



Research Highlights
Youth population at lac Echo
January 2003 - October 2008

Research Department
November 2009

All youth admitted at Lac Écho between January 2003 and March 2008 and having received at least 15 days of treatment have been invited to participate in a research project (77.9% have been contacted). Questionnaires were filled up to October 2008. Boys represent 60.4% (n=125) while girls represent 39.6% (n=82). The average age at admission of those who answered was 16.0 years old.

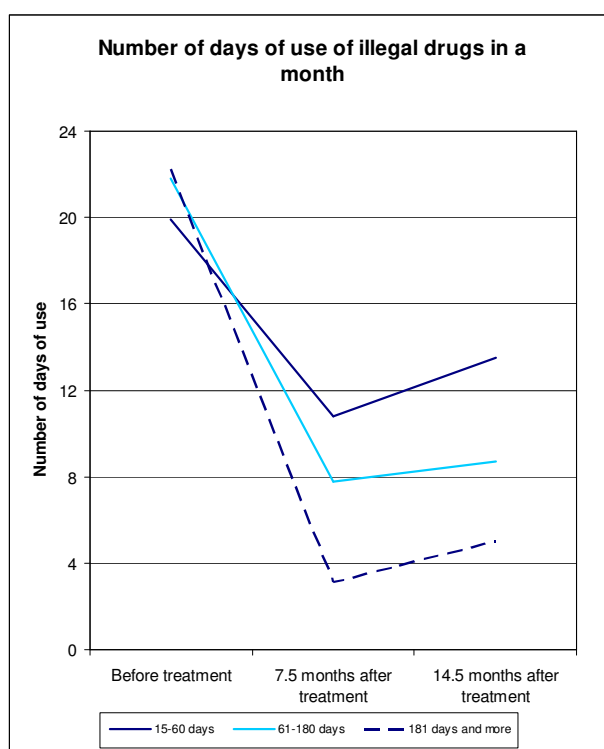
Description of youth:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Polydrug users: 75.4% • Cannabis use: 89.4% • Amphetamines, speed or Ritalin use: 56.3% • Hallucinogenic use: 53.2% • Cocaine use: 43.6% • Treated previously for alcohol or drug use: 53.9% • Reported to LPJ: 62.4% | <ul style="list-style-type: none"> • Committed a delinquent act criminally punishable: 91.5% • Arrested or charged with an offence: 57.9% • Suspended or expelled from school: 87.4% • Five or more psychological problems: 86.5% • Been physically abused: 48.3% • Been sexually abused: 20.9% |
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Study results:

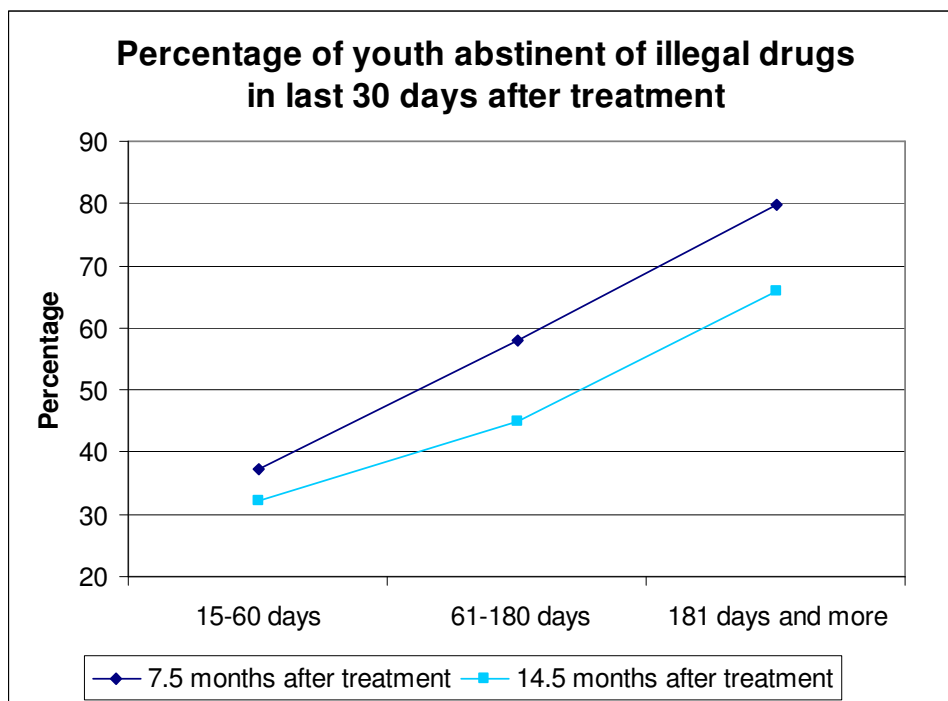
Number of days of use of illegal drugs in a month

Number of days in treatment	Before treatment	7.5 months after treatment	14.5 months after treatment
15 to 60 days (n=59)	19,9 days	10,8 days	13,5 days
61 to 180 days (n=69)	21,8 days	7,8 days	8,7 days
181 days and more (n=79)	22,2 days	3,1 days	5,0 days



Percentage of youth abstinent of illegal drugs in last 30 days after treatment

Number of days in treatment	7.5 months after treatment	14.5 months after treatment
15 to 60 days (n=59)	37,3%	32,2%
61 to 180 days (n=69)	58,0%	44,9%
181 days and more (n=79)	79,7%	65,8%



If youth use drugs for between 19.9 and 22.2 days in a month before entering treatment, they use drugs for between 3.1 and 13.5 days a month after treatment depending on time spend in treatment. Those who use the least are those who stay longer in treatment. Abstinent rates of all illegal drugs after treatment range from 32.2% to 79.7% depending on time spend in treatment. Those who are the most abstinent are those who stay longer in treatment. Time spent in treatment is a factor of important reduction in drug use. Youth spending 181 days or more in treatment have 6.6 more chances of being abstinent when compared to those who spent between 15 and 60 days in treatment at 7.5 months after treatment. At 14.5 months after treatment, it is 4.1 times.

Other results

If we take a look at the same numbers but slightly differently, that is less than four times a month use, the abstinent rates range from 42.4% to 84.8%. If we exclude cannabis use (by far the most commonly used drug), we obtain abstinent rates from 64.4% to 92.4%. Taking into account less than four times a month use and excluding cannabis, the rates range from 78.0% to 93.7%.

Percentage of youth using less than four times a month illegal drugs excluding cannabis in last 30 days after treatment

Number of days in treatment	7.5 months after treatment	14.5 months after treatment
15 to 60 days (n=59)	78.0%	78.0%
61 to 180 days (n=69)	82.6%	79.7%
181 days and more (n=79)	93.7%	89.9%

