Kentucky youth experience positive changes with substance abuse treatment

2012 ADOLESCENT KENTUCKY TREATMENT OUTCOME STUDY (AKTOS) FACT SHEET

Substance use in adolescence can have major negative impacts on adolescents’ health, mental health, education, employment, and social relationships. Treatment of substance use disorders in adolescents can significantly decrease the progression or escalation of substance use problems into adulthood.

Adolescent drug and alcohol use significantly decreased after treatment

↓37% Marijuana use
↓36% Illegal drug use
↓27% Alcohol use

A cause for concern is the high percentage of adolescents who smoked tobacco before (94%) and after (88%) treatment.

Criminal justice system involvement dramatically decreased after treatment

↓76% Incarceration
↓23% Arrests

Mental health problems were reduced after treatment

↓34% Reduction in average number of self-reported mental health problems

Adolescents reported high levels of satisfaction with treatment

<table>
<thead>
<tr>
<th>Satisfaction Item</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>You feel better about yourself as a result of treatment</td>
<td>92%</td>
</tr>
<tr>
<td>You received the services you needed to help you get better</td>
<td>93%</td>
</tr>
<tr>
<td>You understood what was expected of you during treatment</td>
<td>97%</td>
</tr>
<tr>
<td>You were treated with respect</td>
<td>98%</td>
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</tbody>
</table>

Treating substance abuse problems during the formative years may substantially impact long-term societal costs in health care, mental health care, public and social service programs, employment, and the criminal justice system.

For more information about AKTOS contact Adolescent Substance Abuse and Co-occurring Program Administrator, Michelle Kilgore at the Department of Behavioral Health, Developmental and Intellectual Disabilities (502-564-4456)

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