

Treatment Effectiveness Assessment Tool

A simple, rapid tool to help you get the full picture of your patients' progress

When it comes to measuring the progress of your patients enrolled in opioid treatment programs, it's important to see the full picture. To help with this, we're introducing a new clinical tool, called the Treatment Effectiveness Assessment (TEA), that you can quickly and easily incorporate into your patient care model to better assess the progress of these patients.

What it Does

- Provides useful quantitative data on self-reported, patient-specific recovery measures.
- Yields a quantitative assessment of recovery progress.
- Tracks the progress of your patients in recovery.
- Captures patient feedback, so you can focus on specific areas for improvement.

How it's Different

While many of the quality measures for evaluating opioid treatment programs focus on retention and recidivism, the TEA measures information that's relevant and meaningful to your patient's specific life situation. If you aren't already incorporating this information into your practice and documentation, the TEA can help you capture this information.

Scoring

The TEA scores a patient's perception of how well they feel they're doing across four categories of their daily life:

- **Health:** Overcoming or managing the addiction, physical and emotional health.
- **Home:** A stable and safe place to live.
- **Purpose:** Meaningful daily activities, job, family, relationships, income and creativity.
- **Community:** Higher functioning within society; friends, social networks, hope and purpose.

Each of the four areas is scored from 1 to 10, with a total range of scoring from 4 to 40. Rather than simply showing you if they are maintaining abstinence from the drug, these measures allow you to see the patient's progress towards better health and functioning across several areas of their life.

How to Use the TEA

You can administer the TEA at any time in the treatment plan to:

- Establish a baseline
- Assess degree of function across four domains
- Measure progress or relapse by comparing scores over time
- Help identify important critical issues
- Document progress for your patients individually and assess the success of your treatment program using aggregate data from all your patients

Questions

If you have questions about the TEA or would like more information about using it in your practice, please contact your BESMART support team at SE_Government_Programs@uhc.com.

Example

Treatment Effectiveness Assessment (TEA)									
<p>The TEA asks you to express the extent of changes for the better from your involvement in the program to this point (or how things are if it's your first TEA or baseline) in four areas: substance use, health, lifestyle, and community. For each area, think about how things have become better and circle the results on the scale below: the more you have improved, the higher the number – from 1 (not better at all) to 10 (very much better). In each area write down the one or two changes most important to you in the Remarks section. Feel free to use the back of this page to add details, explain remarks, and make comments.</p>									
<p>Substance use: How much better are you with drug and alcohol use? Consider the frequency and amount of use, money spent on drugs, amount of drug craving, time spent being loaded, being sick, in trouble and in other drug-using activities, etc.</p>									
None or not much			Better				Much better		
1	2	3	4	5	6	7	8	9	10
Remarks:									
<p>Health: Has your health improved? In what way and how much? Think about your physical and mental health: Are you eating and sleeping properly, exercising, taking care of health problems or dental problems, feeling better about yourself, etc?</p>									
None or not much			Better				Much better		
1	2	3	4	5	6	7	8	9	10
Remarks:									
<p>Lifestyle: How much better are you in taking care of personal responsibilities? Think about your living conditions, family situation, employment, relationships: Are you paying your bills? Following through with your personal or professional commitments?</p>									
None or not much			Better				Much better		
1	2	3	4	5	6	7	8	9	10
Remarks:									
<p>Community: Are you a better member of the community? Think about things like obeying laws and meeting your responsibilities to society: Do your actions have positive or negative impacts on other people?</p>									
No or not much			Better				Much better		
1	2	3	4	5	6	7	8	9	10
Remarks:									
Name: _____ Date: _____ First TEA?: []									

Learn More

You can find more information about the TEA in the following reference:

Ling W, Farabee D, Liepa D, Wu LT. The Treatment Effectiveness Assessment (TEA): an efficient, patient-centered instrument for evaluating progress in recovery from addiction. *Subst Abuse Rehabil.* 2012;3:129–136.