

# TOMS/NOMS FY12- FY14 Adult Survey Analysis: Does treatment lead to changes over time?

2/16/2016

Prepared by: Abigail Howard, Ph.D.



# Executive Summary

## Overview

- TDMHSAS contracts with Tennessee Association of Mental Health Organizations (TAMHO) to collect data from consumers receiving mental health services.
- Outcomes are assessed by the Tennessee Outcomes Measurement System Survey (TOMS).
- The sample consists of individuals ages 18+ who took 3 surveys with at least 6 months in-between surveys between July 2012-June 2014. The number of individuals in the analysis varies based on the question being answered (n=249-6,149).

## Findings

Treatment is helping people **decrease**:

- Negative feelings and suicidal thoughts
- Substance use
- Arrests
- Hospital stays

Treatment is helping people **increase**:

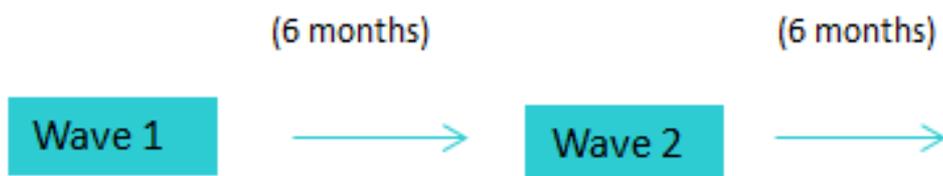
- Their ability to control their symptoms
- Feelings that medication is helping
- Medication use

# Tennessee Outcomes Measurement System (TOMS) Survey

- TDMHSAS contracts with the Tennessee Association of Mental Health Organizations (TAMHO) to collect data from consumers receiving mental health services at one of 17 community mental health agencies which provide the data.
- Outcomes are assessed by the Tennessee Outcomes Measurement System (TOMS) Survey.
- TOMS results are used for reporting national outcome data to SAMHSA.

# Data notes

- The sample includes individuals ages 18 and over taking at least three surveys with at least six months in-between surveys and who received services from one of 17 mental health providers between July 1, 2012-June 30, 2014 in Tennessee.



**Wave 3**

- Final sample of matched pairs
- Individuals had to take a survey in all 3 waves to be included in the analysis

# Two survey versions were analyzed

## NOMS Short Version All Providers

### Variables included:

Gender (n=6,149)  
Race (n=5,041)  
Ethnicity (n=5,650)  
Marital status (n=5,387)  
Education level (n=2,179)  
Days drank in the past 30 days (n=117)  
Days drank 5+ in past 30 days (n=311)  
Use drugs in past 30 days (n=390)  
Arrests past 30 days (n=245)  
Overnight hospital stays (n=459)

## TOMS Long Version Select Providers

### All variables from the NOMS plus:

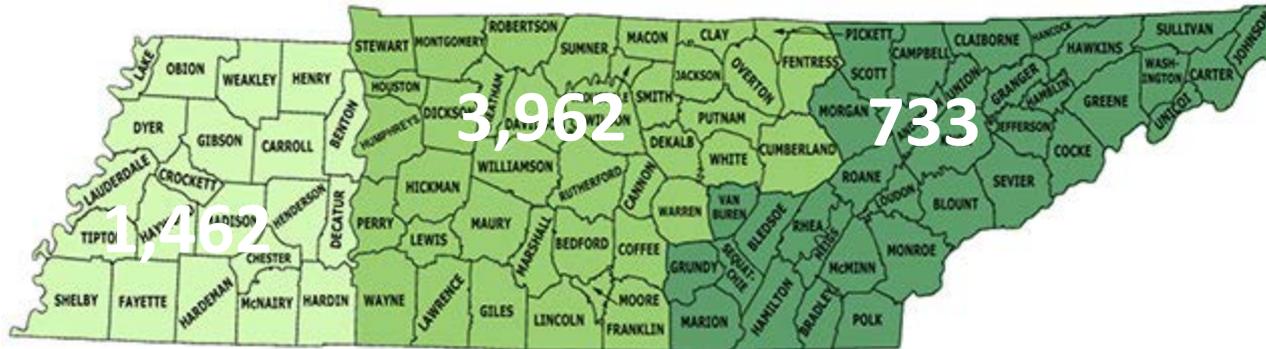
Sadness (n=678)  
Worthlessness (n=675)  
Hopelessness (n=677)  
Yelling at others (n=673)  
Nervousness (n=681)  
Worry (n=676)  
Tension (n=667)  
Suicidal thoughts (n=655)  
Urges to hurt others (n=666)  
Ability to control symptoms (n=655)  
Medication use (n=564)

Note:

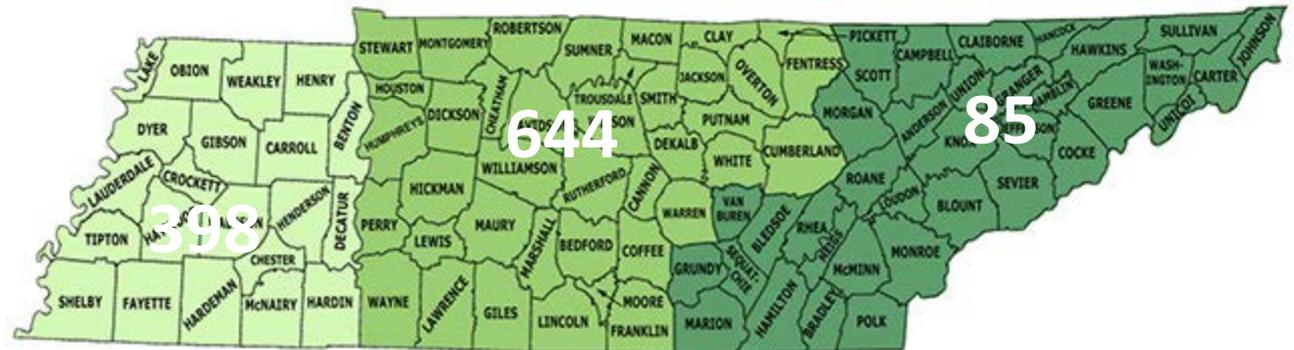
Providers determine whether their consumers receive the NOMS or the TOMS.

# Number of surveys from East, Middle, and West TN

Number of NOMS (short) surveys



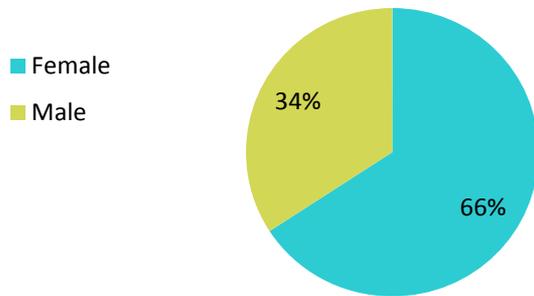
Number of TOMS (long) surveys



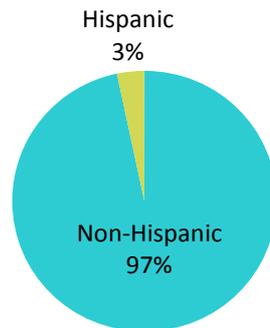
# Demographic characteristics of the sample

# Most individuals completing the survey were white, non-Hispanic, and female.

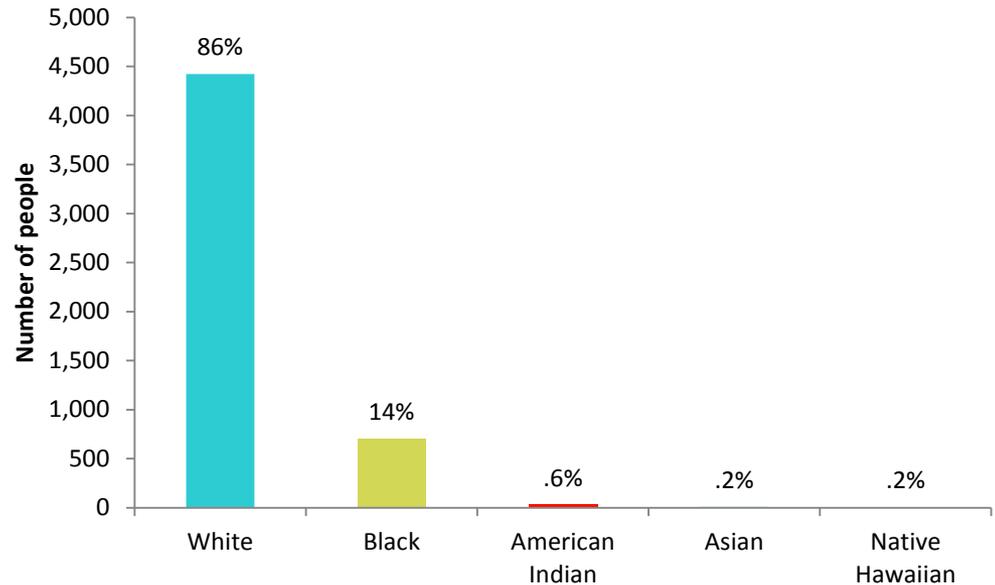
**Gender**  
(n=6,149)



**Ethnicity**  
(n=5,650)

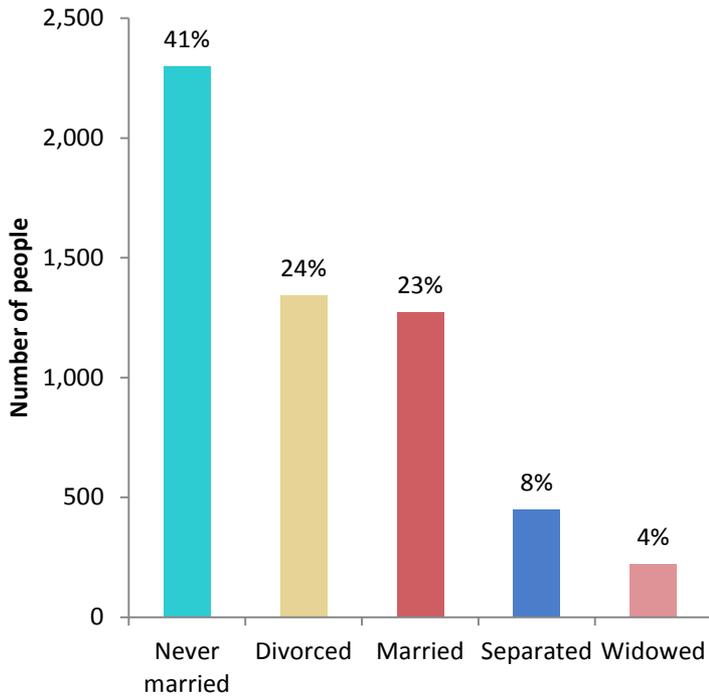


**Race**  
(n=5,041)

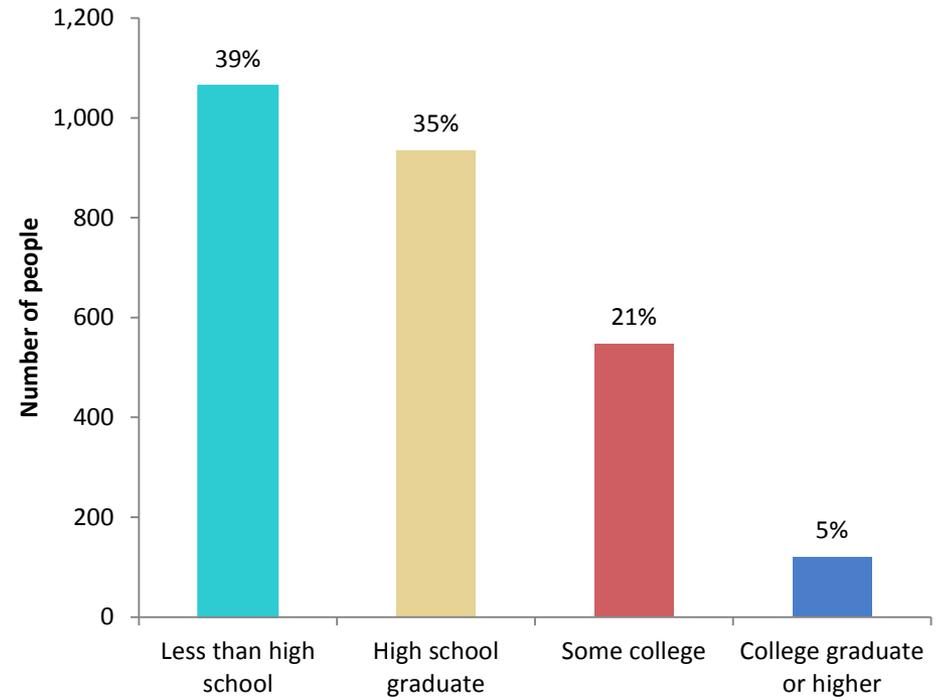


# Most individuals were single and had a high school education or less.

**Marital Status  
(n=5,387)**



**Education level  
(n=2,179)**



Note:

There was very little change in marital status and education level from survey 1-survey 3; therefore, these indicators are reported from survey 1.

# Results

# The following questions present a score from 1-5

**Example:**

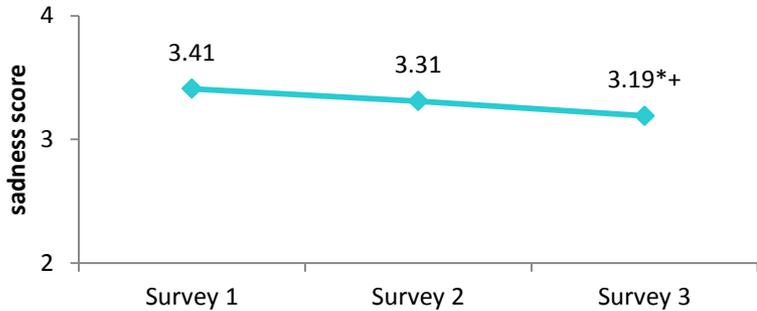
**In the past 7 days ...**

**Never   Rarely   Sometimes   Often   Always**

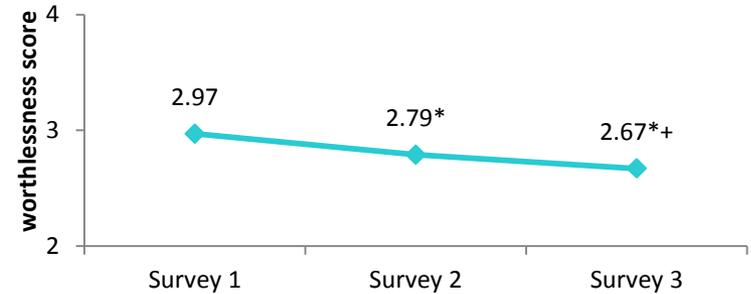
1. I felt sad.            1            2            3            4            5

# Time in treatment decreased sadness, worthlessness, hopelessness, and yelling at others

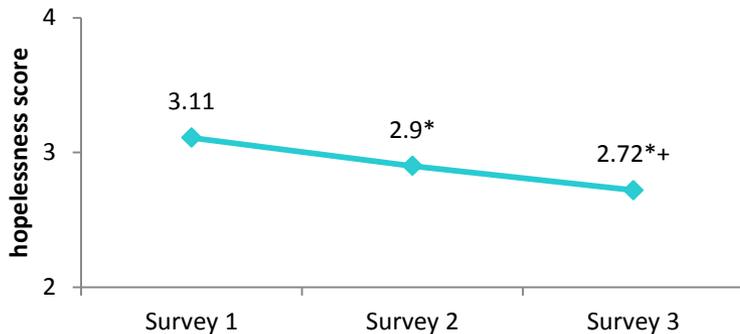
Change in feelings of sadness  
(n=678)



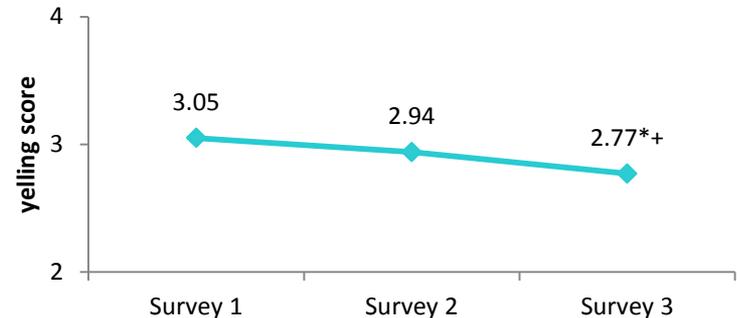
Change in feelings of worthlessness  
(n=675)



Change in feelings of hopelessness  
(n=677)



Change in urges to yell at others  
(n=673)



Data notes:

\* indicates a statistically significant change from previous wave ( $p < .05$ ).

+ indicates that the change from wave 1-wave 3 is statistically significant ( $p < .05$ ).

# Time in treatment decreased nervousness, worry, and tension

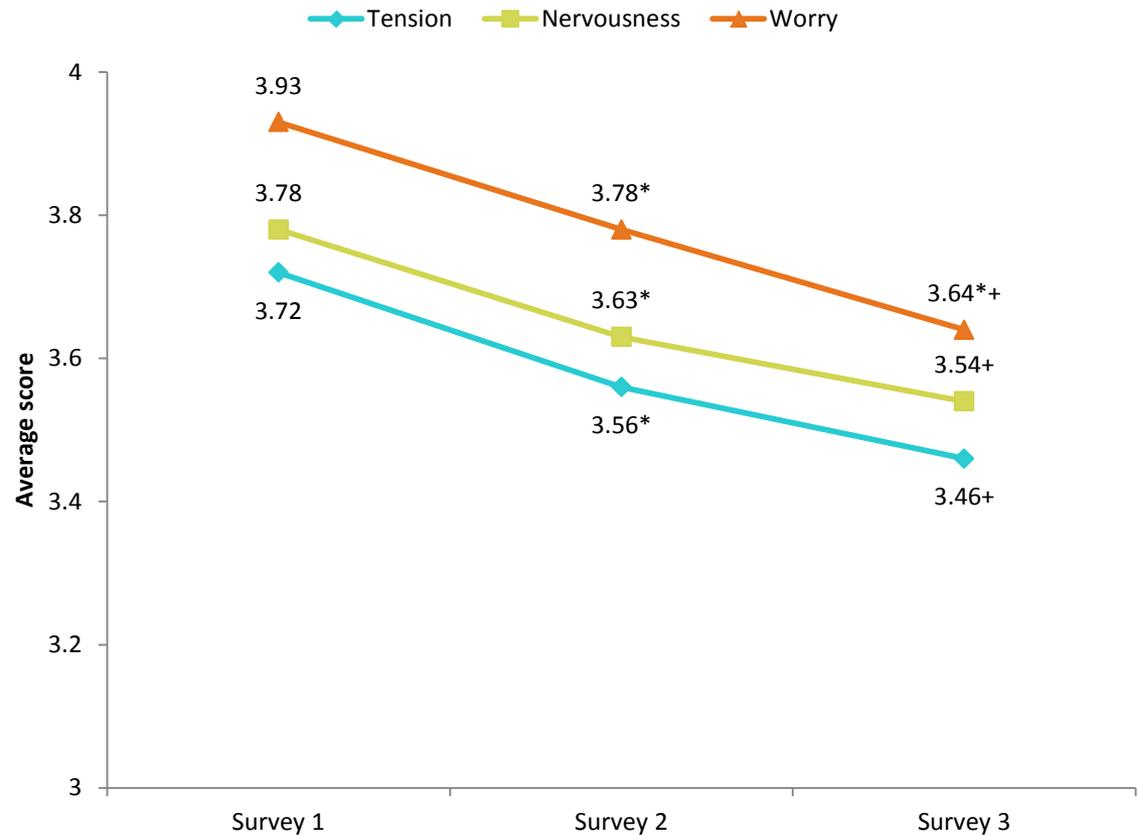


Data notes:

\* indicates a statistically significant change from previous wave ( $p < .05$ ).

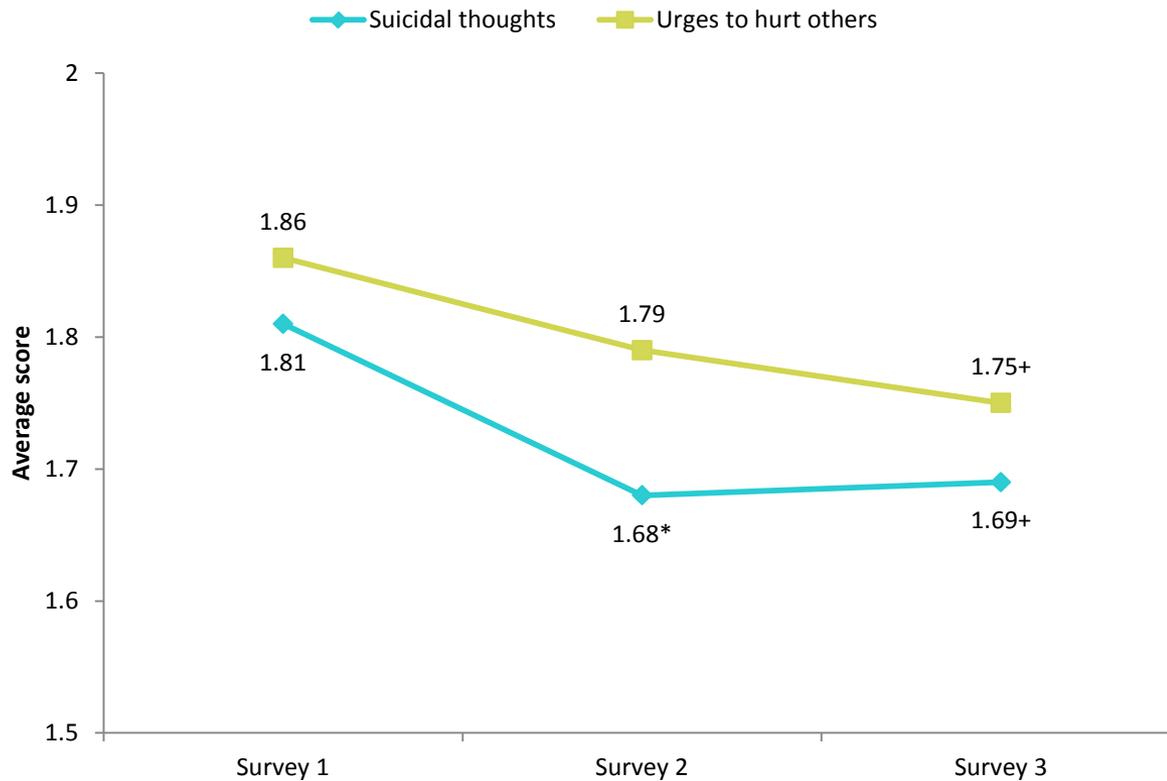
+ indicates that the change from wave 1-wave 3 is statistically significant ( $p < .05$ ).

Change in nervousness (n=681), worry (n=676), and tension (n=667)



# Time in treatment decreased suicidal thoughts and urges to hurt others

Change in thoughts of suicide (n=655) and urges to hurt others (n=666)



Data notes:  
\* indicates a statistically significant change from previous wave ( $p < .05$ ).  
+ indicates that the change from wave 1-wave 3 is statistically significant ( $p < .05$ ).

# The following questions represent the frequency of behaviors in the last 30 days

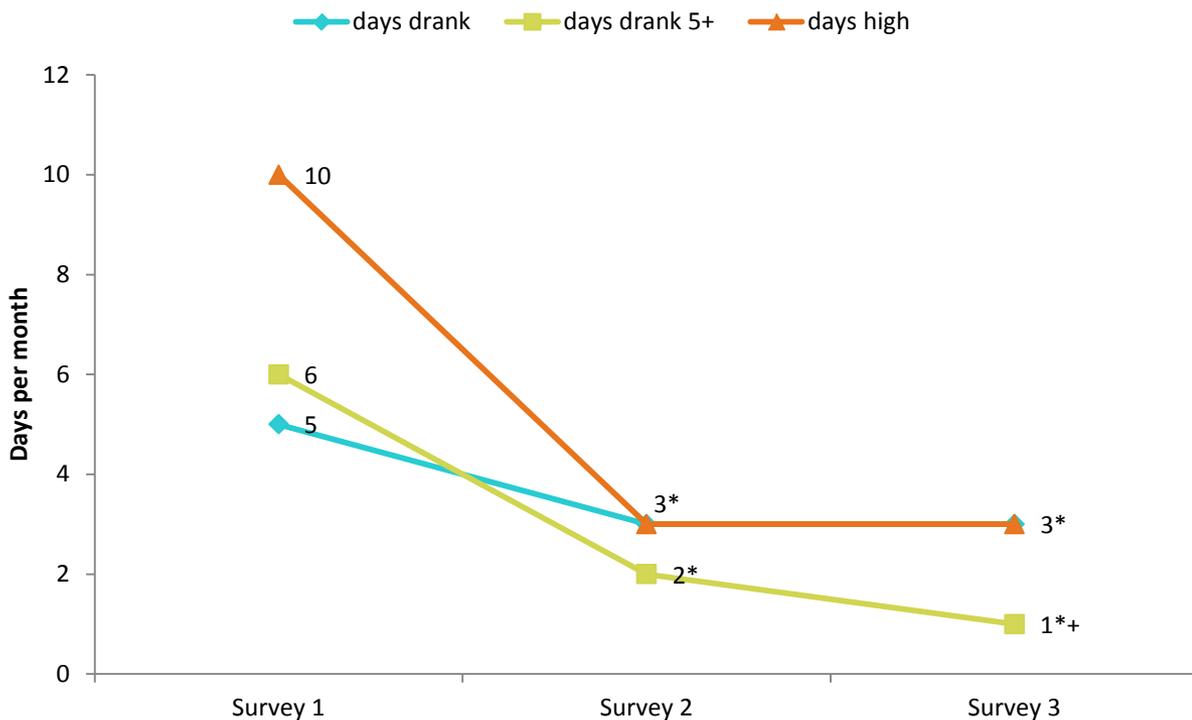
## Examples:

### In the past 30 days ...

1. The number of days you drank 5+ drinks
  2. The number of days you used drugs to get high
  3. The number of times you have been arrested
  4. The number of overnight hospital stays you had
- **A lower score indicates a better outcome for these questions.**

# Decreased substance use between surveys 1-3

Change in days drank alcohol (n=117), days drank 5+ alcoholic drinks in one sitting (n=311), and days high on an illegal substance (n=390)



Most people do not report any substance use

Among those who reported substance use, days drank, days binge drinking, and days high all significantly decreased over time

Data notes:

\* indicates a statistically significant change from previous wave ( $p < .05$ ).

+ indicates that the change from wave 1-wave 3 is statistically significant ( $p < .05$ ).

# Decreased number of arrests and overnight hospital stays from survey 1 to survey 3

Most people do not report any arrests or overnight hospital stays!

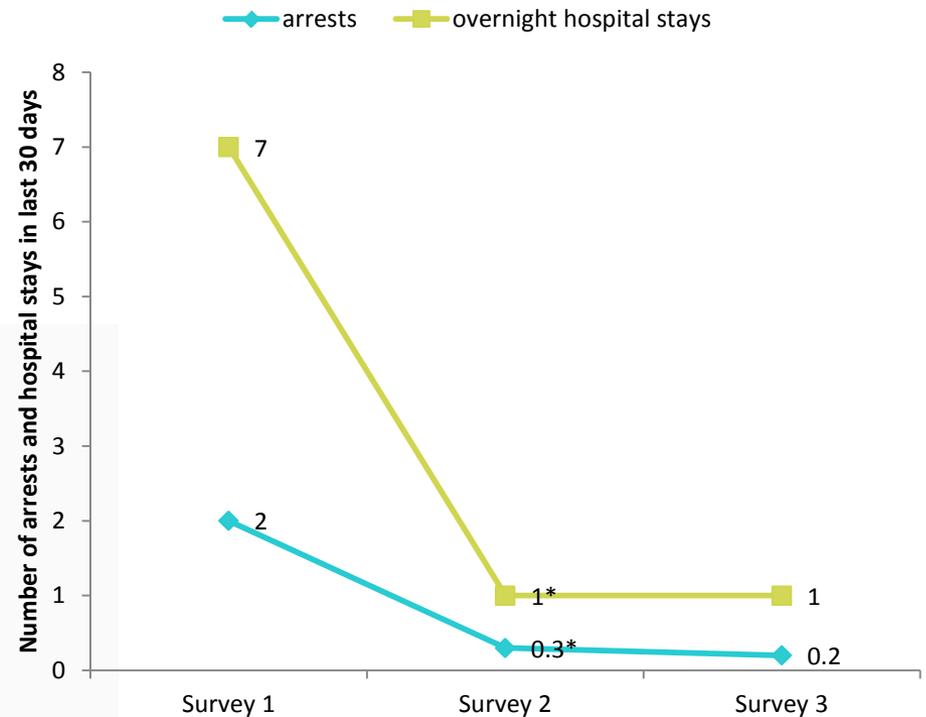
Among those who reported an arrest or overnight hospital stay in the last 30 days at survey 1, arrests and hospital stays decreased!



Data notes:

\* indicates a statistically significant change from previous wave ( $p < .05$ ).

Change in arrests (n=245) and overnight hospital stays (n=353) for people who reported an arrest or hospital stay in the last 30 days at survey 1



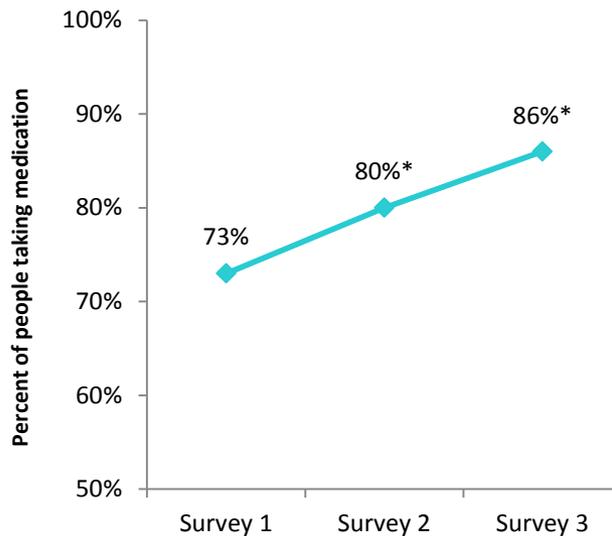
# Increased medication use

In the past 30 days, did you take medication for depression, anxiety, ADHD, or any other mental health issues?

Data notes:

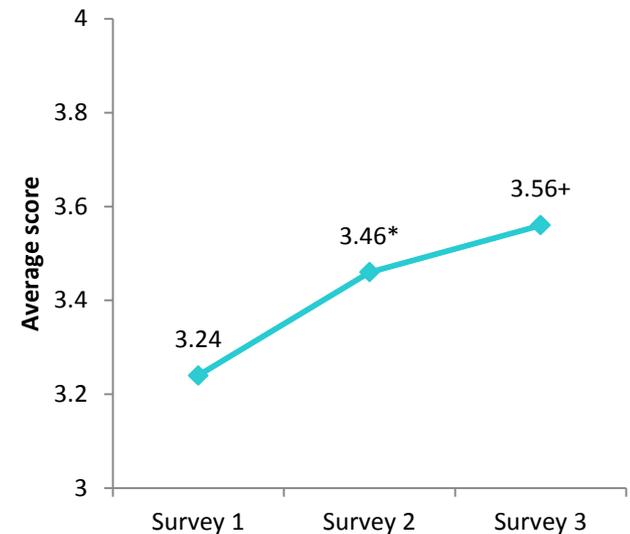
1. Medication use is a yes/no question where 0=no and 1=yes.
2. \* indicates a statistically significant change from previous wave ( $p < .05$ ).
3. + indicates that the change from wave 1-wave 3 is statistically significant ( $p < .05$ ).

Change in the amount of people taking medication (n=564)



In the past 30 days, do you feel your medication is helping control your symptoms?  
1=no help; 5= most help

Change in feelings that medication helps with symptoms (n=655)



# Conclusions

- Treatment is helping people **decrease**:
  - Negative feelings and suicidal thoughts
  - Substance abuse
  - Arrests
  - Hospital stays
- Treatment is helping people **increase**:
  - Their ability to control their symptoms
  - Feelings that medication is helping
  - Medication use