

**LETTER OF INTENT STUDY TITLE:** Interviews of treatment providers from among the Newsweek America's Best Treatment Centers regarding the breadth of treatment offered

Behavioral addictions include gambling, electronic media, shopping, eating/food, exercise, love, and sex, among others. Concurrent behavioral addiction prevalence rates fare as high as 54% in persons seeking alcohol, tobacco, and other drug use (ATOD) treatment. Concurrent or substitute behavioral addictions have been shown to decrease the length of abstinence, increase the risk of ATOD use disorder relapse, and result in the development of a replacement addiction that leads to functional impairment and lowers the quality of one's life.

Treatment of behavioral addictions is lacking across United States (US) treatment facilities. America's "Best Addiction Treatment Centers 2021" highlights the nation's top addiction treatment facilities based on peer recommendations, quality, and accreditations (Newsweek/Statista, 2021; see Sussman et al., in press). We explored the mention and treatment of behavioral addictions within model US ATOD use disorder treatment facilities. Of the 289 websites examined, 21% mentioned the topic of behavioral addictions; 16% reported providing treatment. These results highlight a dramatic paucity of attention to behavioral addictions in ATOD treatment facilities.

The purpose of the CTSI pilot study is to interview treatment providers at inpatient and residential substance use treatment facilities to explore service providers' understanding and treatment of behavioral addictions, to see whether they are addressing, and possibly (successfully) providing treatment for behavioral addictions among their inpatients; not mentioned on their websites. We intend to interview 100 providers, one from each of the four top-rated treatment facilities in each of the 25 states recruited by Statista. The top-rated treatment centers will be selected since they tend to offer a vast variety of ATOD treatment services. Participants will include treatment providers who are well-informed regarding all the types of treatments provided at their facility. They will complete anonymous semi-structured interview surveys and will be incentivized for their time. The interview will measure their training and background and will assess the types of treatment provided at the facility, as well as treatment options offered for concurrent behavioral addictions.

Results from the web-based study feed into the proposed interview study. The results of the interview pilot study should provide ideas on plausible and effective behavioral addiction treatments. This will allow for the next phase of research, which we hope will increase the breadth of implementation of behavioral addiction treatments at treatment facilities throughout the US. We will be joined by Tom Horvath, PhD, ABPP, President of Practical Recovery, who developed a widely disseminated ATOD treatment (SMART, which is being used in 28 [9.7%] of the treatment facilities indicated in the web-based study). In addition, we will work with Dr. Jefferson Sa, MD, who is the Clinical Director and CEO of Sunrise Community Counseling Center, a respected ATOD treatment facility which has been providing services in the MacArthur Park-Westlake District of Los Angeles since 1976. He will help us engage with the community in current and future work. Further assistance from Drs. Galimov, Unger, Baezconde-Garbanati, and Sinclair will ensure successful completion of the pilot, paper production, and subsequent proposal development. The outcomes of this study will allow for potential further funding (e.g., NIH treatment grants) on enhancing the treatment of ATOD through addressing concurrent behavioral addictions (e.g., gambling, internet, shopping, among others). Research that leads to an increase in concurrent treatment of behavioral addictions within ATOD treatment facilities is imperative to reduce public health consequences.

**REFERENCES:** Sussman, S., Galimov, A., Ayala, N., & Sinclair, D.L. (in press). Web-based evidence on the treatment of behavioral addictions in United States model treatment centers. *Eval Health Prof.*

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