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# Lowest Rates of Substance Abuse Following Adolescent Trauma Treatment in Ohio

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# Trauma and Substance Use

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# Problem Statement

There is a substantial amount of research having to do with the relationship between childhood trauma and substance use later in life. However, there is a lack of literature regarding specific treatments and rates of success. Trauma treatment is imperative in prevention of substance use (Finkelstein, et al., 2004). The types of trauma treatment for adolescents that can help prevent an individual from initially using substances are not well-researched. With a strong association between trauma and substance abuse, it is necessary to discover which treatments are most impactful in prevention.

# Research Question

Which adolescent trauma treatment programs in Ohio have the lowest rates of substance use following intervention?

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# Literature Review

# Literature Review

- Link Between Trauma and Substance Use

- The vast majority of experts and social work professionals agree that childhood trauma is linked to substance use later in life. Multiple studies show that this relationship is statistically significant (Marotta, P. L., 2017; Knopf, A., 2016; Kilpatrick, D. G., Acierno, R., Saunders, B., Resnick, H. S., Best, C. L., & Schnurr, P. P., 2000).

- Adolescents and Trauma Treatment

- There are high rates of teen alcohol and drug use. In the United States, 43.5% of teens report using alcohol and nearly 25% report drug use (Suarez, L., Belcher, H., Briggs, E., & Titus, J., 2012).
- Youth who do not complete treatment for their trauma are less likely to be successful in other social service interventions (Barron, I., Mitchell, D., Yule, W., 2017).

# Literature Review

- Considerations for Treatment

- It is important to consider a person's history of trauma, cultural background, age, safety in their environment, and current living situation (Eslinger, J., Sprang, G., & Otis, M., 2015; Blume, A.W., 2016; Eslinger, J., Sprang, G., & Otis, M., 2015).

- Common Treatment Programs

- The most common trauma treatment programs are Psychopharmacology, Parent-Child Interaction Therapy, Cognitive Behavioral Therapy, and Trauma-Focused Cognitive Behavioral Therapy (Taylor, T.L. & Chemtob C.M., 2004; Eslinger, J., Sprang, G., & Otis, M., 2015; Racco, A., & Vis, J.A., 2015).

# Quantitative Study

# Research Design

We will conduct a cross sectional descriptive study examining a random sample of adolescent trauma treatment programs and their success rates in preventing substance use.

# Population and Sample

- Population criteria:
  - Adolescent trauma treatment programs within the state of Ohio
- Sample selection stages:
  - 1) Randomly select 5 adolescent trauma treatment programs throughout Ohio
    - a) Programs will be selected from an online database that includes a list of all self-identified trauma treatment programs in Ohio
  - 2) Randomly select 50 cases from each program that include follow up information regarding amount of substance use after intervention

# Data Collection Procedures

- We will randomly select five adolescent trauma treatment programs in the state of Ohio and collect 50 eligible cases from each agency.
  - This will provide us with 250 total cases.
  - Each selected program will sign an informed consent form before we obtain any cases.
- We will solely focus on the information of adolescents' use of substances documented in follow-up consultations.
- The information of post-intervention substance use will be transferred into an SPSS file.

# Variables

## Defined Variables

- Adolescent trauma treatment programs in Ohio
  - Programs used to treat trauma victims and include adolescents in their clientele
    - Self-identified trauma treatment program
    - “Adolescent” is defined as any person between the ages of 10 and 19
    - Trauma either has been experienced in the past or is currently being experienced
- Rates of substance use after intervention
  - The amount of substance use clients have self-disclosed during a program follow-up assessment
    - “Substance use” is defined as any drug or alcohol use

# Measures

## W ays of Measurement

- W e will obtain 50 cases from each selected treatment program (a total of 250 cases) that provide information on substance use post-treatment.
- W e will create a frequency distribution using the data pulled from these cases.
- W e will explore characteristics of effective programs.
  - Results will be broken down into the following categories:
    - Has not used at all
    - Has used less than three times
    - Has used more than three times but less than ten times
    - Has used more than ten times

# Data Analysis Completed with SPSS

- Using the information from data collection, we will run a frequency distribution and the measures of central tendency to describe the sample.
- We will run a chi-square to explore trends of association between treatment programs and outcomes.
- We will run a one-way ANOVA to examine differences in the amounts of substance use after treatment completion.

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