

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.

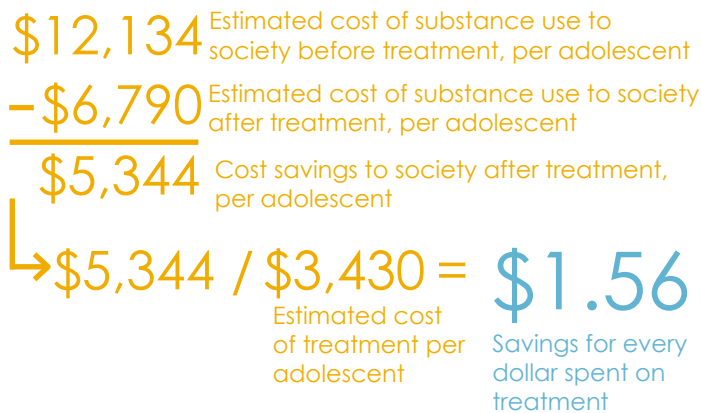


Adolescent drug and alcohol use significantly decreased after treatment



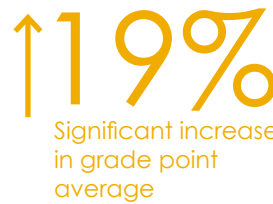
A cause for concern is the high percentage of adolescents who smoked tobacco before (94%) and after (88%) treatment.

Treating adolescents saves society money



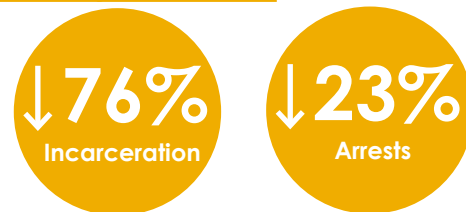
Treating substance abuse problems during the formative years may substantially impact long-term societal costs in health care, mental health care, public and social service programs, employment, and the criminal justice system.

AKTOS clients performed better in school following treatment



At intake, the mean GPA for all clients was 2.1 (a C) and at follow-up, the GPA was 2.5 (midpoint between a C and a B).

Criminal justice system involvement dramatically decreased after treatment



Mental health problems were reduced after treatment



Adolescents reported fewer mental health problems at follow-up compared to intake

Adolescents reported high levels of satisfaction with treatment

