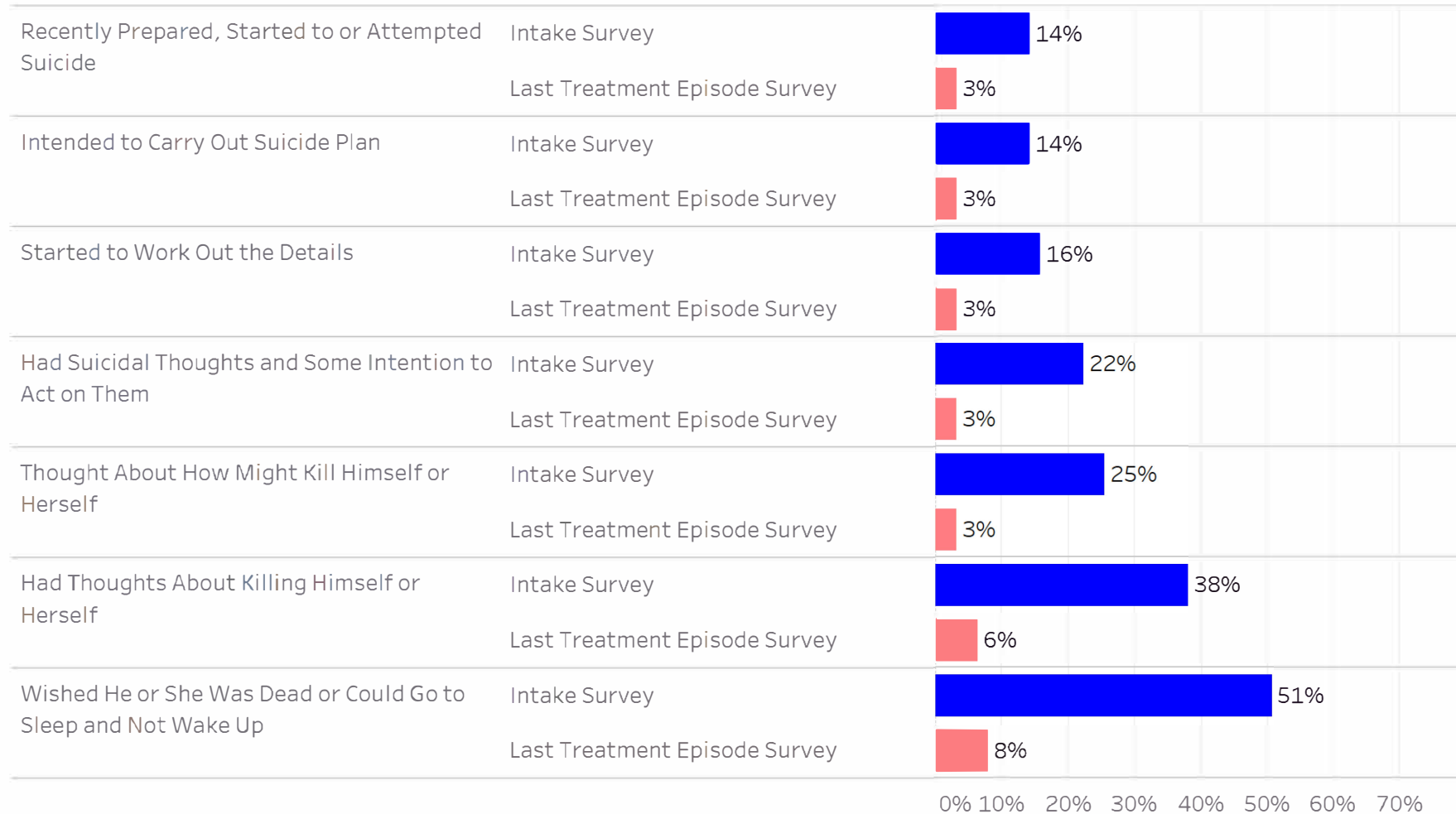
Patient Progress on Trauma Symptoms (PCL-6)



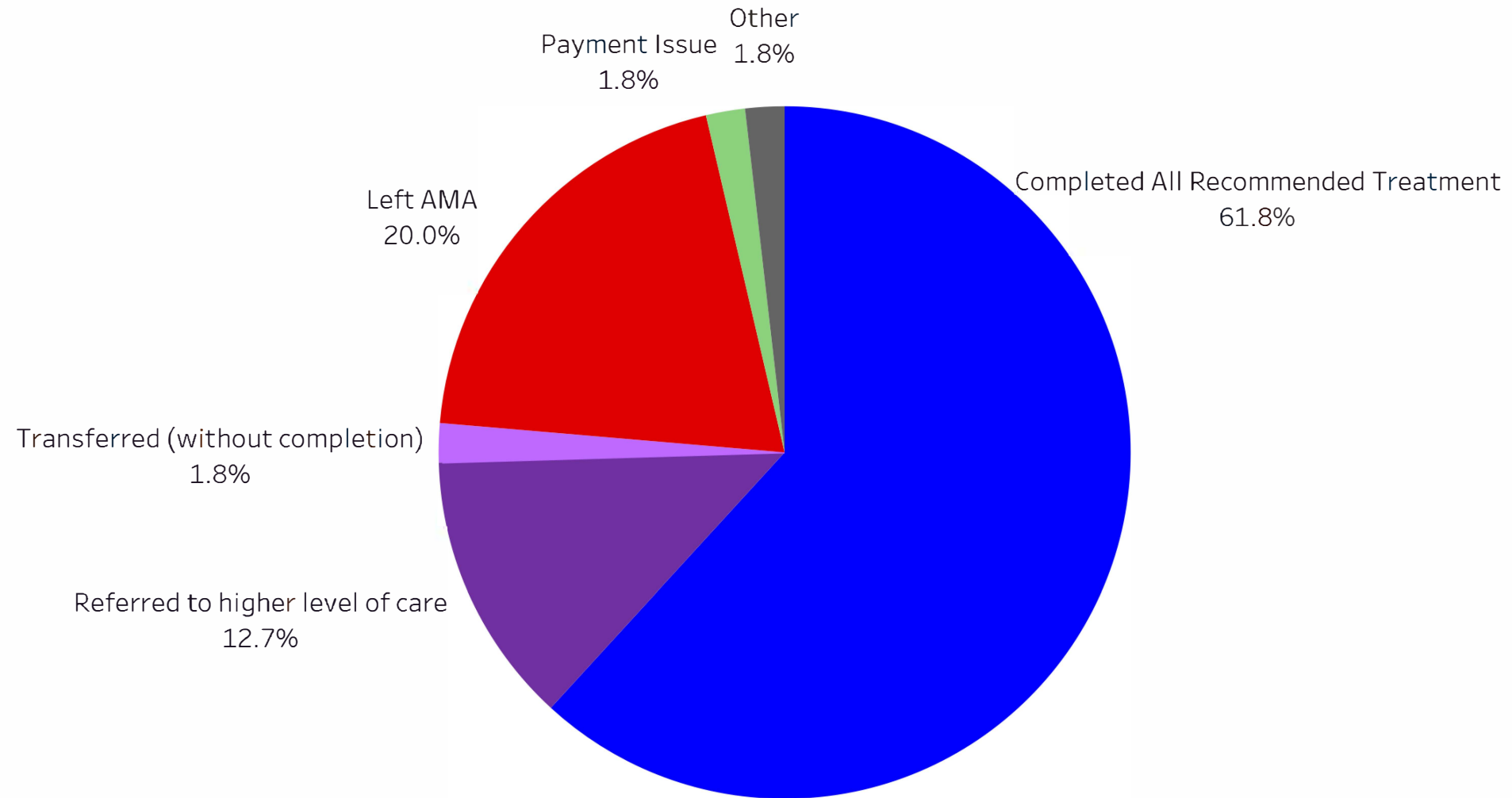
Patient Progress on Eating Disorders



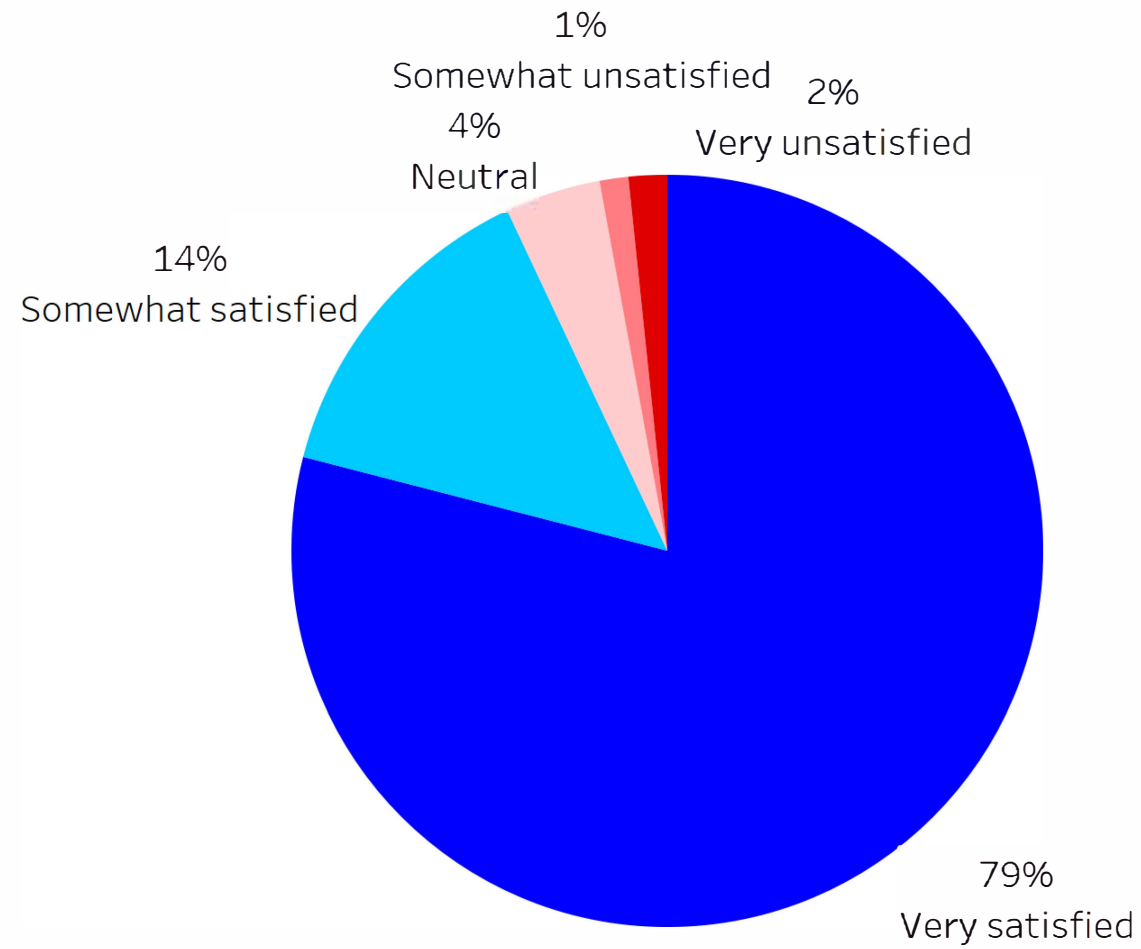
Patient Progress on Suicidal Thoughts and Intentions



Treatment Completion

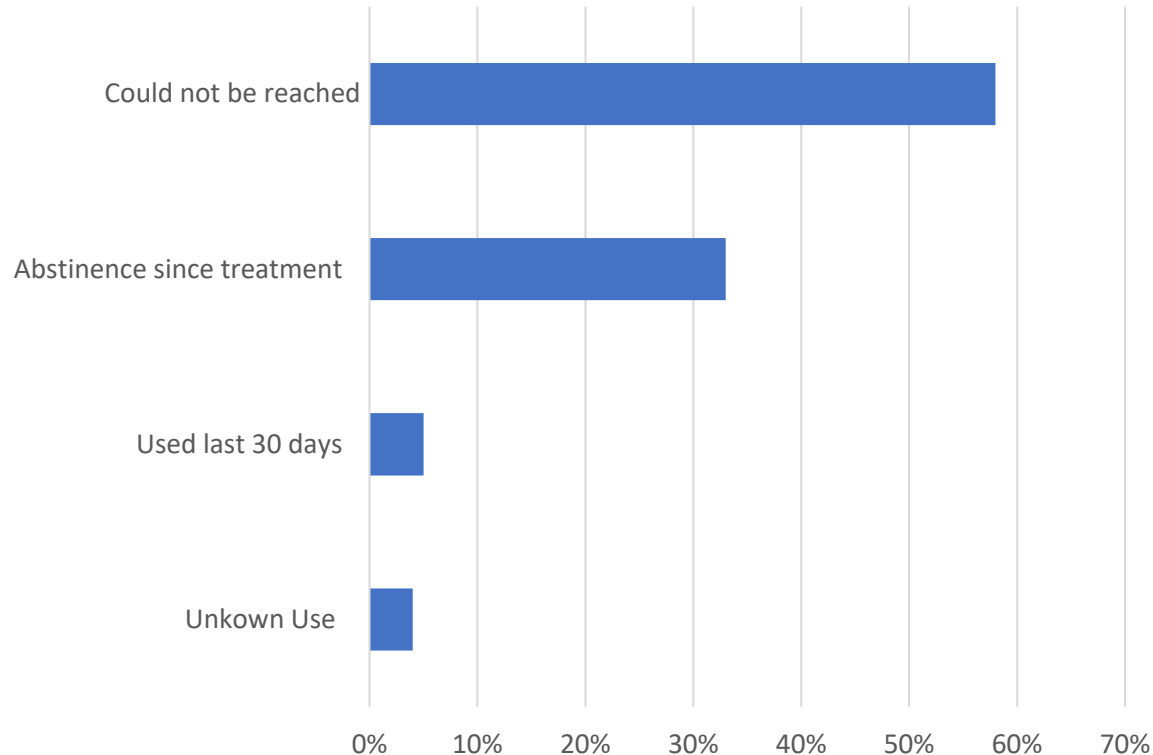


Patient Satisfaction with Treatment



Abstinent Rate Post Discharge January 2022 -June 2022

Abstinence Rate in 30 day - Month Survey



Among the 78 clients discharged, in the reporting period (6-month report pending) 37% of client's reported continuous abstinence and 5% reported relapsing with in 30 days of discharge. Attempts were made to contact 58% of clients, however, were unsuccessful.

Post discharge abstinence outcome reporting 30 days, 6 month and 1 year