

A New Outlook for NUWAY

Research Question

How do clients' personal **Factors** impact the **Likelihood** of completing treatment?

HOW DO
WE
MEASURE?

Factors:

Demographics
Barriers to treatment

Likelihood



Motivation

OUR GOAL: To examine the relationship between potential barriers & addiction treatment motivation for new residential patients

NUWAY
Alliance

NUWAY®, Cochran, The Gables,
NUWAY Recovery Foundation

NUWAY Alliance is a nonprofit organization that oversees a collection of recovery treatment centers and services around the Twin Cities area. They operate with a focus on using research to better their leadership, innovation, and recovery access methods.

One of NUWAY's residential inpatient treatment centers where we conducted our surveys at.



Meet the Researchers



Sarah Feng

Sarah Feng ('23) and Vivian O'Brien ('23) are part of Breck School's Advanced Math Research program. Their passion for applying a math lens to issues and injustices by working with a local nonprofit community organization has motivated them to make a positive impact on NUWAY by leveraging their mathematical skills to support its outreach to the community.



Vivian O'Brien

METHODS

Survey Development

NUWAY provided key factors for us to highlight and integrate into the survey. Such factors included: **motivation, roots of motivation, acuity, trauma, environmental barriers, and demographic data.**

Survey Administration

The survey was administered in three Minneapolis facilities; two of which were men's facilities and one of which was a women's facility. The survey was voluntary and required staff supervision.

THE SURVEY

24 Questions Total
3 Demographics Questions
13 Likert Scale
4 Short Answer

I am Motivated to complete this Treatment

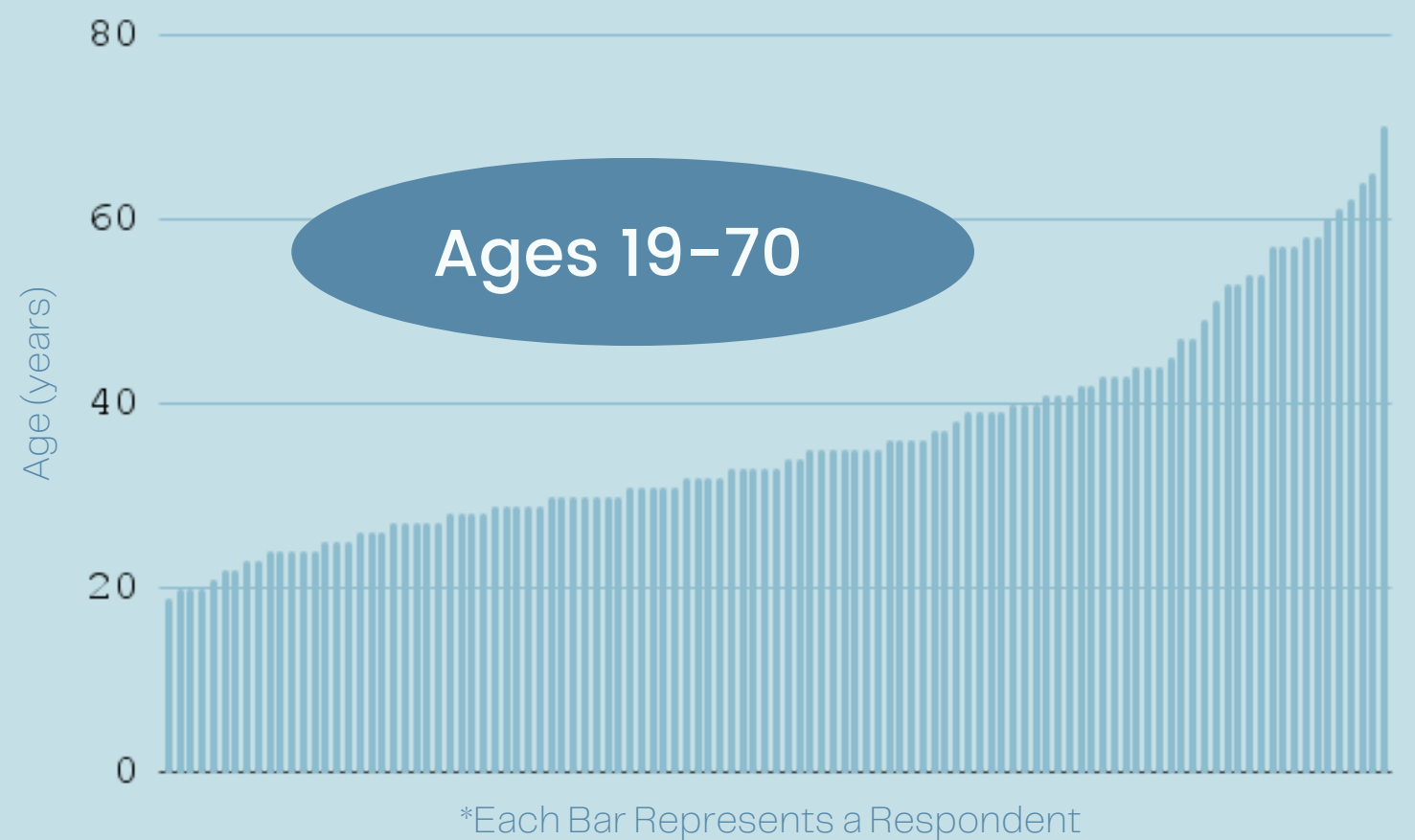
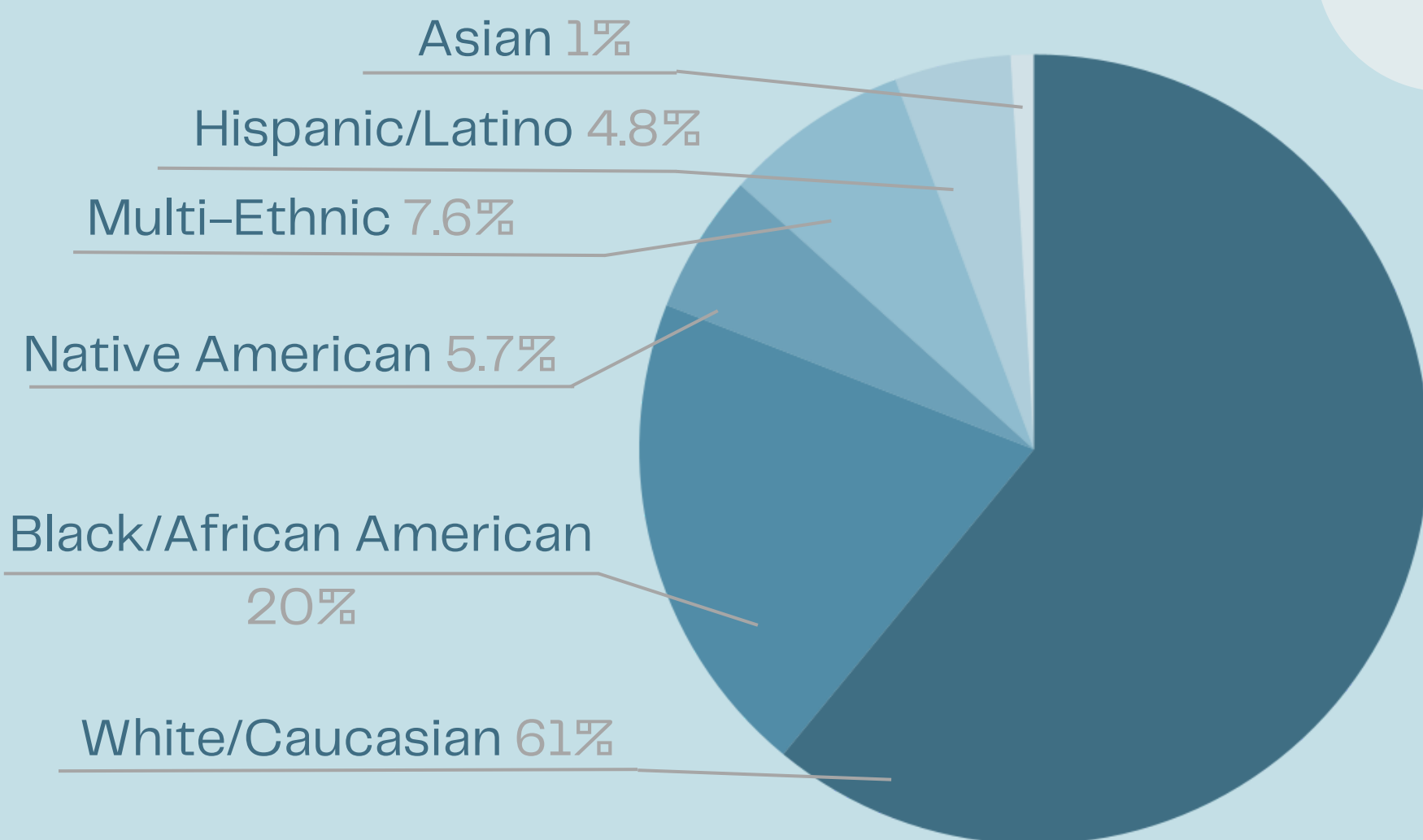
Sample Question

Strongly Disagree Disagree Neutral Agree Strongly Agree

DEMOGRAPHICS

112 Total Respondents

40% Female Identifying
58% Male Identifying
2% Non-Binary Identifying

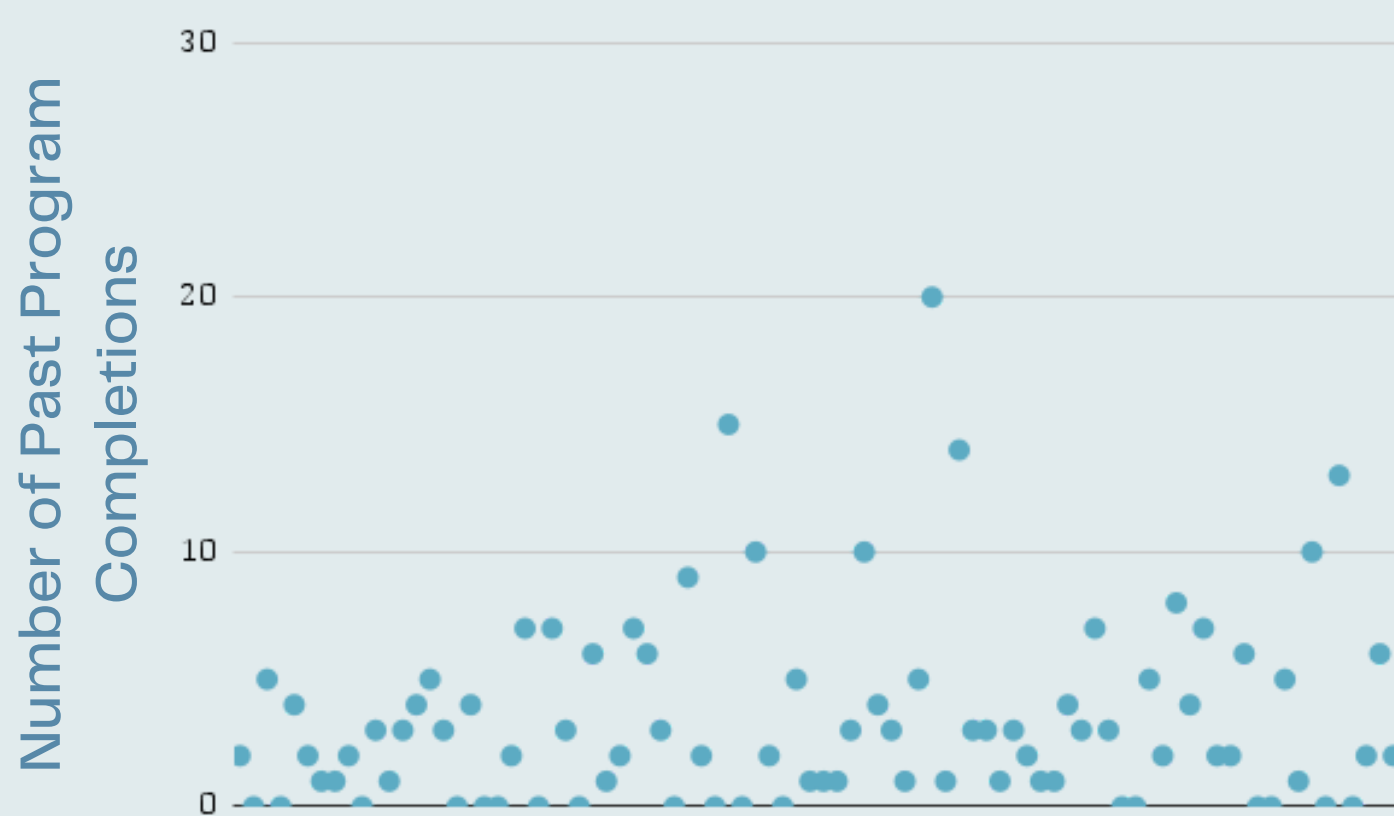
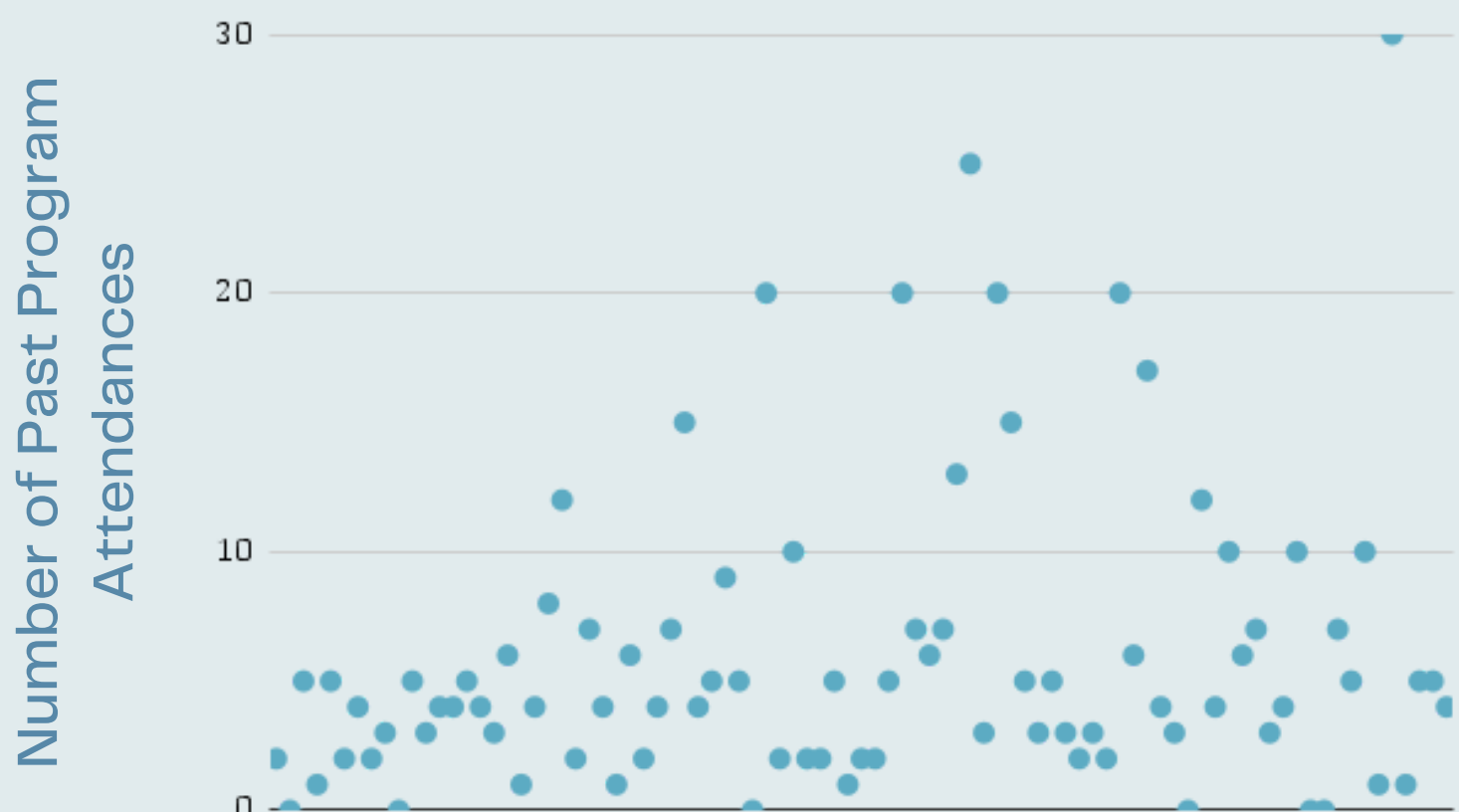


Definition

Trauma: A deeply distressing or disturbing experience

70 Respondents reported past experience with **Trauma**

42 reported **Needing Help with Trauma** in recovery



*Each point represents a respondent

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RELATED LITERATURE

Motivation

Intrinsic motivation is a major key to true behavioral change in substance use disorder.

Barriers

A huge disparity exists between the need for treatment and its actual accessibility and use.

Three major domains of barriers: **attitudinal, subjective norms, and perceived controls.**

FINDINGS

Using Chi-Square Tests of independence, we found **Three Significant Associations with Grouped Motivation Levels**

Intrinsicity

The motivation level was associated with whether or not the motivation was intrinsic
p-value=0.0002

Roots of Motivation

Perceived Control:

Whether or not the client experienced any financial barriers to seeking treatment
p-value=0.0040

Barrier

Subjective Norm:

Whether or not the client experienced a positive environment that supported them seeking treatment
p-value=0.0082

Barrier

Impacts of Trauma

Although motivation score differences between people with Trauma and people without were minimal (Fig. 1), differences were more drastic regarding the need to trauma help. (Fig. 2)



Figure 1. Mean Motivation Score Trauma vs No Trauma

Do You Need Help with Trauma in your Recovery?

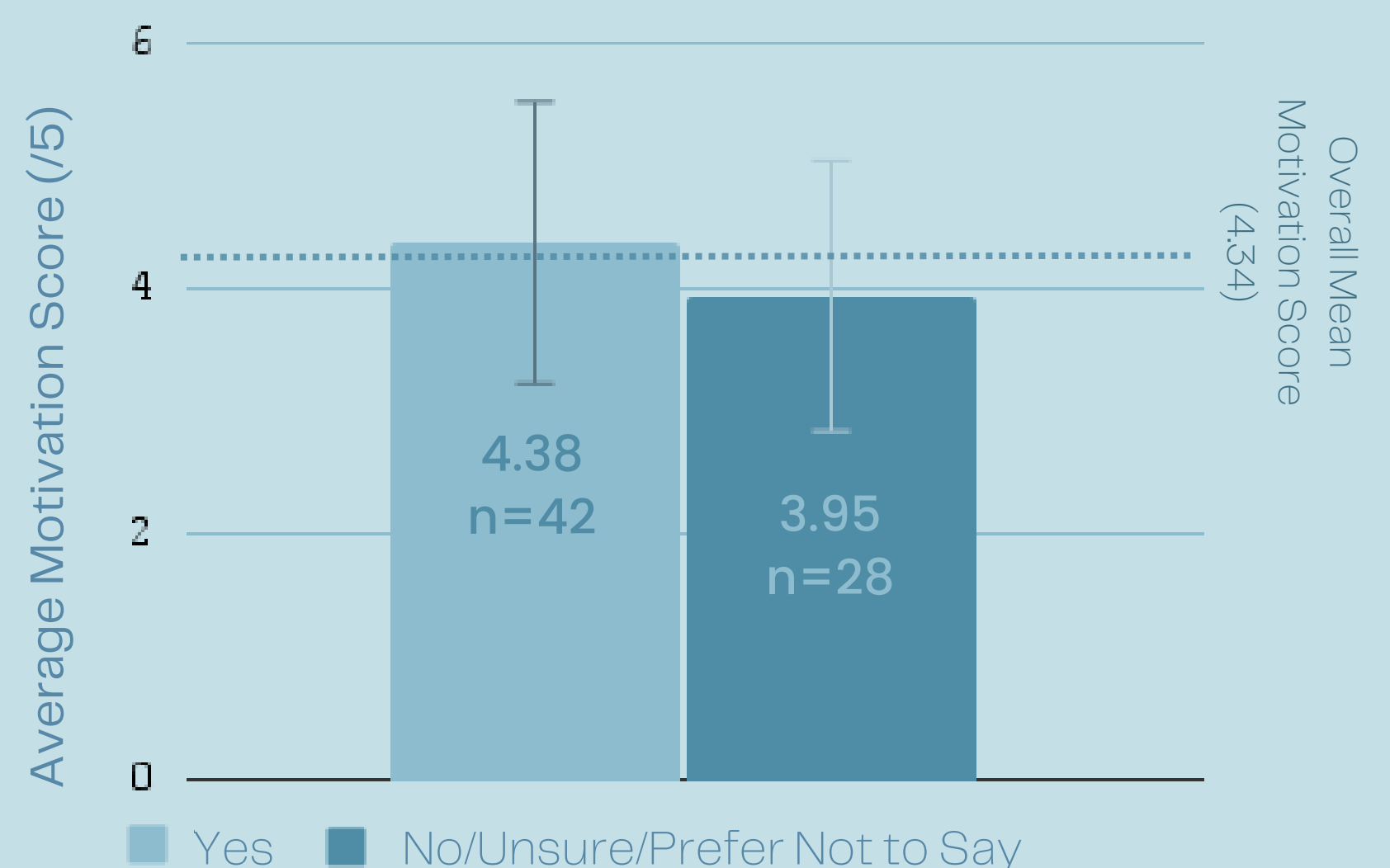


Figure 2. Mean Motivation Score of Different Trauma Help Recognition Groups within Overall Trauma Group

CONCLUSIONS

We found that the majority of onboarding patients had relatively high motivation levels with a mean motivation of 4.34 out of 5. Our preliminary data suggested that lack of positive environment and financial barriers have the most significant relationship with motivation (unable to be shown: we explored in our paper how different demographic factors effect the prevalence of these barriers). When it came to patients with trauma, the group that didn't report needing help with trauma during recovery had a below-average mean motivation score.