

## **Your drug service's performance**

As well as helping you and your keyworker see how you are doing in treatment, the TOP serves other purposes too. A lot of the information from the TOP will be collected locally and nationally. This will:

- Help your treatment service make sure that you and other service users are all receiving effective treatment
- Let your local treatment planners and others make sure that all treatment services are performing well and helping people make the changes in their lives that they want to
- Show the government that treatment works and give reasons to continue investing money in treatment.

There is more information on the TOP on our website at [www.nta.nhs.uk/TOP](http://www.nta.nhs.uk/TOP), or you can ask your keyworker about it.

## **TOP timetable**

The TOP was launched in May 2007 and will begin to be used in your service by September 2007.

From 1 October 2007, TOP information will be reported to the National Drug Treatment Monitoring System (NDTMS), after which information on services' performance will be available to them.

The National Treatment Agency for Substance Misuse (NTA) is part of the National Health Service. We were set up in 2001 to increase the numbers in drug treatment, and to make treatment better and more widely available.

National Treatment Agency for Substance Misuse  
8th floor, Hercules House  
Hercules Road, London SE1 7DU  
Tel: 020 7261 8801 Fax: 020 7261 8883  
Email [nta.enquiries@nta-nhs.org.uk](mailto:nta.enquiries@nta-nhs.org.uk)

Further copies of this leaflet can be ordered online at [www.nta.nhs.uk](http://www.nta.nhs.uk), quoting product code TOP1  
Written orders: Prolog, PO Box 777, London SE1 6XH  
Fax orders: 01623 724 524  
Phone orders: 08701 555 455  
Email orders [NTA@prolog.uk.com](mailto:NTA@prolog.uk.com)

# **Treatment Outcomes Profile (TOP) Making your drug treatment better**

## Improving drug treatment

We know drug treatment works but, so far, there hasn't been a standard way for drug services and their service users to regularly check on progress (or outcomes) in treatment

We are introducing a new tool – the Treatment Outcomes Profile (or TOP) – that will lead the whole drug treatment system to focus more on improving service users' outcomes.

The TOP will improve individual treatment by requiring your keyworker to regularly check your progress in a number of key areas (described below).

And it will enable treatment services to be assessed on the basis of the outcomes they achieve for their service users.

The TOP is a set of simple questions that you will be asked every three months (usually when your care plan is reviewed). Comparing the answers over time will show you how well you are doing.

The information will also help make sure that drug services and their staff are performing well to ensure that you and other service users get the best possible treatment.

The TOP has been developed by testing it with nearly 1,000 service users in a wide range of different drug treatment services, so we know it works. The TOP will change how treatment is delivered and managed across the country as services focus more on improving service users' outcomes.

Information from the TOP will be collected and reported to the same standards of confidentiality and security as other information collected during your treatment. Ask your keyworker for details.

## How the TOP will help

### Your treatment

#### Quitting or cutting down

Lots of people want to quit drugs completely, but this thought can worry some users and put them off making any changes to their lives.

Some people have different aims in treatment. By cutting down, a person can still make progress without feeling bad about not stopping completely. The TOP will show you how much and how often you were using before treatment, so you can see your progress further down the line.

#### Safer injecting

Injecting drugs is risky. It puts people at much greater risk of overdose, and sharing works with other users increases the chances of getting an infection such as HIV or hepatitis.

If you are injecting your keyworker can help you reduce these risks. The TOP will help you see the positive changes you are making in this area, boosting your confidence to make more positive changes.

#### Crime

Some people commit crimes to help fund their drug use, which can lead to prison, taking them away from their children, partner, family and friends. And society as a whole has to pay for it too.

Research shows that treatment can help people avoid committing crime to fund their drug habit, and help them lead a more positive lifestyle. The TOP

provides a measure of this but doesn't expect you to reveal details of specific crimes.

#### Health and wellbeing

Taking drugs over a long period of time can lead to other difficulties in your life, such as depression or anxiety, ill-health or problems with relationships. But treatment can help with these common problems.

The TOP provides simple measures to help you see how these things are changing as you go through treatment. If you see things are improving, you'll be encouraged to stick with it.

#### Work and home

Drug treatment can also help with your ability to hold down a job or go to school or college. And, if you need it, it can help you get or keep safe and secure housing.

The TOP includes measures of these to help you see how – as you deal with your drug use – other things in your life are improving.

**Treatment Outcomes Profile (TOP)**

Assessment date (mm/dd/yyyy) 6/14/2007 D.O.B. (mm/dd/yyyy) 30/12/1970 Name of keyworker PETER SMITH

Gender: M  F  Treatment stage: Discharge  Modality start  Care plan review  Post-discharge

**Section 1: Substance use**

Record the average amount on a using day and number of days substances used in each of past 4 weeks

Average	Week 1	Week 2	Week 3	Week 4
units/day	7	6	0-7	0-7
g/day	0-5	7	0-7	0-7
g/day				
g/day				
g/day				
split/day				
g/day				

a Alcohol  
b Opiates  
c Crack  
d Cocaine  
e Amphetamines  
f Cannabis  
g Other problem substance? Name.....

**Section 2: Injecting risk behaviour**

Record number of days client injected non-prescribed drugs in each of past 4 weeks, did the client:

Week 1	Week 2	Week 3	Week 4
0-7	0-7	0-7	0-7

used by someone else? used by someone else?

Crimes committed in past 4 weeks