2004 Ernest Amory Codman Award Recipient

Organization Award: Behavioral Health Care

Sundown Ranch
Canton, Texas

For its initiative:
“Performance Improvement in the Reduction of Adolescent Anger During Treatment of Substance Abuse”

In 1999, Sundown Ranch developed a performance improvement project to help its clients—adolescents being treated for substance abuse—to address core issues with anger. The treatment model selected was Rational Emotive Behavior Therapy (REBT), considered to be the first model of cognitive-behavioral therapy. The goal of the project was to empower staff at Sundown Ranch to use REBT to help manage client problems with anger. Data collected included changes in test scale scores on temper/violence from admission to discharge. After the inception of REBT into the program, the discharge temper/violence scale scores decreased from an average of 1.4 standard deviations to -.15 standard deviations in December 2002. Thus, Sundown Ranch staff was able to successfully use REBT to improve the resolution of client anger. REBT, combined with the existing 12-Step treatment, improved client anger resolution above the level of changes previously produced by 12-Step treatment alone.

Achievements

- Established objective markers of client change during the course of treatment.
- Improved the ability of administration to target and objectively measure advances in the way the facility prepares clients for lasting recovery from chemical abuse.
- Developed a work culture that is measurement-oriented and uses data-based information to inform program decisions.
- Improved staffs’ ability to understand and to interact effectively with difficult clients.
- Progressively integrated REBT into the treatment program with plans to develop and monitor staff competencies in REBT.