A Multifaceted Insight into Addiction Treatment Programs in the Midwest: Identifying Factors Influencing Treatment Participation and Retention

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In the past decade, the US government and other key interest groups have taken serious steps to address the addiction epidemic; however, despite these efforts, asper the data from the National Institute of Drug Addiction (NIDA), around 9.1% of Americans suffer from a substance use disorder; however, less than 10% of those seek treatment with meager 25% of clients completing it successfully and stay sober for more than five years. Therefore, it is crucial to identify roadblocks that are preventing clients from seeking and finishing addiction treatment successfully. Therefore, this pilot study aims to identify the specific reasons behind clients not seeking treatment and their failure to adhere to the treatment protocol by focusing on four domains of influence: Neglect, Hopelessness, Client Needs, and Client-Counselor Discord. The study was conducted by surveying clients and counselors from established addiction treatment programs across the Midwest. The results indicate that hopelessness, as identified by Beck Hopelessness Scale, and confidence on themselves and the treatment program played a significant role ($p<0.05$) in clients joining and continuing treatment. Further, discord has been identified between clients and counselors on the perception of the needs and challenges of clients. This study provided critical information that potentially can improve client participation and adherence to the treatment programs, which can significantly improve our stance in the war against addiction.

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