

# The Kiloby Center Treatment Effectiveness Report



Providing insightful data to help treatment  
programs improve their outcomes

**November 27, 2017 - December 31, 2018**

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# BACKGROUND

The Kiloby Center for Recovery, located in Rancho Mirage, California, is the first substance abuse treatment center in the U.S. to focus primarily on mindfulness. The Natural Rest House specializes in the treatment of addiction along with co-occurring disorders such as trauma/PTSD, depression and anxiety. The House also offers services for food, gambling, tobacco, sex/porn and other addictions, for those in need of 24-hour care. Many clients enter into the Kiloby Center for Recovery's IOP facility in Rancho Mirage, CA after completing detox or a number of days in residential treatment. Detox lasts between 2 and 14 days depending on the substance, while residential treatment lasts anywhere from 10 to 30 days.

The Kiloby Center started enrolling patients in INSIGHT Addiction™ on November 27, 2017. This report summarizes data reported by clients being treated at The Kiloby Center during the period between November 27, 2017 and December 31, 2018. This report was released on January 24, 2019.

# PATIENT CHARACTERISTICS AT INTAKE

INSIGHT Addiction™ received Intake data from 58 clients who attended treatment at The Kiloby Center at some point between November 27, 2017 and December 31, 2018.

## Demographics

A slight majority of patients (55%) were female. Patients were mostly white (79%), and 48% were single or never married, with a further 28% being married. The median age was 34. 42% had earned a college degree, and a further 33% had attended college without receiving a degree. Most of the patients (86%) were in a stable living environment.

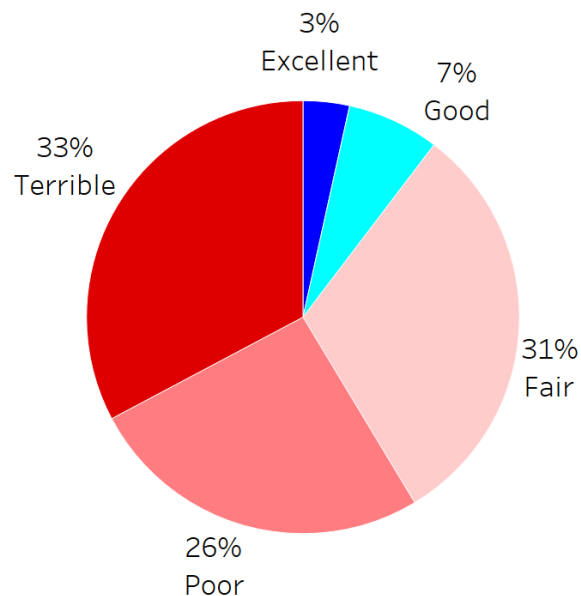
Appendix A contains detailed demographics of the patients submitting Intake questionnaires.

## How Feeling Overall Before Treatment

59% of patients entering treatment during this period reported feeling poor or terrible during the 30 days before beginning treatment:

### Overall Feeling Prior to Treatment

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)

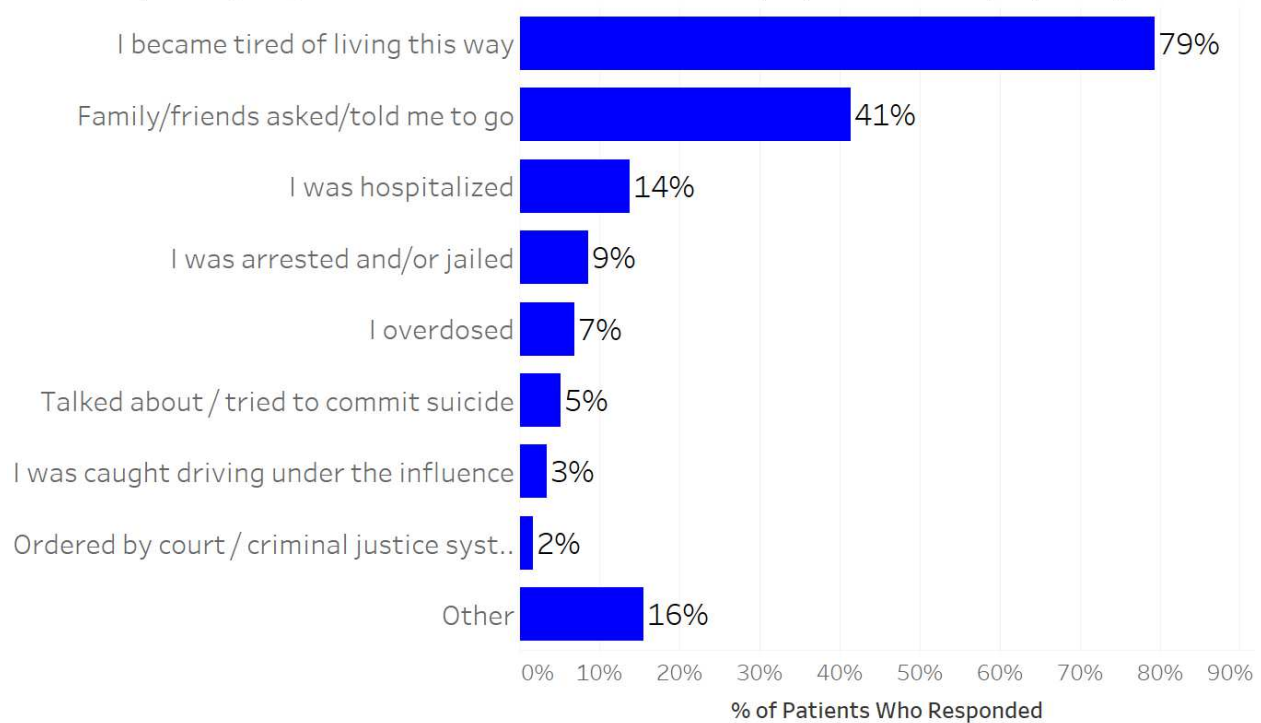


## What Brought Patients to Treatment

A majority of patients (79%) reported that they had started treatment because they became tired of living the way they were. 41% reported being asked to go to treatment by family or friends. Other reasons, such as hospitalization, being arrested, or an overdose, were reported by much smaller proportions of patients.

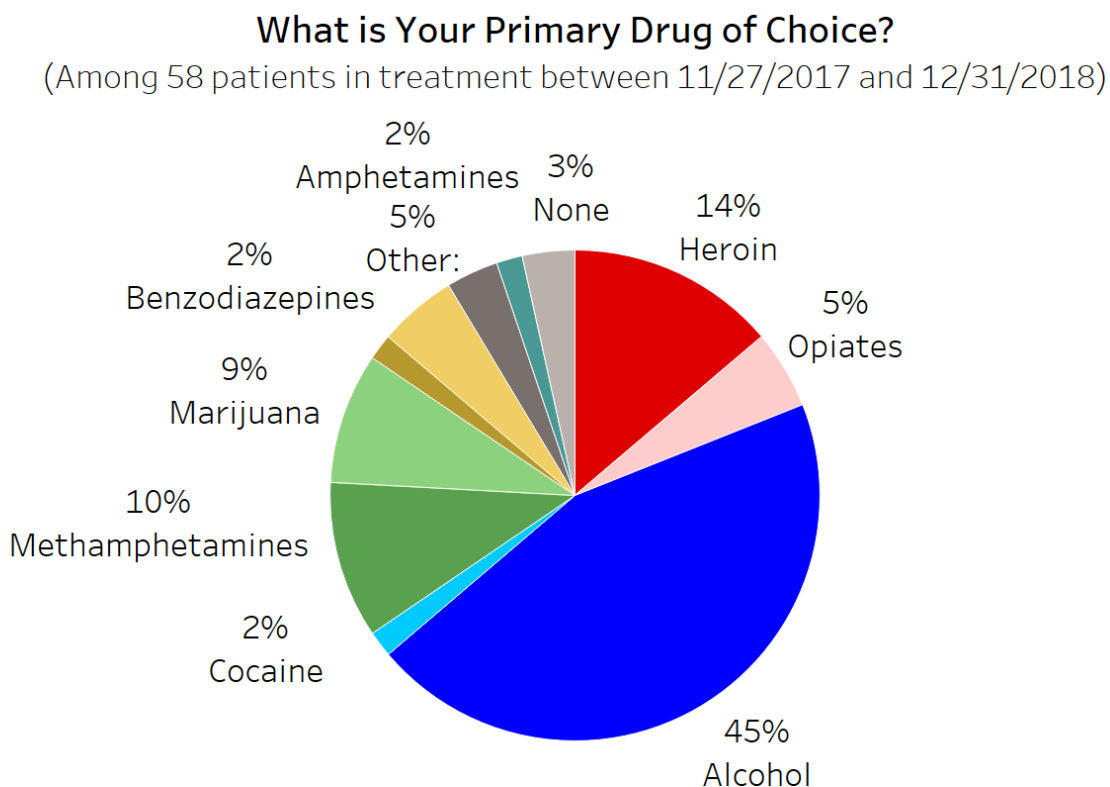
### What Happened Right Before that Led to Treatment

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



## Alcohol or Drug Usage

Alcohol was the primary drug of choice for 45% of the patients. Another 14% primarily used heroin, and 10% used methamphetamines.

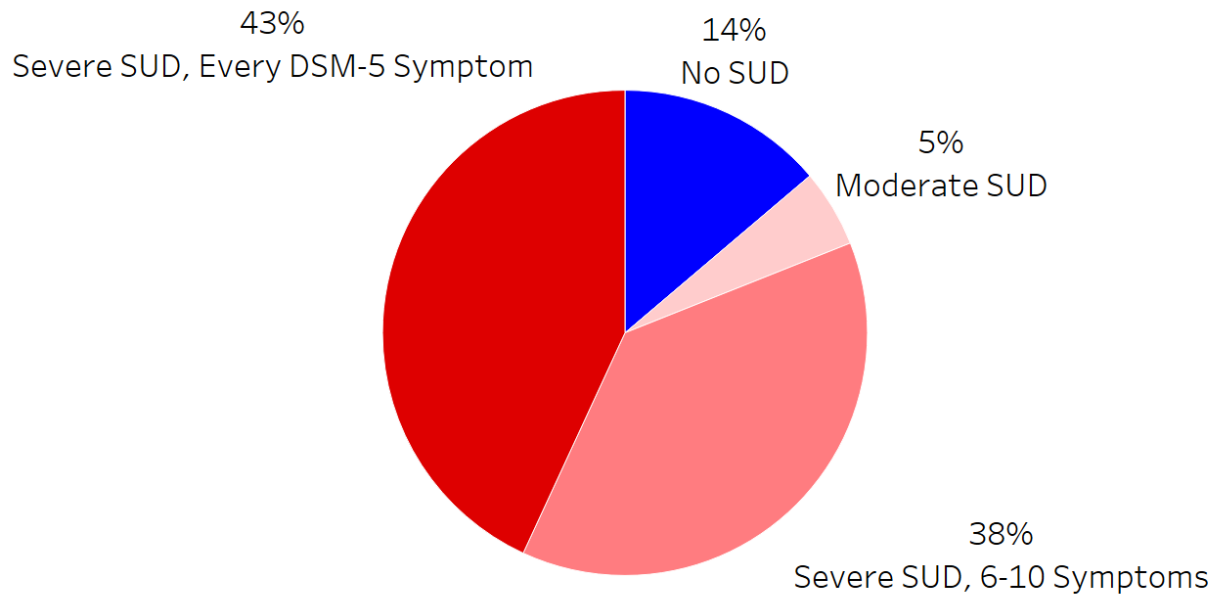


## Addiction Severity

The vast majority (81%) of The Kiloby Center's patients met the definition of having a severe alcohol or drug use disorder, and 43% of them reported having experienced all 11 of the DSM-5 SUD criteria in the year before starting treatment.

### Addiction Severity

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



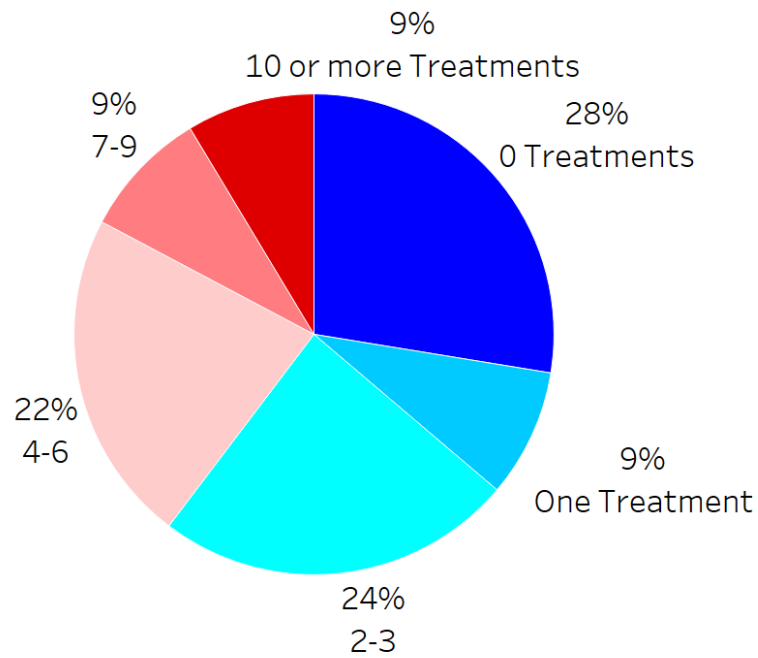


## Previous SUD Treatment Episodes

Among the 58 patients, most had been in SUD treatment before, and 40% had been in treatment on 4 or more occasions.

### No. of Previous Treatments (SUD Group)

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



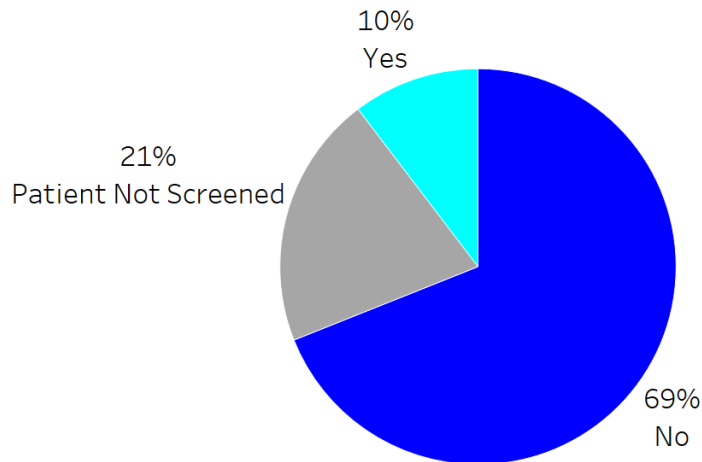


## Use of Medication Assisted Treatment

A minority of The Kiloby Center's patients are using Opioid Maintenance Therapy.

**Are you enrolled in a drug maintenance program where you use methadone, buprenorphine, Suboxone, Subutex or another opioid drug on a regular basis?**

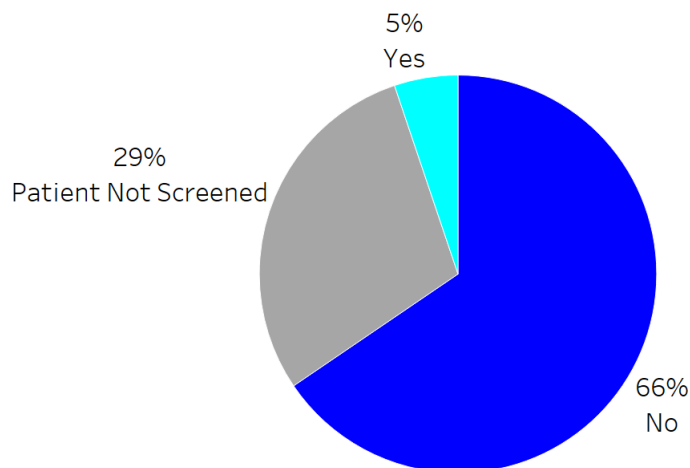
(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



A smaller proportion are using Vivitrol or Naltrexone to control cravings:

**Are you receiving Vivitrol (naltrexone) injections?**

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



## Presence of Mental Disorders

As part of their Intake Questionnaire, the patients were asked a series of screening questions about the 30 days before they started treatment. If they answered one or more of the screening questions for a particular co-occurring disorder positively, they were then taken to a full academically-validated instrument to measure the severity of their symptoms of that disorder. If a patient answered the screening questions for a particular disorder negatively, they are classified as “Symptom Unlikely” in the following charts.

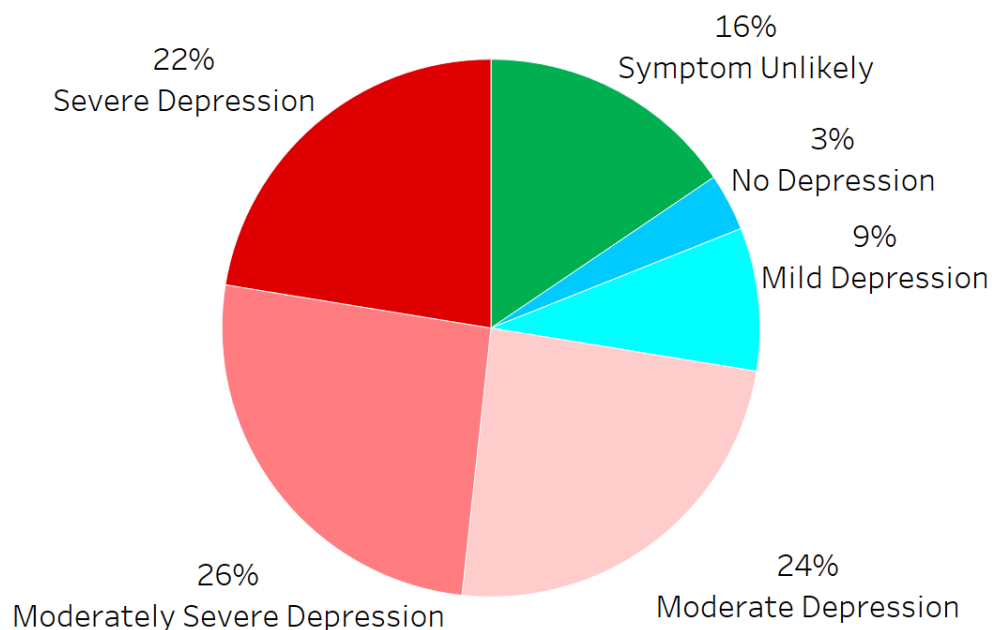
The majority of patients entering The Kiloby Center reported suffering moderate or severe symptoms of one or more co-occurring disorders in the 30 days prior to entering treatment:

### Patients with Moderate or Severe Symptoms at Intake

Depression	72%
Anxiety	72%
PTSD	71%
Eating Disorder	34%

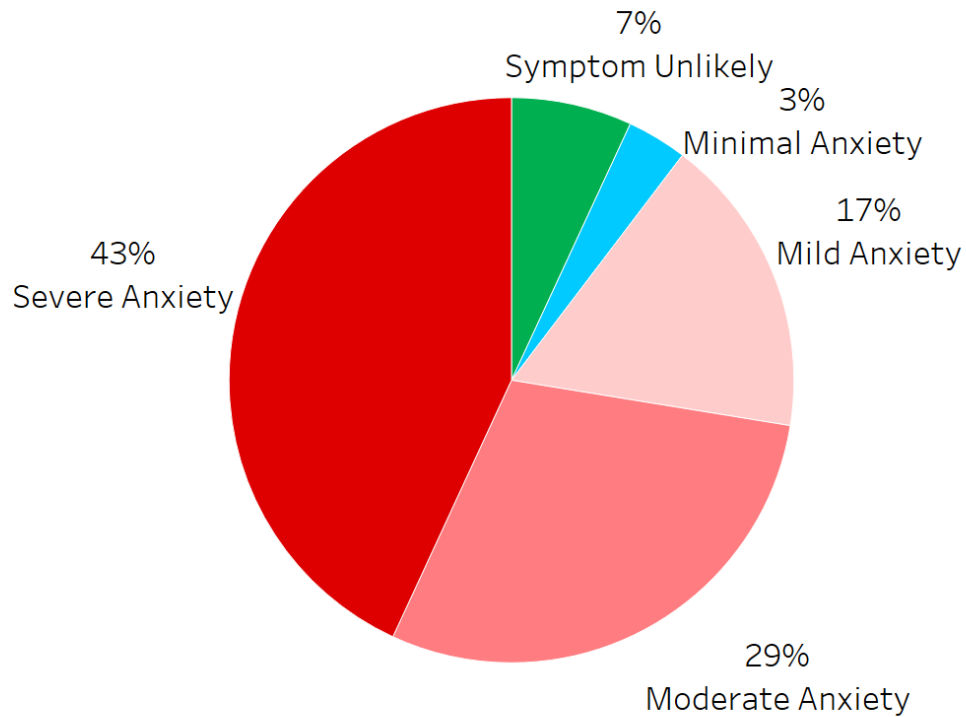
### Depression Symptoms at Intake

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



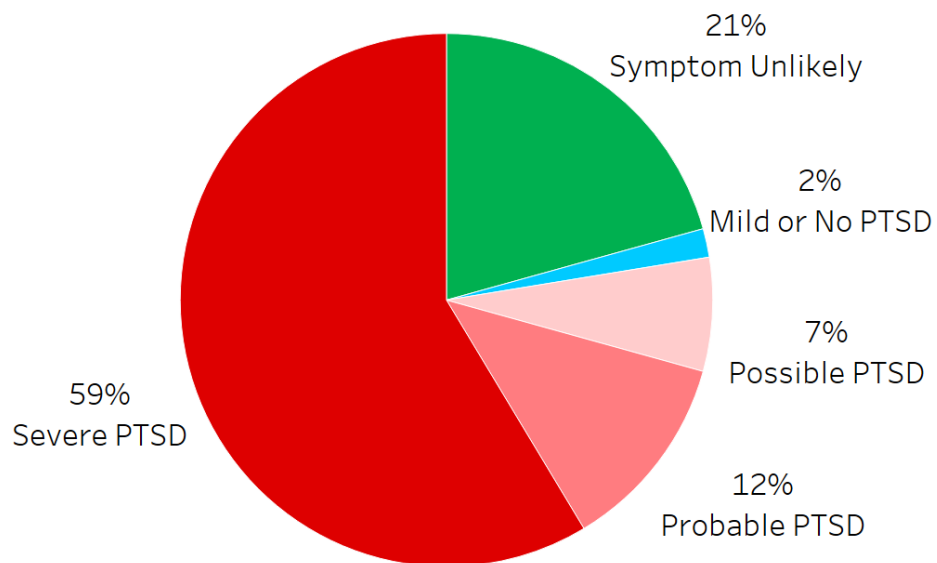
### Anxiety Symptoms at Intake

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



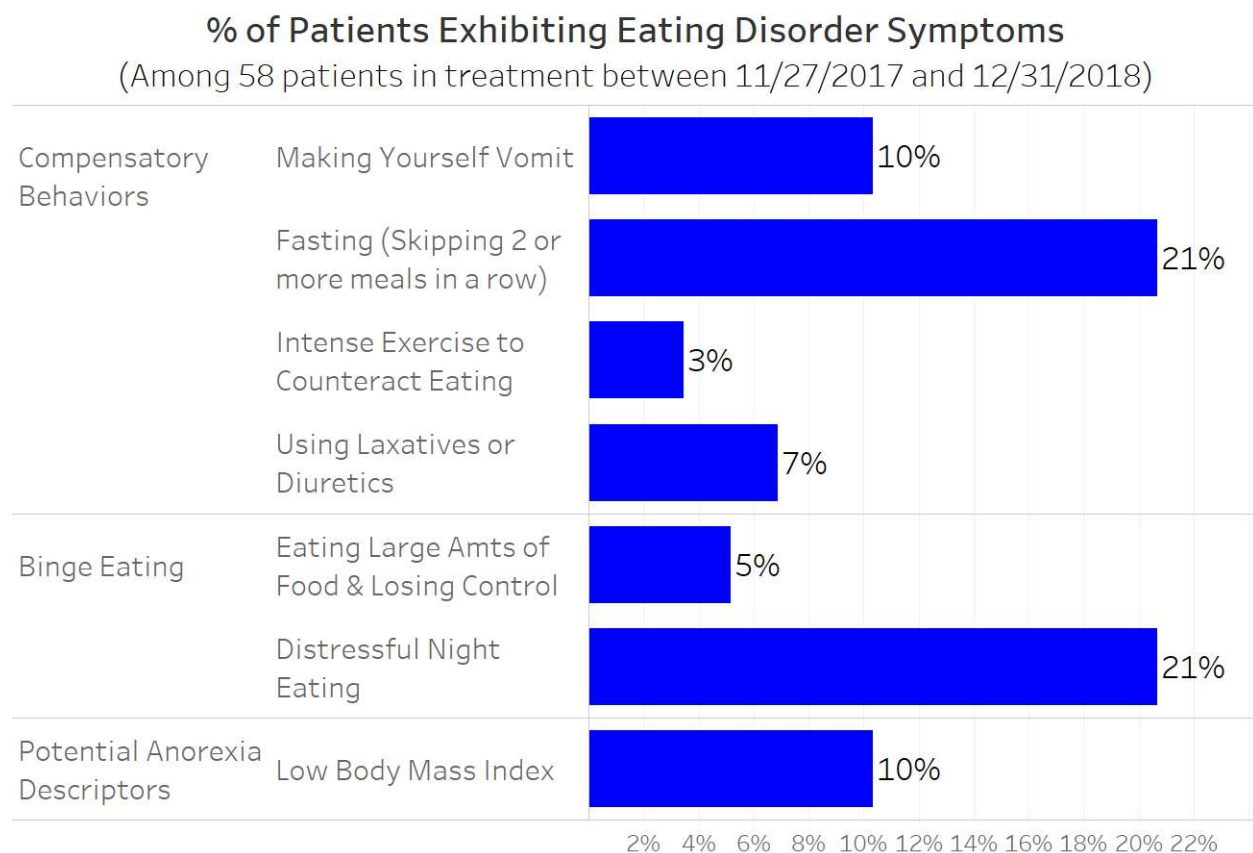
### Trauma Symptoms at Intake

(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



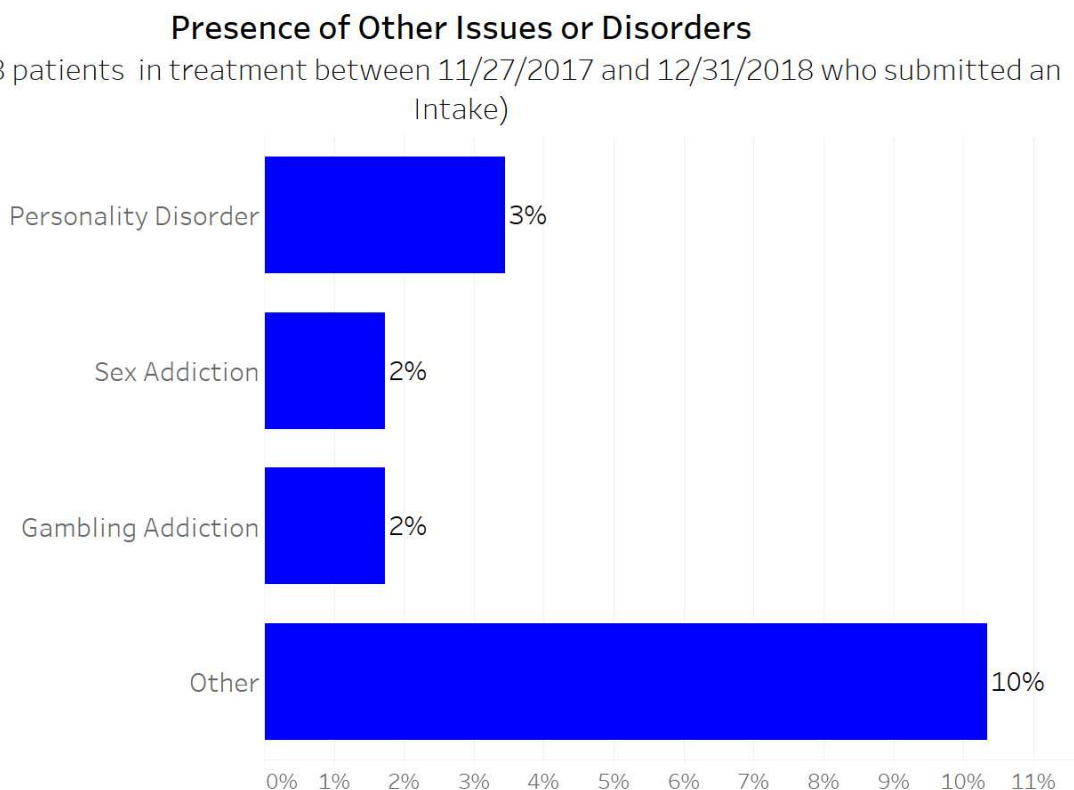
## Eating Disorders

45% of The Kiloby Center's patients reported behaviors typically associated with eating disorders in the 30 days before starting treatment. The two most common behaviors were fasting (skipping two or more meals in a row), and eating during the night after awakening from sleep or eating an unusually large amount of food after their evening meal and being distressed by the night eating (both reported by 21% of patients).



## Other Disorders

A number of patients reported other issues or disorders at intake. Most of these, however, were miscellaneous issues:

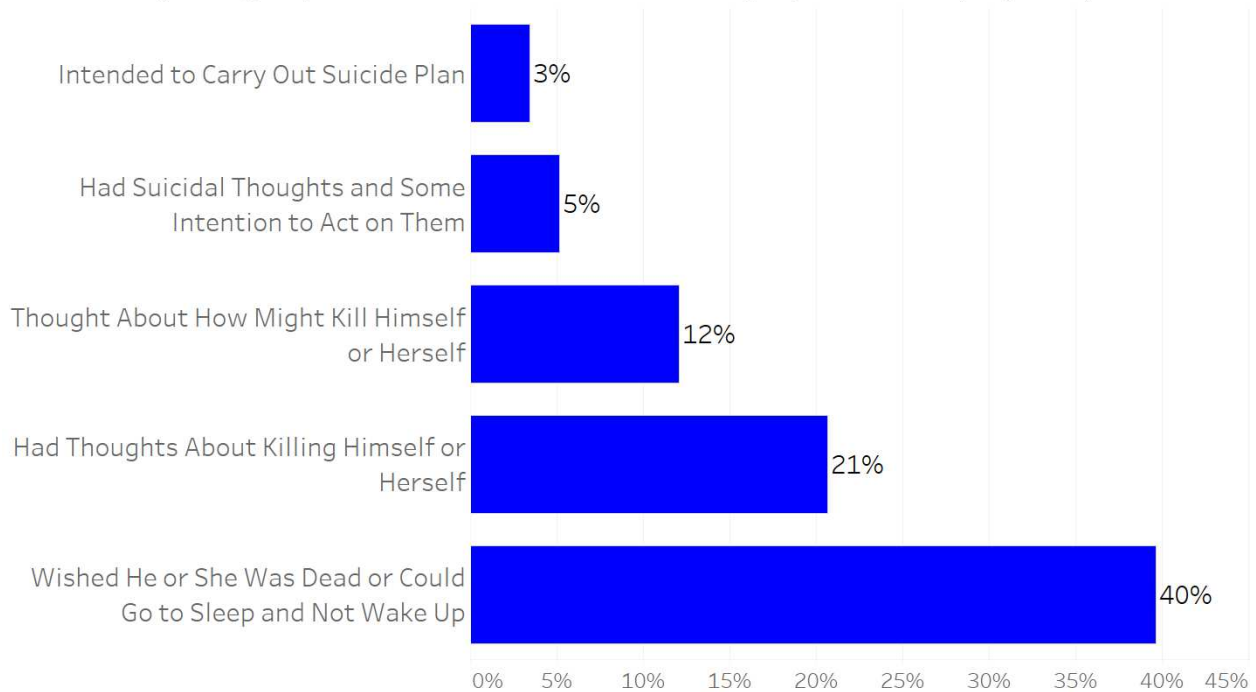


## Suicidal Thoughts and Self-Harming Behaviors

40% of The Kiloby Center's patients reported wishing they were dead or could go to sleep and not wake up in the 30 days prior to treatment. 5% had some intention of acting on their suicidal thoughts, and 3% had a suicide plan that they intended to carry out.

### Suicidality in the Month Before Treatment

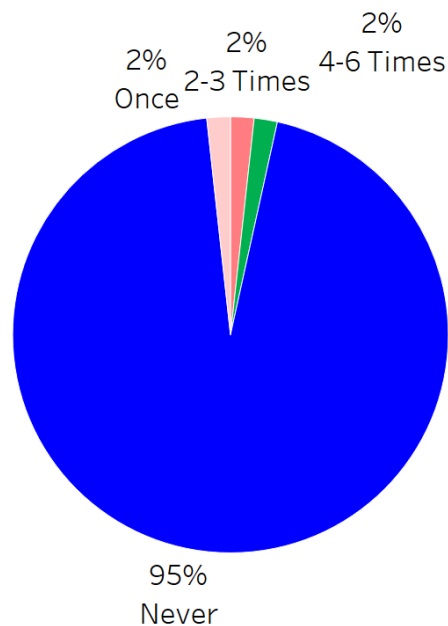
(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



5% of The Kiloby Center's patients reported harming themselves on purpose, such as by cutting themselves, in the month before starting treatment.

### Times Self Harmed in the 30 Days Before Treatment

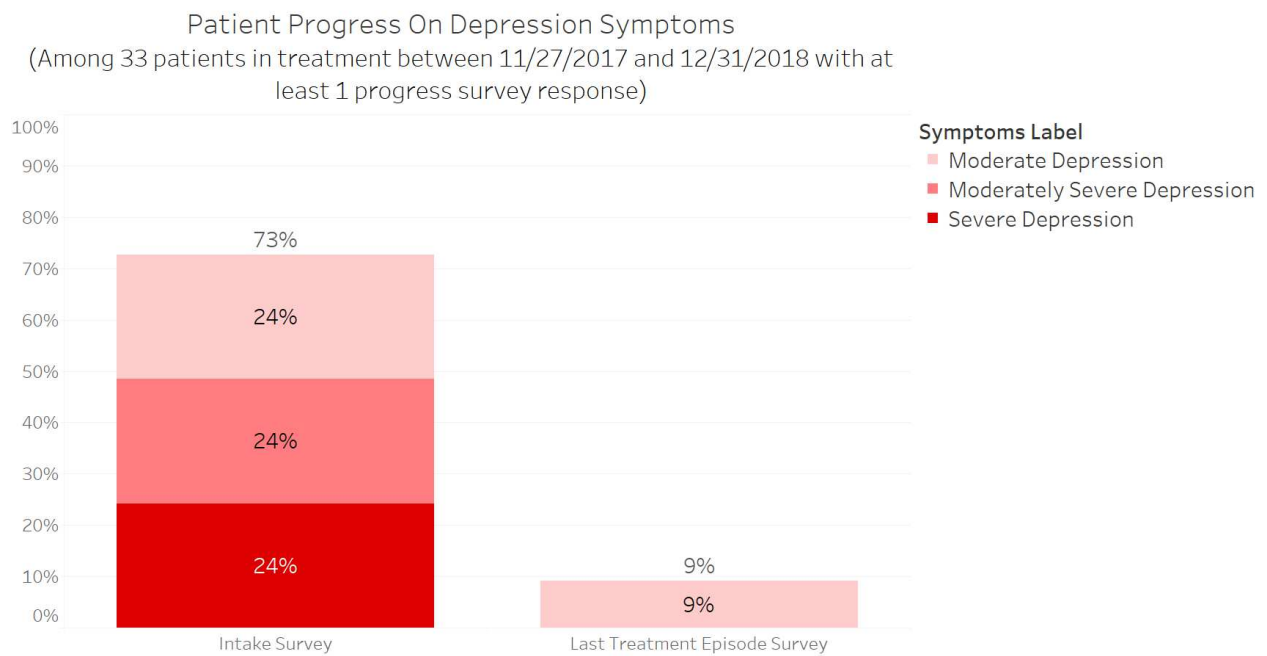
(Among 58 patients in treatment between 11/27/2017 and 12/31/2018)



# PROGRESS DURING TREATMENT

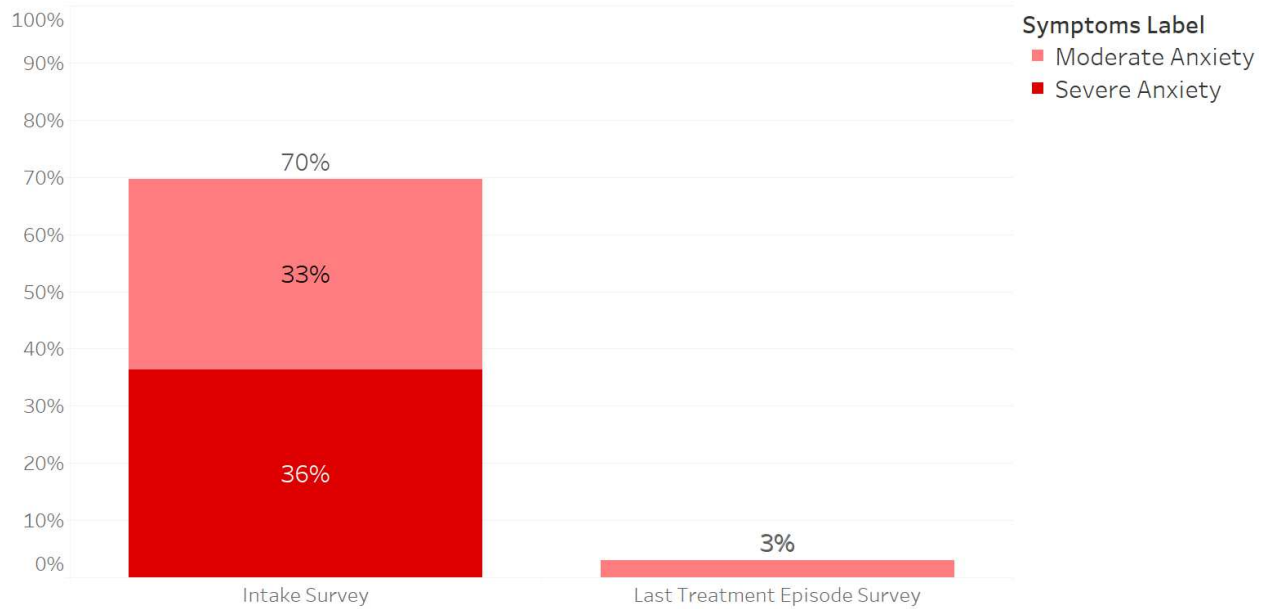
## Improvement in Co-Occurring Disorders

During the time they were in treatment, the severity of the co-occurring disorder symptoms that The Kiloby Center’s patients were experiencing declined dramatically. The following graphs compare how the percentage of patients reporting moderate to severe symptoms of depression, anxiety, and PTSD declined between the intake and the last progress monitoring survey they submitted:

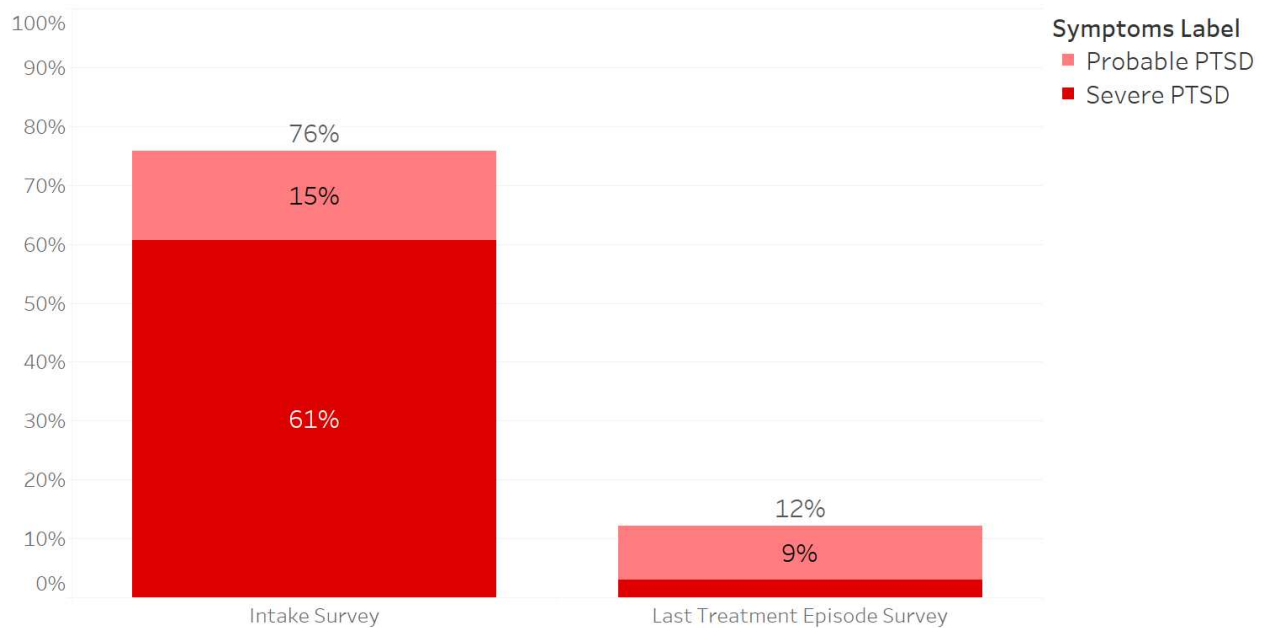




**Patient Progress On Anxiety Symptoms**  
(Among 33 patients in treatment between 11/27/2017 and 12/31/2018 with at least 1 progress survey response)

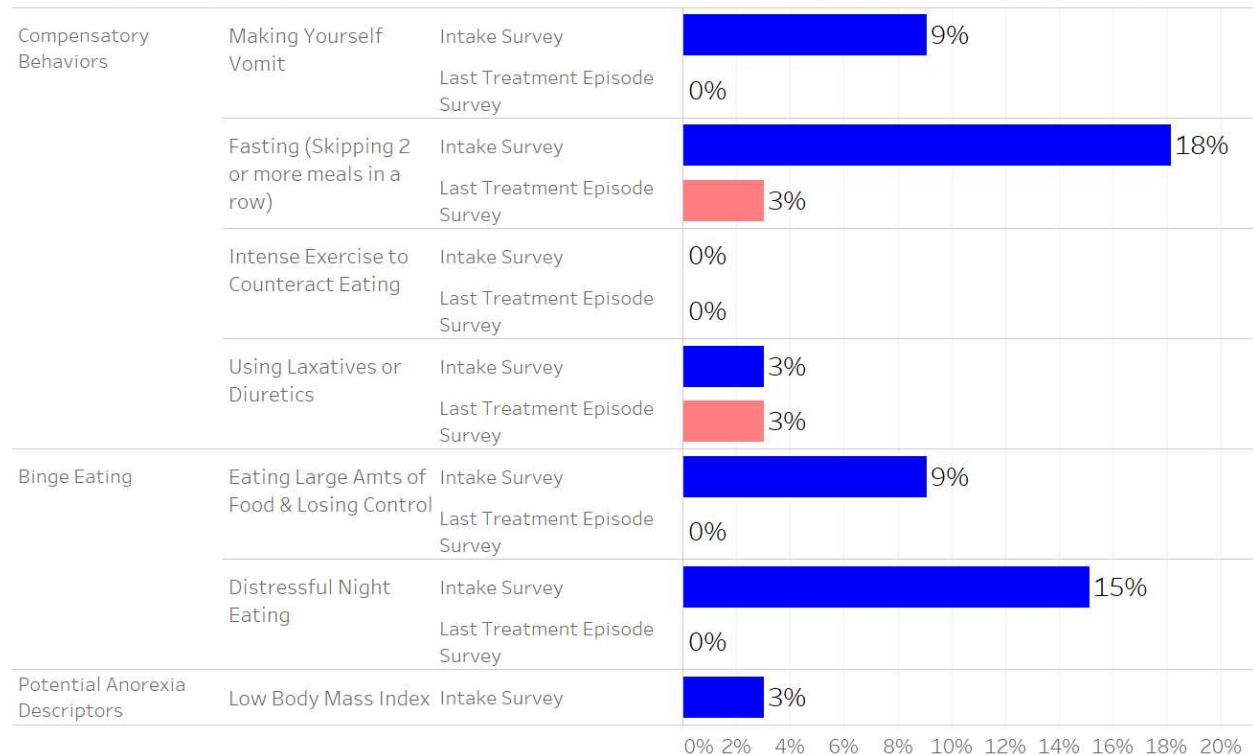


**Patient Progress On Trauma Symptoms**  
(Among 33 patients in treatment between 11/27/2017 and 12/31/2018 with at least 1 progress survey response)



By the last treatment survey, the incidence of eating disorder symptoms was almost eliminated, with no more than one patient reporting any individual symptom.

### % of Patients Exhibiting Eating Disorder Symptoms (Among 33 patients in treatment between 11/27/2017 and 12/31/2018)



## Reduced Suicidal Thoughts

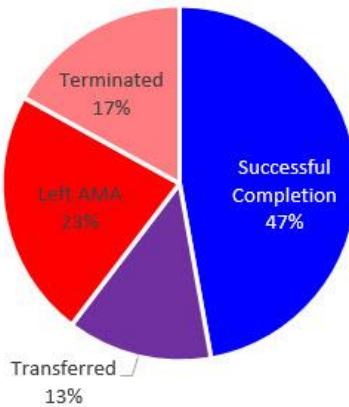
By the time of discharge, the incidence of suicidal thoughts was eliminated entirely, with no patient reporting suicidal thoughts at all.

# TREATMENT SUCCESS

## Treatment Completion Rate vs. National Norms

Among the 53 clients who discharged from The Kiloby Center during the period between November 27, 2017 and December 31, 2018, 25 (47%) successfully completed all recommended treatment:

**Treatment Completion from The Kiloby Center**  
(among 24 patients discharged between 11/27/17 & 12/31/18)

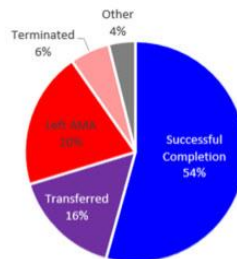


The 52% of patients who successfully completed treatment at The Natural Rest House is very similar to the treatment completion rate reported in the 2016 Treatment Episode Data Set Discharge national norms:

**Treatment Completion Rate vs. National Average**  
(29 Natural Rest House discharges vs. 149,986 2016 TEDS-D Short-Term Residential)



**Natural Rest House: 52%  
Successful Completion**

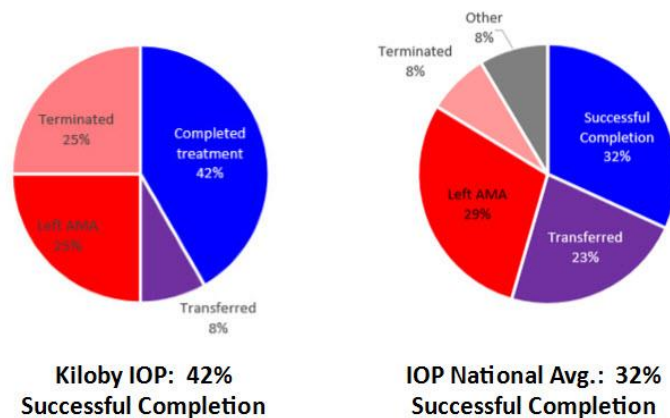


**ST Residential National Avg.: 54%  
Successful Completion**

A somewhat higher percentage of patients successfully completed treatment at The Kiloby Center's IOP program compared to the 2016 TEDS-D national norms for Intensive Outpatient treatment:

### Treatment Completion Rate vs. National Average

(24 Kiloby IOP discharges vs. 185,451 2016 TEDS-D IOP discharges)



The median length of stay for patients successfully completing treatment at the Natural Rest House was only 9 days, although this varied considerably. This is substantially less than the 24 day median length of stay for short-term residential patients in the TEDS-D database.

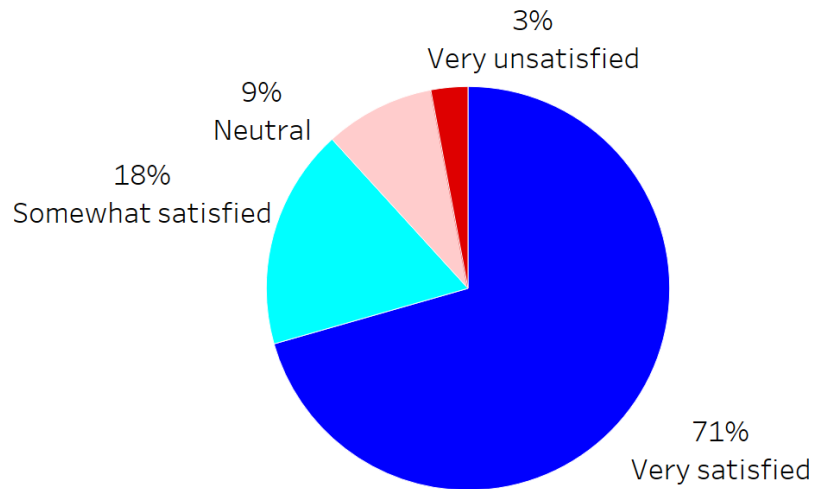
The median length of stay of patients successfully completing treatment in The Kiloby Center's IOP program was 65 days, which is also lower than the 83 day TEDS-D norm for IOP.

## Satisfaction with Treatment

The majority (71%) of The Kiloby Center patients submitting ongoing progress monitoring surveys were very satisfied with the treatment they were receiving:

### Patient Satisfaction with Treatment

(Based upon 34 patient reports for patients in treatment between 11/27/2017 and 12/31/2018)



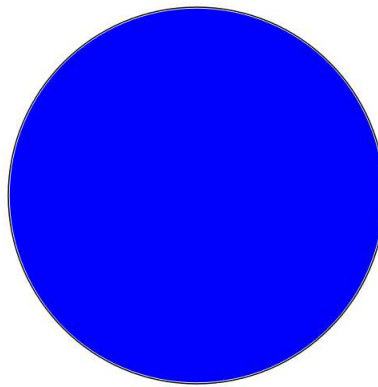
Sample comments from patients about the treatment they were receiving at The Kiloby Center are included in Appendix B.

## Meeting Treatment Goals

Patients who indicated that a survey was likely to be the last one they were asked to submit during treatment were asked several questions about their treatment goals. All of the patients who were screened on these questions reported having been asked about their treatment goals during treatment:

### Were Patients Asked About Treatment Goals?

(Reported by 9 patients on their final survey in treatment between 11/27/2017 and 12/31/2018)

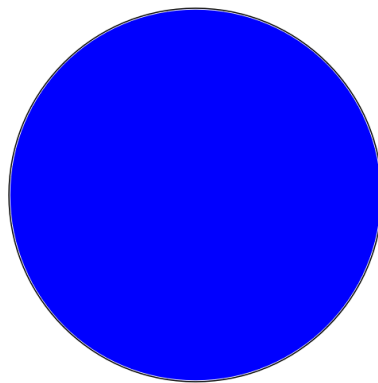


Yes  
100%

Furthermore, all these patients reported that their treatment goals had been met:

### Were Your Treatment Goals Met?

(Reported by 9 patients on their final survey in treatment between 11/27/2017 and 12/31/2018)



Yes, my treatment goals and needs were met  
100%

## APPENDIX A: PATIENT DEMOGRAPHIC INFORMATION

<u>Characteristic</u>	<u>Total Kiloby Center</u>
Number of Patients	58
Gender:	
Male	45%
Female	55%
Age (years):	
Median	34
Range	19–75
Ethnicity:	
White, non-Hispanic	79%
Hispanic/Latino	5%
African American	2%
Native American	5%
Other	9%
Marital Status:	
Married	28%
Single, never married	48%
Divorced	19%
Separated	5%
Highest Level of Education Completed:	
Have graduated from high school or received a GED	14%
Attended college, but have not received a degree	33%
Associate's degree	12%
Bachelor's degree	22%
Master's degree	5%
Ph.D. degree	3%
Other	10%



Employment Prior to Treatment:

Employed	36%
Student	5%
Neither (by choice)	34%
Fired/kicked out	7%
Working in the home	7%
Other	14%

Living Arrangements Prior to Treatment:

Living in their own home, apartment or dorm room	45%
Living in their parent's, guardian's or other family member's home	34%
Living in a sober living environment, such as a half-way house	7%
Stable Living Arrangement	86%

Moving from place to place	3%
Other	10%
Unstable Living Arrangement	14%

## APPENDIX B: SAMPLE PATIENT COMMENTS

### Positive

- I am very happy with the program and also with the sober living facility.
- I'm finding MINDFULNESS and staying on the now so vital to my recovery and everyday living.. Grateful!
- I'm so appreciative to have these tools for Trauma and stress... actually dealing with life. I'm feeling a little more balanced and calmer daily...I feel genuine caring and concern from the staff. Thanks for helping me to find myself....
- I think this is the best detox I ever been to and made me feel the most comfortable mainly Johnnton, Simone, and Sophia care so much and are amazing.
- The staff here have all treated me with kindness and respect and I have felt like a family member here. I've had a great time in the evenings with the techs on staff, everyone here is so accommodating
- Scott's Come to Jesus meeting and the new inquiry with Dan had a big effect on me.
- Thanks much to Konstantine, Donna, and Dan for hanging with me my trauma release sessions
- Thanks to the entire staff at the Natural Rest House and the Kiloby Center. To keep it short and sweet, "You're simply the best...better than all the rest"

Why detox goals were or were not met:

- Because I got out of my own way. And because the staff is encouraging and doing the work alongside us.
- I believe I have been given REAL tools to meet my needs. Not just the AA tools of "don't drink, call your sponsor, and go to a meeting". That never worked for me!

Why satisfied/dissatisfied with treatment:

- Amazing peeps, so kind and willing to work so personally with me- as in- so willing to create a program that works for me and so dedicated to helping me get the most out of my experience.
- Because I feel better already about my wellbeing and experience in learning new tools!
- Dr. Simone obviously loves her work. Her enthusiasm and patience have been key in my understanding of applying these concepts. I can't begin to express how much this experience has already affected me.
- Exceptional staff! All staff members are highly trained and do the work in their own lives. They care about their clients and treat everyone with dignity and respect.
- Facilitators are very skilled and sensitive...and I appreciate the focus on embodiment and mindfulness. The TRE and yoga and 5 rhythms help with this.
- Getting lots of support and tools to address trauma and relieve suffering
- I am amazed at the meditation and tools being used and how effective it is...simple inquiry alone has made me more aware and appreciated. I'm finding much value in living in the present...discovering who I am!

- I appreciate the calm, loving, and supportive manner in which everyone is treated at the facility. It's a place that really helps to cultivate healing and gentleness.
- I feel that my facilitators are adept in locating hidden pockets of trauma that I have repressed and helping me use modalities that bring it up and out.
- Incredibly inspired by the passion, wisdom, experience, kindness and commitment of the facilitators/counselors. Surprised and delighted by the other skills of the practitioners along with the mindfulness stuff
- It is a safe supportive environment for doing deep trauma work.
- Slower paced allows for more self facilitation
- The Kiloby Center is unique in its diverse approaches to both trauma release and MBSR and provides multimodal support.

## Negative

- I would like more one on one sessions with Dan. I love Scott, but have issues hearing him due to past experiences I haven't yet worked through.
- I hate being here. It wasn't my choice. I was brought here cloak and dagger style with a rag on top of my head to keep me from knowing the way. I was completely deceived, by my mom. I am here completely unwillingly, against my volition.
- Mindfulness is bullshit and I only like the facilitators. I'm not about this new age hippie bullshit.
- More talk therapy.

Why satisfied/dissatisfied with treatment:

- Treatment team is inconsistent in therapeutic skills and professionalism.

Why detox goals were/were not met:

- Relapsed and cravings persist