

High-risk sexual behaviors declined after treatment among clients in the National Treatment Improvement Evaluation Study (NTIES). High risk behaviors, including having ten or more sexual partners, engaging in prostitution, and engaging in the exchange of sex for drugs, declined from intake to follow-up among clients in three age groups, adolescents (13-17 years), young adults (18-24 years) and adults (25 years or older). The findings from this analysis suggest that substance abuse treatment has a positive impact on high-risk behaviors among clients in all age groups.

### Background

This fact sheet presents an analysis of 4,411 clients from the National Treatment Improvement Evaluation Study (NTIES) for whom both intake and follow-up data were available. Three groups of clients were examined in this analysis:

- Adolescents (ages 13-17; n=236; 5% of clients)
- Young Adults (ages 18-24; n=651; 15% of clients)
- Adults (ages 25 and older; n=3,524; 80% of clients).

This fact sheet examines the influence of substance abuse treatment on high-risk sexual behaviors among adolescents, young adults, and adults. The outcome measures were:

- Having ten or more sexual partners in the past year
- Engaging in prostitution
- Engaging in sex exchange (i.e., gave or received sex for drugs or drugs for sex).

This fact sheet is one of a series of fact sheets comparing treatment outcomes among three age groups. Fact Sheet 78 examined the benefits of substance abuse treatment on the mental health of adolescents, young adults, and adults while Fact Sheet 80 examines motivation for treatment and substances used across age groups. The employability of adolescents, young adults, and adults before and after substance abuse treatment is examined in Fact Sheet 81.

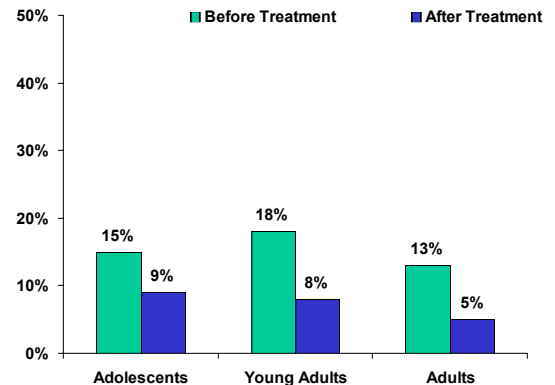
### The Proportion of Clients Who Had Ten or More Sexual Partners Declined After Treatment

Clients were asked at treatment intake and at follow-up (one year after treatment) whether they had ten or more sexual partners in the past year. Across all age groups, there was a decline in the proportion of clients reporting they had ten or more sexual partners after treatment.

Compared to the year before treatment, the proportion of clients who had ten or more sexual partners in the year after treatment

declined by 40 percent among adolescents and by more than half among young adults. The largest decline was among adults, with a decline of nearly two-thirds in the proportion of clients who reported they had ten or more sexual partners in the year after treatment compared to the year before treatment.

**Percent of Clients Who Had Ten or More Sexual Partners Before and After Treatment by Age Group (N=4,411)**

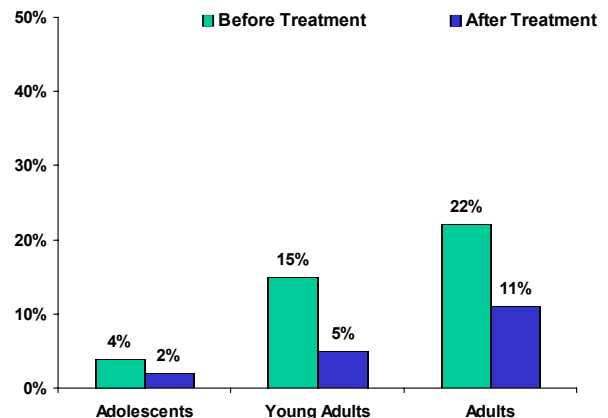


### The Proportion of Clients Reporting Prostitution Declined After Treatment

Clients were asked at intake and at follow-up (one year after treatment) whether they had engaged in prostitution. Across all age groups, there was a decline after treatment in the proportion of clients who reported they had engaged in prostitution.

Declines in reported prostitution were similar for young adults and adults. Compared to the year before treatment, there was a decline of about two-thirds in the proportion of young adults and adults who reported they had engaged in prostitution. A small proportion of adolescents reported engaging in prostitution before treatment, and that proportion declined by half after treatment.

**Percent of Clients Reporting Prostitution Before and After Treatment by Age Group (N=4,411)**



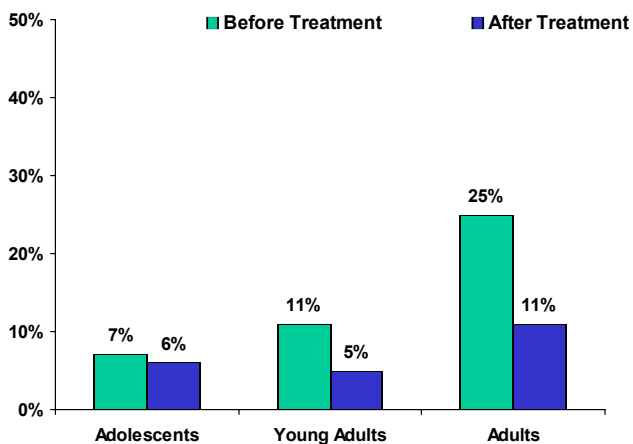
# High-risk Sexual Behaviors Declined After Treatment Across Age Groups

## The Proportion of Clients Reporting Sex Exchange Declined After Treatment

Clients were asked at intake and at follow-up (one year after treatment) whether they had exchanged sex for drugs or drugs for sex (i.e., sex exchange) in the past year. Across all age groups, there was a decline in the proportion of clients reporting sex exchange after treatment.

Compared to the year before treatment, sex exchange declined by more than half among adults and young adults in the year after treatment. The proportion of adolescents who reported sex exchange at intake was small and declined slightly at follow-up.

**Percent of Clients Reporting Sex Exchange Behaviors Before and After Treatment by Age Group (N=4,411)**



## Summary

The findings from this analysis suggest that substance abuse treatment has a positive impact on high-risk behaviors among clients in all age groups. With the exception of sex exchange and having ten or more sexual partners among adolescents, the proportions of clients in each age group reporting high risk sexual behaviors declined to at least half of their pre-treatment levels at the one year follow-up.

Adolescents comprised the smallest proportion of clients reporting prostitution and sex exchange behaviors before treatment, while the proportion of adolescents reporting ten or more sexual partners before treatment was similar to that of adults and young adults. There were substantial declines in the proportion of clients reporting they had sex with ten or more partners after treatment with young adults and adults showing the largest declines. The largest declines in risk behaviors for all age groups were among clients who reported engaging in prostitution, with adults and young adults demonstrating the most change.

## Overview of NTIES

The National Treatment Improvement Evaluation Study (NTIES) was a national evaluation of the effectiveness of substance abuse treatment services delivered in comprehensive treatment demonstration programs supported by the Center for Substance Abuse Treatment (CSAT). The NTIES project collected longitudinal data between FY 1992 and FY 1995 on a purposive sample of clients in treatment programs receiving demonstration grant funding from CSAT. Clients were interviewed at treatment intake, at treatment exit, and 12 months after treatment exit.

## Acknowledgments

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## Overview of Briefing Toolkit

The National Evaluation Data Services (NEDS) Secondary Analysis Briefing Toolkit is a product line developed to provide visual aid materials on substance abuse treatment. The purpose of the briefing toolkit is to provide a ready-reference tool that treatment professionals can use to inform other professionals on topics related to treatment effectiveness. The briefing toolkit is designed in a modular format that gives the presenter maximum flexibility in developing internal or external briefings or other documents. Modules can be used on a "stand-alone" basis or by combining pages from different modules for a more tailored presentation. The briefing toolkit modules are publicly available on the NEDS Web site for downloading.

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