FAMILY TREATMENT EVIDENCE-BASED SUCCESSFUL OUTCOMES
In 2001, the Center for Substance Abuse Treatment (CSAT) evaluated its Pregnant and Postpartum Women and Their Infants Program, which provides comprehensive, family-based treatment for substance abusing mothers and their children. Major findings of this study, at 6 months post treatment, include:

- 60% of the mothers remained alcohol and drug-free.
- Drug-related offenses declined from 28% to 7%.
- 38% obtained employment and 21% enrolled in educational/vocational training.
- 75% of the mothers had physical custody of one or more children.¹

In 2003 an additional cross-site evaluation of 24 residential family-based treatment programs 6 months after post-treatment revealed successful outcomes for mothers and their children:

- 60% of the mothers remained completely clean and sober 6 months after discharge.
- Criminal arrests declined by 43%.
- 44% of the children were returned from foster care.
- 88% of the children treated in the programs with their mothers remained stabilized, 6 months after discharge.
- Employment rose from 7% before treatment to 37% post-treatment.
- Enrollment in educational and vocational training increased from 2% prior to treatment to 19% post-treatment.²

FAMILY TREATMENT AS COST-EFFECTIVE
When family treatment costs are compared to the costs of incarcerating a substance abusing mother and placing her children in foster-care, the savings to the state and nation are significant. For example:

- Family treatment costs average between $14,000 to $25,000 per family per year depending on the state (for example, in Utah family treatment costs about $14,000 and in New York treatment is approximately $25,000 per family per treatment episode).³
- The average cost of one child in the foster care system is $47,000 per year.⁴

¹ Center for Substance Abuse Treatment, “Benefits of Residential Treatment for Pregnant and Parenting Women.” Substance Abuse and Mental Health Services Administration.
² Center for Substance Abuse Treatment. “Residential Women and Children/Pregnant and Post-Partum Fact Sheets.” Rockville, MD: Substance Abuse and Mental Health Services Administration.
³ Ibid, fact sheet on program costs.
• The average cost of state and federal incarceration of a mother is $30,000 per year.\(^5\)

• In a 2002 study on Arkansas treatment outcomes, the net economic benefits of family-based treatment (including medical and psychiatric problems, medical and psychiatric care, employment and days engaged in illegal activities) amounts to $17,143 in savings per family compared to $8,090 for standard care.\(^6\)

**NEED FOR EXPANDED FAMILY TREATMENT CAPACITY**

• Between one-third to two-thirds of parents involved in the child welfare system require substance abuse treatment, yet existing treatment meets less than one third of that need.\(^7\)

• Alcohol and drug-related cases are more likely to result in foster care than are other child welfare cases.\(^8\)

• Only ten percent of child welfare agencies report that they can successfully find substance abuse programs for mothers and their children who require the treatment in a timely manner.\(^9\)

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\(^7\) Substance Abuse and Mental Health Services Administration(SAMHSA), *Blending Perspectives and Building Common Ground* 109 (1999).

\(^8\) Id, pg. 43