

Table of Contents

| | |
|---|-----------|
| Chapter One: | |
| Introduction | 1 |
| Relevance of the Study | 4 |
| Previous Teen Challenge Evaluation | 10 |
| Chapter Two: | |
| Distinctives of the Teen Challenge Program | 14 |
| Overcoming Nothingness: | |
| Conversion, Fulfillment, and Meaning-in-Life | 14 |
| Overcoming Loneliness: | |
| Community, Reference Group, and Social Capital | 20 |
| The Current Teen Challenge Program | 25 |
| Characteristics of Current Teen Challenge Students | 28 |
| Chapter Three: | |
| Teen Challenge in the Context of the Drug Treatment Universe | 38 |
| Methadone Maintenance | 45 |
| Detoxification | 47 |
| Outpatient Drug-Free Programs | 47 |
| Short-Term Inpatient Programs | 51 |
| Long-Term Residential Communities | 52 |
| Comparison of Therapeutic Communities with Teen Challenge | 55 |
| Comparison of Teen Challenge with STIs | 57 |
| Chapter Four: | |
| The Method and the Sample | 65 |
| Measures of Treatment Outcome | 65 |
| Sampling and Data Collection | 71 |
| The Questionnaire | 74 |
| Sample Size and Response Rate | 75 |
| The Quasi-Experiment and Threats to Validity | 81 |
| History Effect | 82 |
| Maturation Effect | 88 |
| Testing Effect | 93 |
| Instrumentation Effect | 95 |
| Regression to Mean Effect | 100 |
| Mortality Effect | 101 |
| Nonequivalence Effect (Selection Bias) | 103 |
| Alternative Rival Hypotheses of Program Effect | 116 |
| Multiple Regression | 119 |

Chapter Five:

Results

| | |
|--|------------|
| | 127 |
| A Layman's Guide to Multiple Regression | 130 |
| Freedom from Addictive Substances | 140 |
| Usage of Drugs and Alcohol | 140 |
| Severity of Relapse | 147 |
| Return to Treatment | 156 |
| Precipitants of Drug and Alcohol Abuse | 163 |
| Obstacles to Recovery | 164 |
| Severity of Depression | 166 |
| Smoking | 169 |
| Comments on Precipitants of Abuse | 170 |
| Criminality | 171 |
| Employment | 172 |
| Discussion of Quantitative Outcomes | 174 |
| Reasons for Quantitative Outcomes, | |
| According to Open-Ended Responses | 178 |
| Jesus Christ or God | 182 |
| Schooling, Teaching, or the Bible | 190 |
| Discipline, Structure, Work | 192 |
| Others in Teen Challenge | 196 |
| Reference Groups Before and After Teen Challenge | 203 |

Chapter Six:

| | |
|--|------------|
| Unintended Consequences of Public Funding | 211 |
| Public Funding May Effect a Change in Staff Mentality | 211 |
| Public Funding May Effect a Change | |
| in the Mentality of the Beneficiary | 214 |
| Public Funding May Effect a Change in the Mentality | |
| of Charitable Donors and of the General Public | 215 |
| Public Funding May Cause a Litigation-Defensiveness | |
| to Arise Within the Organization | 216 |
| A "Nondiscrimination Against Beneficiaries" Clause | |
| Regulating Public Funding May Cause | |
| Unintended Consequences for the Program | 216 |
| A "Limitations on Use of Funds" Clause Regulating Public | |
| Funding May Cause Unintended Consequences | |
| for the Program | 218 |
| Assurances of the Constitutionality of Referrals | 219 |

| | |
|---|------------|
| Chapter Seven: | |
| Conclusions | 222 |
| Summary of Quantitative Outcomes | 222 |
| Relevance of the Study | 228 |
| Higher Rates of Effectiveness | 229 |
| Higher Expectations for Addicted Populations | 231 |
| Legitimization of Referrals | 231 |
| A Cheaper, Nonpublic Treatment Alternative | 231 |
| The Rebuilding of Social Capital | 233 |
| The Raising of Three Questions | 241 |
| Importance of the Z-Axis of Figure 7.2: | |
| Spiritual Orientation | 245 |
| Importance of the Y-Axis of Figure 7.2: | |
| A Moral Understanding of Addiction | 249 |
| Conclusions Regarding the Moral Understanding of | |
| Addiction and the Spiritual Orientation of Treatment | 250 |
| Appendix A: | |
| What the Teen Challenge Respondents Said About Their Program | 251 |
| Appendix B: | |
| Reasons the Teen Challenge Respondents Gave | |
| for Their Not Using Drugs | 272 |
| Appendix C: | |
| What the Teen Challenge Respondents Said | |
| About Other Treatment Programs They Had Been In | 280 |
| Appendix D: | |
| Telephone Interview Questions Used With the Teen Challenge Sample | 288 |
| Bibliography | 312 |

List of Tables and Figures

| | |
|--|---------|
| Table 2.1: Prevalence of Pretreatment Frequent Drug Usage in Teen Challenge Sample and Matched Comparison Group | 30 |
| Table 2.2: Source of Referral to Treatment in Teen Challenge Sample and Matched Comparison Group | 34 |
| Figure 3.1: Treatment Modalities Compared on Two Axes: Disease View and Abstinence | 62 |
| Table 4.1: Assessing the Threat of Nonequivalency Due to History | 86-87 |
| Table 4.2: Assessing the Threat of Nonequivalency Due to Maturation | 90-91 |
| Table 4.3: Comparison of Teen Challenge and Short-Term Inpatient (STI) Samples on Potential Independent Variable Characteristics | 106-109 |
| Figure 4.4: Religious Background of Teen Challenge Sample | 112 |
| Figure 4.5: Religious Background of Teen Challenge Sample, Grouped | 113 |
| Table 4.6: Significance Levels of Measures of Selection by Religiosity | 115 |
| Table 4.7: Fifth-Order Comparison of Teen Challenge and Short-Term Inpatient (STI) Followup Samples on Ten Outcome Measures | 118 |
| Figure 4.8: An Illustration of the Need for Interaction Terms | 122 |

| | |
|--|---------|
| Table 5.1: Multiple Regression Findings | 130-139 |
| Table 5.2: Usage of Individual Drugs for the Teen Challenge Sample, the Frequent-AA-Attending Subsample, and the Full Comparison Sample | 145-146 |
| Table 5.3: Severity of Relapse Comparison, Full Samples | 150 |
| Table 5.4: Severity of Relapse Comparison for the Teen Challenge Sample and the Frequent-AA-Attending Subsample of the Comparison Group | 155 |
| Table 5.5: Comparison of the Teen Challenge and Comparison Samples on Treatment History, Before and After Index Program | 159 |
| Table 5.6: Relationship Between Cravings and Return to Treatment for the Comparison Group | 162 |
| Table 5.7: Posttreatment Cravings of Alcohol or Drugs | 163 |
| Table 5.8: Types of Outcomes Shown by This Study To Have Been Produced By Teen Challenge | 175 |
| Table 5.9: Reasons the Teen Challenge Respondents Gave For Their Not Using Drugs | 179 |
| Table 5.10: What the Teen Challenge Respondents Said About Their Program: What Was Positive, What Was Helpful, What Worked | 181 |
| Table 5.11: Teen Challenge Graduates Entering Ministry After Graduating | 188 |

Figure 5.12:

| | |
|--|-----|
| Reference Group Identification Before and After Teen Challenge | 206 |
|--|-----|

Table 7.1:

| | |
|--|-----|
| Types of Outcomes Shown By This Study To Have Been Produced By Teen Challenge | 225 |
|--|-----|

Figure 7.2:

| | |
|--|-----|
| Three Axes of Program Characteristics. | 243 |
|--|-----|

Table 7.3:

| | |
|--|------|
| What Teen Challenge Respondents Said About Other Programs They Had Been In. | .246 |
|--|------|