Measuring Treatment Philosophy: A Scale for Substance Abuse Recovery Programs

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*The views expressed in this article are those of the authors and do not necessarily reflect those of the U.S. Department of Health and Human Services.

INTRODUCTION

In recent years, substance abuse treatment programs have been implementing new approaches to improve client outcomes. One such approach is the philosophy of a program, which is the underlying set of beliefs and values that guide the treatment provided. This paper introduces a scale to measure treatment philosophy, which can be used to assess and compare the philosophies of different programs.

METHODS

The scale was developed through a literature review, expert interviews, and a pilot study. The pilot study involved interviews with 20 clients and 10 program directors to ensure the scale was comprehensive and relevant.

RESULTS

The scale consists of 20 items that assess different dimensions of treatment philosophy, such as client empowerment, holistic care, and recovery-oriented care. The results of the pilot study showed that the scale is reliable and valid.

CONCLUSIONS

The scale can be used to measure treatment philosophy and help programs identify areas for improvement. Additionally, the results can be used to compare programs and inform policy decisions.