

Vermont Mental Health Performance Indicator Project
Agency of Human Services, Department of Health, Division of Mental Health
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani
Monica Boyd

DATE: February 18, 2005

RE: Type of Therapeutic Services Provided by Substance Abuse Programs: FY2004

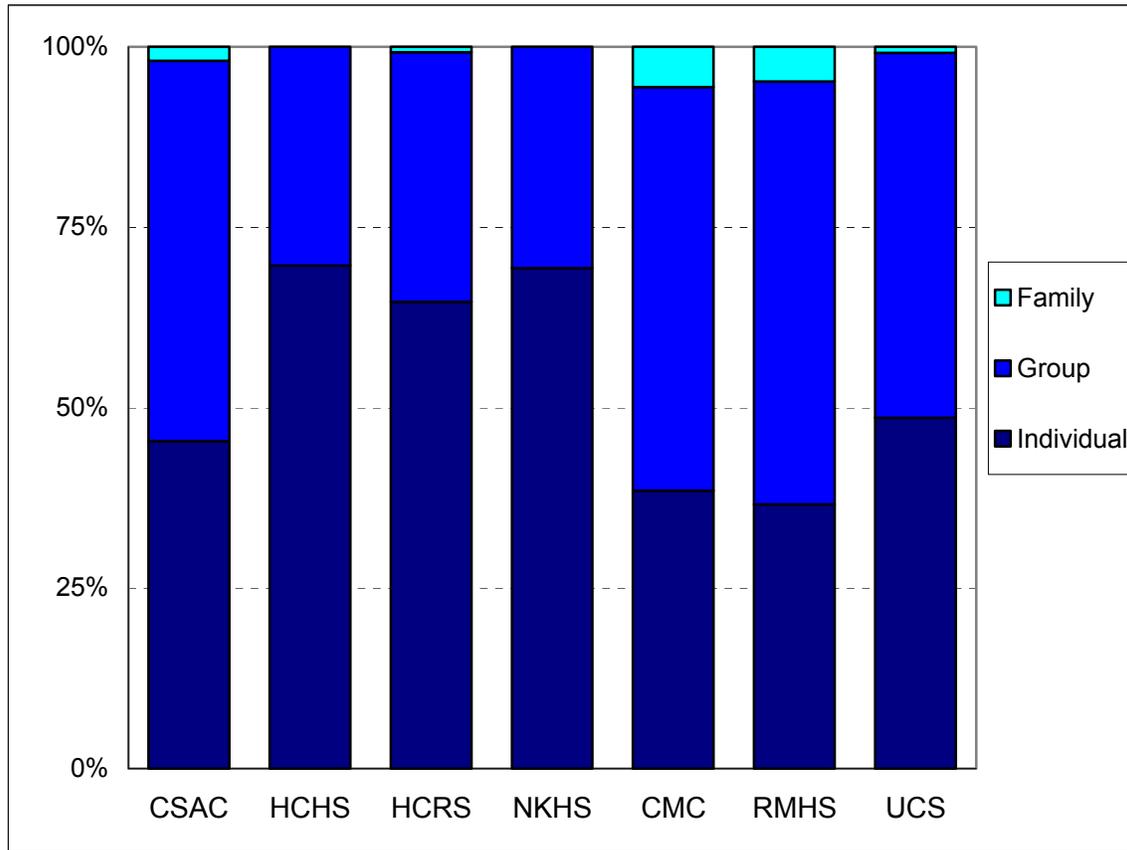
In response to our January 21 PIP (<http://www.ddmhs.state.vt.us/docs/pips/2005/pip012105.pdf>) regarding types of substance abuse services provided during FY2004, two readers requested more detailed information regarding the types of therapeutic services provided. The earlier PIP indicated that individual, family and group therapy accounted for 67% of all substance abuse services, statewide, and 80% of services provided by two providers. This week's PIP reports the representation of the three categories of therapeutic services within the larger category that was reported on January 21.

As in the earlier report, this information is based on analysis of Monthly Service Report data provided to DMH by designated community service providers. In this context, individual therapy is defined as a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

As you will see, services categorized as individual therapy accounted for more than half (56%) of all therapeutic services, but the representation of individual therapy varied from less than 40% of therapeutic services in the Orange and Rutland regions, to about 70% in Chittenden County and Northeastern Vermont. Group therapy accounted for 42% of all therapeutic services, statewide, but varied from more than 55% in Orange and Rutland to about 30% in Chittenden County and Northeastern Vermont. Family therapy was rarely provided by substance abuse programs. Family therapy accounted for only 2% statewide, and was not reported at all for Chittenden County or Northeastern Vermont.

We look forward to your comments regarding the types of therapeutic services provided by Substance Abuse Programs in different parts of Vermont. As always, we are also interested in your suggestions for further analysis of these data. Please e-mail to us at pip@vdh.state.vt.us or call 802-241-2638.

Individual, Group, and Family Therapy in
Substance Abuse Programs
 By Provider: FY 2004



		Type of Therapeutic Service Provided			
		Total Individual, Family & Group Therapy	Individual Therapy	Group Therapy	Family Therapy
Region -	Provider				
Addison -	CSAC	1,988	45%	53%	2%
Chittenden -	HCHS	6,494	70%	30%	0%
Southeast -	HCRS	5,598	65%	35%	1%
Northeast -	NKHS	5,411	69%	31%	0%
Orange -	CMC	5,994	39%	56%	6%
Rutland -	RMHS	2,719	37%	59%	5%
Bennington -	UCS	4,037	49%	51%	1%
Total		32,241	56%	42%	2%

Analysis includes outpatient services provided to individuals served by Substance Abuse Programs. "Other" includes emergency/crisis services. For detailed explanation on these types of service, see the notes in the annual statistical report (www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf)