



# The Research Is In...

The Butler Center for Research conducted an exhaustive two-year research study to verify and validate outcomes for our residential patients. In simpler words, we asked and answered: “How effective is residential treatment? And how successful are our patients one year later?” The answer obviously depends, but we’re ecstatic to share results.

## What Do the Results Say?

We interviewed and collected reports from thousands of patients. The rest of our findings (one-month success rates, virtual and outpatient data, research methodology and more) can be found on our website. Visit by scanning the QR code on the backside of this flyer.

### Residential Patients One Year Later

**Abstinent**  
**59.4%**

**Alcohol Free**  
**64%**

**Drug Free**  
**86.3%**

50-60%

**Fewer Relapses\***

76.4%

**Meeting Attendance**

86-91%

**Good or Better Quality of Life\***

Being discharged with staff approval decreased the odds of relapse in the first year by 50 or 60 percent—the odds of relapse for residential patients decreased by 50 percent, while odds for virtual outpatient participants decreased by 60 percent.

## Key Takeaways

This is only a snapshot of our research, which shows time and again: people who slowly step down from treatment are likelier to succeed in long-term recovery, and report fewer cravings and a higher quality of life than their counterparts who elected against continuing care.

We strongly encourage anyone and everyone to keep this research in mind when you craft your continuing care plan. Remember: people can and do recover, and we're rooting for you all the way.

Continuing Care Patients  
vs. Non-Participants

Cravings  
**12.5%**  
Decrease

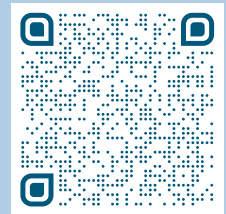
Abstinence  
**5.5%**  
Increase

Quality of Life  
**5.1%**  
Increase

*\*These numbers do not represent a range, but two separate reported outcomes—first residential, then virtual outpatient.*

## Read the Rest.

You can review the rest of our findings by scanning the QR code.



For more information about the Butler Center for Research, call **651-213-4200** or email [ButlerResearch@HazeldenBettyFord.org](mailto:ButlerResearch@HazeldenBettyFord.org).

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