

A PILOT STUDY OF CRANIAL ELECTROTHERAPY STIMULATION (CES) AMONG CLIENTS NEWLY ADMITTED TO RESIDENTIAL DRUG TREATMENT

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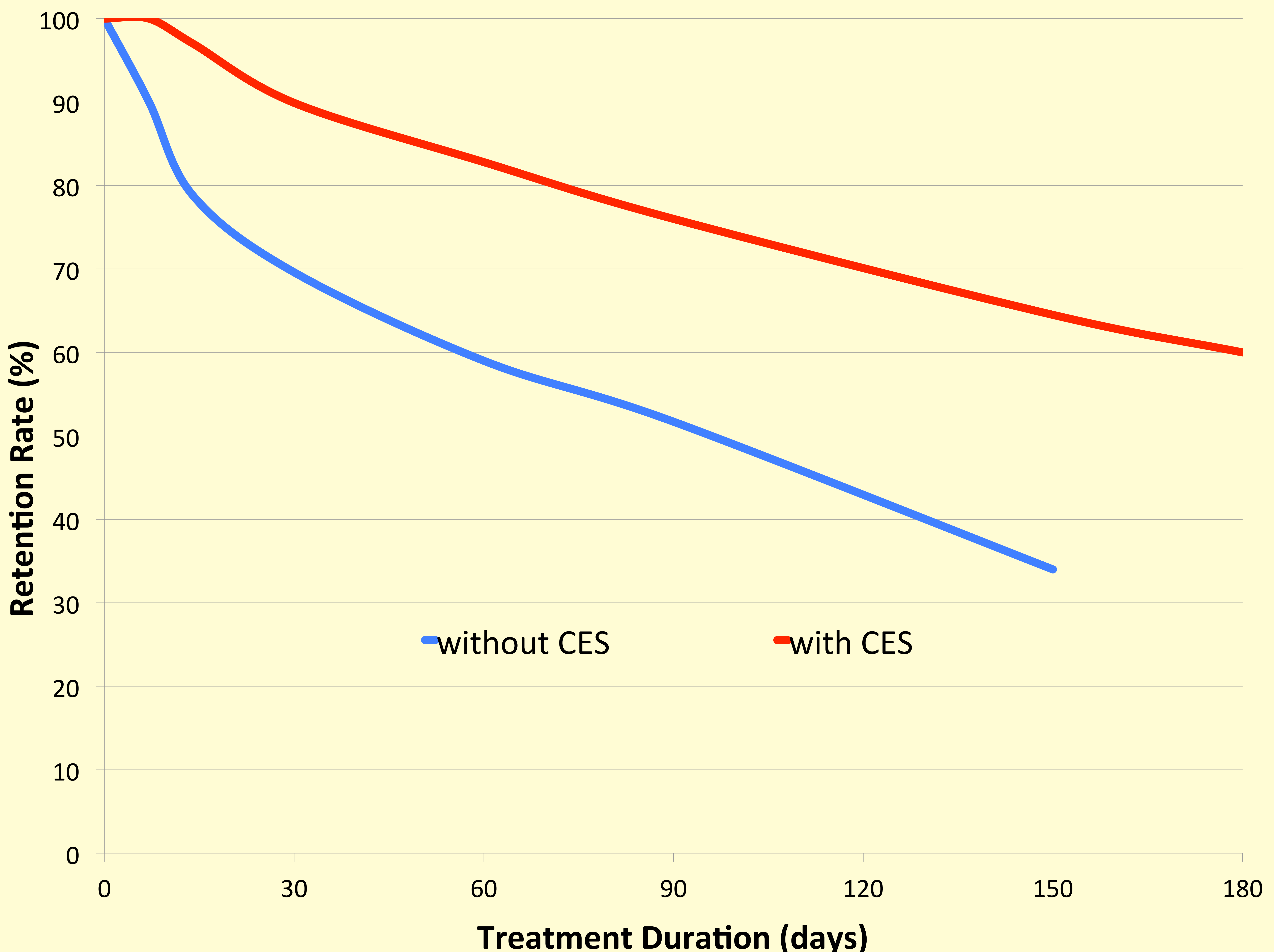
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- The sample consisted of **392 clients** admitted to Phoenix House New York Induction Unit during the study period.
- Primary drugs of abuse were cocaine/crack (36%), heroin/opioids (23%), alcohol (22%), and marijuana (19%); and over half of the sample (56%) abused more than one illicit substance.
- CES was offered to all clients. 99 clients received an average of 5 treatments of CES. 293 clients did not receive CES.

TREATMENT RETENTION FOR CLIENTS WHO PARTICIPATED IN CES (**RED LINE**) AND CLIENTS WHO DID NOT (**BLUE LINE**)



COMPARISON OF ATTRITION RATES BETWEEN CLIENTS WHO RECEIVED CES AND CLIENTS WHO DID NOT RECEIVE CES

	no CES	Received CES
Residential treatment attrition	n=293	n=99
	n (%)	n (%)
At day 7	29 (9.9)	0 (0.0)
At day 14	62 (21.2)	3 (3.0)
At day 30	89 (30.4)	10 (10.1)
At day 60	120 (41.0)	17 (17.2)
At day 90	131 (48.3)	23 (24.0)

CLIENT STATEMENTS REGARDING THEIR EXPERIENCES WITH CES

Types of statements	#	%
Favorable		
<i>I liked the sessions (s)</i>	73	38.4%
<i>It helps me relax, reduce stress, is calming</i>	67	35.3%
<i>It helps me sleep better</i>	18	9.5%
<i>It helps me concentrate, focus, clears my mind, helps me think</i>	6	3.2%
<i>I feel better (nonspecific)</i>	3	1.6%
<i>I feel less anxious</i>	2	1.1%
<i>It helps reduce my anger</i>	2	1.1%
<i>It improves my attitude</i>	1	0.5%
<i>I get less headaches</i>	1	0.5%
<i>It helps with my cigarette cravings</i>	1	0.5%
<i>It helps me distract from (physical) pain</i>	1	0.5%
<i>It improves my memory</i>	1	0.5%
	176	92.6%
Neutral		
<i>I feel nothing, it's ok</i>	6	3.2%
Unfavorable		
<i>I want to discontinue (reason not specified)</i>	4	2.1%
<i>I had a headache the next morning</i>	1	0.5%
<i>It felt weird; I saw lights</i>	1	0.5%
<i>I don't like the way it feels on my head</i>	1	0.5%
<i>I don't like it – painful</i>	1	0.5%
	8	4.2%
	190	100%