

THE EFFECTIVENESS OF RESIDENTIAL TREATMENT SERVICES FOR INDIVIDUALS WITH SUBSTANCE USE DISORDERS: A SYSTEMATIC REVIEW

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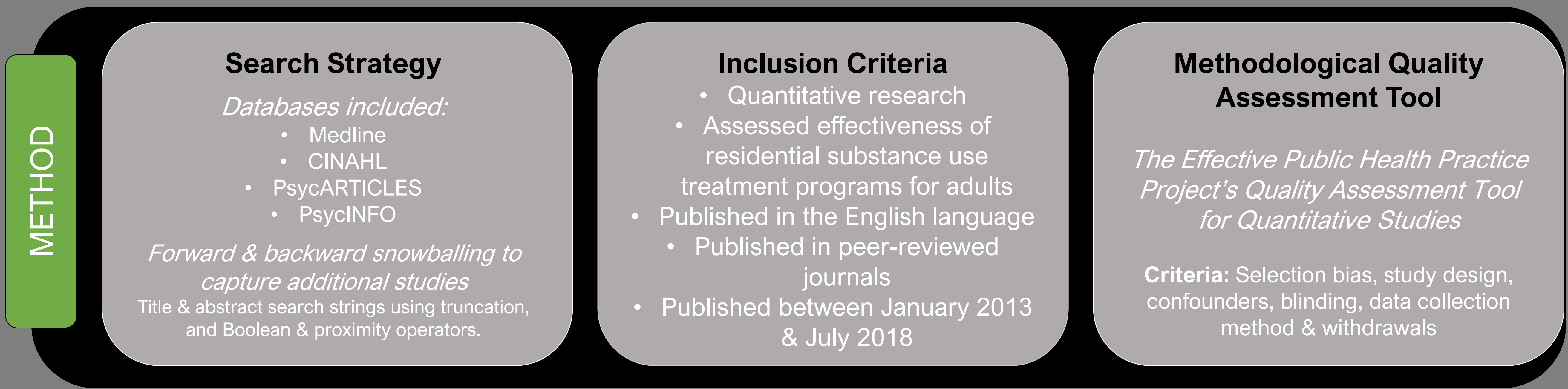
Substance use disorders are a major contributor to disability and preventable deaths worldwide.

Residential substance use treatment services provide intensive short or long-term treatment within a stable and structured environment for individuals with severe and complex substance use disorders.

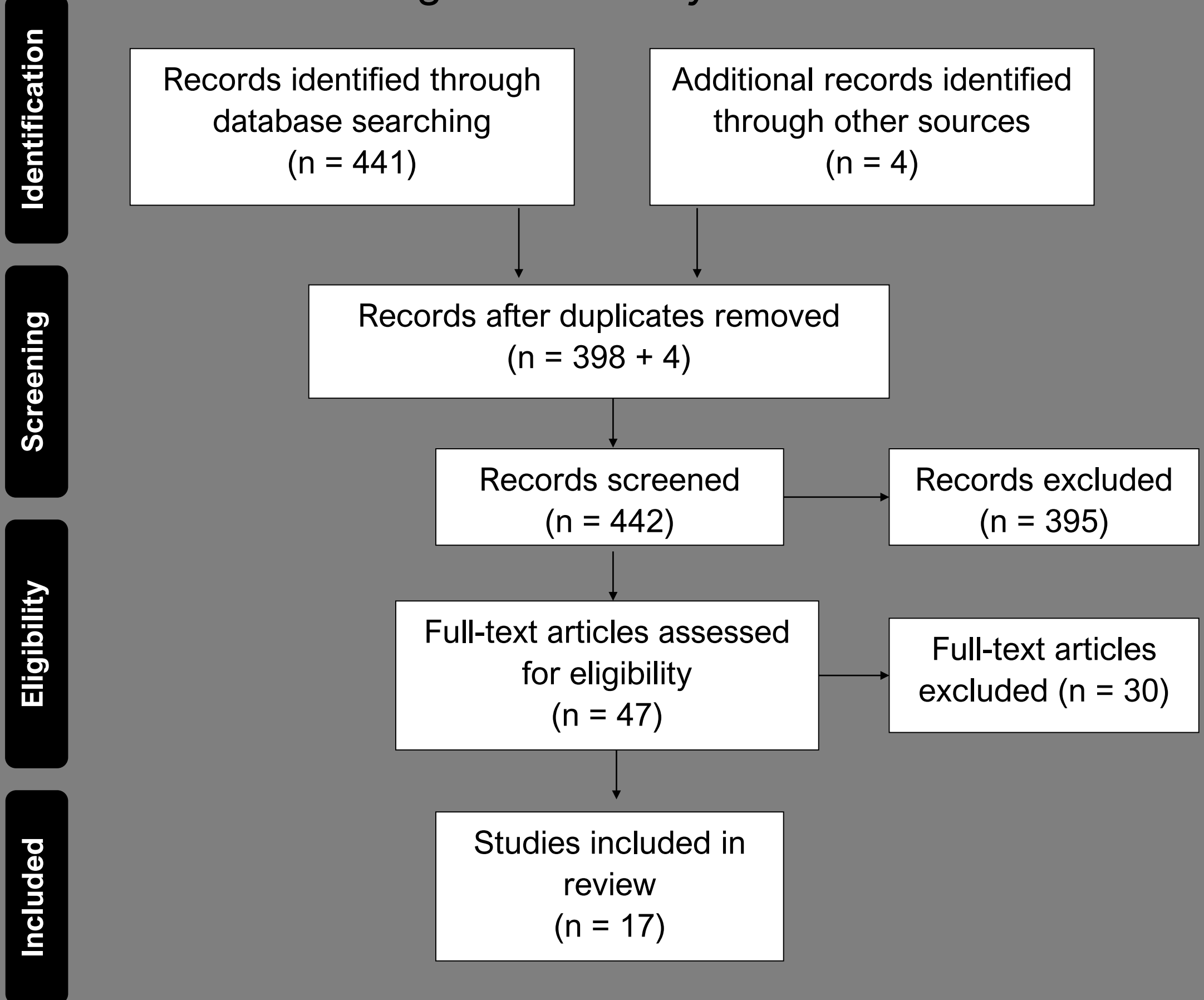
Since 2000, there have been seven reviews of residential substance use treatment studies with a predominant focus on community-based settings - collectively examining 68 studies published between 1981 and 2013.

Findings of prior reviews suggest there is limited good quality evidence on best practice approaches to substance use treatment in community-based residential settings.

Aim To provide a comprehensive update on the evidence base for residential substance use treatment across a range of outcomes, and directions for future research and clinical practice.



PRISMA Diagram of Study Retrieval Process



RESULTS

17 studies identified

Methodological quality ratings = 8 x strong, 3 x moderate, 6 x weak

Effectiveness examined across four outcome categories: substance use, social, criminal activity and mental health

Mental health outcomes: reported in 13/17 studies. Improvements reported in 12/13 studies across range of mental health conditions and following integrated treatment.

Substance use outcomes: reported in 15/17 studies. Improvements reported in 15/15 studies. High quality studies less inclined to report long-term change, particularly in studies on co-morbid populations.

Social outcomes: reported in 8/17 studies. Improvements reported in 8/8 studies for quality of life, family and social relationships, and employment outcomes.

Criminal activity outcomes: reported in 8/17 studies. Improvements reported in 7/8 studies.

