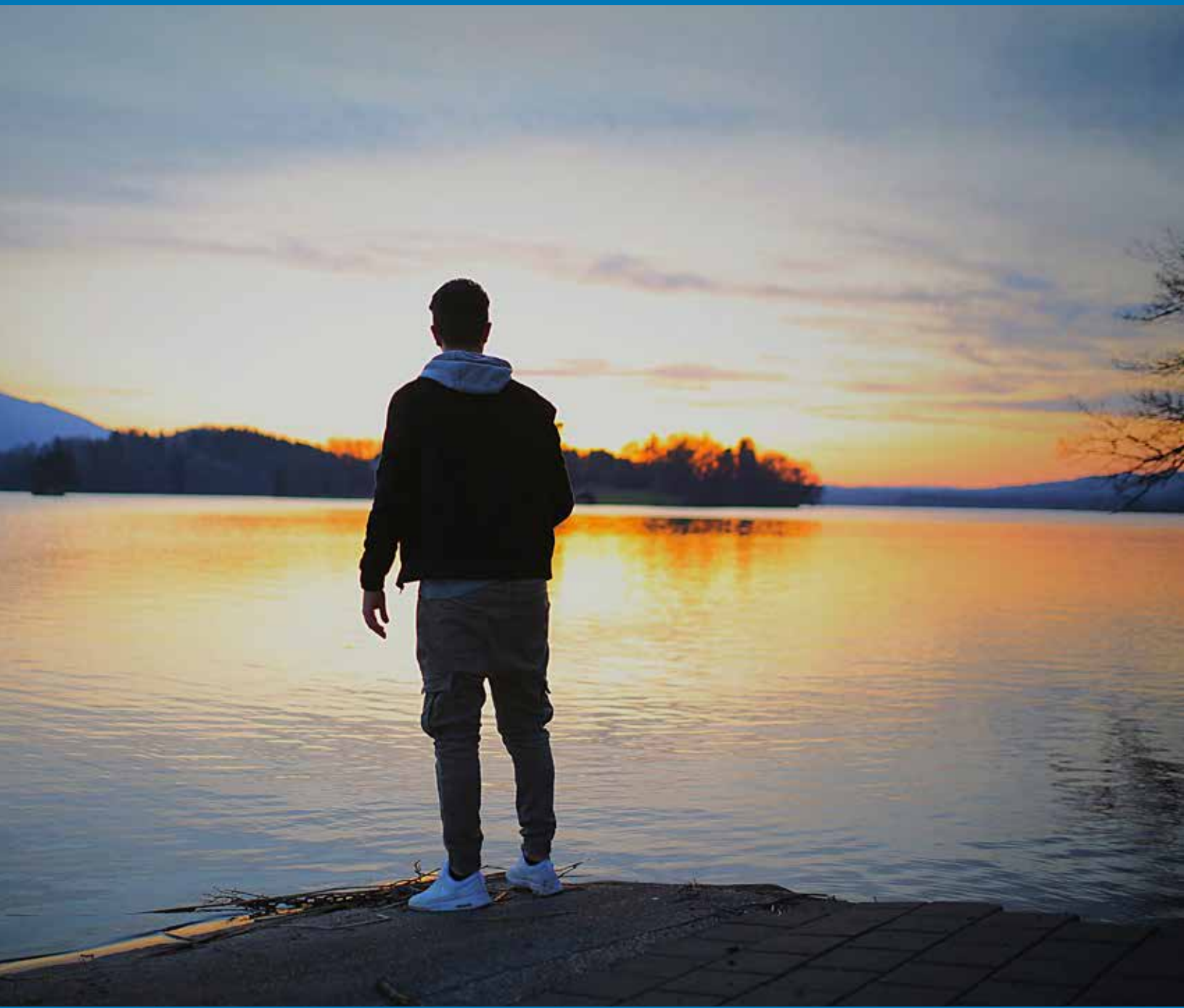


# Trauma Informed & Clinically Focused Dual-Diagnosis Treatment for Men



**RED OAK**<sup>®</sup>  
R E C O V E R Y

Redefining the Clinical Experience™

*“At Red Oak Recovery® we are committed to providing developmentally specific, state of the art, and clinically sophisticated treatment.”*

— Jack Kline, MS, LPCS, LCAS, CCS, CTT-2, MAC  
President & Founder




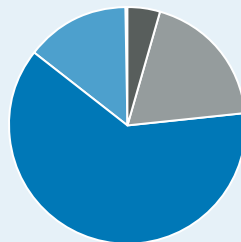
Red Oak Recovery® (ROR) is comprised of highly skilled, dedicated and caring trauma, substance abuse, and mental health professionals focused on providing a safe and healing environment for young adult men and their families to begin the recovery process from alcohol, drugs, and traumatic events. Through the integration of experiential and clinical modalities, Red Oak Recovery® engages our clients in the process of discovering healthy alternatives to their limiting beliefs and self-destructive behaviors.

ROR also is committed to the rigorous evaluation of therapeutic programming. Thus, in cooperation with the Center for Research, Assessment, and Treatment Efficacy (CREATE; Asheville, NC) and the Arkansas Interdisciplinary Sciences Laboratory (ArKIDS; University of Arkansas), ROR is collaborating on a rigorous and comprehensive treatment outcome study, investigating the effectiveness of adventure programming for young adults with substance use disorders. Using state-of-the art assessment, sampling, and retention techniques, the research team began enrolling consenting men and women in the outcome study in 2015. 239 young men have participated to date (see The Willows at Red Oak Recovery® for a discussion of female programming and outcomes); data collection will continue indefinitely, as ROR strives to advance the empirical understanding of how clients respond to therapeutic interventions and what factors influence their recovery over time.

Phase one of the study includes a pre-treatment assessment, conducted when clients present for admission to ROR and a post-treatment assessment, completed when clients graduate from the program. For phase two, which includes conducting follow-up assessments at 3- and 12-months post-treatment, clients are tracked and assessed as they navigate additional recovery programs, sober living environments, and re-entry into their communities. Assessments include multiple standardized instruments, measuring the extent and severity of substance use, as well as factors influencing therapeutic response, such as comorbid psychopathology, traumatic stress, social support, therapeutic satisfaction, and affective intensity. Lastly, clients report on skill acquisition, including mindfulness and emotion regulation. Understanding the young adults served at ROR, including their response to treatment, allows for the highest quality of services, with the strongest evidence base, to be provided to clients and their families. **It is this commitment to understanding clients and their families which makes ROR a leader in the field of young adult substance abuse treatment.**

## Male Demographic Information:

 239 Men  
Ages 18-33, mean 22.02 years  
6.7% Adopted (n=16)  
89.1% Non-Hispanic White



## Years of Education:

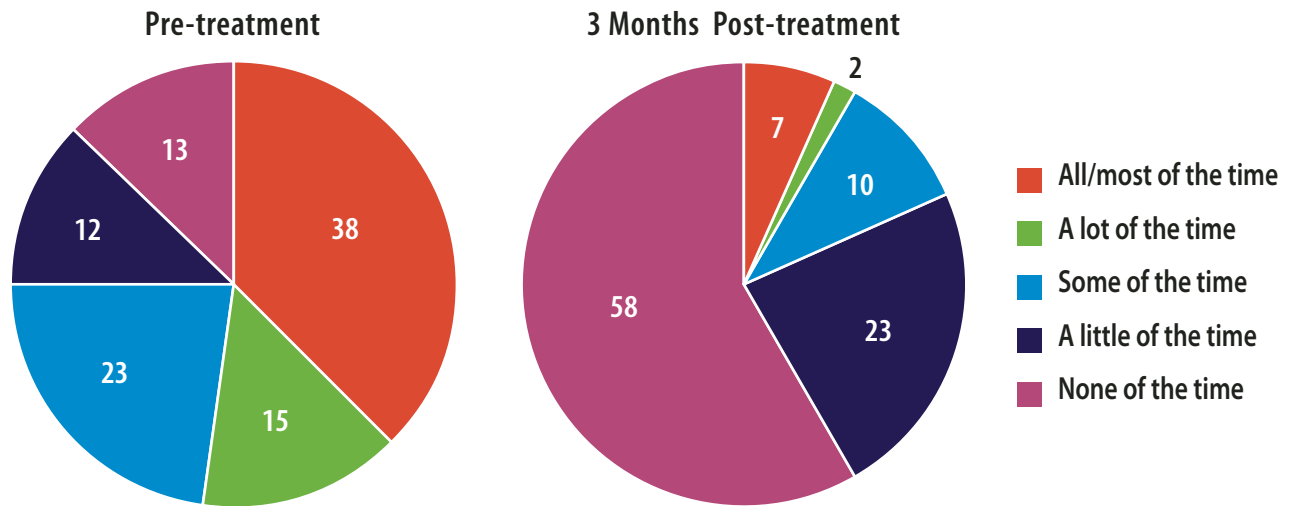
5% Less than HS degree  
19% HS degree  
62% Some college  
14% College degree  
0.4% Some grad school or grad degree

## Marital Status:

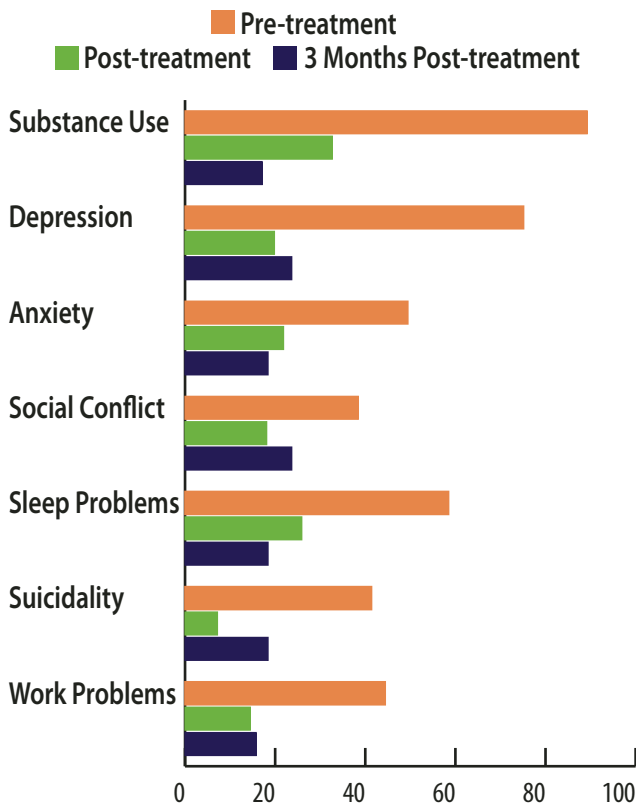
95.4% Single  
1.3% Married  
0.4% Separated  
0.4% Divorced  
2.5% Other

# Red Oak Recovery® Study Results: 2015-2020

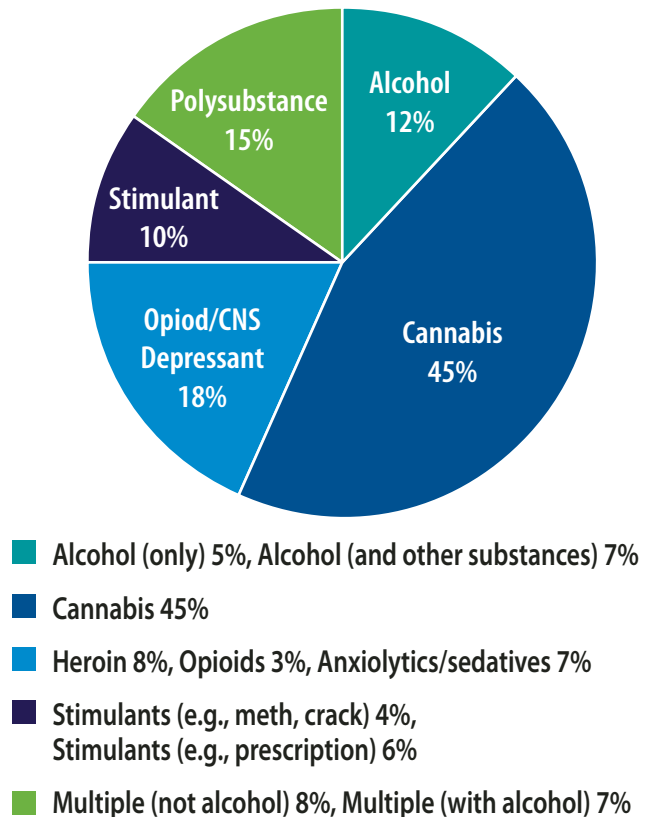
## Percentage of Men Reporting Intense Urges to Use Drugs or Alcohol



## Percentage of Men reporting Significant Symptoms of Psychopathology



## Primary (Most Frequently Used) Substance at Pre-treatment

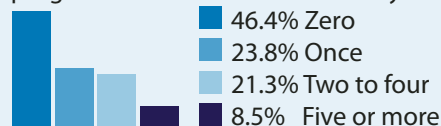


## Number of psychiatric prescription medications at admission:

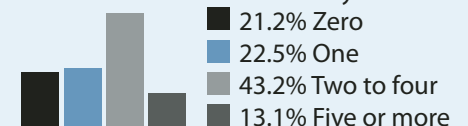
0 medications = 47.5%  
 1 medication = 19.5%  
 2-4 medications = 29.7%  
 5 or more medications = 3.3%

## Male Participants' Rehabilitation History:

Times in drug/alcohol rehabilitation programs before Red Oak Recovery®



Number of outpatient therapists seen before Red Oak Recovery®



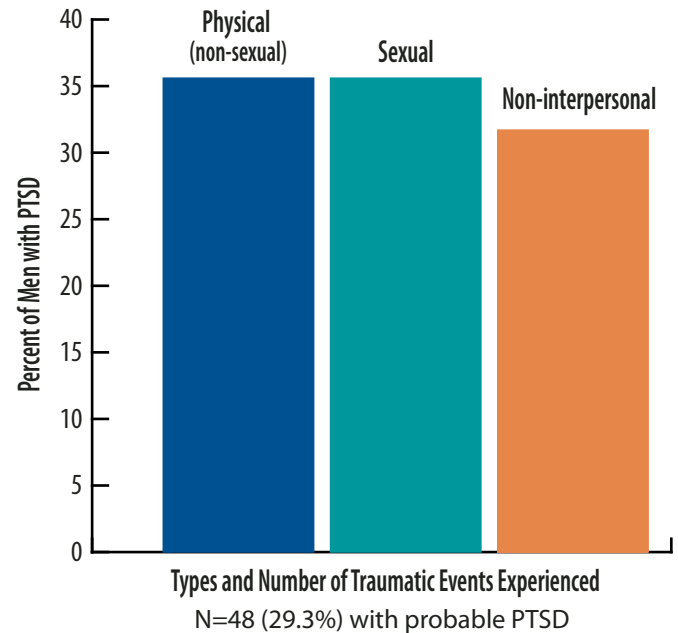
# Traumatic Stress and Substance Use Disorders

Exposure to traumatic events and substance use disorders are highly associated. The greater traumatic stress an individual experiences, the more likely they will have symptoms of a substance use disorder (SUD); the greater symptoms of SUD an individual has, the more likely they are to experience traumatic events in the future.

Twenty-nine percent of the overall sample of men at ROR met criteria for PTSD at admission for treatment. These rates are significantly higher than the general population of men (approximately 4% of men with traumatic stress will be diagnosed with PTSD in a given year) but lower than the rates of women presenting for treatment at The Willows, ROR's sister campus (43% of women met diagnostic criteria). For the men enrolling at ROR, rates of PTSD varied, depending on the types of traumatic events experienced. For example, roughly one-third of men reporting a history of physical or sexual assault met criteria for PTSD at admission, with somewhat fewer men experiencing non-interpersonal traumatic events (i.e., warfare, life-threatening accident, natural disaster, witnessing serious accidents or death) meeting criteria for PTSD at admission. At graduation from ROR, symptoms of PTSD in men were markedly improved, with only 2% of the overall sample of men continuing to experience clinically significant levels of traumatic stress.

This highlights the critical need to treat symptoms of PTSD and traumatic stress alongside substance use disorders in order to support young men's recovery and reduce likelihood of further traumatic event exposure.

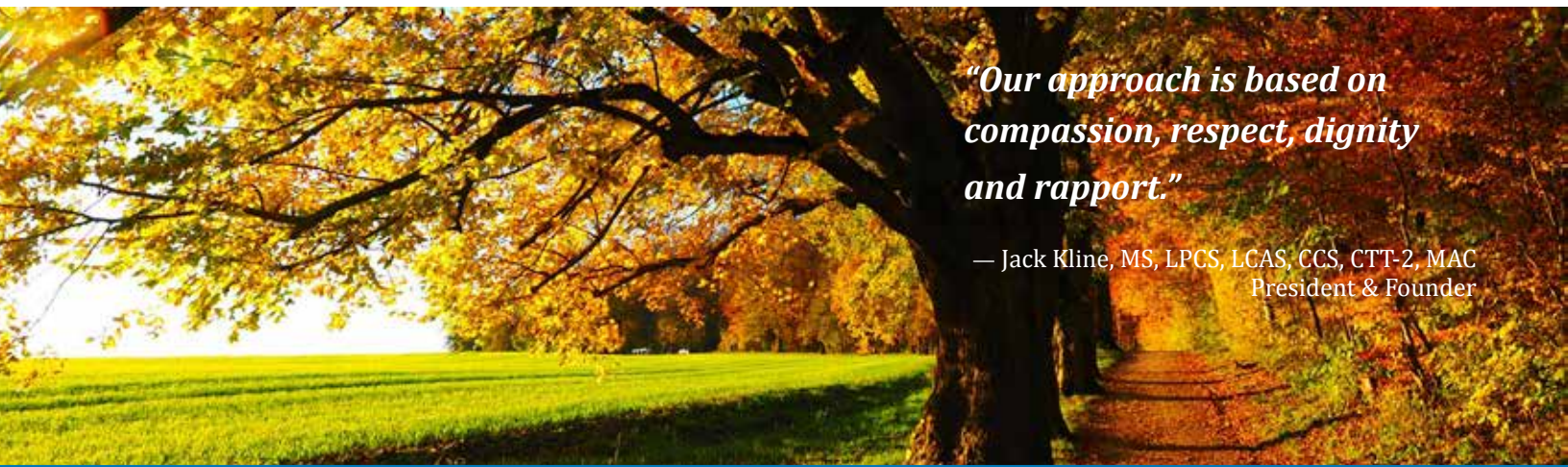
**PTSD Diagnosis as a Function of Trauma Type Category**  
(% of men with probable PTSD in each category of traumatic events)



**For additional information contact:**

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**Red Oak Recovery®**  
866.831.9107  
www.redoakrecovery.com



*"Our approach is based on compassion, respect, dignity and rapport."*

— Jack Kline, MS, LPCS, LCAS, CCS, CTT-2, MAC  
President & Founder



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The Center for Research, Assessment, and Treatment Efficacy (CReATE; Asheville, NC) is a clinical service and psychological research organization, committed to the provision of data-driven assessment and evaluation, empirically-supported mental health treatment, and the interface between science and practice. The Research Division at CReATE, directed by Sarah "Salli" Lewis, Ph.D. provides research and outcome evaluation to organizations, programs, and individuals, consultation and training, and a comprehensive research immersion experience to doctoral and masters-level psychology graduate students.