

Notes on Various Results. U-turn, March 2009

Prepared for the National Social Marketing Centre, London UK, 2009

Below are listed some of the significant results of the treatment at U-turn, which we have recorded in recent months. It should be noted that U-turn works with all facets of the young person's life, but obviously the focus is on the drug use.

Secondly, the aim for each of the young people at U-turn is that he or she starts with or continues vocational training, a job or an education after discharge from U-turn.

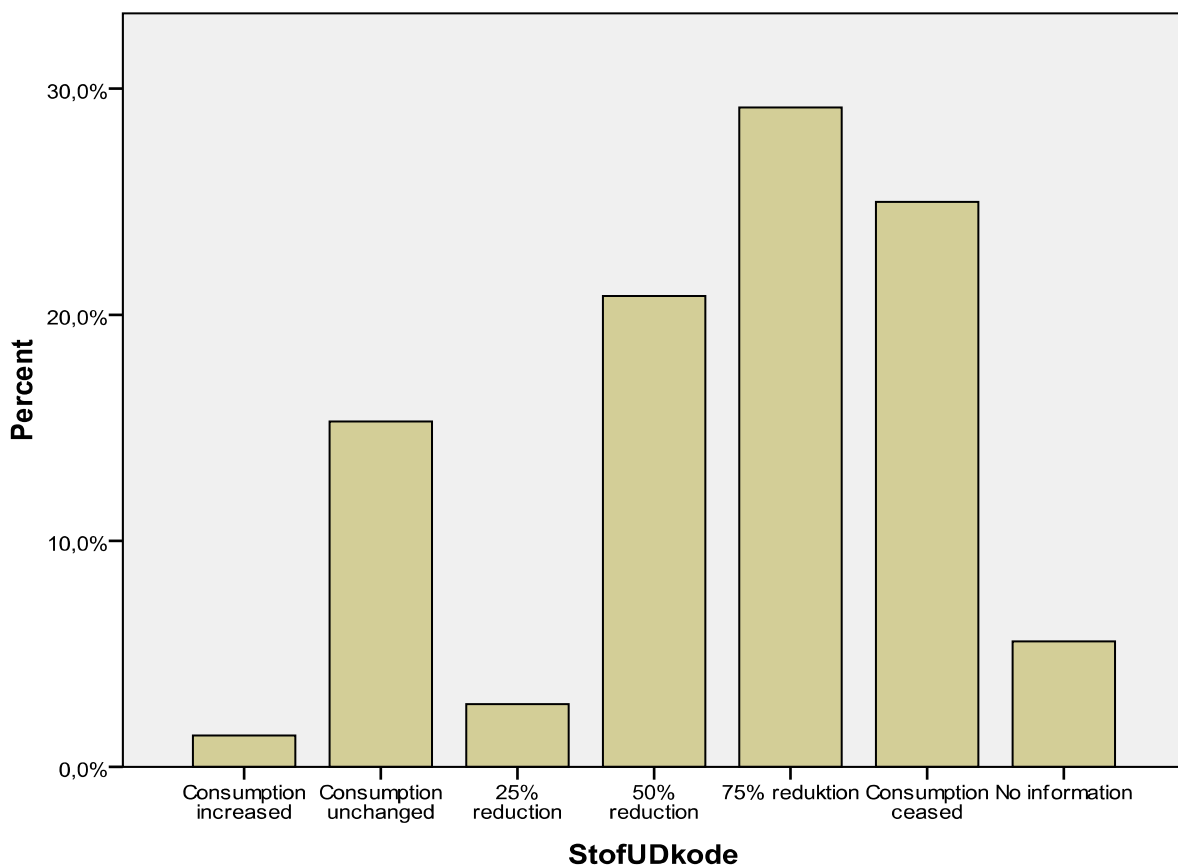
The visible effects of treatment in relation to these two targets for the young people in our day groups and evening groups are given below.

For further details concerning respectively the youngsters from the day groups and the evening groups please refer to 'Number and Figures on the first 100 young people in U-turn' (December 2006).

Day groups. Drug use and work / education at discharge.

Fig. 1 (and table 1) below describes the drug taking situation immediately after the young people have stopped treatment in U-turn day groups. Consumption level is an estimate based on the respondents' information about three things concerning his or her drug use: Number of days with consumption, amount of drug consumed and money spent on drugs. Change percentages are estimates based on the difference between information about the respondents' consumption at intake and at discharge.

Figure 1: Changes in drug consumption from intake to discharge. U-turn day groups.



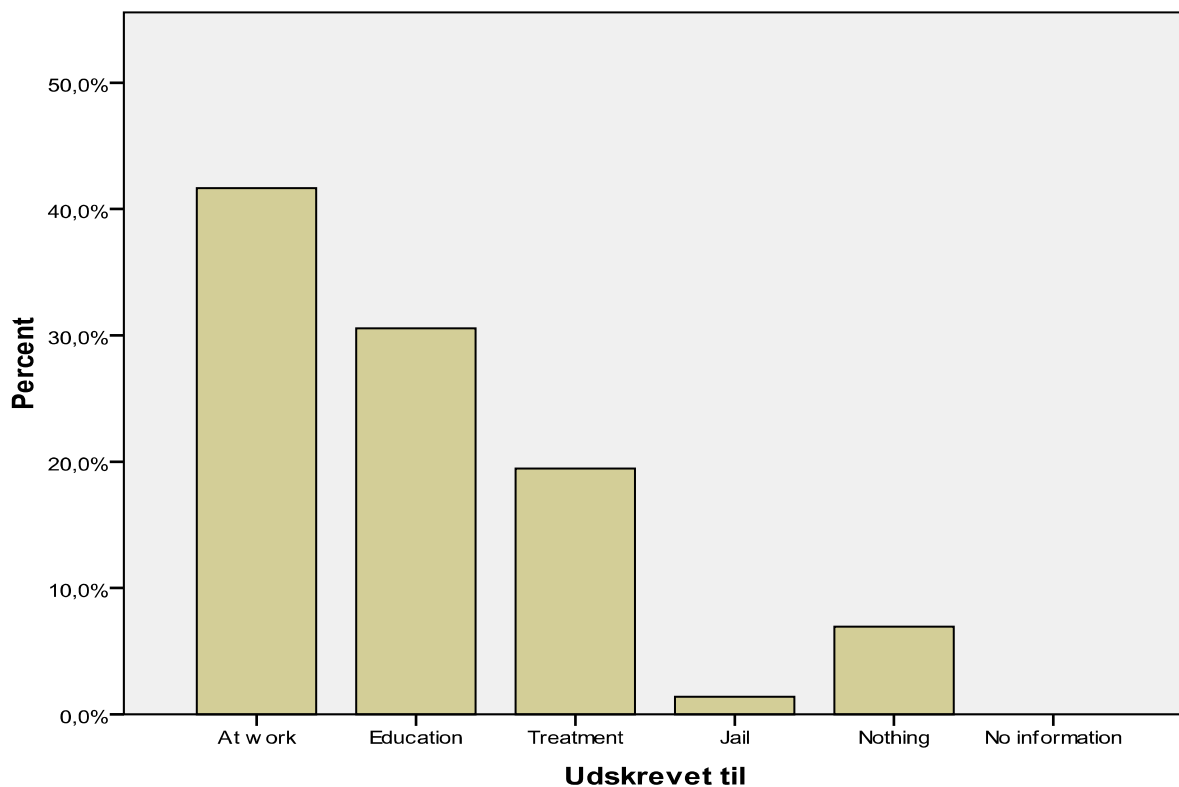
N=72

Table 1: Changes in drug consumption from intake to discharge. U-turn day groups.

		StofUDkode			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,00 Consumption increased	1	1,4	1,4	1,4
	2,00 Consumption unchanged	11	15,3	15,3	16,7
	3,00 25% reduction	2	2,8	2,8	19,4
	4,00 50% reduction	15	20,8	20,8	40,3
	5,00 75% reduktion	21	29,2	29,2	69,4
	6,00 Consumption ceased	18	25,0	25,0	94,4
	7,00 No information	4	5,6	5,6	100,0
	Total	72	100,0	100,0	

In a similar way information about the situation with respect to work and education at the time of discharge has been gathered. This is presented in figure 2 / table 2 below:

Figure 2: Work / education situation at discharge. U-turn day groups.



N=72

Table 2: Work / education situation at discharge. U-turn day groups.

Udskrevet til

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Work	30	41,7	41,7	41,7
	2 Education	22	30,6	30,6	72,2
	3 Treatment	14	19,4	19,4	91,7
	4 Jail	1	1,4	1,4	93,1
	5 Nothing	5	6,9	6,9	100,0
	Total	72	100,0	100,0	

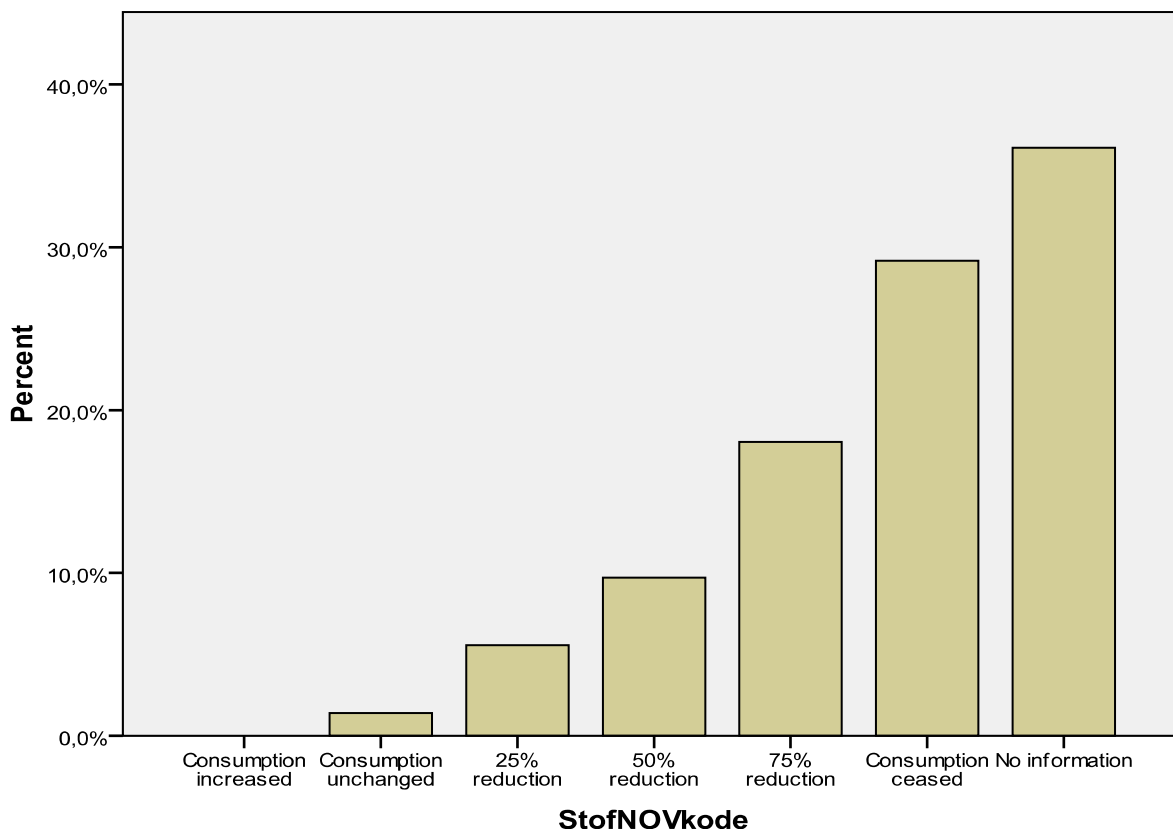
Day groups. Drug use and work / education November/ December 2008.

During November and December 2008 we tried to contact as many as possible of the young people who have been attending the day groups at U-turn through the years and enquire about their current drug use and whether they are engaged in work and education.

It should be noted that this is not a scientific study but merely a collection of information from the young people with whom we are still in contact. Many of the former members of our day groups occasionally drop by our house.

This group, therefore, comprises young people who were discharged for up to 4 years ago as well as just a few months ago. We managed to gather information in 53 out of 72 cases. Their current drug use and work / training is shown below figures/tables 3 and 4.

Figure 3: Changes in drug consumption from intake to Nov/Dec 2008. U-turn day groups.

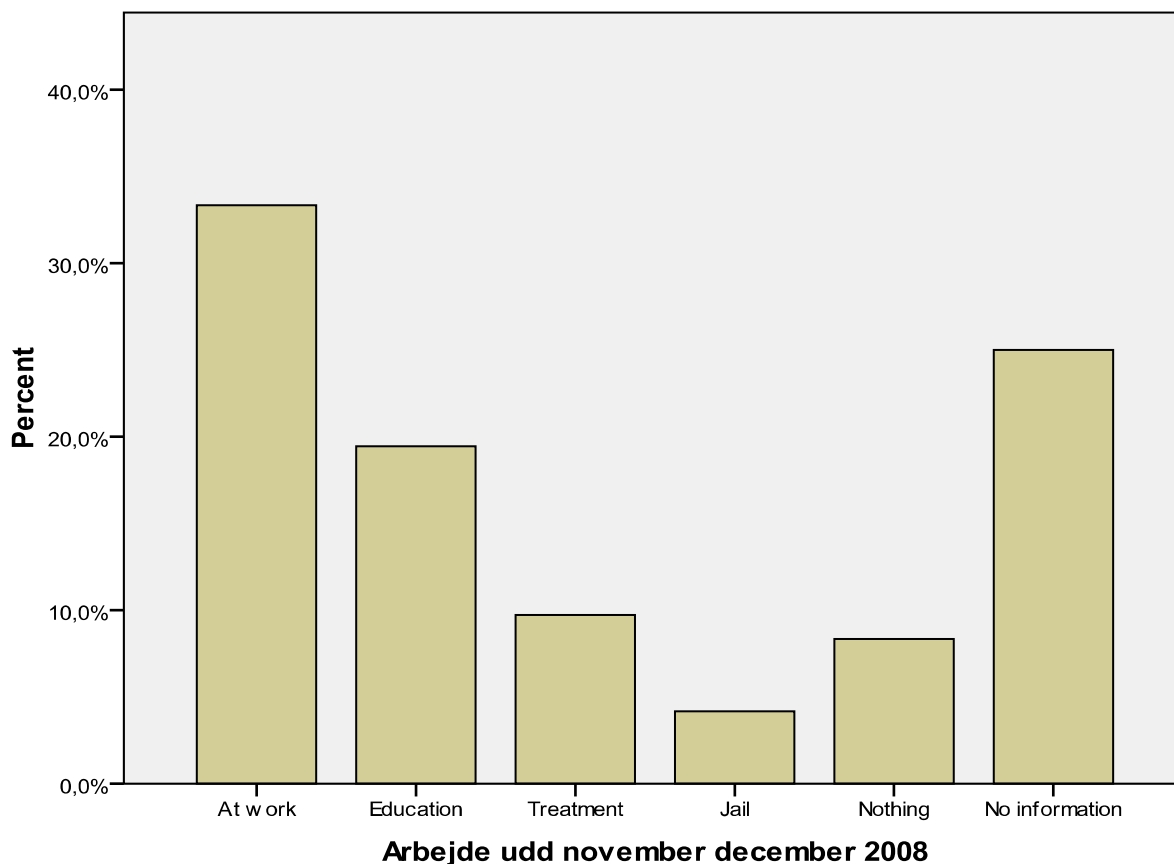


N=72

**Table 3: Changes in drug consumption from intake to Nov/Dec 2008.
U-turn day groups.**

		StofNOVkode			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2,00 Consumption unchanged	1	1,4	1,4	1,4
	3,00 25% reduction	4	5,6	5,6	6,9
	4,00 50% reduction	7	9,7	9,7	16,7
	5,00 75% reduction	13	18,1	18,1	34,7
	6,00 Consumption ceased	21	29,2	29,2	63,9
	7,00 No information	26	36,1	36,1	100,0
	Total	72	100,0	100,0	

**Figure 4: Work / education situation. November / December 2008.
U-turn day groups.**



N=72

**Table 4: Work / education situation. November / December 2008.
U-turn day groups.**

Arbejde udd november december 2008

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1 At work	24	33,3	33,3	33,3
2 Education	14	19,4	19,4	52,8
3 Treatment	7	9,7	9,7	62,5
4 Jail	3	4,2	4,2	66,7
5 Nothing	6	8,3	8,3	75,0
6 No information	18	25,0	25,0	100,0
Total	72	100,0	100,0	

Day groups. Changes in drug use at discharge and at Nov./Dec. 2008

In 43 cases (60%) we have information about the drug use situation at discharge as well as in November / December 2008. When comparing these data we find that:

20 respondents had an unchanged consumption level from time of discharge to Nov/Dec. 2008. Half of these had already stopped taking drugs at the time of discharge and continued not to do so in Nov/Dec 2008.

<i>Number of respondents</i>	<i>Consumption level at discharge</i>	<i>Consumption level, Nov. / Dec. 2008</i>
1	25% reduction	25% reduction
1	50% reduction	50% reduction
8	75% reduction	75% reduction
10	Consumption ceased	Consumption ceased

Another 21 respondents had further reduced their consumption or completely stopped taking drugs from time of discharge to Nov/Dec. 2008:

<i>Number of respondents</i>	<i>Consumption level at discharge</i>	<i>Consumption level, Nov. / Dec. 2008</i>
1	increased	75% reduction
2	unchanged	25% reduction
2	unchanged	50% reduction
1	unchanged	75% reduction
1	unchanged	Consumption ceased
2	50% reduction	75% reduction
4	50% reduction	Consumption ceased
8	75% reduction	Consumption ceased

Finally 2 respondents had relapsed, as they had stopped taking drugs at discharge, whereas they did so again in November / December. However, compared to their previous drug use the consumption level was still lower:

<i>Number of respondents</i>	<i>Consumption level at discharge</i>	<i>Consumption level, Nov. / Dec. 2008</i>
1	Consumption ceased	25% reduction
1	Consumption ceased	75% reduction

A Wilcoxon Signed Ranks Test on these data shows a statistically significant change ($p=0,005$) between the data at discharge and the data from Nov / Dec 2008. Thus in the period after discharge, 88% (38 of 43) of the cases examined have either improved their results - (i.e. reduced further or completely stopped taking drugs) - or maintained the positive results already reached at the time of discharge.

Ranks

	N	Mean Rank	Sum of Ranks
StofNOVkode - StofUDkode Negative Ranks	5 ^a	9,70	48,50
Positive Ranks	18 ^b	12,64	227,50
Ties	20 ^c		
Total	43		

a. StofNOVkode < StofUDkode

b. StofNOVkode > StofUDkode

c. StofNOVkode = StofUDkode

Test Statistics^b

	StofNOVkode - StofUDkode
Z	-2,788 ^a
Asymp. Sig. (2-tailed)	,005

a. Based on negative ranks.

b. Wilcoxon Signed Ranks Test

Day Groups. Work / education. Changes in the situation at discharge and at Nov / Dec. 2008

In 52 cases (72%) we have information about the work /education situation at discharge as well as in November / December 2008. When comparing these data we find that:

Of 27 respondents who were working at the time of discharge:

- 16 were still working
- 5 had shifted to education
- 1 had shifted to receiving treatment
- 2 had gone to jail
- 3 had dropped out of work and were doing nothing

Of 17 respondents who were under education at the time of discharge:

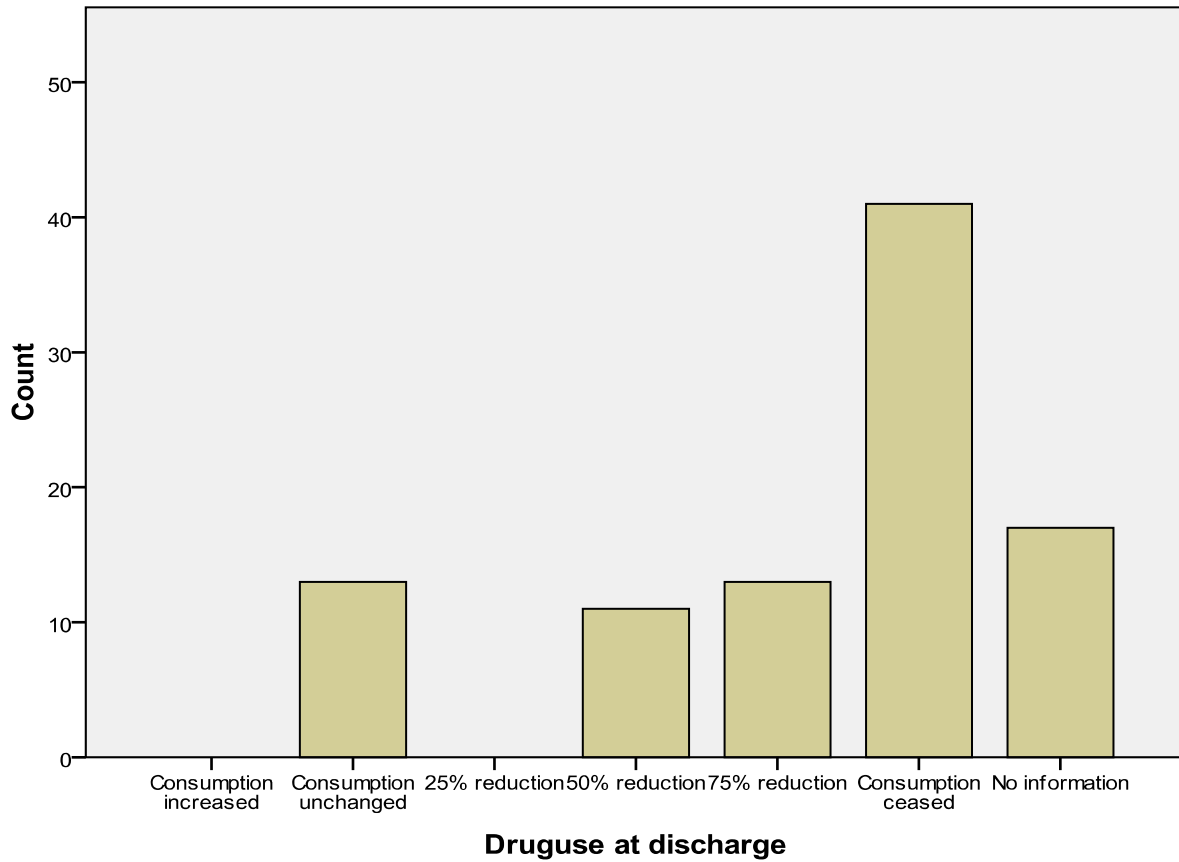
- 6 were now working
- 7 were still enrolled in education
- 2 had shifted to receiving treatment
- 2 had dropped out of their education and were doing nothing

Of 8 respondents who at discharge were referred to other treatment:

- 1 were now working
- 1 were enrolled in education
- 4 were still in treatment
- 1 were in jail
- 1 did nothing

Evening Groups. Changes in drug use at discharge

Figure 3: Changes in drug consumption from intake to discharge. U-turn evening groups.



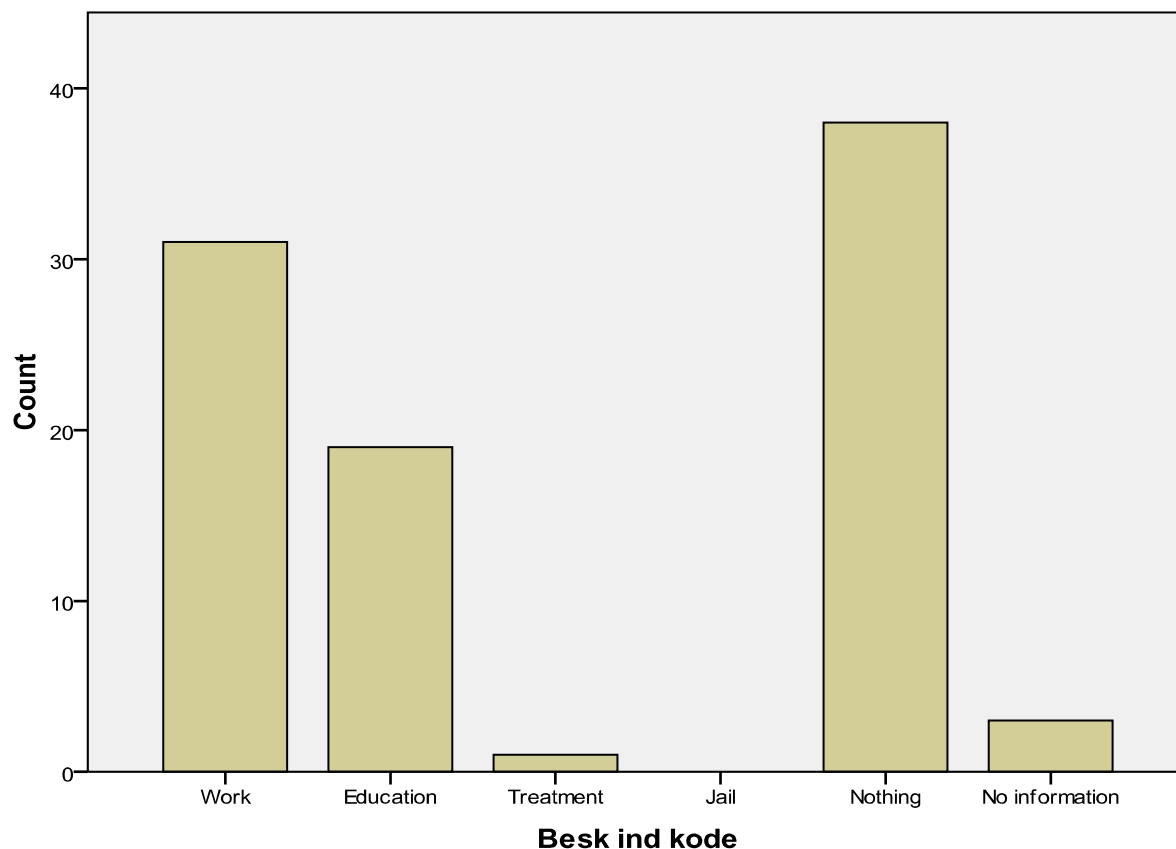
N=95

Table 3: Changes in drug consumption from intake to discharge. U-turn evening groups.

		Druguse at discharge			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2,00 Consumption unchanged	13	13,7	13,7	13,7
	4,00 50% reduction	11	11,6	11,6	25,3
	5,00 75% reduction	13	13,7	13,7	38,9
	6,00 Consumption ceased	41	43,2	43,2	82,1
	7,00 No information	17	17,9	17,9	100,0
	Total	95	100,0	100,0	

Evening Groups. Work / education. Changes in the situation at the time of intake and discharge.

Figure 4: Work / education situation at intake. U-turn evening groups.

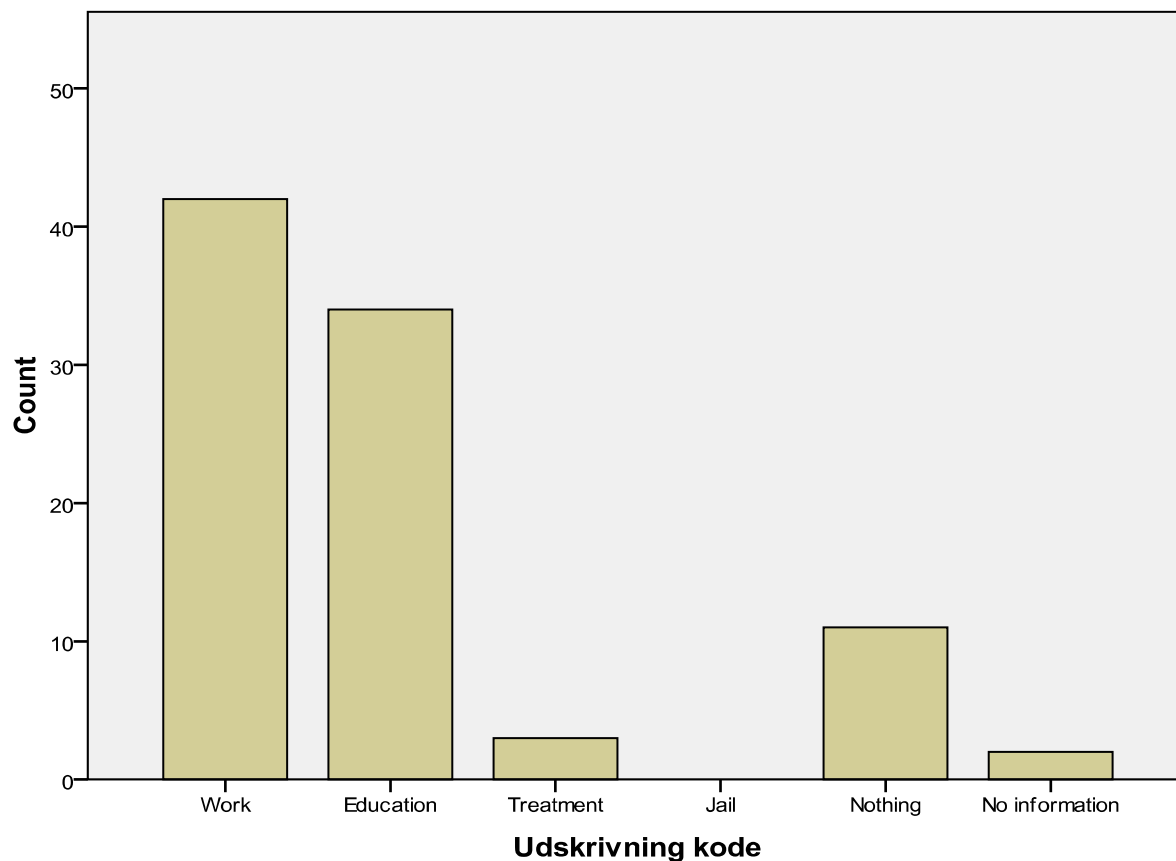


N=92

Table 4: Work / education situation at intake. U-turn evening groups.

		Besk ind kode			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Work	31	32,6	33,7	33,7
	2 Education	19	20,0	20,7	54,3
	3 Treatment	1	1,1	1,1	55,4
	5 Nothing	38	40,0	41,3	96,7
	6 No information	3	3,2	3,3	100,0
	Total	92	96,8	100,0	
Missing	System	3	3,2		
Total		95	100,0		

**Figure 5: Work / education situation at discharge.
U-turn evening groups.**



N=92

**Table 5: Work / education situation at discharge.
U-turn evening groups.**

		Udskrivning kode			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 Work	42	44,2	45,7	45,7
	2 Education	34	35,8	37,0	82,6
	3 Treatment	3	3,2	3,3	85,9
	5 Nothing	11	11,6	12,0	97,8
	6 No information	2	2,1	2,2	100,0
	Total	92	96,8	100,0	
Missing	System	3	3,2		
Total		95	100,0		

In 89 cases (97%) we have information about the work /education situation at intake as well as discharge. When comparing these data we find that:

Of 31 respondents who were working at the time of intake, at discharge:

- 27 were still working
- 4 had shifted to education

Of 19 respondents who were in education at intake, at discharge:

- 6 had shifted to working
- 12 were still under education
- 1 had dropped out of education and were doing nothing

1 respondent were in treatment at intake. The respondent was under education at discharge.

Of 38 respondents who were doing nothing at intake, at discharge:

- 9 had started work
- 17 had started education
- 3 received treatment
- 9 still did nothing

For this latter group there is a clear statistically significant change in work situation from the time of intake to the time of discharge. ($p=0,000$).

Test Statistics^b

	Udskrivning kode - Besk ind kode
Z	-4,838 ^a
Asymp. Sig. (2-tailed)	,000

a. Based on positive ranks.

b. Wilcoxon Signed Ranks Test

So, it appears that the group who didn't do anything at the time of intake is the one that undergoes most changes with respect to work or education during their time at U-turn. From 'doing nothing' at intake 68% had either started work or education/training at the time of discharge.

Courses for Parents

U-turn has two courses for parents:

Courses for parents of adolescents who are enrolled in U-turns day groups.

Courses for parents of young people between 15 and 25 who smoke cannabis or take drugs but who are not enrolled in U-turn.

The purpose of both types of groups is to enable parents better to support and help their young people in their efforts to stop taking drugs, and continuing or getting started with work / education.

In 2007 and 2008 70 families (94 parents) received help from U-turn. A total of 14 courses with a total of 67 sessions were conducted.

Summary of Results

- 70 families have gone through training courses for parents in U-turn in 2007-2008
- Generally, there have been very pleased with the course organization and content.
- Participants have reported higher profits and improved personal relationships within families as a result of the courses.
- Participants have experienced to gain new perspectives on their problems and thus new options.
- 75% of young people involved have either ceased or reduced their drug consumption. In 2/3 of the cases the parents state their belief that their participation in the courses have had a direct, positive influence on this.

The number of young people who did not have jobs or were in education fell during the period from approx. 50% to approx. 18%.

It is another way of saying that 68% of the young people either maintained or started training / work period. (18% remained without work / education, 14% other / unknown)

Effects of Detox trips

**U-turn in cooperation with "Lundtoftegade" (another institution for young people)
Evaluation of 12 detoxification trips conducted from August 2007 to July 2008.**

Does such detoxification trips work?

The short answer is YES - it works. 8 out of 12 young adolescents who have been on such a trip is now drug-free. It is a result which is far more positive than expected, since these are young people whose lives have been very chaotic.

There are 3 main reasons for considering a detox trip:

- The consumption of illegal drugs is life threatening (accelerating drug use)
- Changing environment, peace and care is needed in order for the youngster to put his or her decision about stopping the drug taking into practice
- The trip may be a break from an otherwise chaotic life

Detox trips often reveal many sides of the young, and is also used as an observation period with respect to uncovering possible psychiatric problems. In these cases, U-turns psychiatric consultant is involved.

Facts about the young people

13-17 year olds, with a predominance of 16 year olds
9 girls and 3 boys
2 have been at closed psychiatric ward

Drug Situation after the trips

3 completely drug-free ever since the trip
2 drug-free for 4-8 weeks - then relapsing but now drug free again
2 are by and large drug-free – but smoke hashish on rare occasions
1 drug-free - but not until 3-4 months after the trip
2 takes drugs occasionally in turn, a 4-6 weeks, a 5 months - both on drugs again
2 did not complete the trip – they continue to smoke hashish - the one also has an alcohol problem

Conclusion:

8 young people were by and large drug-free after the trips – although one of them took 3-4 months after the trip to reach that goal - and 2 of them still smokes hash albeit very rarely.
4 young people did not maintain a drug-free life in the long run.

To the extend that these results can be attributed to the trips, they are considered better than we could have hoped for.