

Self-Reported Drug Use Six Months after a Brief Intervention: Do Changes in Reported Use Vary by Mental Health Status?

Presentation at
Implementing and Sustaining Alcohol and Other Drug Screening and
Brief Intervention (AOD-SBI) Meeting
September 21, 2011
Boston, MA

Toni Krupski, PhD, Center for Healthcare Improvement for Addictions,
Mental Illness and Medically Vulnerable Populations (CHAMMP)
Department of Psychiatry and Behavioral Sciences
University of Washington at Harborview Medical Center
Seattle, WA

Authors

Toni Krupski, PhD, CHAMMP, UW at Harborview Medical Center (HMC),
Seattle, WA

Jeanne M. Sears, PhD, CHAMMP, UW at HMC, & UW Dept of Health
Services, School of Public Health, Seattle, WA

Jutta M. Joesch, PhD, CHAMMP, UW at HMC, Seattle, WA

Sharon Estee, PhD, Research and Data Analysis (RDA) Division,
Washington State Department of Social and Health Services (DSHS),
Olympia, WA

Lijian He, PhD, RDA, DSHS, Olympia, WA

Alice Huber, PhD, Division of Behavioral Health and Recovery, DSHS,
Olympia, WA

Chris Dunn, PhD, CHAMMP, UW at HMC, Seattle, WA

Peter Roy-Byrne, MD, CHAMMP, UW at HMC, Seattle, WA

Rick Ries, MD, CHAMMP, UW at HMC, Seattle, WA

Background

- Alcohol/drug problems do not always occur in isolation
- Evidence for high level of co-occurring alcohol/drug disorders (COD) and mental illness
 - 37% with alcohol disorder have another mental disorder
 - 50% with drug disorder have another mental disorder
- SBIRT likely to include persons with mental illness
- Brief interventions have been associated with decreased substance use in individuals with COD
- Not known whether persons with evidence of mental illness benefit to same extent as persons who have no evidence of mental illness

Research Question & Setting

- **Research Question:**
Does amount of change in self-reported drug use between baseline and follow-up differ by presence of mental health diagnosis?
- SBIRT implemented in 9 emergency departments in WA State
- Patients screened by chemical dependency counselors
- Focus on one site—Harborview Medical Center—with mission to serve low-income uninsured
 - Comprehensive healthcare facility in Seattle owned by King County and managed by the UW
 - HMC performed approximately 17% of the more than 106,000 screenings that took place statewide
- Evidence of mental illness obtained through medical records

Sample and Design

- Sample eligibility:
 - BI
 - AUDIT ≥ 7 for women and ≥ 8 for men
 - DAST ≥ 1
- About 18% of eligibles randomly selected for survey
- Of those selected, 79% interviewed at 6 mos by phone
- Change in substance use based on
“During the past 30 days, on how many days have you:
 - Used any illegal drugs?
 - Used any alcohol?
 - Had 5 or more drinks in one sitting?”

Analyses

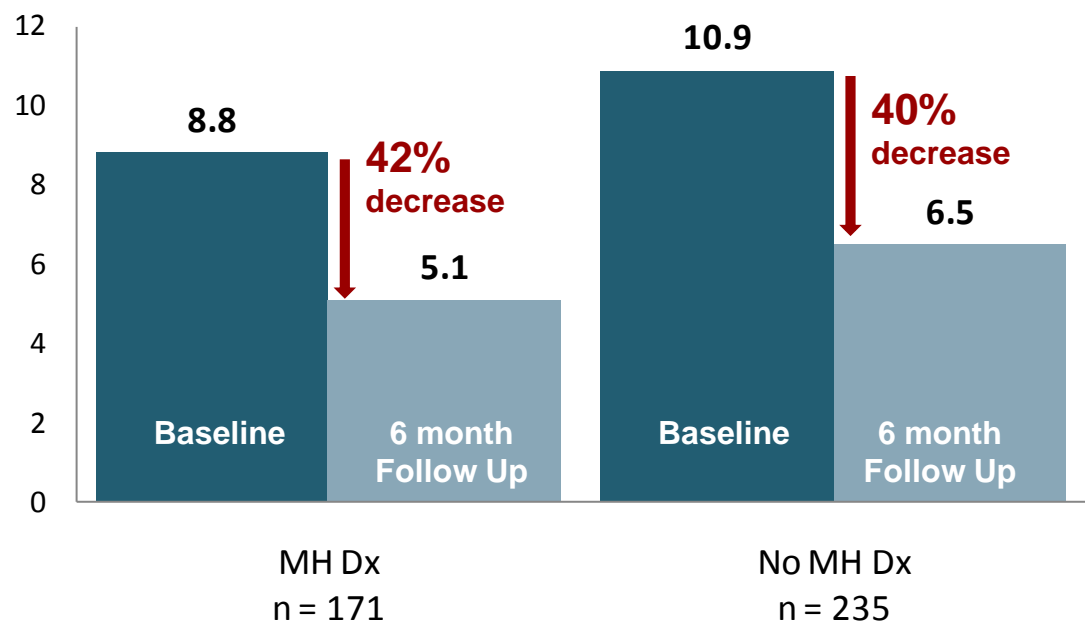
- Covariates to control differences between those with and without mental health diagnosis
 - Socio-demographic characteristics
 - Alcohol/drug-related diagnoses and treatment
 - Arrest history (from State Patrol records)
 - Healthcare utilization
 - AUDIT/DAST levels
- Linear regression assessed difference between those with a mental health diagnosis and those without in three models for subsets of individuals
 - Days of illegal drug use: Everyone with a DAST score over 0
 - Days of any alcohol use: Everyone with an AUDIT score of 7 for women, 8 for men
 - Days of binge alcohol use: Everyone with an AUDIT score of 7 for women, 8 for men
- Analyses performed using Stata/IC 11.1

Description of Sample

- About 58% reported using illegal drugs in previous 30 days at baseline:
 - 29% cocaine
 - 36% marijuana
 - 9% methamphetamine, 9% heroin, 5% prescription opiates, 7% other illegal drugs
- 41% had mental health diagnosis in year before BI
- 68% male, mean age = 37.5
- 63% White, 20% Black, 6% Native American, 6% Hispanic, 4% Asian or Other
- 43.1% Uninsured, 33.8% Medicaid, 15.3% Commercial, 5.4% Medicare, 2.4% Other Insurance

Results—Days of Illegal Drug Use

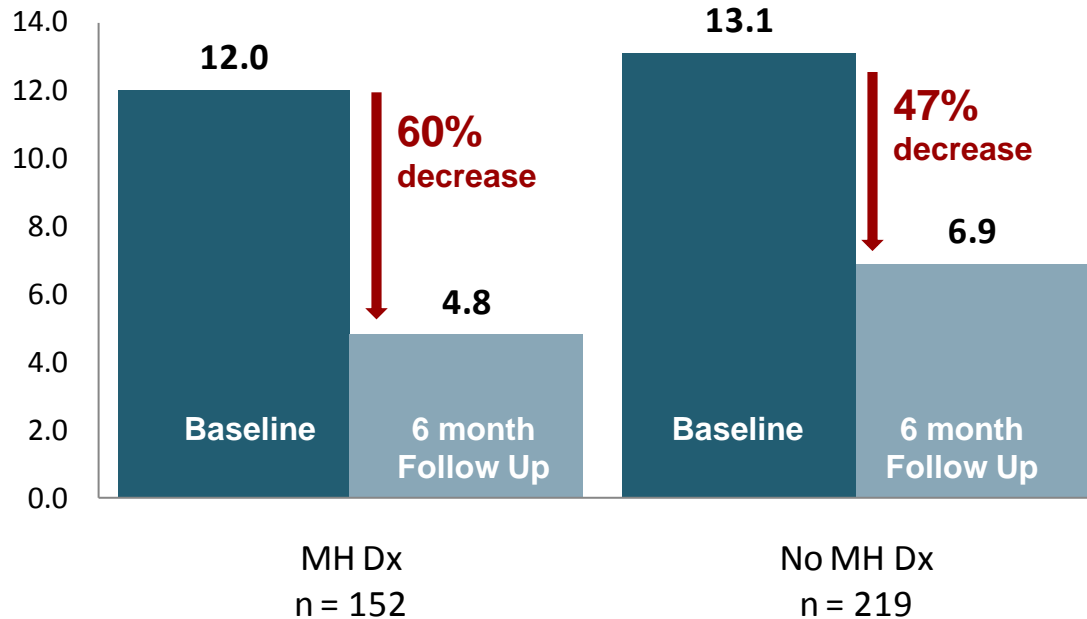
Days of Self-Reported Illegal Drug Use in Prior 30 (n = 406)



Note: Difference between groups n.s. when tested by linear regression

Results—Days of Any Alcohol Use

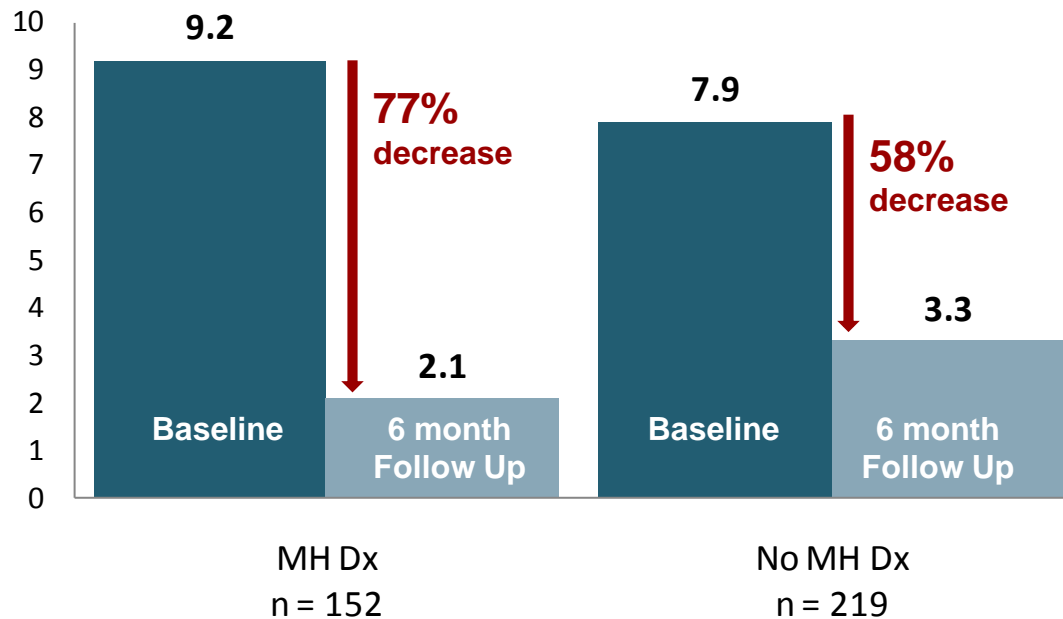
Days of Self-Reported Alcohol Use in Prior 30 (n=371)



Note: Difference between groups n.s. when tested by linear regression

Results—Days of Binge Alcohol Use

Days of Self-Reported Binge Drinking in Prior 30 (n=371)



Note: Difference between groups n.s. when tested by linear regression

Conclusions

- Results consistent with much of existing literature indicating self-reported drug/alcohol use decreases 6 months after receiving a BI
- Lack of a comparison group prevents attributing change in reported use to BI alone but does suggest that ***BI may not have a differing impact based on the presence of a mental health diagnosis***
- We encourage future studies that include appropriate comparison groups to further examine this observation

Thank You!

