



# Center for Behavioral Health Studies

## More Counseling Sessions Boosts Treatment Success

Addiction treatment programs can significantly increase the likelihood that patients will stay in treatment and remain abstinent.

A series of studies by the National Institute of Drug Abuse (NIDA) has looked at how individual treatment components affect patient outcomes. **By offering patients more group and individual counseling opportunities, a few treatment providers, such as Rimrock Foundation, have dramatically reduced overall program recidivism rates.**

### Research Outline

Researchers examined whether treatment programs could improve their effectiveness by providing more opportunities for patients to participate in counseling,

Patients in the programs with enhanced services attended about four more group counseling sessions and one more individual counseling session each month. Findings show those patients receiving more services used drugs 40 percent less than did patients in comparison programs.

By the sixth month in treatment, these same patients had reduced their use of drugs by

60 percent. Even minimal increases in counseling opportunities appears to produce impressive gains in treatment outcomes.

### Adding 12-Step Programs

Another study found that patients who attended at least one 12-step meeting per week after completing drug abuse treatment had much lower levels of drug use than those who participated less frequently.

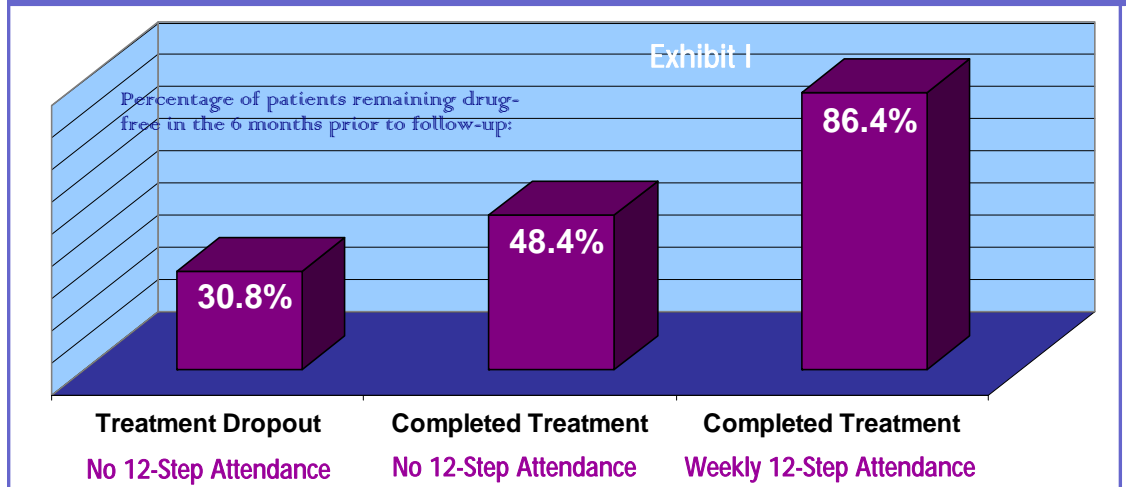
During this 6 month study period, 44% of patients who attended 12-step programs less than once a week or not at all during that period had used an illicit drug.

**Patients who attended 12-step meetings regularly while in treatment were more likely to complete the program and to participate in aftercare services.**

An assessment conducted 8 months after the initial interview showed that patients who attended 12-step meetings at least once a week had significantly higher rates of abstinence than patients who did not participate in those programs.

These studies findings suggest that 12-step programs can serve as useful and supportive aftercare resources.

Participation In Drug Abuse Treatment and 12-Step Program Improves Treatment Outcomes



## Summary

These studies suggest that even minimal increases in counseling opportunities may produce impressive gains in treatment outcomes.

Sometimes adding as little as one or two treatment therapy sessions and a single 12-step meeting a week, can improve the quality of patient's treatment outcomes.

Those patients in programs where they received more counseling services had much

lower rates of relapse than those who did not have the enhanced services.

Patients who received more group and individual counseling sessions had significantly improved levels of sobriety after treatment.

## Editorial Staff

### Editor in Chief:

David W. Cunningham

### Assistant Editors:

Hugh Kilbourne

Kay Seder

### Art/Graphics Designer:

Lenny Joyce



Center for Behavioral  
Health Studies

Rimrock Foundation  
P.O. Box 30374  
Billings, MT 59107

NON-PROFIT  
U.S. POSTAGE  
PAID  
BILLINGS, MT  
PERMIT #142

For further information on Rimrock Foundation's treatment programs, call Jen Porter, Admissions Supervisor, at 1-800-227-3953 or 1-406-248-3175, or visit our website at [www.rimrock.org](http://www.rimrock.org). For more educational information about drug abuse treatment, contact the Rimrock Foundation Library at the above numbers.