



The Narconon® Program

40 Years of Evidence of Recovery

Introduction

Persons seeking help for themselves or a family member must try to determine, often in the midst of crisis, whether a treatment program can get the results that it promises. This is made more difficult by differing opinions about the nature of addiction and contradictory ideas about what “success” actually means in the rehab field.

Any attempt to compare various approaches to rehabilitation should start from a solid understanding of its purpose. In 2012, the Substance Abuse and Mental Health Services Administration (SAMHSA), the senior agency over all alcohol and drug treatment programs in the U.S., published its working definition of recovery: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

SAMHSA also outlined four major components of a life in recovery:

Health - which includes “abstaining from use of alcohol, illicit drugs, and non-prescribed medications, and...making informed, healthy choices that support physical and emotional wellbeing.”

Home - “A stable and safe place to live.”

Purpose - “Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.”

Community - “Relationships and social networks that provide support, friendship, love, and hope.”

Following from these concepts, it should be possible to evaluate the success of a rehab program according to measures such as the following:

1. Drug abstinence,
2. Gainfully employed and/or in school,
3. Improved relationships with family and friends,
4. Reduction or cessation of criminal behavior
5. Whether or not one is making generally healthy choices.

SAMHSA's Working Definition of Recovery: <http://www.samhsa.gov/recovery>

Over a span of four decades, various authorities, doctors, social workers, government staff, researchers, and Narconon staffs themselves have evaluated Narconon programs in many different venues, measuring the factors mentioned above and others.

Each of these historical reviews or reports, some quite formal in design, some less formal, were serious attempts to evaluate results, outcomes. The following charts are intended as an easily-understood overview of these Narconon outcomes.

Clark Carr
President Narconon International

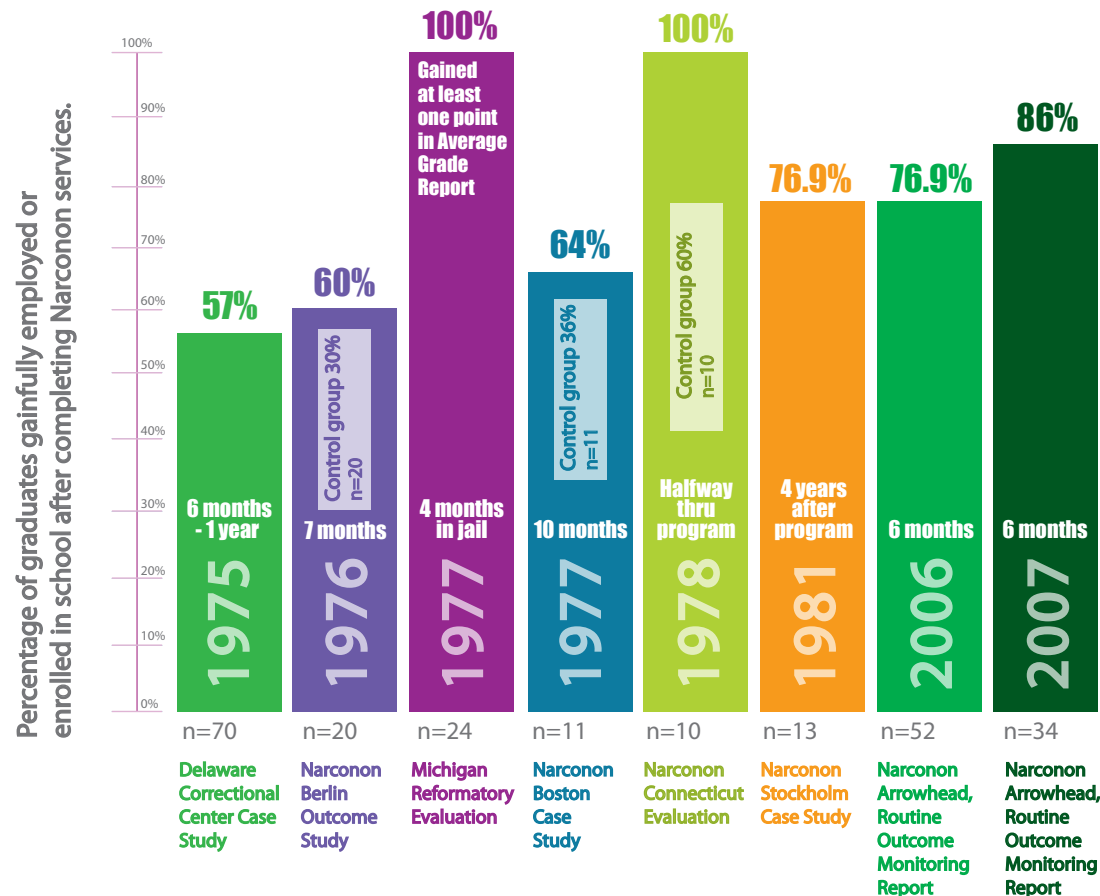


Measuring Narconon's Success

Some of these reviews have a small sample size. With some, it was difficult for the researchers to contact participants after program completion (as it is now, with more means of communication at our disposal). Any long-term study that is not directly involved with the criminal justice system, where legal restrictions ensure repeated contact, does suffer from this circumstance. The percentages stated below are often of those persons interviewed, those who could be reached. This was sometimes the full sample. (The symbol "n =" indicates the size of the group interviewed.) Following the three charts is a more detailed summary of each of the studies charted, by date.

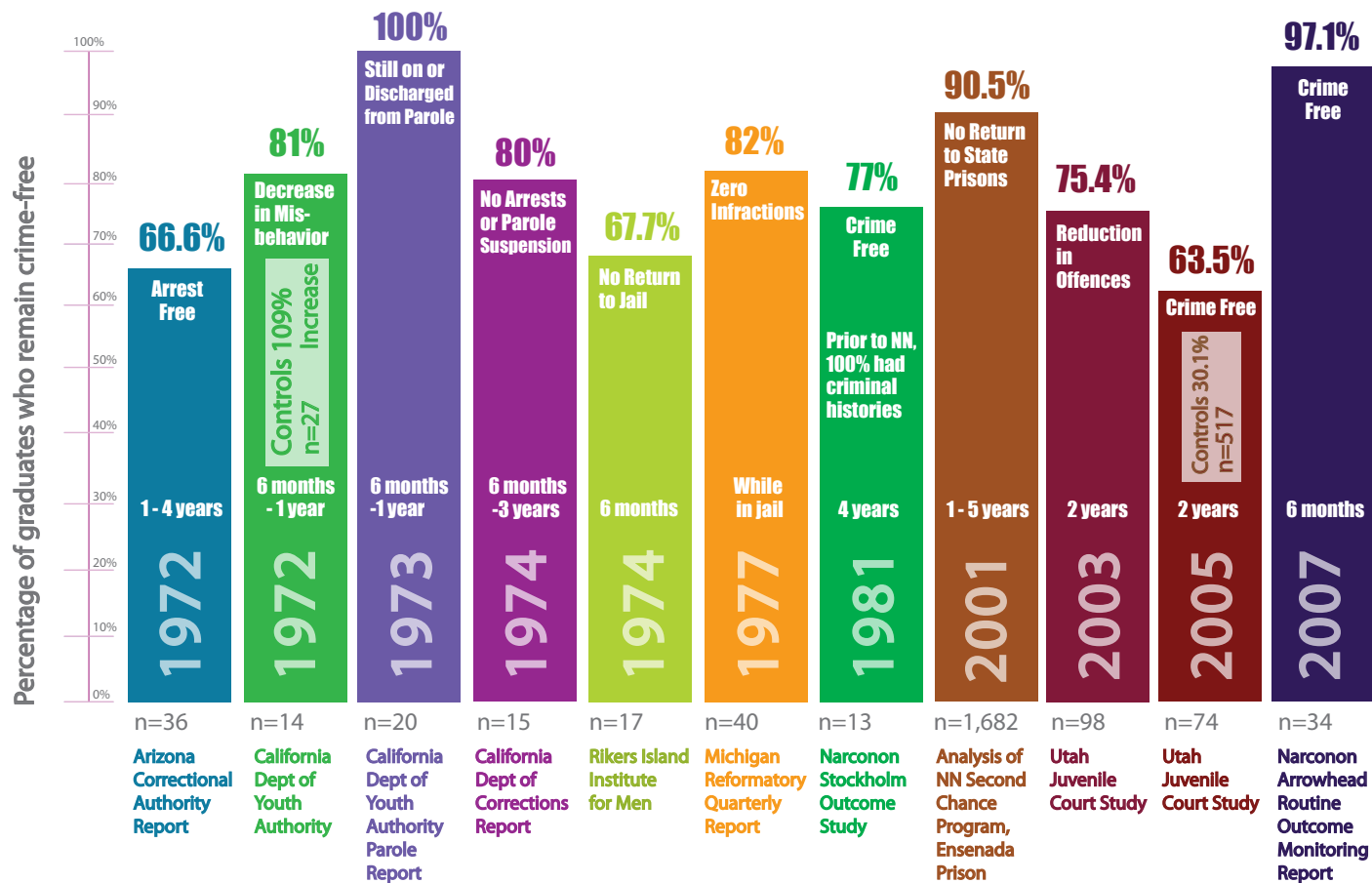
Do Narconon graduates function well in society?

For decades, graduates have returned to work and school



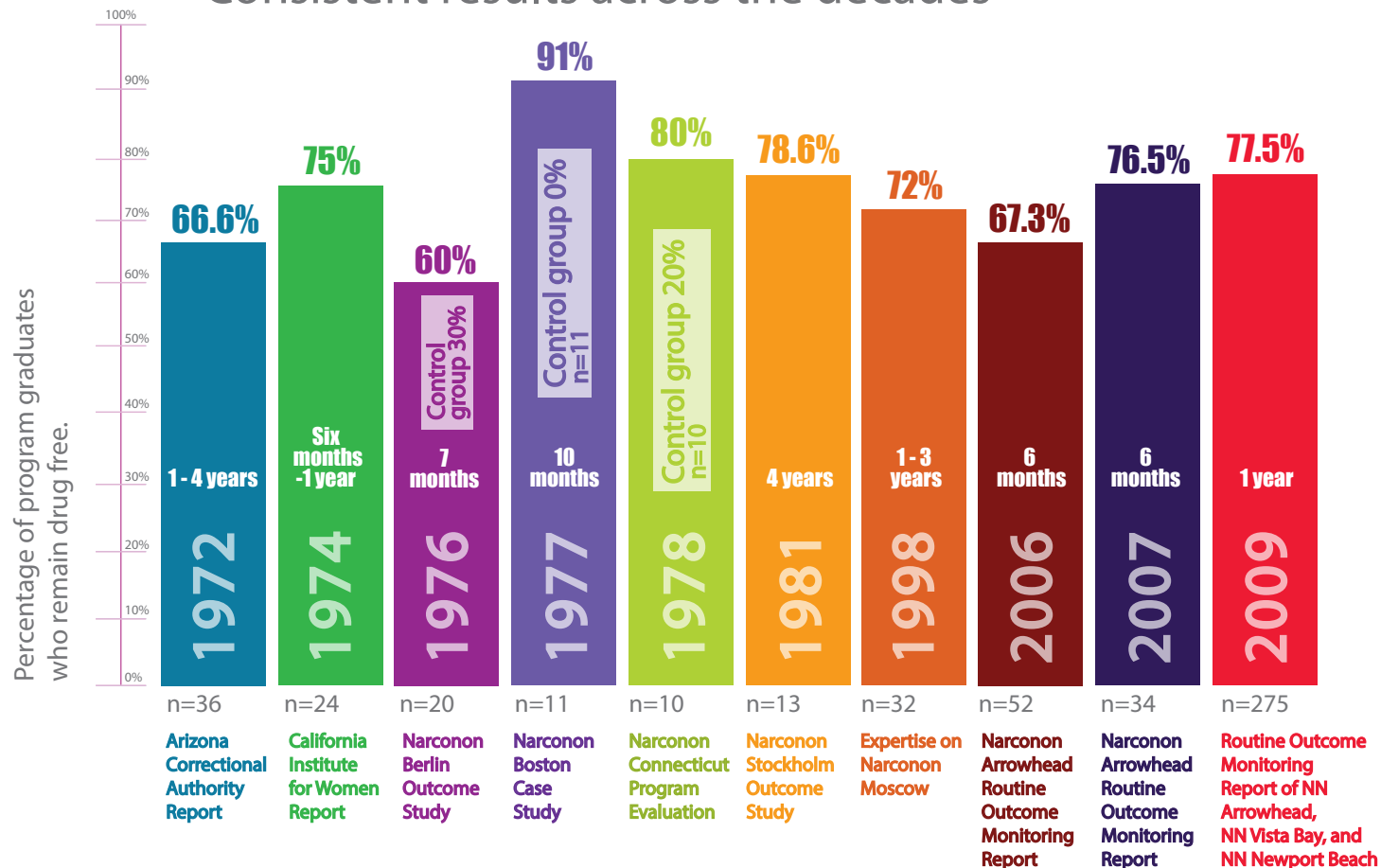
Do Narconon graduates stay out of trouble?

Demonstrating that the cycle of drugs and criminality can be broken



Do Narconon Graduates Stay off Drugs?

Consistent results across the decades



Summaries of Narconon Studies and Evaluations

The following data is summarized from studies and evaluations of the results from Narconon programs, an activity that have been conducted on an ongoing basis since 1972. For more information, please contact Clark Carr, president Narconon International, member of the Narconon Science Advisory Board. Email: president@narconon.org

Note: Shading indicates evaluations that include control groups.

1972

Arizona Correctional Authority Report (13 August, 1972)

Staff report on the results of those who completed the first Narconon program in Arizona State Prison.

Sample Size: 36 adult males.

Time Frame: One to four years after release from prison.

Measured: Recidivism / Drug-free: Of 76 released from ASP, prison officials were able to reach 36. Of those contacted, 24 parolees or 66.6% were drug-free and arrest-free one year later.

California Dept of Youth Authority (14 June 1972)

Narconon Youth Training School: Preliminary Behavioral Research Survey

Authors: Dan Fauchier, Administrative Assistant to Superintendent; and Martin Saldaña.

Sample Size: 14 male Narconon juvenile wards. Controls: 27 male juvenile wards selected at random.

Time Frame: Comparing 5 months pre-Narconon pgm to 5 months during Narconon pgm.

Measured: Misconduct: Narconon group had 81% decrease in incidents of misbehavior (compared to 109% increase in control group). Narconon group had 46% decrease in restrictions (compared to 80% increase in control group).

1973

California Dept of Youth Authority: Parole Report (11 May, 1973)

Author: George F. Davis, Supervisor Information Systems, Research & Dev'p Division

Sample size: 19 male youth who did the Narconon program in the institution.

Time Frame: 6 months - 1 year after parole date.

Measured: Recidivism: 19 of 19 parolees were still on parole (or discharged from parole), that is, no return to jail.

1974

California Dept of Corrections Report (28 March, 1974)

Author: Lawrence A. Bennett, Ph.D., Assistant Director - Research

Sample Size: 15 males who had been parolled.

Time Frame: 6 months - 3 years post-release.

Measured: Recidivism: 15 of 20 inmates enrolled in the Narconon program had been parolled at the time of the report. 12 of the 15 parolled, 80% had no arrests or parole suspensions.

Program Retention: 57% (43 of 85 enrolled in the Narconon program graduated.)

Rikers Island Institute for Men, New York (3 July, 1974)

"Initial Summary of Statistics: Narconon Pilot Program)

Author: Eric Reiner, Executive Director Narconon New York

Sample Size: 21 who did the Narconon program and were released from prison were contactable.

Time Frame: 6 months.

Measured: Recidivism / Employed / Drug-free: 66.7% (14) were employed, doing well (and not returned to prison).

California Institute for Women Report (15 July, 1974)

Author: D. R. Jaman, Associate Social Research Analyst)

Sample Size: 23 adult women

Time Frame: 6 months to 1 year.

Measured: Drug-free: 78.3% (18 of 23).

1975

Delaware Correctional Center Case Study (1 March 1975)

Narconon Delaware staff report

Sample Size: 70 adult male inmates (78% with serious criminal offenses) who completed the Narconon program and were released. Controls: 86 adult male inmates (35% with serious offenses) who did not do the Narconon program, but were released at the same time period. 70% of Narconon group were serving from 2 to more than 5 year sentences compared to only 15% of control group.

Time Frame: 6 months to 1 year post-release.

Measured: Recidivism: 70% of Narconon students who completed at least one course had no re-arrest, compared to 35.6% of controls. Note: 84% of Narconon students who completed at least two Narconon courses had no arrests (post release).

Employment: 57% of Narconon students released were employed (no data for controls).

Quote from the Abstract: "Findings here indicate that while the recidivism rate for the prison can be estimated at around 65%, of those inmates who participated in the Narconon program 70% remained free of further involvement with the judicial system (minimum of six months). There is also a strong indication that the number of courses taken influences the recidivist rate."

1976

Narconon Berlin Outcome Study (December 1976)

Unknown Authors

Sample Size: Narconon - 13 males, 7 females; Control group - 12 males, 8 females. (Controls contacted Narconon for rehab but were unable to enroll.)

Time Frame: 7 months.

Measured: Drug Abstinence: 60% (of whole group). 100% who had completed both phases of the Narconon program (4 persons) reported drug-free. Of the rest complete on Phase I but incomplete on Phase II, 50% (8 persons) had used 1 to 4 times. (Note: There were funding issues inhibiting enrollment on Phase II.) Control group - 100% were using drugs as reported to the study.

Recidivism: Narconon - Only 5% had a criminal conviction (drug-related). Control group - 50% had criminal convictions (drug-related). Note: 60% of Narconon group had had prior conviction.

tions.

Employment / Education: Narconon - 60% employed or at school. Note: 20% were mothers or expectant. Control group - 30% employed or at school.

Interpersonal Relations: Narconon - 94% of those living with others or family reported significant improvement with family or friends (confirmed by significant others.) Control Group - 50% reported improved relations (but 75% of significant others reported 'no change.')

Conclusion: "1. Of the experimental group all were doing well in terms of the criteria of rehabilitation. 2. The control group was not doing well in terms of the four criteria of rehabilitation. 3. The Narconon rehabilitation programme does substantiate its claims and as other lay groups appeals to its clientele on the factors of workability towards the varied personality differences it must treat."

1977

Evaluation of Narconon Program at the Michigan Reformatory, Michigan State Dept of Corrections (4 January, 1977)

Margie Perreault, Project Director

Sample Size: 12 adult males from minimum security dormitory, 12 from main prison population (all referred because of drug histories) (No control group.)

Time Frame: 4 months inside jail

Measured: Education Improvement: All Narconon participants (complete and incomplete) gained at least one point in AGR (Average Grade Report).

Misconduct: Misconduct reports decreased for Narconon Completions. No change in misconduct reports for Incompletes.

Program Retention: 42% average (Out of a total of 20, 8 from minimum security completed; 2 from main prison population.) The evaluation stated that length of prison sentence and conflicts with daily work assignments affected whether a participant completed.

Evaluation Summary: "This program has been very beneficial to the residents and staff of the Michigan Reformatory. We have proven that this program can have a definite effect on behavior modes, learning skills, and interpersonal relationships of residents that are in the program."

Narconon Boston Case Study

Author: Channing H. Washburn, M.D.

Sample Size: 11 adults, male and female (5 with criminal histories) who did the Narconon program. Controls: 11 adults, male and female (6 with criminal histories) who did not receive treatment.

Time Frame: 10 months.

Measured: Drug-free: 91% of Narconon case study group reported drug-free 10 months post-program, compared to 0% of the control group drug-free.

Employment: 64% of Narconon group employed or in college (36% of controls).

Interpersonal Relations: (Both Narconon case study and control group were living with someone else or family) 55% of Narconon group said interpersonal relationships were now "good" compared to 9% of control group.

Quote from Discussion: "The most impressive part of the study results in the fact that in a relatively short period of time the 11 people in the experimental group undergoing the Narconon methodology were not taking drugs. Although 5 of the 11 in the group had taken some form of drug since coming to the Narconon program, in all 5 of these cases they were all relatively minor

incidents, and the clients felt that the reversion was handled extremely well by going back...with their counselors. Currently, all but one of these people are drug free, in contrast to the 11 in the control group all of whom are currently taking drugs."

Quarterly Evaluation of Narconon Program at Michigan Reformatory (31 Dec, 1977)

Margie Perreault, Project Director

Sample Size: 40 adult males

Time Frame: 3 months

Measured: Misconduct: 82% improvement in zero infractions. Improvement with groups both complete and incomplete on Narconon study. (Before: 11 no infractions. After: 20 no infractions.) 32% improvement in 1 - 4 infractions (Before: 25 men, After: 16 men)

Program Retention: 21% (15 out of 40 completed. Principal reasons for non-completion -- taken out by institution or paroled [10] or removed by Narconon staff [9]).

1978

Findings of the Preliminary Evaluation Study (with control) on Narconon Minnesota II and Asklepion Northwest II Projects at the State Reformatory for Men at St. Cloud, Minnesota (12 July, 1978)

Authors: Cliff Posthumus, Program Coordinator, State Reformatory for Men; David A. Snowdon, MS, MPH, Research Fellow, University of Minnesota School of Public Health)

Sample Size: 36 Narconon program graduates compared to 10% of prison population. Time Frame: In-prison offenses compared 6 months pre-treatment, during treatment, 6 months post-treatment.

Measured:

Misconduct:	Narconon Group	Control Group
	During Pgm	Post Pgm
Guilty Findings	Reduced 38%	Reduced 40%
Days Lost Privileges	Reduced 35%	Reduced 15%
Days Segregated	Reduced 53%	Reduced 28%

(Note: Decrease in Guilty Findings is statistically significant ($p < 0.01$) during both treatment and post-program.)

Evaluation of Narconon Connecticut Drug Rehabilitation Program (August 1978)

Author: John D. Miller, M.S.W.

Sample Size: 10 people in experimental, aged 14 - 22 years. Controls (10) contacted but did not participate in Narconon Conn. Interview with NN students half-way through program, compared to non-participants.

Time Frame: Half way through NN program (some months).

Measured: Drug Abstinent: 80% drug-free. Control group: 20% drug-free.

Criminal Recidivism: 0% of Narconon students had any involvement with criminal justice system. Controls - 30% involved in criminal activities.

Employment / Education: 100% of Narconon students employed or enrolled in school (10% improvement). Controls - 60% (no change from before study.)

Quote from Conclusion: "Although the sample population is small (20 participants), the Narconon Connecticut drug rehabilitation program appears to be a successful program."

1981

Narconon Stockholm, Sweden, External Case Study (May 1981)

Author: Peter Gerdman. Graduate in Social Studies

Sample Size: 13 Narconon program graduates (contactable of 14 graduates), followed up 4 years later.

Measured: Drug Abstinent: 4 years after completing Narconon, 78.6% were drug-free (although 54% had relapsed during the first year after Narconon.)

Employment: 73% stably employed (18% were in another rehab).

Criminal Recidivism: (Before NN, 100% had criminal histories with an average of 3.5 convictions.) After NN, 77% crime free, 23% had convictions (with only fines.)

Quote from Conclusion: "The economic investment at Narconon seems to be worth the money. The greatest wins are however made at the human level where drug abusers with a lengthy abuse behind them seem to have great possibilities to live a socially satisfactory life in the future."

1995

Narconon: An Overview of the Drug Rehabilitation Program (May 1995)

Presented at the First International Conference on Human Detoxification, Los Angeles

Author: Shelley Beckmann, Ph.D.

A summary of some of the earlier studies.

1997

The Narconon Drug Rehabilitation Program - On-Going Program Evaluation (Sept 1997)

Presented as a paper at the Second International Conference on Human Detoxification, Stockholm

Author: Shelley Beckmann, Ph.D.

Sample Size: 48 contacted (of 123 graduates, at time of study)

Time Frame: 2 years after program completion.

Measured: Criminal Recidivism: 86% improvement in days of criminal activity. (2.8 days involved in criminal activity in the 30 days before enrolling in NN, 0.4 after.) 99+% improvement in length of last incarceration. (Prior to Narconon, average length of last incarceration was 108 days. After Narconon: Less than 1 day.)

Program Retention: Of the 273 clients who participated in the study, 66% completed the Narconon Program.

Quote from Conclusion: "Preliminary results indicate the program graduates demonstrate marked improvements in their criminal behavior. Interviews also indicate significant improvements in their use of drugs."

1998

Expertise on the Narconon Moscow Program (Moscow 1998)

Authors: Professor Gurotchkin, M.D.; Ivan Ivanov M.D.; N. N. Grigoriev, Moscow Juridical Institute, Russian Ministry of Internal Affairs

Sample Size: 32 Narconon graduates received in-depth health evaluation, objective and subjective life style evaluation, psychological evaluation. Post-program drug abstinence surveys on all 113 graduates.

Time Frame: 1 to 3 years post-Narconon.

Measured: Drug Abstinent: 72%

Health: "Expert inspection of patients' physical and mental condition has shown significant improvement."

Quote from Conclusions: "The program can be recommended to State Narcology Institutes in Health Ministries for application."

2001

Analysis of Results of the Application of the Second Chance Program in the Penitentiary System of Baja California [Mexico] (2001)

The Second Chance Program (licensed by Narconon), Ensenada, Mexico

Authors: Heriberto Garcia Garcia, Faculty of Law, Autonomous University of Baja California, and Dr. Eduardo Cooley Lugo, Faculty of Education) Consultant: Dr. Alfonso Paredes, Prof. Emeritus of Psychiatry, UCLA)

Sample Size: 1,682 inmates who did any portion of the Narconon program (by court order or volunteering) and were subsequently released or paroled.

Time Frame: 1 to 5 years from time of release.

Measured: Criminal Recidivism: Of 1,682 inmates who did the Narconon program inside the prison, only 160 (9.51%) recidivated to prison within the past 5 years of release from prison.

From Conclusion: "[Narconon] Second Chance has shown its efficiency in creating social readjustment, based on a program that attacks the physical and psychological addiction, producing stronger values and self-esteem in the addict, and fomenting work habits that help him to incorporate in the productive life of his community."

2003

Can juvenile courts reduce recidivism? The synergistic effect of a new statewide rehabilitation program and the Narconon substance abuse program on recidivism among 98 youths under the jurisdiction of the Utah Fourth District Juvenile Court.

Authors: Stephen J. Schoenthaler, Ph.D.; Michael R. Phillips, MPA; Ian Bier, ND, PhD; Marie Cecchini, MS; James G. Barnes, BS; Robert Graves, MS.)

(Paper #63641, American Public Health Association, April 2003)

Sample Size: 98 youths with drug histories and 1,162 misdemeanor or felony convictions (2 years prior).

Time Frame: 2 years post-graduation of Narconon program.

Measured: Criminal recidivism: After Narconon program, the sample population of 98 committed only 287 new offenses, 2 years post-program (75.4% reduction in crime.)

Retention: 74% completed the program.

2005

Intermediate Sanctions for Juvenile Offenders: Impact of the Narconon NewLife Program on High-Rate Juvenile Offenders, Utah Fourth District Juvenile Court (Aug 2005)

Authors: Michael R Phillips, MPA; Marie A Cecchini, MS; John H Wolfe, MS; Robert Graves, MS

Presented to the Conference of Western Attorneys General, Maui, Aug 2005

Sample Size: 100 of the first youths enrolled in this court-ordered program had committed 1,100 misdemeanor or felony offenses within 2 years prior to being court-ordered to the Narconon

out-patient program, delivered in collaboration with the Court Administration. 74 graduated the program, 26 incomplete were separately followed-up. Control group: 517 youths of record from the Utah Fourth District Juvenile Court, who did another drug rehabilitation intervention.

Measured: Crime-Free:

- Complete on the NN program: 63.5% were 100% crime-free for 2 years post-program.
- Incomplete on the program: 19.2% crime-free.
- Comparison group (Juveniles who had done a different court-ordered program): 30.1% crime-free.

Crime-reduction:

- All program participants (complete or incomplete on pgm) who did not remain 100% crime-free showed 77.7% reduction in criminal activity for two years.
- Comparison group: 46.7% reduction.

Retention: 74%. (Non-completers were removed from the program by the Court for various reasons.)

Cost savings: At a cost factored at \$185 day, Narconon program completions represented a minimum savings of \$28,875 in detention placement costs alone. (Those complete with “some crime” represented a cost savings of \$8,038 per student.)

Quote from Key Findings: “By a number of different measures, the integration of the Narconon program within the court system appears to yield better results than court-services alone, with a high percent of program completions remaining misdemeanor and felony free during the remainder of adolescence...From every perspective -- whether government, the crime victim, society at large, or the juvenile offender himself -- rehabilitation offers greater long-term benefits than punishment alone and appears to offset its costs.”

Quote from Discussion and Conclusions: “While reducing recidivism is an accepted and valid measure from an administrative perspective, it is possible that there is a broader measure of rehabilitation. In many respects, “self governance” is more aligned to the goals of the justice system, and to the best interests of society. Individuals who are able to make their own decisions and to be responsible for their own actions are net contributors to society...The various components of the Narconon program are designed to address the question of self-governance.”

2006

Strategies for Using the CSAT GPRA Treatment Outcome Questionnaire for Local Evaluations” (March 2006)

Authors: Richard Lennox [Psychometric Technologies], Peter Delany [National Institute on Alcoholism and Alcohol Abuse], and Marie Cecchini [FASE].)

This presentation to a JMATE (Joint Meeting on Adolescent Treatment Effectiveness) in Baltimore, MD reviewed the successful pilot use of a standard outcome questionnaire as applied by “Routine Outcome Monitoring” of program completions by staff of a drug rehabilitation center (Narconon Arrowhead).

Summary Analysis on Narconon Arrowhead Routine Outcome Monitoring: 6 Month Outcome Results (May 2006)

Authors: Prepared by FASE (Foundation for Advancements of Science and Education) based on ROM follow-up data collected by Narconon Arrowhead staff (as per the JMATE Conference

above)

Sample Size: 52 (80% of the 65 who had graduated. Those who joined staff or were trainees were not included in the survey data.

Time Frame: 6 months post-graduation.

Measured: Drug Abstinent: 67.3% were drug and alcohol free last 30 days.

Employment: 76.9% regularly employed or in school full-time.

Health: 94.2% stated their health was “Good, Very Good, or Excellent”

2007

Summary Analysis on Narconon Arrowhead Routine Outcome Monitoring (Feb 2007)

6 Month Outcome Results

Authors: Prepared by FASE staff.

Sample Size: 35 program graduates (5 other graduates who joined staff or became trainees not included in survey).

Time Frame: 6 months post-graduation.

Measured: Drug Abstinent: 76.5% drug and alcohol free last 30 days six months after graduation.

Employment: 86% employed and/or in school.

Health: 94% stated health excellent, very good, or good.

Emotional Problems: 8.6%.

Criminal recidivism: 1 graduate out of 35 arrested or in jail. (2.9%).

2009

ABLE Report: Routine Outcome Monitoring of Narconon Graduate Results (NN Arrowhead, NN Newport Beach, NN Vista Bay) (19 Jan 2009)

Authors: Staff of Association for Better Living and Education International, based on Narconon center reports.

Sample Size: 275 graduates

Time Frame: 1 year after graduation.

Measured: Drug Abstinent: 77.5% drug free last 30 days one year after graduation.

Compiled by Clark Carr, R.A.S.

President, Narconon International,

Member, Narconon Science Advisory Board

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