

# 2019 Report: Confidence in Coping with Stress

**Coping with Stress:** The difficulty to effectively cope with stress and life demands is often an underlying issue associated with substance use, mood disorders, and those struggling with trauma recovery. One of the primary treatment gains as part of core programming at Sierra Tucson, is to learn and practice efficacious coping strategies for healing and successful recovery.



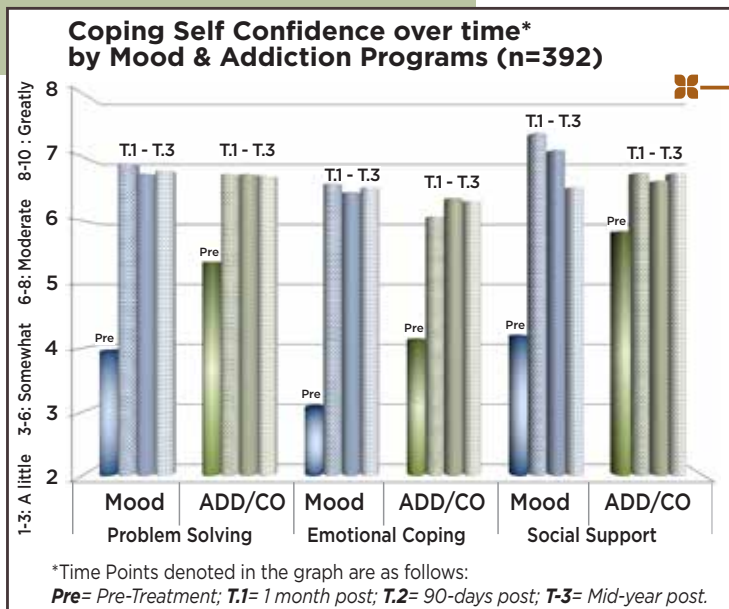
For information about Connect 365 and Sierra Tucson's residential treatment programs:

Call (800) 842-4487  
Free from UK 0800 891166  
or visit [SierraTucson.com](http://SierraTucson.com)

## Sample and Measure:

As part of standard assessment upon admission to Sierra Tucson, residents complete a comprehensive psychological profile, which includes a measure of coping confidence (the Coping Self-Efficacy Scale (CSE, 2006)). The CSE yields three coping domains, specifically: 1) Problem Solving, 2) Emotional Coping, and 3) Reliance upon Social Support. Sierra Tucson residents who participate in Connect365, are asked to complete the CSE at varying time-points during their recovery year after discharge. During 2017 and 2018, a total of 503 participants completed the CSE. The table to the right describes distribution of age and program by gender of this sample:

Coping Demographics of Connect365 Participants by Gender			
	Female	Male	Total
<b>Total Sample</b>	291	212	503
<b>Age</b>			
20-32	112	53	165
33-49	110	95	205
50 and older	69	64	133
<b>Program</b>			
Mood	128	65	193
ADD/CO	89	110	199
Trauma	66	27	93
Other	8	10	18

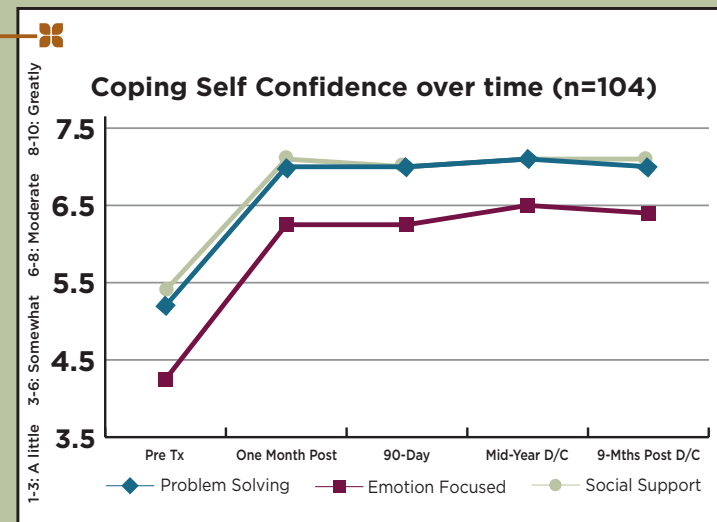


## Coping over Time:

Preliminary review of the data show that participants reported their coping confidence throughout their recovery year at varying time points. Averages for the three domains were plotted over time, and a trend is observed that coping self confidence is sustained up to 9-months after discharging from Sierra Tucson. The two graphs here illustrate these observations. This trend was consistent when further distinguished by the two largest program groups, Mood and Addictions/Co-Occurring (ADD/CO). (See graph to the left.)

## Repeated Measures Analysis of Variance (RM-ANOVA):

These data were further analyzed through 4-Factor Repeated-Measures Analysis of Variance (RM-ANOVA) to determine the significance of whether coping improved over time. Four time points, from pre-treatment to mid-year post treatment, comprised a sample of 104. Greenhouse-Geisser adjusted RM-ANOVA indicated that reported outcomes for all three coping domains were statistically significant, and effect sizes were medium to large. There was a statistically significant effect of time on problem-solving coping ( $F(2.02, 208) = 35.87, p < .001; d = 0.85$ ); on emotion-focused coping ( $F(2.07, 213) = 56.88, p < .001, d = 0.96$ ); and on social support coping ( $F(2.09, 215) = 17.20, p < .001, d = 0.60$ ). These data are also clinically significant as they indicate skills necessary for successful long-term maintenance in recovery. Item analysis further identified that some of the most improved coping skills were those related to greater use of techniques such as Reframing, Thought Stopping, Distraction, and Acceptance coping when dealing with stress. These coping strategies represent Sierra Tucson therapeutic programming, which are measurably sustained over time as reported in this convenience sample.



NOMS Demographics of Connect365 Participants		
	Frequency (Percent)	
<b>Gender</b>	Female	245 (56%)
	Male	189 (44%)
<b>Program</b>	Mood	172 (40%)
	ADD/CO	188 (43%)
	Trauma	57 (13%)
	Other	17 (4%)
	<b>Days in Treatment</b>	
	<30 days	54 (12%)
	30 days	337 (78%)
	>30 days	43 (10%)

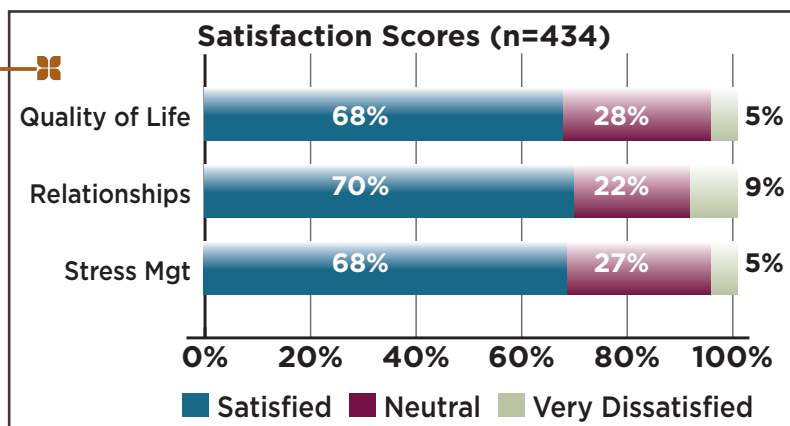
## National Outcomes Measures:

During 2017 & 2018, Connect365 participants shared their recovery progress when queried during one of their weekly coach encounters. Questions specific to National Outcomes Measures (NOMS), such as abstinence, continuing care compliance, days attending support groups, and quality of life and relationships, were collected, aggregated, and are reported in the table to the left.

The data obtained in this sample comprised slightly more women than men. Information captured at the time since discharge varied, ranging from early discharge (one month out) to late (beyond six months). The majority of patients completed 30-day programming at Sierra Tucson, and 10% stayed longer.

## Satisfaction with Life, Relationships & Stress Management:

During the year following treatment, the majority of participants reported feeling a great deal of satisfaction with their overall quality of life and primary relationships. The majority also reported having a great deal of confidence to manage their daily stressors.



## NOMS General Findings:

The majority of participants reported being active in their recovery process. Over 90% reported having abstained from substance use, were in compliance with their continued care planning, and over 90% refrained from medical care overuse.

## Crosstabulation of Recovery Engagement for combined years: 2017 & 2018

During the past month...	Response (n=434)	
	No (Percent)	Yes (Percent)
...have you used substances?	394 (91%)	40 (9%)
...have you been compliant with your Continued Care?	35 (8%)	399 (92%)
...have you sought out Medical Treatment?	401 (92%)	33 (8%)
...have you attended Support Groups?	85 (20%)	349 (80%)



**ANTOINETTE GIEDZINSKA, PHD**  
Director of Applied Neuroscience & Outcomes

Reporting valid outcomes is a major imperative in the behavioral health care field. It is one that Sierra Tucson fully embraces through the launch of our own viable measurement-based-care (MBC) platform. Implementing MBC is critical to deepen our understanding of patients' struggles, progress, and recovery. But we don't stop

there. We use MBC as an individualized tailored tool to further patients' own insight into their personal struggles and progress. This is a shared process with their treatment teams, which creates a network to identify clinical inertia, deepen therapeutic alliance, enhance treatment satisfaction, and above all to instill patient hope. Hope in oneself, one's self-efficacy, and hope in recovery.

Connect365 has successfully been in effect for the past 3 1/2 years in supporting Sierra Tucson alumni; the Connect365 continuing care platform encompasses nationally certified recovery coaches and interactive tech to provide — at no cost — one year of continuous support for residents following their treatment completion. Every Sierra Tucson resident who completes treatment is invited to enroll in Connect365. Since launching Connect365 in November 2015, we have supported 3,450 alumni; with an average live monthly contact of 1,661. Presently, 761 participants are actively enrolled.

This process not only has provided a meaningful opportunity for each patient to explore deeper understanding and insight into their self-exploration, but it serves as the foundation for measurement-based care (MBC) progress assessment and long-term outcomes. MBC will further strengthen patient understanding of their mental health status, deepen therapeutic alliances, and support the Sierra Tucson mission to be the exemplar in best mental health practices.