

# T.T.R. UPDATE

Department of Research and Evaluation

March 2016

## Transitioning to Recovery

In addition to providing the core services of Volunteer Behavioral Health, special grant-funded programs are developed to serve those who are most vulnerable in our communities. One of these programs is Transitioning to Recovery (TTR) which works to help individuals in local jails to successfully transition back into the community. Funded with a three-year Substance Abuse Mental Health Services Administration (SAMHSA) grant, TTR uses a team-based approach with reentry planning and community-based treatment services for those dealing with addiction or a mental health illness when they are released. The program services six rural counties in Tennessee—Sumner, Wilson, Smith, White, Cumberland, and Overton.

### Highlights - February 2016

- There were 58 active clients this month (15 Cumberland Area, 18 Sumner Area, 25 Wilson Area).
- 9 cases were closed (0 Cumberland Area, 9 Sumner Area, 0 Wilson Area).
- There were 65 face to face visits with transition specialists.
- 7 community outreach events were carried out including 4 employment skills classes at the White County Jail, WCADC meeting at the First National Bank in Sparta, Wilson County Jail training, and Sumner County jail training.
- A paired-samples t-test was conducted to compare the quality of life at intake and 90/180 days. The difference is considered to be statistically significant between intake ( $M=1.98$   $SD=0.84$ ) and 90/180 day follow up ( $M=2.51$   $SD=0.83$ ) which shows the participants assessment of their life improved through the course of the program.



### *How We Helped...*

**51 Total Therapy Services**  
**115 Total Transition Specialist**  
**Services**