

# **Looking Inside the Black Box: How Peer Support Differs from Case Management**

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# **“Outcome Equivalency”**

**Solomon & Draine (1995)**

**Lyons et al. (1996)**

**Chinman et al. (2000)**

# **“Outcome Superiority”**

**Felton et al (1995)**

# Peer-Based Case Management Relationships

- Solomon, Draine, & Delaney (1995):

- Randomized clinical trial, 96 persons
- Assessed treatment relationships after 2 years
- Instrument: Working Alliance Inventory
- Across groups, predicted:
  - Quality of Life
  - Treatment Satisfaction
  - Symptom Levels
  - Attitudes about Taking Medications

# Present Study

## Purpose:

**Examine the effects of peer-based case management upon treatment relationships and engagement early and later in the treatment process.**

## Design:

**2×(2) Prospective Longitudinal RCT  
2 levels of intervention: regular or peer-based  
2 assessment periods: 6 & 12 months**

# Present Study

## Participants:

**53 Women, 84 Men**

**Average Age: 41**

**89 Caucasian, 39 African American, 9 Other**

**9 Hispanic Ethnicity**

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**All with Severe Mental Illness**

**70% Co-Occurring Substance Use Disorder**

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**68 Randomized to Experimental Condition**

**69 Randomized to Control Condition**

# Present Study

## Experimental Procedure:

12 Months, Peer-Based Case Management

Providers: 

- Disclosed hx severe mental illness
- Broad-based training

Interviewed: 6 & 12 Months

## Control Procedure:

12 Months, Regular Case Management

Providers: 

- Unknown mental health hx
- Regular case managers

Interviewed: 6 & 12 Months

# Present Study

## Instruments:

Barrett-Lennard Relationship Inventory

Addiction Severity Index

Service Utilization

Engagement & Attendance

## Analyses:

t tests

Repeated Measures ANOVA

Linear Regression

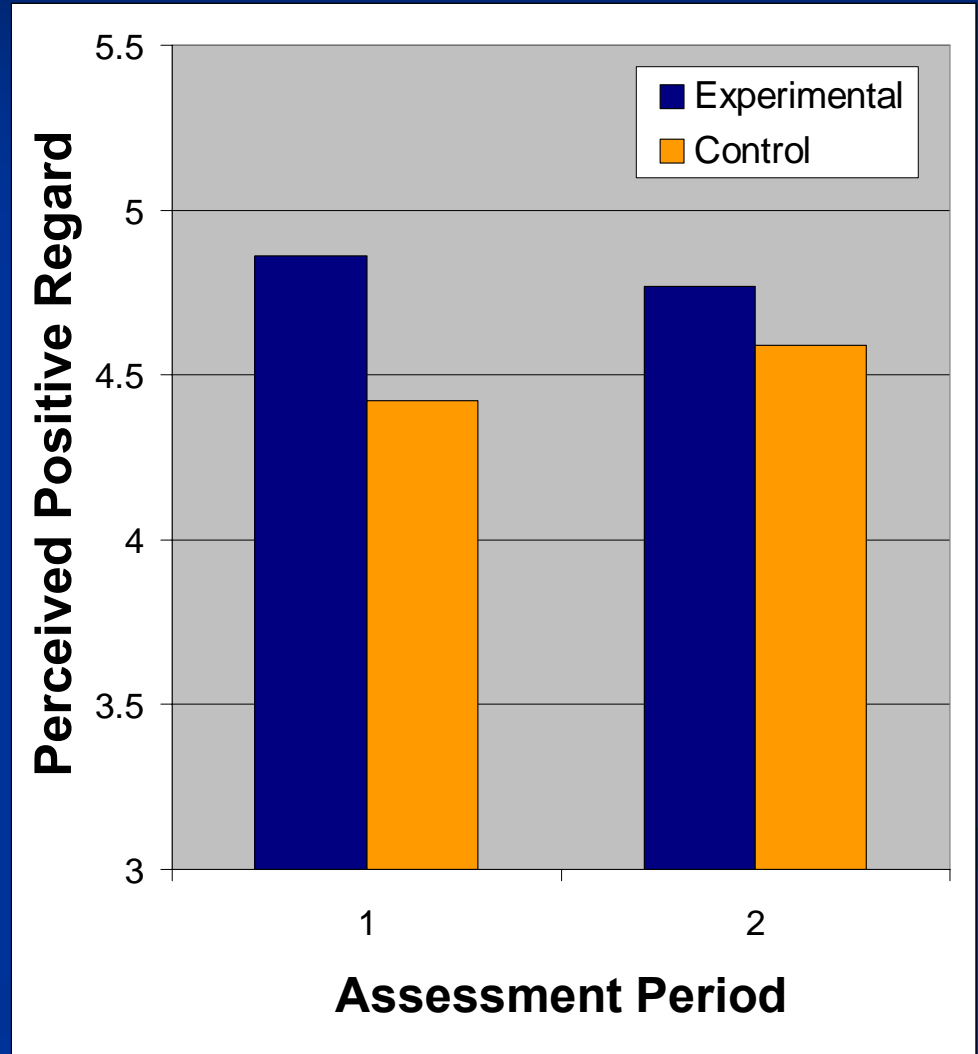
# Present Study

6 Months:

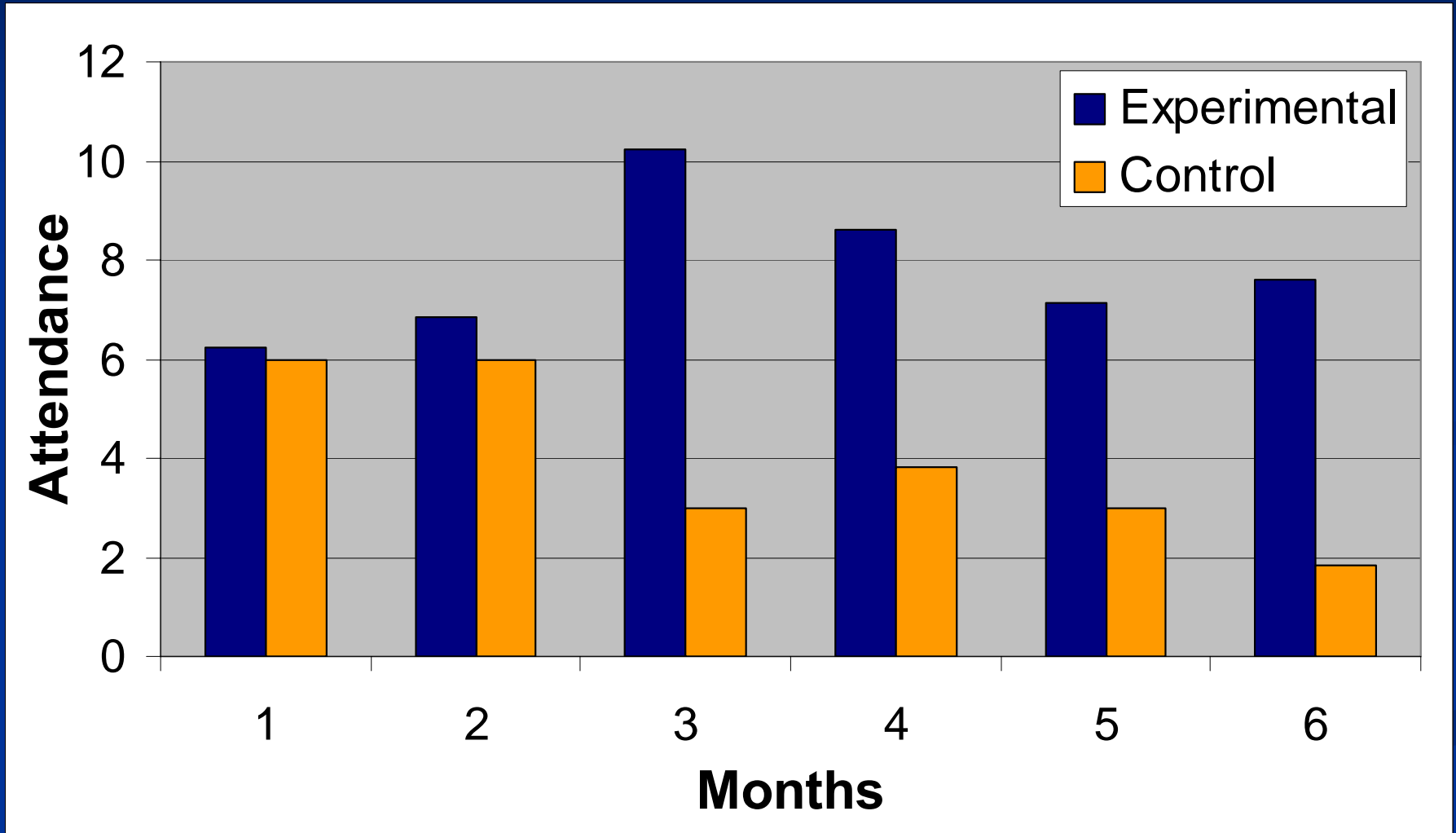
$t = 2.38, p < .05, r_{pb^2} = .05$

12 Months:

$t = .76, ns, r_{pb^2} < .01$



# Present Study



$F = 7.15, p < .05, \eta^2 = .24$

# Present Study

6 Months

12 Months

Positive Regard



Tx Motivation for ETOH Use  
Tx Mot. for Psych Problems  
Attendance at AA/NA

Empathy



Tx Motivation for Drug Abuse

# Present Study

## Conclusions:

- Those receiving peer-based services feel significantly more liked, understood, and accepted than those receiving regular services at 6 month's time.
- Those considered “least engaged” in treatment show a pattern of increasing attendance in peer-based treatment, and decreasing attendance in regular services.
- Across both groups, feeling more liked and understood at 6 months predicted greater motivation for treatment and utilization of community-based self-help services at 12 months.