

# ADOLESCENT KENTUCKY TREATMENT OUTCOME STUDY (AKTOS)

2016 FINDINGS AT A GLANCE



# INTRODUCTION

This Findings at a Glance report summarizes results from the annual outcome evaluation for the 2016 Adolescent Kentucky Treatment Outcome Study (AKTOS). The goal of AKTOS is to examine client satisfaction and outcomes for several specific targeted factors including: (1) substance use, (2) mental health, (3) education, (4) involvement with the justice system, and (5) recovery support.

AKTOS examines treatment outcomes for youth (ages 11-17) who receive publicly funded substance abuse treatment in Community Mental Health Centers in Kentucky. A full report is published biannually to allow for analysis of a larger sample of adolescents across two fiscal years. Results for this study included data on 181 adolescent clients who attended publicly-funded substance abuse treatment programs in Kentucky between July 1, 2012 and June 30, 2014 and then completed a follow-up survey approximately 12 months later (an average of 337 days). There were no direct refusals and a high follow-up rate (90%).

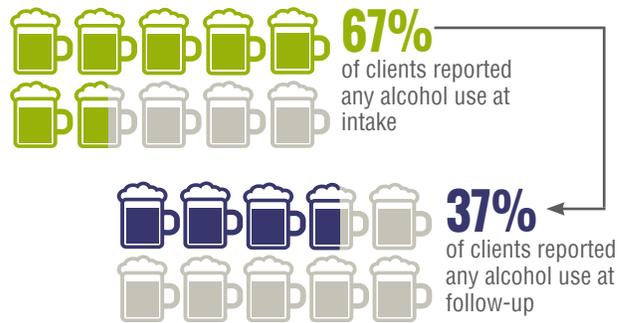
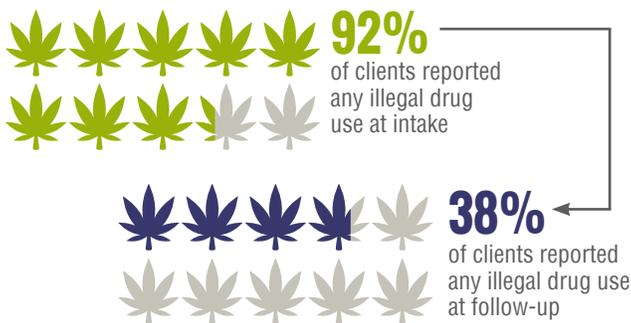
## DESCRIPTION OF CLIENTS INCLUDED IN THE FOLLOW-UP SAMPLE

Of these 181 adolescents who completed a follow-up interview:

- Most (70%) were male.
- The majority of follow-up clients were White (80%). A minority were African American/Black (10%) and 11% were Hispanic, American Indian, or multiracial.<sup>1</sup>
- They were an average of 15.5 years old at the time of the intake interview. The majority of adolescents (56%) were 16 or 17 years old at intake.
- Clients reported first using alcohol at 13.4 years old and drugs at 12.9 years old.

# TARGETED FACTORS AT FOLLOW-UP

## PAST-12-MONTH SUBSTANCE USE



### AMONG ADOLESCENTS WHO DID NOT REPORT ABSTAINING FROM ALCOHOL AT BOTH INTAKE AND FOLLOW-UP (N = 52)...

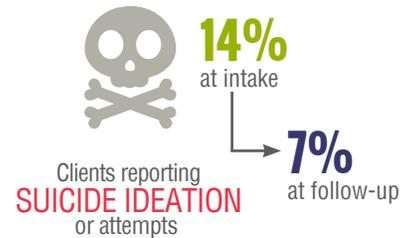
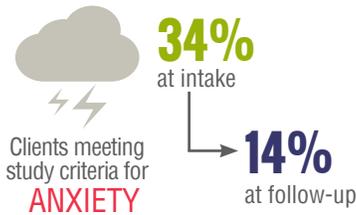
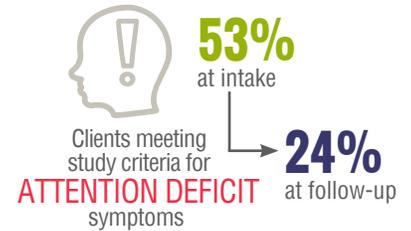
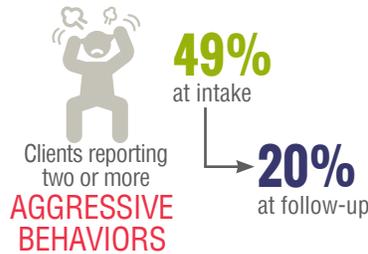
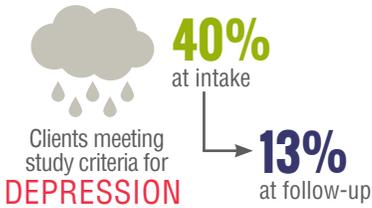


### AMONG ADOLESCENTS WHO DID NOT REPORT ABSTAINING FROM DRUGS AT BOTH INTAKE AND FOLLOW-UP (N = 78)...

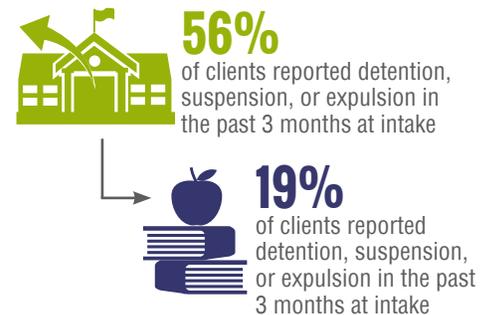
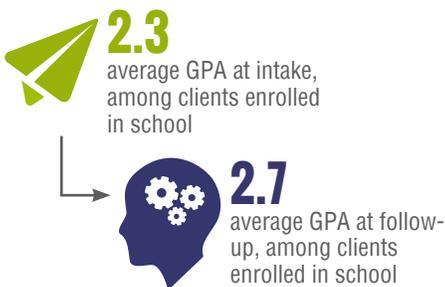


<sup>1</sup> Percentages sum to over 100 due to rounding.

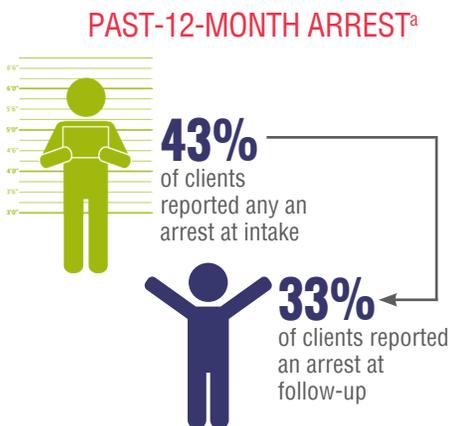
## PAST-12-MONTH BEHAVIORAL HEALTH SYMPTOMS



## SCHOOL PERFORMANCE



## CRIMINAL JUSTICE SYSTEM INVOLVEMENT



<sup>a</sup> Not a significant change from intake to follow-up.

“They taught me a lot and helped me a lot.  
 They made me **WANT** to be sober.”

-AKTOS FOLLOW-UP CLIENT

## PROGRAM SATISFACTION

At follow-up, adolescents were asked to rate their level of satisfaction with the treatment program on a scale from 1 (worst treatment imaginable) to 10 (best treatment).



“They helped me with my behavior

by **GIVING ME THE TOOLS** I needed.”

-AKTOS FOLLOW-UP CLIENT

## INVESTING IN SUBSTANCE ABUSE TREATMENT FOR YOUTH



There is a robust association between adolescent substance use, worse school performance, and lower educational attainment. This association bolsters the assumption that investment in substance abuse treatment leads not only to decreased substance use for many adolescents, but it also allows for greater educational attainment and subsequently higher earnings. By comparing the expected yearly earnings of AKTOS youth (based upon the level of educational attainment) and the cost of substance abuse treatment for adolescents included in this analysis, the return to society on treatment expenditures can be expressed such that for every \$1.00 spent on treatment there is a \$4.84 return in estimated employment additions to local and state economies.

## CONCLUSION

Overall, evaluation results indicate that publicly-funded substance abuse treatment for adolescents is successful in facilitating positive changes in clients in a variety of areas including decreased substance use, decreased severity of substance use disorders, decreased mental health problems, improved school performance and decreased disciplinary issues at school, and a decrease in supervision by the justice system. Results also suggest clients appreciate their experiences in the community mental health center (CMHC) substance abuse treatment programs. Investment in treatment for today’s substance using adolescents may translate into not only avoidance of substantial health care, mental health care, public benefit, and criminal justice system costs, but may also lead to gains in education, employment, health, and other less tangible qualities (e.g., social capabilities, parenting, quality of life) of adolescents who grow into tomorrow’s adults.