

**EAPA Conference 2003
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**EAPs and the Delivery of
Alcohol and Drug Services**

**Results of the EAPA/Join Together
2003 Survey of 873 EAPA Members**

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Methodology

- **Research Question: What is the current status of alcohol and drug services in EAP?**
- **Sample = all EAPA members with e-mail addresses**
- **2,924 e-mail invitations sent twice in one-month period (July 21-August 20 in 2003)**
- **30% response rate**
- **N = 873 completed surveys**

Sample Demographics

Years working in EAP field

Less than 5 = 16%

5 to 9 = 20%

10 to 14 = 27%

15 or more = 38%

EAP Service Model

External = 37%

Internal = 26%

Internal/External = 22%

Affiliate = 8%

Other = 7%

Education Level

Assoc Degree or HS = 5%

Bachelors = 10%

Masters = 75%

Doctorate = 10%

Substance Abuse Credentials

CEAP = 67%

None = 19%

CAC, CADC, CSAC, CCDC,
LCDC, LADAC = 7% to 2%

Assessment

58% routinely do screenings for alcohol and drug on all non-SAP type cases

89% EAP offers alcohol or drug screenings

79% personally provide direct substance abuse related services (assess, id, referral)

55% have personally provided substance abuse related services for 15 or more years

MAST (47%), CAGE (39%) most common instruments

54% EAP offers Substance Abuse Professional (SAP) services

Employers more interested in identifying problems

92% A&D cases are employees

68% self-referral and

31% management referral

Trends

Over past 5 years, number of alcohol and drug assessments performed in EAP has:

44% increased

35% stable

11% decreased

11% not certain

In Next 5 years, number people covered by EAP who have alcohol or drug problems:

50% increase

31% stable

4% decrease

15% not certain

Why Increases? Employers more interested in identifying problems,
EAP more aware of issues, less stigma for accessing care

Treatment

58% have adequate number of treatment centers for referral

48% easy to access treatment programs for clients

51% easy to find treatment programs for clients

59% find alternative services if cannot get treatment

82% satisfied with A&D treatment providers used

70% have specific criteria for quality of treatment providers

83% of clients use benefits to pay for A&D treatment services

Barriers to finding treatment: denial (81%), lack of resources (54%), fear of job security (38%)

Follow-Up

96% of EAPs offer follow-up services for clients assessed with alcohol or drug issues

89% of referred clients complete treatment

73% of EAPs promote follow-up service when marketing to prospective customers

Wide range of common follow-up service for various kinds of alcohol and drug cases:

none = 2%

1 phone call = 4 to 12%

1 in-person session = 6 to 8%

2-3 in-person sessions 8 to 9%

any sessions 6 mo. = 12%

any sessions 12 mo = 23 to 30%

any sessions 2 year = 6 to 8%