T E E N C H A L L E N G E

A S S E S S M E N T

Faith Based Substance Abuse Intervention:
A Substantive Evaluation of the Utility, Application & Efficacy
of Teen Challenge

June 2008
Preliminary Outcome Report

JUDKINS INSTITUTE FOR LEADERSHIP STUDIES
Marty Harris, Ph.D., Roger Heuser, Ph.D., Doug Petersen, Ph.D., Andrew Stenhouse, Ed.D.
Samantha Saucedo (Research Assistant)
Background Summary
The Judkins Institute for Leadership Studies (JILS) was contracted by Teen Challenge to carry out a regional pilot study on the efficacy of surrounding substance abuse treatment and intervention centers. JILS was also contracted to develop an assessment instrument designed to measure a number of prevention and substance use constructs and efficacy variables. This instrument was formatted with the use of an electronic on-line assessment company “Surveymonkey ®.” Four Southern California Teen Challenge Centers participated within this regional study that took place between fall 2007 and carried out through the spring of 2008. Participating centers included: Los Angeles Teen Challenge (Men’s & Women’s Center), Orange County Teen Challenge, and Inland Empire Teen Challenge.

The final instrument was electronically programmed for internet access, e-mail delivery and paper pencil format and designed for parametric statistical analyses. This scale included items designed for measure and comparison across: Age, Gender, and Ethnicity, Marital Status, Family, Children, Employment, Education, Training, Substance Use History, Criminal Activity and Church Participation. Additionally, 14 Scales (140 items) were included to assess behavioral changes as they relate to a number of identified variables. Participants were asked to respond on a 1 to 6 Likert scale, with 1=strongly disagree and 6=strongly agree. The following represent additional scales included within this survey: Counseling or Psychological Support; Obstacles to Counseling or Psychological Support; Counseling or Psychological Support Needs; Employment Readiness; Volunteer Attitude; Depressive Symptoms; Anxiety Symptoms; Teen Challenge Satisfaction; Life Purpose; Hope; Community Contributions; Self Esteem; Life Satisfaction; and Spiritual Congruence.

Preliminary results (June 2008) indicate a number of statistically significant findings that suggest that as participants become more involved within Teen Challenge, perceptual differences in a number of constructs have improved. These include an overall decrease in stress, depression and an increase in hope, self esteem, life satisfaction, and life purpose. Additionally, self report of substance use has decreased. The results continue to be reviewed and analyzed and a final comprehensive report and recommendations should be available September (2008).

Participant Demographics
The survey included 151 participants of these 123 (81%) were male and 28 (19%) were female. Of the 151 participants 2 were Asian, 6 were American Indian, 54 were Hispanic, 76 were White, 8 were African American, 2 were Other, and 3 did not respond to the ethnicity question.
Participants in this study ranged in age from 20 to 59. Ninety-three (62%) participants were in their twenty’s, 28 (19%) were in their thirty’s, 24 (16%) were in their forty’s, and 5 (3%) were in their fifty’s.

Statistics and Power Analysis
A t-test was used when appropriate to compare mean samples. Analysis of variance was a procedure used for comparing sample means across comparative groups (Age, Ethnicity, Gender, and Time in Teen Challenge). Power analysis suggests that the identified results of this study were significant at the .05 level of probability, indicating a 95% likelihood that these findings did not happen by chance.

Research Findings
The final instrument was translated to an on line survey using Survey Monkey®. This online instrument was then sent electronically to four regional centers and Teen Challenge participants were invited to respond. 151 participants responded to this survey. Subsequently, responses were reformatted and translated into a Statistical Package for the Social Sciences (SPSS) for analysis and interpretation. This was done by coding responses in numerical format to provide maximal comparisons and interpretative analysis. From these results statistical comparisons were made within and between the following:

- Age Groups
- Gender
- Ethnic Groups
- Months in Teen Challenge
- Substance Use
- Behavioral Scales
- Satisfactions scales
- Spirituality constructs

![Drug Usage Chart](image)
Teen Challenge survey participants self described current and past substance use (Use Rates). These included a number of thirty day use characteristics associated with alcohol, marijuana, speed, cocaine, barbiturates, heroin, acid, glue, PCP, ecstasy, cigarettes, and other drugs. Marijuana has the highest number of previous use with 97(60%) participants using before entering the Teen Challenge program, currently 34 participants (22.5%) reported Marijuana use within the last thirty days. Currently, cigarettes are used by more participants in this study than any other substance, with 40 participants (27%). This sampling also suggests that compared to previously used substances those within the Teen Challenge program reduced their use significantly. Participants reported an overall decrease in current use of alcohol (by 68%), marijuana (by 65%), speed (by 74%), cocaine (by 78%), barbiturates (by 74%), heroine (by 69%), acid (by 83%), glue (by 92%), PCP (by 50%), ecstasy (by 86%), cigarettes (by 44%) and other (by 48%).

<table>
<thead>
<tr>
<th>Where do you go for counseling and or psychological support?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervisor at work</td>
</tr>
<tr>
<td>Colleagues from work</td>
</tr>
<tr>
<td>Personal Counseling</td>
</tr>
<tr>
<td>Roommate(s)</td>
</tr>
<tr>
<td>Self</td>
</tr>
<tr>
<td>Teen Challenge Counselors</td>
</tr>
<tr>
<td>Friends</td>
</tr>
<tr>
<td>Family</td>
</tr>
<tr>
<td>Place of Worship</td>
</tr>
<tr>
<td>Prayer</td>
</tr>
</tbody>
</table>

When asked about counseling and psychological support participants responded that Prayer, Worship, and Family were regarded as the outlets of support most frequented. When needing this type of support and when compared to the options presented, participants would least likely go to their supervisor or colleagues at work.
When asked about what area of their life they would seek counseling or support for, participants agreed the most that they would seek help for alcohol or drug issues, followed by Stress (4.17), Anger Issues (4.04) and Depression (4.03).

Participants responded to statements relating to ten behaviorally oriented scales. The higher the scale scores in general the greater the agreement with that scale construct. The volunteer scale had the highest mean of 5.16, showing that participants agree with statements such as, “volunteering can be worthwhile,” and “volunteering can be rewarding.” The sadness and stress scale have low means of 3.15 and 3.26 respectively.

**Results by Months in Teen Challenge**

The following are survey scale means by months in Teen Challenge. The groups are categorized into 1-6 months, 7-12 months, 13-18 months, and 19 or more months.
Statistically significant at the .05 level. a. Significant difference with 7-12 months.

The Employment Scale is a scale designed to assess “readiness” to work and or participate in employment related activities. Participants that have been in Teen Challenge for 1 to 6 months have the lowest mean of 4.87, participants from 7 to 12 months have a mean of 5.44, participants from 13 to 18 months have the highest mean of 5.20, and participants in the 19 or more months group have a mean of 5.43. The difference between the 1 to 6 months group and 7 to 12 months group is significantly different, showing that 7 to 12 months agree more with statements like, “I look forward to searching for a new job.”

Statistically significant at the .05 level. a. Significant difference with 7-12 months. b. Significant difference with 19+ months.

The means on the Volunteer Scale suggests that the longer a participant has been a part of the Teen Challenge program the more they agree that volunteering is worthwhile, important, and makes a difference. Participants in the 1 to 6 months group had the lowest mean and it was statistically significantly lower than the mean of participants in the 7 to 12 months group and 19 or more months group. The participants in the 13 to 18 months group had a mean of 5.26 and that was significantly less than the mean of 19 or more months group.
Means for each months participating group suggest that the longer a participant has been in the Teen Challenge program the less they agree with experiencing sadness symptoms.

This graph displays that participants that have been part of the teen challenge program for only 1 to 6 months have a higher mean of 3.44 on the Stress Scale than any other months group. This may show that the longer in Teen Challenge, the less stress participants may experience. Participants that have been in the program for 7 to 12 months and 19 or more months have a mean of 2.88. The lowest mean of 2.84 is displayed by the 13 to 18 months group.
The longer a participant is in Teen Challenge, the more they agree that they are satisfied with the program. Participants that have been in the program for 19 or more months agree the most with a mean of 5.60. The lowest mean of 4.48 is shown by the 1 to 6 months group. Their mean is statistically lower than the means of the 7 to 12 and 13 to 18 months group.

This graph supports that the longer a participant has been a part of Teen Challenge the more they agree that they have greater purpose in their life. Participants that have been in Teen Challenge for only 1 to 6 months have a mean of 4.30. That mean was significantly smaller than the mean for 7 to 12 months, 13 to 18 months, and 19 or more months (program participants).
Participants that have been in the Teen Challenge program for 19 or more months have a high mean of 5.46, suggesting that they have greater hope for their life. This graph displays that the longer you are in Teen Challenge the more you agree that you have hope for your life. Participants that have only been in the program for 1 to 6 months have a lower mean of 4.91.

Increased Teen Challenge participation suggests increased community interest and commitment. Participants that have been in the program for 19 or more months have the largest mean of 5.75 and that mean is significantly higher than the mean of 4.85 that is displayed by 1-6 month participants.
The longer a participant is part of Teen Challenge the more they agree that they are satisfied with their life. Participants that have been in Teen Challenge for 19 or more months have the highest mean of 4.94 on the Life Satisfaction Scale. The lowest mean of 4.44 is shown by the participants that have been in Teen Challenge for 1 to 6 months. There are not any statistically significant differences in means.

**Recommendations**

Additional research is needed and being carried out to compare longitudinal impact and substance use, gender differences, and ethnicity and race as factors for consideration. Additionally, the research suggests that there are some significant gender differences. For example, the mean for female (3.86) participants was statistically and significantly higher than the males (2.99) on the sadness scale. Females. Similarly on the stress scale, females (3.85) have a significantly higher mean than the male (3.13) participants. Because of the relatively small sample size of women within the study, additional female participation will be needed to further substantiate these and other findings. There were a number of constructs that demonstrated significant (statistically) between ethnic groups. These included differences in employment readiness, life purpose, hope, community, and self esteem. These differences are significant, but the relatively small samples size and relatively small representation by the various ethnic groups suggest that with greater participation these findings can also be further substantiated. The general trend of improvement across time appears to be a phenomenon identified by this study. As Improvements across community attitude, volunteerism, employment readiness, and perceptions of hope, life purpose, self esteem and decreases in stress and sadness appear to by constructs positively affected by Teen Challenge participation. Continued analyses of these findings coupled with further participant comparisons of substance use across time and related spirituality constructs will be carried out and reported during the next report (September 2008). Additionally, a strategic and broader recommendation of Teen Challenge Participation will be recommended within that report.