



JUNE 2022

CARP DATA REVIEW

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PROJECT GOAL

Comprehensive Alcoholism Rehabilitation Programs, Inc. (CARP) retained the services of Tricia Richards-Service, PhD to collect, analyze, and synthesize data related to CARP's 12-step immersion residences. The project was initiated to both quantitatively and qualitatively evaluate the success of this unique program.

DATA COLLECTION

Dr. Richards-Service visited the men's and women's facilities to observe the program; interview the residents and available graduates; and collect data on residency periods and current sobriety status.

Data was compared with national rates to determine the efficacy of the program and the sustainability of the results.



HOW CARP HELPS

According to the 2018 National Survey on Drug Use and Health (the most recent report), **14.4 million adults** over 18 have alcohol use disorder. An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the U.S. behind tobacco and poor diet, according to the National Institute on Alcohol Abuse and Alcoholism.

A 2020 study published by the medical journal Cochrane Database of Systematic Review found that Alcoholics Anonymous' peer-led program not only helps people get sober, but it also has higher rates of continuous sobriety compared with professional mental health therapy, such as cognitive behavioral therapy.

Simultaneously, provisional data from CDC's National Center for Health Statistics indicate there were an estimated **107,622 drug overdose deaths** in the United States during 2021, an increase of nearly 15% from the 93,655 deaths estimated in 2020. The 2021 increase was half of what it was a year ago, when overdose deaths rose 30% from 2019 to 2020.

At CARP, residents are immersed in a residency program which integrates a 12-step recovery program into daily living. This habitual practice, combined with professional and peer support, results in one of the highest known success rates for substance use disorder programs.

***"I needed CARP to appreciate the gifts AA can give me.
They break it down, compound it, and show us the way.
To call CARP a gift is an understatement."
- Holly H.***

FAST STATS

While the cost of human suffering cannot be measured, the tangible effects of alcoholism and drug addiction are easier to quantify.

A May 2022 study reported there were an estimated **107,622 drug overdose deaths in the United States during 2021**, an increase of nearly 15% from the 93,655 deaths estimated in 2020. This is an all-time high for drug overdose deaths.

A National Institutes of Health study found that **methamphetamine-involved overdose deaths nearly tripled between 2015 to 2019**.

Alcoholism and drug addiction are associated with increased suicide risk, especially among women:

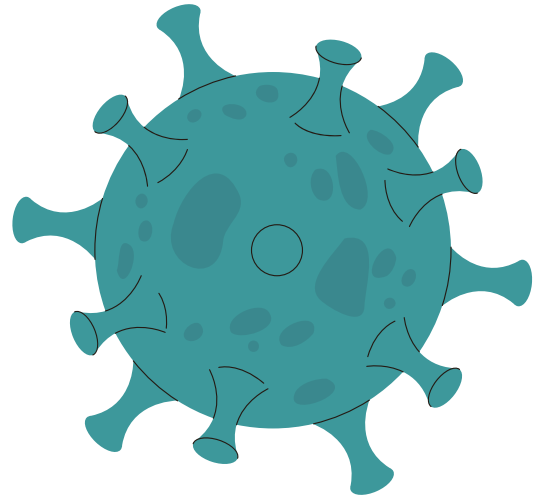
- 5 million women with substance abuse disorder (SUD) over the age of 18 had serious thoughts about suicide.
- 538,000 had made a plan to commit suicide; 287,000 had attempted suicide.
- **6 CARP residents/graduates made a plan to commit suicide prior to following CARP's 12-step immersion program. They are alive today to tell their stories.**



COVID EFFECTS

As the pandemic progressed, so did alcohol and drug misuse. Multiple studies reveal that individuals reported difficulty coping with pandemic-related issues, including:

- mental health issues, such as depression and anxiety
- parenting challenges
- food and housing insecurity
- job loss
- isolation
- loss of loved ones
- physical health issues.



At this time, alcohol and drug use remain one of the most challenging crises - one that CARP is uniquely prepared to address.

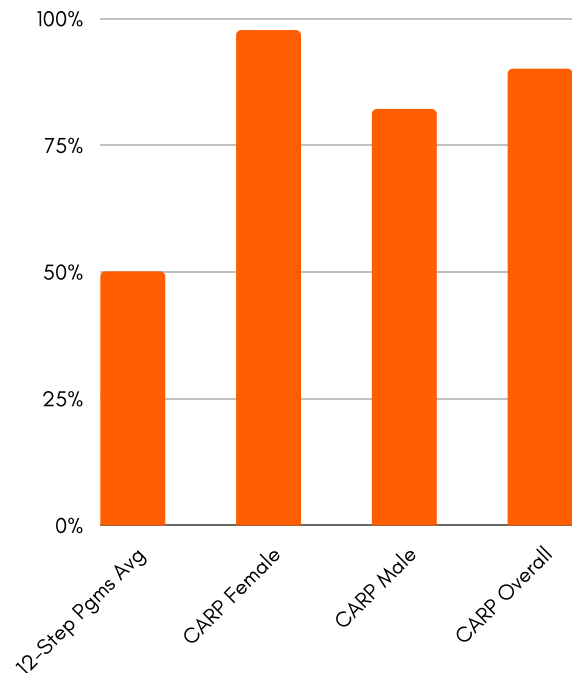
"I couldn't stop [drinking]. I've been in a bunch of programs, and I'd ask myself, 'How long are you going to last?' ... The difference with CARP is that I had to get a sponsor and talk to the sponsor every day. I haven't had a drink since October. I used to be suicidal, and now I'm looking forward to the future. As far as I'm concerned, they gave me exactly what I need, and it worked."
- Donald W.

OUTCOMES

SUCCESS RATE

Twelve-step facilitation programs have an estimated success rate of 50%, claiming that another 25% remain sober after some relapses.

Graduates from CARP's 12-step immersion residency report a success rate of **82.5%** for men and **97.6%** for women. The overall success rate for CARP graduates is **90%**.

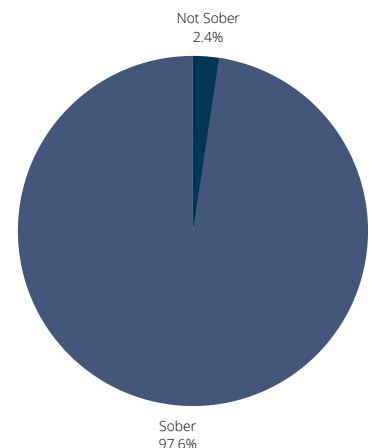


WOMEN'S PROGRAM

The CARP women's facility opened February 1, 2020.

A current review of graduate data indicates that:

- Of the 57 female graduates, the status of 14 remains unknown.
- Of the 43 with a known status, one is deceased and has been eliminated from calculations.
- Of the remaining 42 women, 41 are currently sober (97.6%).
- Only one graduate is currently not sober (2.4%).
- Of the 42 women whose status is known, 10 (24.2%) have experienced a relapse.

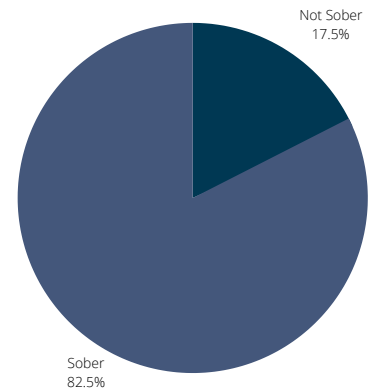


OUTCOMES

MEN'S PROGRAM

The CARP men's facility opened February 1, 2021. Analysis of graduate data reveals that:

- Of the 41 males who graduated between February 1, 2021 and May 10, 2022, 33 (82.5%) were currently sober.
- One graduate's status is unknown and has been excluded from the data.
- Seven of the 40 graduates whose status is known (17.5%) were not sober at the time of the review.
- Only two graduates reported a brief relapse, followed by recovery.



***THE OVERALL SUCCESS RATE FOR CARP GRADUATES IS 90%.
THERE IS CURRENTLY A WAITLIST FOR BOTH PROGRAMS.***

CONTINUING SUPPORT

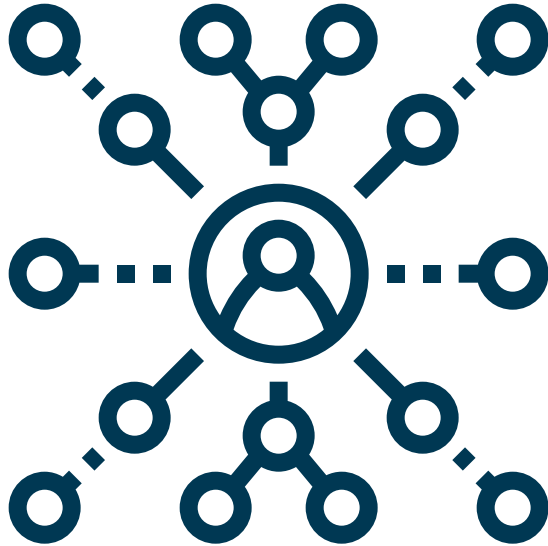
Program graduates are encouraged to maintain their relationships with CARP representatives, continue to attend 12-step meetings, and practice the program's principles and traditions on a daily basis.

It's common for graduates to move into sober houses to continue their recovery, secure employment, and gain additional social support.

Many of the graduates have chosen to work in the rehabilitation environment, either through positions at CARP or employment with other organizations.



IMPACT



INDIVIDUAL & SOCIETAL EFFECTS

Individuals who suffer from alcohol and drug misuse are not the only people who are directly affected. For each person who experiences substance use disorder, approximately seven other people are negatively affected. For this reason, this is known as a family disease. As a result, helping one person recover allows approximately seven other people to find relief and heal.

"CARP gave me the answers. I'd been using for 20 years before [coming to CARP]. I have two kids, ages 5 and 8. My goal is to be a father full-time, and that wouldn't have been possible without CARP. Every day has gone better than the last. CARP is literally saving people's lives and saving the heartbreak of their families: fathers, brothers, children, mothers. What better thing could you do than save another person's life?"
- Shane M.

MESSAGE TO DONORS

Residents and graduates were asked, "If you could speak to a donor or potential donor, what would you say to them?" Here is a sampling of their answers.

"This works if you work it. You can't put a price on that. Someday, I want to be a donor. [Until then], my payment is in love - in sharing with other people what I learned here."

- Marcus E.

"My gratitude is off the charts."

- Jane F.

"I'm living the best life I ever had."

- Jackson

"My family has been restored, and my health has been restored. I want to pay it forward."

- Holly H.

