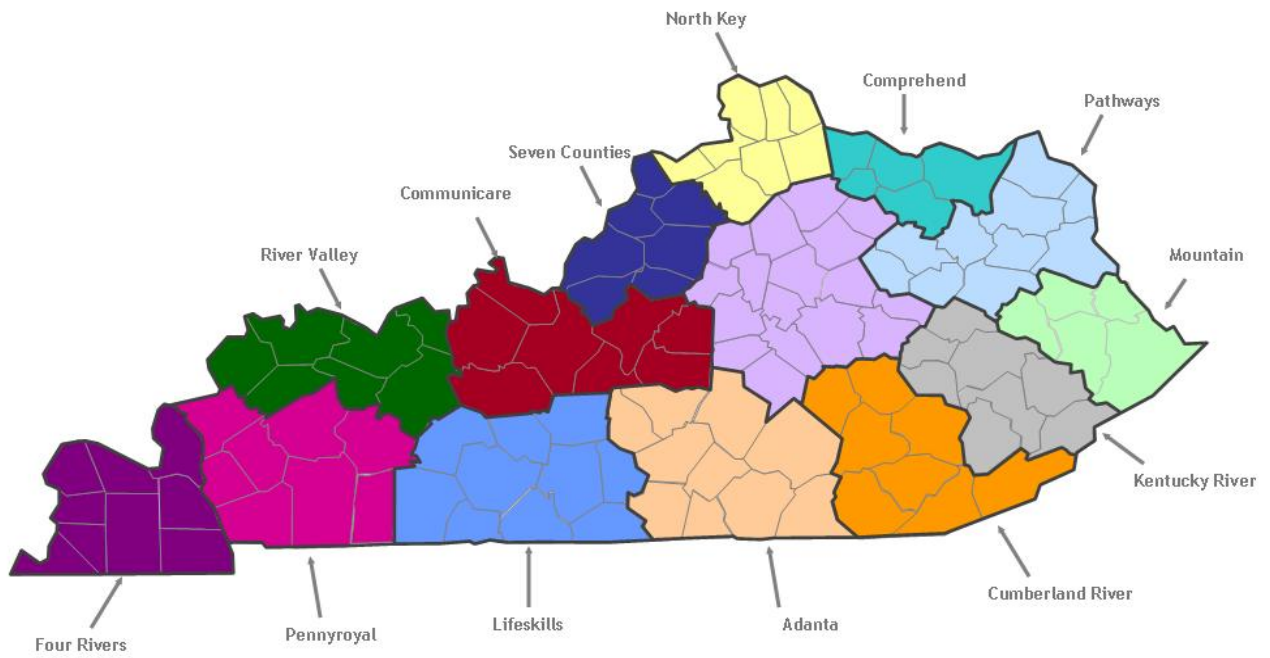


REGIONAL REPORTS: CHANGE FROM INTAKE TO FOLLOW-UP



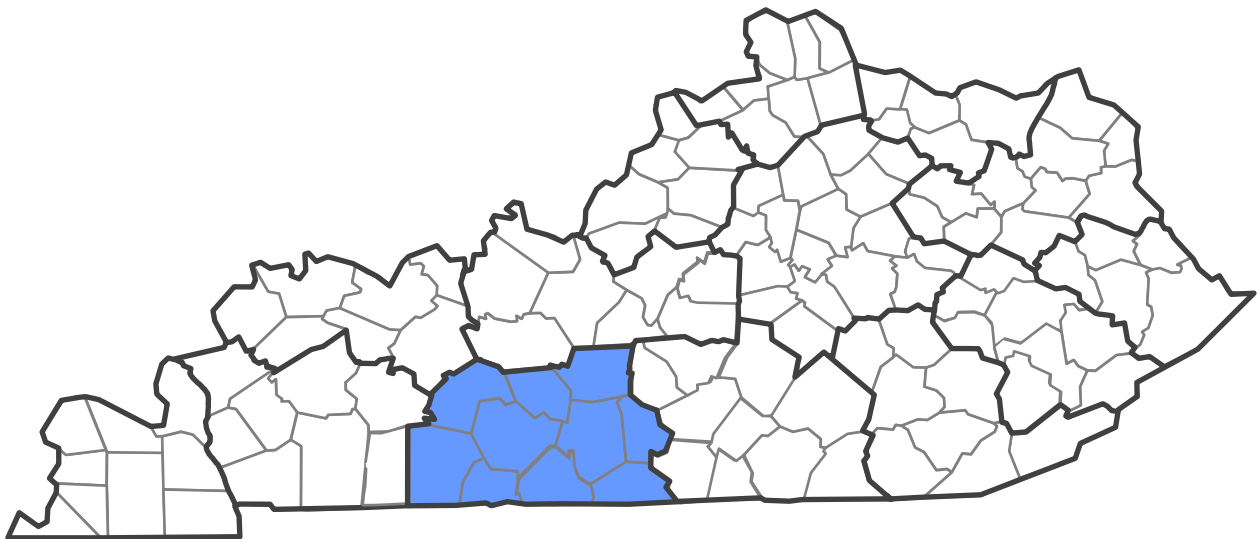
Overview

The FY2004 Follow-up Findings also includes region-specific outcome data for seven of the 14 regional community mental health centers in the state. There is growing interest in region-specific treatment outcome data. Some providers are accredited by entities that require quality assurance or quality improvement activities that include treatment outcomes. This is the first of the KTOS Follow-up Findings Reports to provide these data for those regions that had a large enough sample for presenting outcome data. There are only modest differences between the regions in outcomes even though they have very different geographies, populations, and service arrays. The availability of clients for the follow-up sample depends on the centers collecting a sufficient number of intake records, obtaining a sufficient number of consenting clients, and having face valid contact information. The seven centers represented in this addendum have expended effort toward collecting data during intake and thus, their clients have been well represented in the follow-up sample.

Limitations

The follow-up findings for these seven regions were the result of a decision to develop regional reports for all centers that had at least 50 clients in the follow-up sample. This number was arbitrary, but at least matches the sample size for some clinical studies. However, it is important to note that the samples are far too small to allow generalization to any region's total treatment population for FY 2004 or any other year. While we have presented the statistical significance of change values from intake to follow-up, the findings are not generalizable. Also, significance does not translate linearly into clinical relevance. These data show that, with few exceptions, the outcomes for these seven regions are consistent with the statewide findings and that is the primary reason for adding them to this report. They show that there is not substantial regional variation and that positive treatment outcomes are found in urban, rural and mid-sized metro areas.

LIFESKILLS
(n = 50)



The Lifeskills region consists of Monroe, Allen, Metcalfe, Barren, Edmonson, Simpson, Warren, Butler, and Logan counties. The population of the region is 246,231 with approximately 51.1% being female. In addition, almost 95.0% are white/Caucasian and 65.3% of the region are high school graduates while approximately 10.0% have a college degree. Over 54,000 people in the region (22.0%) are on disability. The median household income is \$29,363 and 17.9% are considered to be below the poverty level.

Table 1.1 illustrates the percent of change in abstinence in various drug use in the past 30 days from intake to follow-up for the Lifeskills region. According to the data, 79.5% of clients reported alcohol abstinence for the past 30 days for both intake and follow-up including 22.4% newly abstinent at follow-up. Cocaine and opiates, on the other hand, had a total of 97.9% abstinence at follow-up and sedatives had a total of 98.0% abstinence.

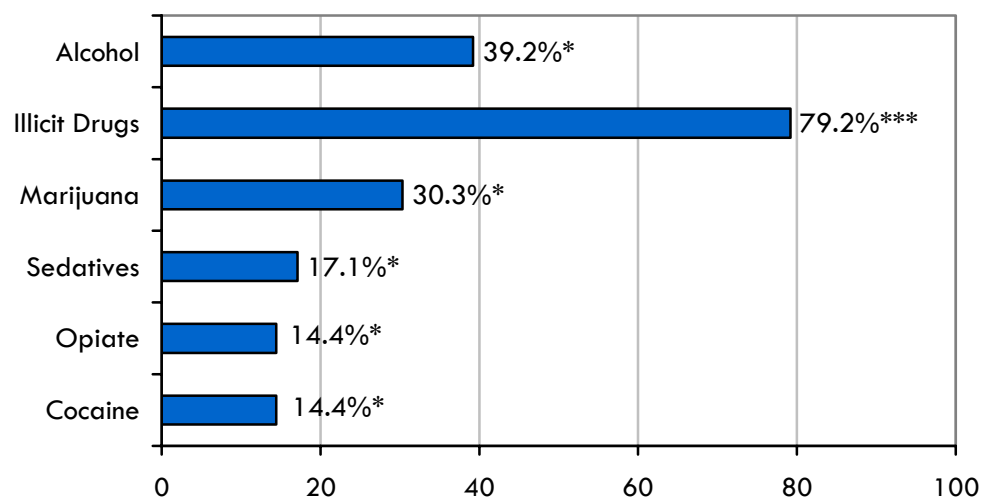
In terms of percent of change in abstinence from intake to follow-up, illicit drugs saw the largest change with a 79.2% increase in abstinence (see **Figure 1.1**). The next largest change was for alcohol use with a 39.2% increase in abstinence from intake to follow-up.

Table 1.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Life Skills (n = 50)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 49)	28	57.1%	11	22.4%	79.5%
Illicit Drugs	Total (N = 49)	24	49.0%	19	38.8%	87.8%
Marijuana	Total (N = 49)	33	67.3%	10	20.4%	87.7%
Sedatives	Total (N = 49)	41	83.7%	7	14.3%	98.0%
Opiate	Total (N = 49)	42	85.7%	6	12.2%	97.9%
Cocaine	Total (N = 49)	42	85.7%	6	12.2%	97.9%

^aIndividuals in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 1.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days



^aSignificance established using z test for proportions.
*p < .01. **p < .001

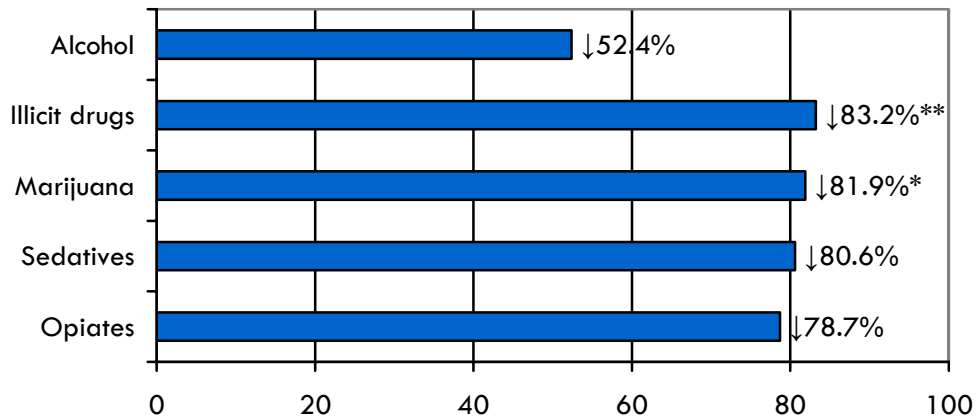
For those who continued to use alcohol at follow-up, there were reductions from Intake to follow-up in the percent of days of alcohol and other substance use (**Table 1.2**). At intake, illicit drugs were used by the sample on average 8.2% of days (almost 7 days) in the preceding 30 days not including time in a controlled environment. At follow-up, illicit drugs were used by the sample an average 3.8% of days (about 1 day) controlling for time spent in hospitals or other controlled living environments. This represents an 83.2% reduction in days of alcohol use by those who reported any use in the past 30 days (**Figure 1.2**). Similarly, marijuana was used on average 9.5% of the past 30 days at intake (the equivalent of less than 3 days), but only 1.7% of the past 30 days at follow-up (the equivalent of less than 1 day). This is a significant reduction (81.9%) in reported marijuana use by those who reported using marijuana.

Table 1.2. Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Life Skills (n = 49)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	8.2%	4.0%
Illicit Drugs	22.6%	3.8%
Marijuana	9.4%	1.7%
Sedatives, benzodiazepine	7.2%	1.4%
Opiates	4.7%	1.0%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 1.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using paired-samples t-tests.

*p < .05. **p < .01 ***p < .001.

The following data present the mean number of arrests for the Lifeskills region in 12 months and past 30 days (see **Table 1.3**) before intake and at follow-up, as well as the percent of change from intake to follow-up in self-reported arrests. In the 12 months prior, the number of arrests decreased from 1.1 arrests at intake to 0.24 at follow-up, which represents a 78.2% decrease in the number of arrests.

Table 1.3. Changes in the Mean Number of Arrests for Life Skills (n = 49)

		Intake	Follow-up	Percent change ^b
Total self-reported arrests in the past	12 months 30 days ^a	1.1 0.08	0.24 0.06	↓78.2%** ↓25.0%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

No significant changes for Lifeskills were found for mental health problems from intake to follow-up. Depression increased from 38.0% at intake to 40.0% at follow-up while reports of anxiety decreased from 48.0% to 36.0%.

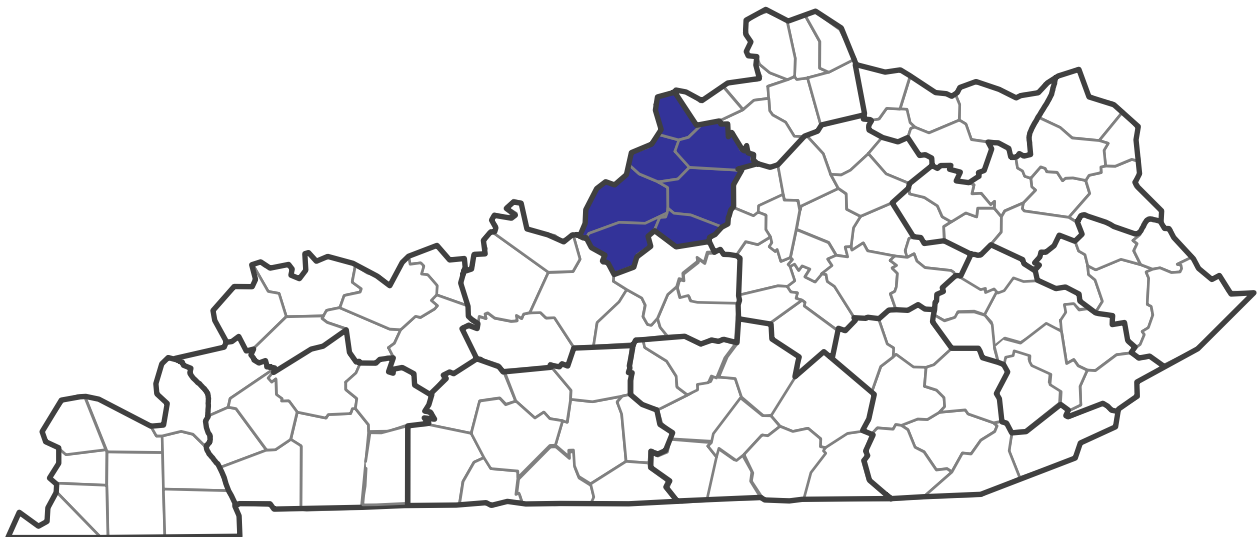
Table 1.4. Changes in Self-Reported Mental Health for Life Skills (n = 50)

	Intake	Follow-up	Percent change ^a
Serious depression	38.0%	40.0%	↑5.3%
Serious anxiety	48.0%	36.0%	↓25.0%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

SEVEN COUNTIES
(n = 146)



The region of Seven Counties is made up of Trimble, Henry, Shelby, Oldham, Jefferson, Bullitt and Spencer counties. The population of the region is 895,634, 50.1% of which are female. In addition, over 92.0% are white/Caucasian and 77.6% of the region are high school graduates while 16.0% have a college degree. Over 159,567 people in the region (17.8%) are on disability. The median household income is \$44,832 and 10.1% are considered to be below the poverty level.

Table 2.1 illustrates the percent of change in abstinence in various drug use in the past 30 days from intake to follow-up for Seven Counties. Over three-quarters of clients reported alcohol abstinence for the past 30 days for both intake and follow-up including 41.4% newly abstinent at follow-up. A total of 87.6% of clients reported being abstinent at follow-up including 57.5% newly abstinent at follow-up compared to 30.1% at intake.

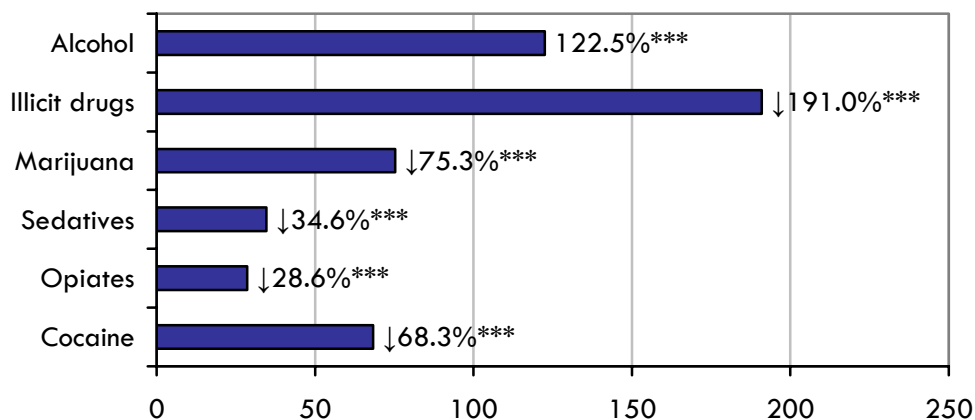
While all the substance categories saw reductions in substance use from intake to follow-up, illicit drugs and alcohol saw the largest reduction in use with a 122.5% reduction for alcohol use and 191.0% reduction for illicit drug use (see **Figure 2.1**).

Table 2.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Seven Counties (n = 146)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 145)	49	33.8%	60	41.4%	75.2%
Illicit Drugs	Total (N = 146)	44	30.1%	84	57.5%	87.6%
Marijuana	Total (N = 146)	77	52.7%	58	39.7%	92.4%
Sedative, Benzodiazepine	Total (N = 145)	107	73.8%	37	25.5%	99.3%
Opiate	Total (N = 145)	112	77.2%	32	22.1%	99.3%
Cocaine	Total (N = 146)	82	56.2%	56	38.4%	94.6%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 2.1 Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days



^bSignificance established using z test for proportions.
 *p < .05, **p < .01, ***p < .001

ADDENDUM

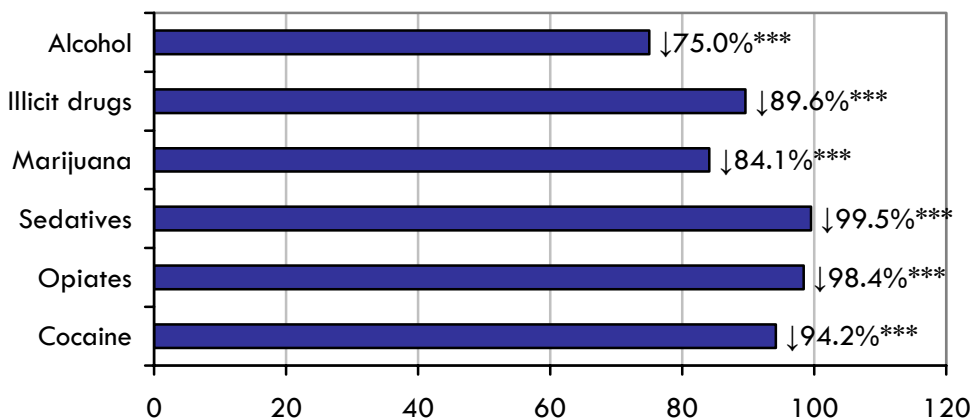
Table 2.2 and Figure 2.2 illustrate the decrease in the proportion of days a substance was used from intake to follow-up. Illicit drug use decreased from 41.4% (or a little over 12 days) at intake to 4.3% (the equivalent of over 1 day) at follow-up which represents a 89.6% reduction in the number of days drugs were used.

Table 2.2. Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Seven Counties (n = 153)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	26.4%	6.6%
Illicit Drugs	41.4%	4.3%
Marijuana	19.5%	3.1%
Sedatives, benzodiazepine	10.9%	0.1%
Opiates	12.3%	0.2%
Cocaine	20.6%	1.2%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 2.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using paired-samples t-tests.
*p < .05. **p < .01 ***p < .001.

Table 2.3 shows the mean number of arrests for both intake and follow-up and the percent of reduction in arrests for Seven Counties. The percent of arrests decreased 60.7% for arrests in the 12 months prior and from intake to follow-up

Table 2.3. Changes in the Mean Number of Arrests for Region 6, Seven Counties (n = 145)

		Intake	Follow-up	Percent reduction ^b
Total self-reported arrests in the past	12 months	0.84	0.33	↓60.7%***
	30 days ^a	0.21	0.01	↓95.2%***

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using paired-samples t-tests.
*p < .05. **p < .01 ***p < .001.

ADDENDUM

No significant changes for Seven Counties were found for mental health problems from intake to follow-up. Depression decreased from 48.3% at intake to 41.8% at follow-up while reports of anxiety decreased from 51.4% to 45.8%.

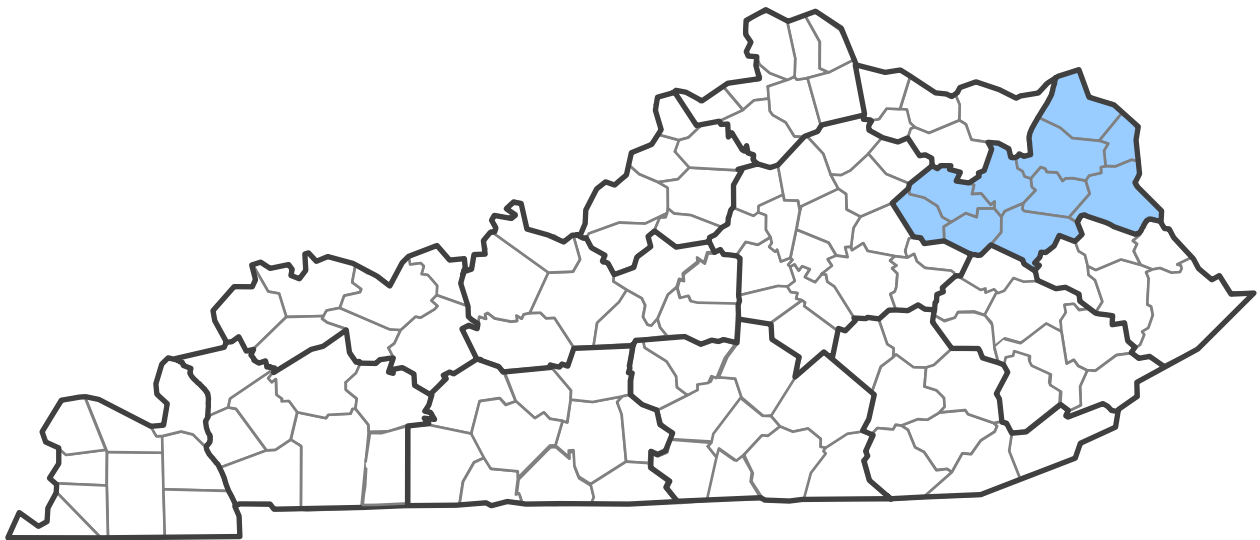
Table 2.4. Changes in Self-Reported Mental Health for Region 6, Seven Counties (n = 149)

Psychological problems	Intake	Follow-up	Percent reduction ^a
Serious depression	48.3%	41.8%	↓13.5%
Serious anxiety	51.4%	45.8%	↓10.9%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

PATHWAYS
(n = 67)



The Pathways region consists of Greenup, Boyd, Carter, Lawrence, Elliott, Rowan, Morgan, Menifee, Bath, and Montgomery counties. The population of the region is 215,828 with an average of 50.4% being female. In addition, an average of over 97.1% are white/Caucasian and an average of 64.3% of the region are high school graduates while approximately 11.0% have a college degree. A total of 52,060 people in the region (24.1%) are on disability. The median household income is \$26,369 and an average of 22.4% are considered to be below the poverty level.

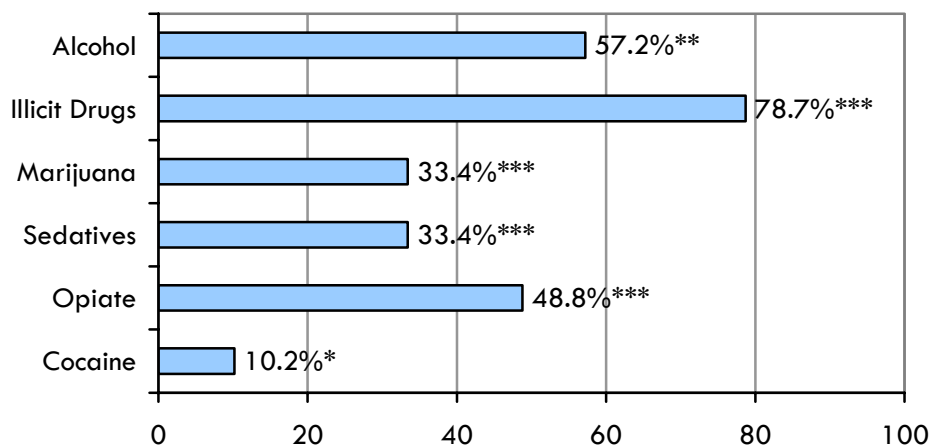
Table 3.1 and Figure 3.1 represent the change in substance use from intake to follow-up for Pathways. There was 78.7% reduction in illicit drug use from intake to follow-up which illustrates 49.3% who remained abstinent and 38.8% who were newly abstinent at follow-up. In addition, a total of 95.5% of clients were abstinent from marijuana, sedatives, and opiates at follow-up.

Table 3.1 Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Pathways (n = 67)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 67)	28	41.8%	16	23.9%	65.7%
Illicit Drugs	Total (N = 67)	33	49.3%	26	38.8%	88.1%
Marijuana	Total (N = 67)	48	71.6%	16	23.9%	95.5%
Sedative, Benzodiazepine	Total (N = 67)	48	71.6%	16	23.9%	95.5%
Opiate	Total (N = 67)	43	64.2%	21	31.3%	95.5%
Cocaine	Total (N = 67)	59	88.1%	6	9.0%	97.1%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 3.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days^b



^bSignificance established using z test for proportions.
*p < .05, **p < .01, ***p < .001

ADDENDUM

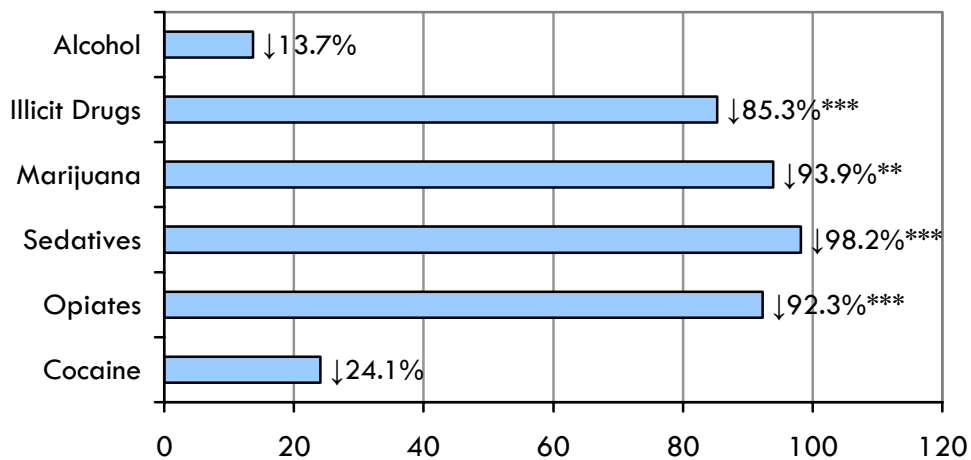
The proportion of days substances were used in the past 30 days also decreased for clients in the Pathways region. Table 3.2 and Figure 3.2 shows that the number of days illicit drugs were used decreased from 35.4% (a little less than 11 days) at Intake to 5.2% (about 1.5 days) at follow-up. In addition, sedatives use decreased from 16.5% (5 days) to 0.3% (less than 1 day) at follow-up.

Table 3.2 Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Pathways (n = 68)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	11.7%	10.1%
Illicit Drugs	35.4%	5.2%
Marijuana	11.5%	0.7%
Sedatives, benzodiazepine	16.5%	0.3%
Opiates	27.4%	2.1%
Cocaine	2.9%	2.2%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 3.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

ADDENDUM

No significant differences in the number of arrests or the percentage of clients reporting mental health problems were found from intake to follow-up for Pathways (see Table 3.3 and Table 3.4).

Table 3.3. Changes in the Mean Number of Arrests for Region 10, Pathways (n = 67)

		Intake	Follow-up	Percent reduction^b
Total self-reported arrests in the past	12 months	0.97	0.54	↓44.3%
	30 days ^a	0.12	0.05	↓58.3%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

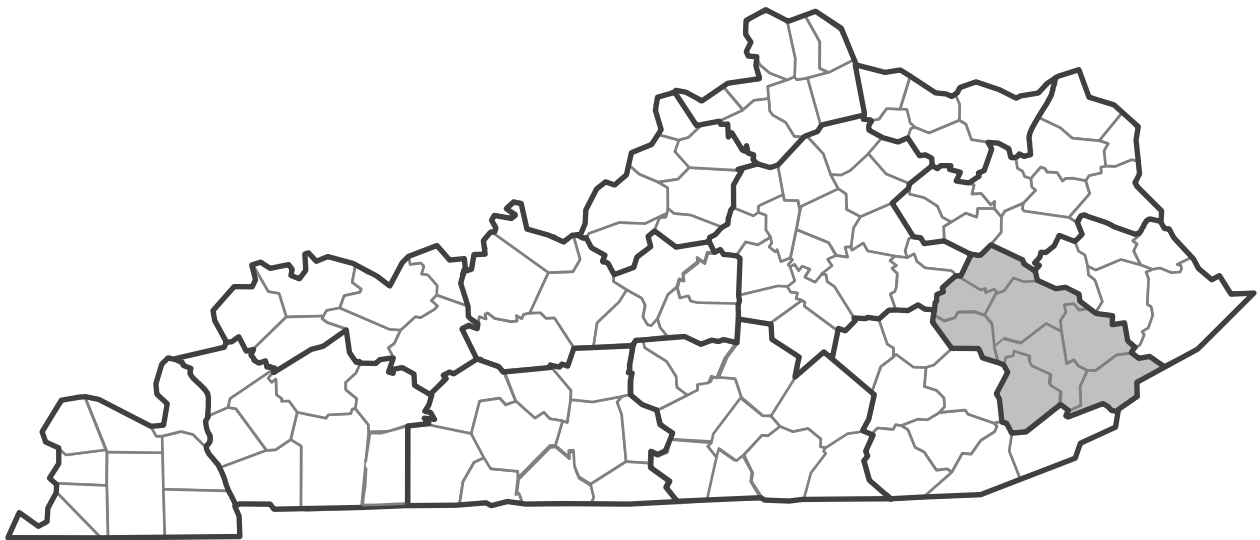
Table 3.4. Changes in Self-Reported Mental Health for Region 10, Pathways (n = 68)

Psychological problems	Intake	Follow-up	Percent reduction^a
Serious depression	41.2%	38.2%	↓7.3%
Serious anxiety	47.1%	45.6%	↓3.2%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

KENTUCKY RIVER
(n = 62)



The Pathways region consists of Breathitt, Lee, Owsley, Perry, Wolfe, Letcher, and Leslie counties. The population of the region is 101,999 with an average of 50.3% being female. In addition, an average of over 98.2% are white/Caucasian and an average of 54.4% of the region are high school graduates while approximately 8.2% have a college degree. A total of 32,819 people in the region (32.2%) are on disability. The median household income is \$19,223 and an average of 33.4% are considered to be below the poverty level.

ADDENDUM

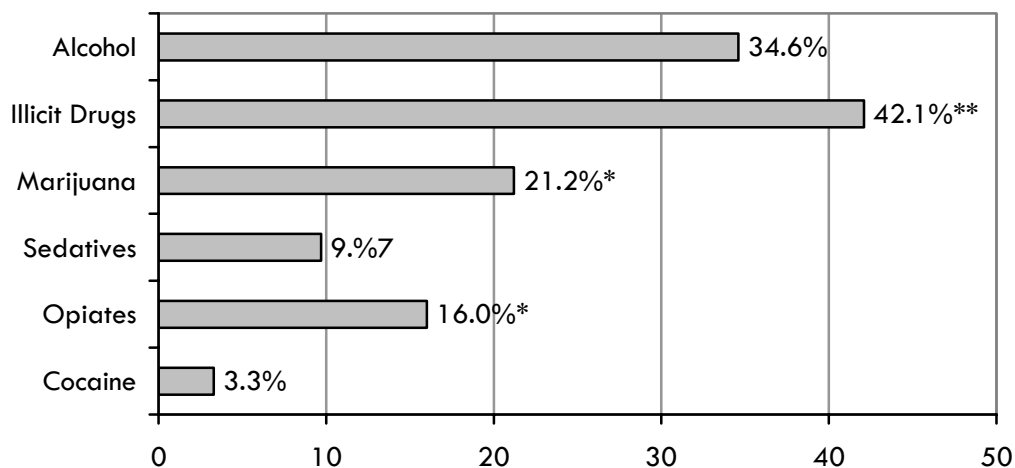
The Kentucky River region saw three areas of decreased substance use from intake to follow-up. At follow-up, 87.1% of clients reported abstinence from illicit drugs where 61.3% were remained abstinent and 25.8% became newly abstinent. Over three-quarters of the clients reported remaining abstinent from marijuana at follow-up and 16.1% more reported being newly abstinent. In addition, an additional 13.1% of clients reported becoming abstinent from opiates at follow-up.

Table 4.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Kentucky River (n = 62)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 60)	29	48.3%	10	16.7%	65.0%
Illicit Drugs	Total (N = 62)	38	61.3%	16	25.8%	87.1%
Marijuana	Total (N = 62)	47	75.8%	10	16.1%	91.9%
Sedative, Benzodiazepine	Total (N = 62)	52	83.9%	5	8.1%	92.0%
Opiate	Total (N = 61)	50	82.0%	8	13.1%	95.1%
Cocaine	Total (N = 62)	60	96.8%	2	3.2%	100%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 4.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days^b



^bSignificance established using z test for proportions.
*p < .05, **p < .01, ***p < .001

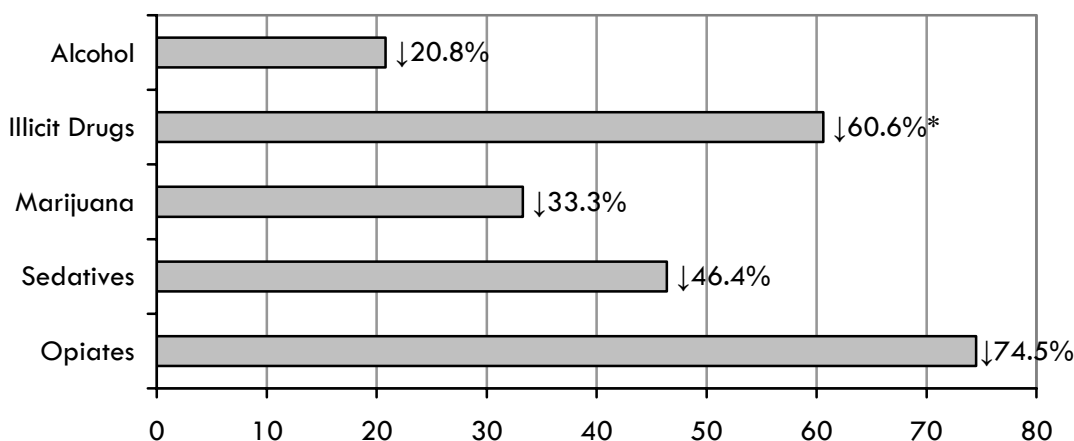
The number of days of illicit drug use changed 60.6% where drugs were used 16.0% of days (or about 4.8 days) in the past 30 days at intake and 6.3% of days (a little over one day) at follow-up.

Table 4.2. Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Kentucky River (n = 62)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	7.2%	5.7%
Illicit Drugs	16.0%	6.3%
Marijuana	5.7%	3.8%
Sedatives, benzodiazepine	2.8%	1.5%
Opiates	10.2%	2.6%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 4.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

The mean number of self-reported arrested in the past 12 months decreased 54.6% from 1.1 arrests at intake to 0.5 arrests at follow-up (see Table 4.3) while no changes were found from intake to follow-up for self-reported mental health problems (see Table 4.4).

Table 4.3. Changes in the Mean Number of Arrests for Kentucky River (n = 62)

		Intake	Follow-up	Percent reduction ^b
Total self-reported arrests in the past	12 months 30 days ^a	1.1 0.05	0.5 0.03	↓54.6%** ↓40.0%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

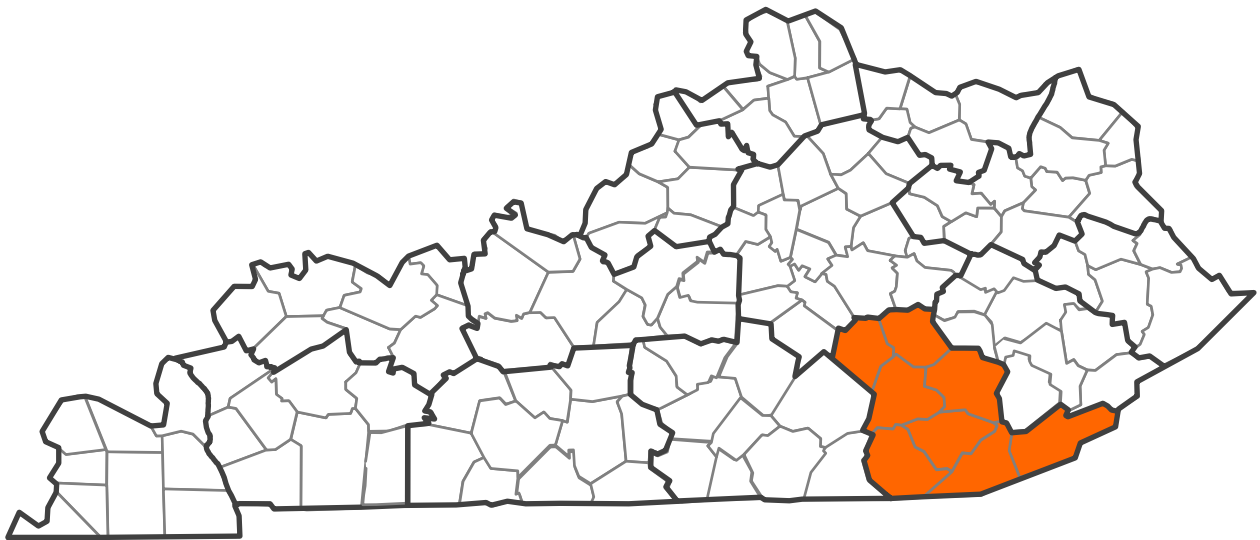
Table 4.4. Changes in Self-Reported Mental Health for Kentucky River (n = 62)

Psychological problems	Intake	Follow-up	Percent change ^a
Serious depression	33.9%	35.5%	↑4.7%
Serious anxiety	37.1%	40.3%	↑8.6%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

CUMBERLAND RIVER
(n = 50)



The Cumberland River region consists of Rockcastle, Jackson, Laurel, Clay, Whitley, Knox, Bell, and Harlan counties. The population of the region is 241,728 with a little over half of the population being female. In addition, 97.2% are white/Caucasian and 56.8% of the region are high school graduates while approximately 9.2% have a college degree. A total of 71,107 people in the region (29.4%) are on disability. The median household income is \$20,629 and almost 30% are considered to be below the poverty level.

ADDENDUM

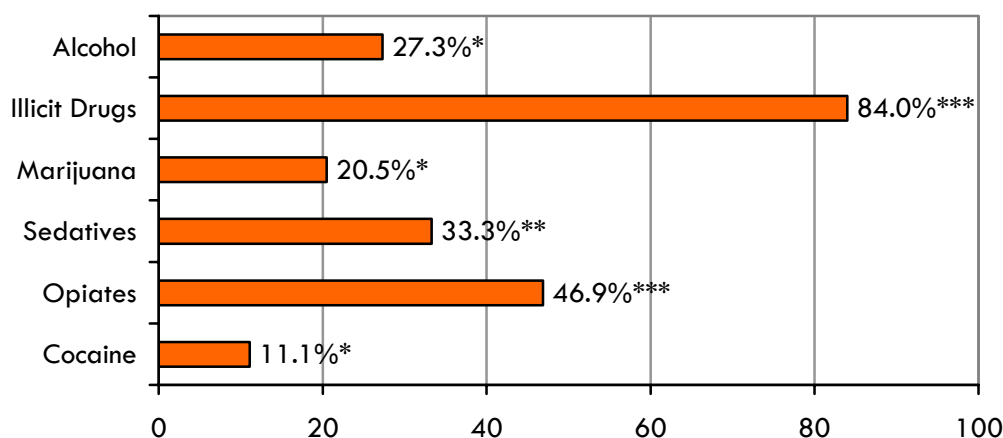
Cumberland River saw a decrease in several substances from intake to follow-up. Alcohol use decreased 27.3% with 66.0% remaining abstinent and another 18.0% reporting being newly abstinent. In addition, half of clients reported remaining abstinent from illicit drugs from intake to follow-up and another 42.0% reported being newly abstinent at follow-up. Opiates also saw an increase in abstinence with 64.0% remaining abstinent and another 30.0% reporting being newly abstinent at follow-up (see Table 5.1 and Figure 5.1).

Table 5.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Cumberland River (n = 50)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 50)	33	66.0%	9	18.0%	84.0%
Illicit Drugs	Total (N = 50)	25	50.0%	21	42.0%	92.0%
Marijuana	Total (N = 50)	39	78.0%	8	16.0%	94.0%
Sedative, Benzodiazepine	Total (N = 50)	36	72.0%	12	24.0%	96.0%
Opiate	Total (N = 50)	32	64.0%	15	30.0%	94.0%
Cocaine	Total (N = 50)	45	90.0%	5	10.0%	100%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 5.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days^b



^bSignificance established using z test for proportions.
*p < .05, **p < .01, ***p < .001

ADDENDUM

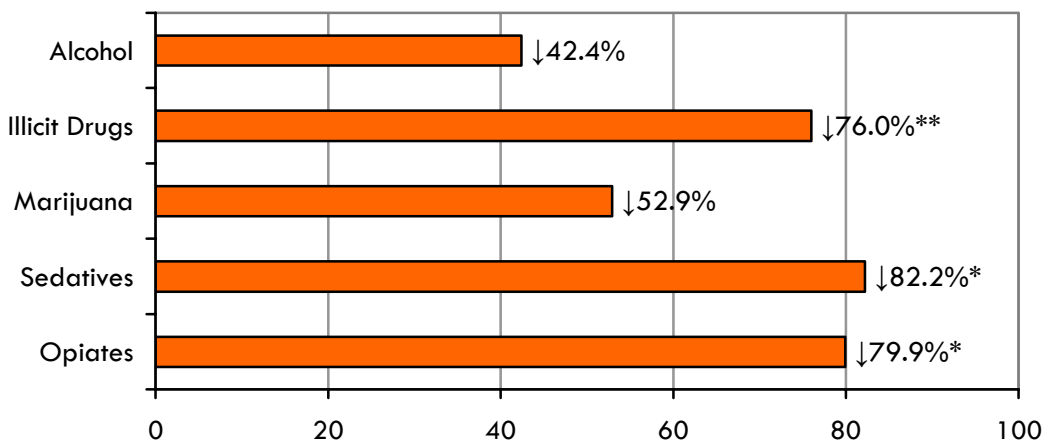
The mean portion of days a particular substance was used also decreased from intake to follow-up. Illicit drugs were used for 27.1% of the days in the past 30 days (a little over 8 days), but only 6.5% (about 2 days) at follow-up. This decrease in use represents a 76.0% reduction in the use of illicit drugs. Sedative use and opiate use also significantly decreased from intake to follow-up (see Table 5.2 and Figure 5.2).

Table 5.2 Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Cumberland River (n = 56)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	6.6%	3.8%
Illicit Drugs	27.1%	6.5%
Marijuana	8.7%	4.1%
Sedatives, benzodiazepine	11.8%	2.1%
Opiates	16.9%	3.4%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 5.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using z test for proportions.
*p < .05. **p < .01 ***p < .001.

Significant changes were found for the number of self-reported arrests in the past 30 days. The number of arrests decreased from 0.12 at intake to 0.00 at follow-up for a 40.0% reduction (see Table 5.3). No significant changes were found for self-reported mental health problems from intake to follow-up (see Table 5.4).

Table 5.3. Changes in the Mean Number of Arrests for Cumberland River (n = 50)

		Intake	Follow-up	Percent reduction ^b
Total self-reported arrests in the past	12 months	3.0	0.3	↓90.0%
	30 days ^a	0.12	0.00	↓40.0%*

ADDENDUM

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

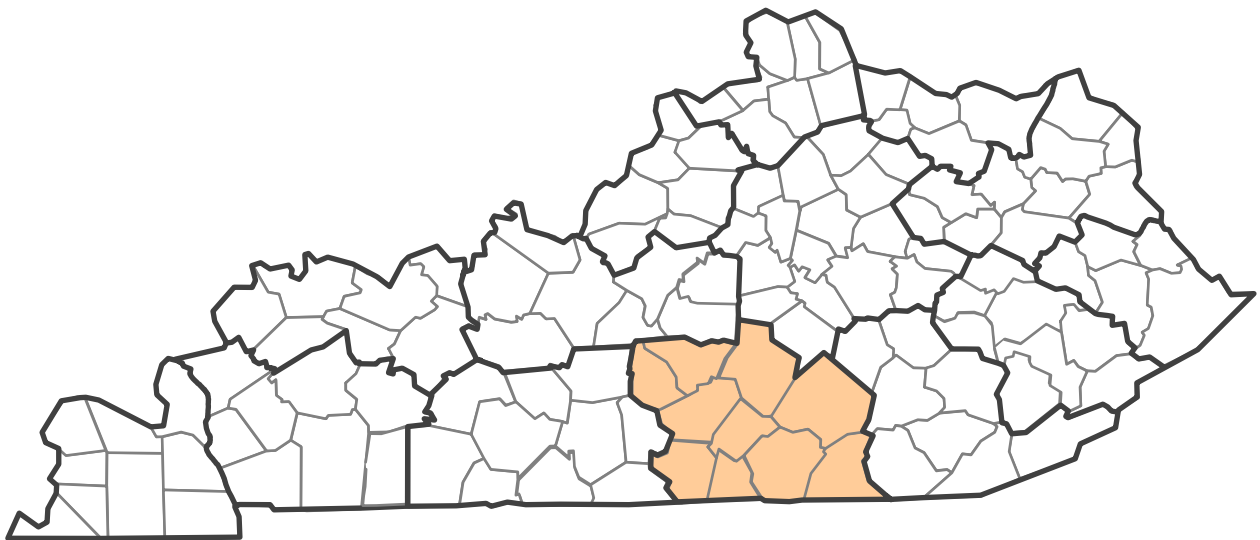
Table 5.4. Changes in Self-Reported Mental Health for Cumberland River (n = 56)

Psychological problems	Intake	Follow-up	Percent reduction ^a
Serious depression	32.1%	23.2%	↓27.7%
Serious anxiety	37.5%	35.7%	↓4.8%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

ADANTA
(n = 62)



The Adanta region consists of Green, Taylor, Adair, Casey, Russell, Cumberland, Pulaski, Clinton, Wayne, and McCreary counties. The population of the region is 198,526 with an average of 51.3% being female. In addition, an average of over 96.9% are white/Caucasian and an average of 59.4% of the region are high school graduates while approximately 8.9% have a college degree. A total of 54,196 people in the region (27.3%) are on disability. The median household income is \$22,995 and an average of 24.0% are considered to be below the poverty level.

ADDENDUM

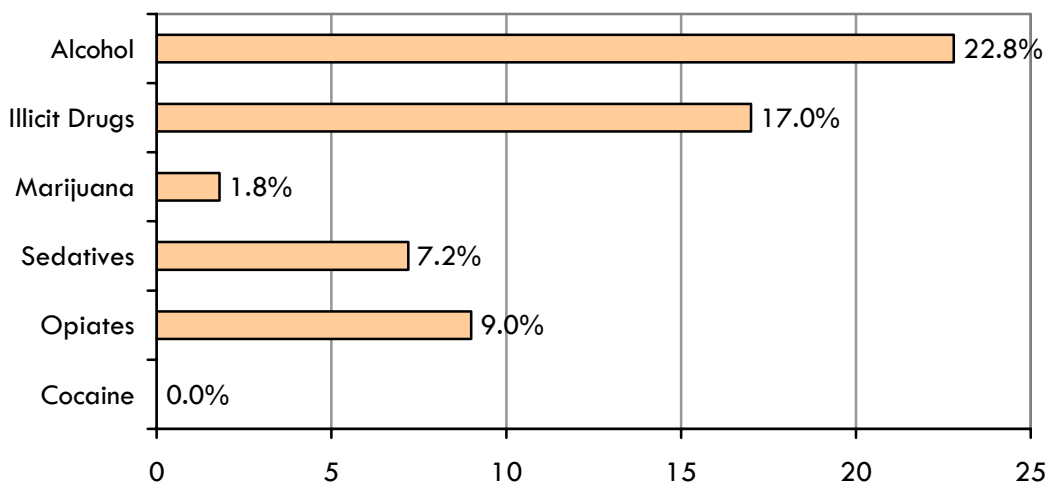
No significant reductions in substance use were found for the Adanta region. The largest reduction, albeit not significant, was for alcohol which 56.5% reported remaining abstinent at follow-up and 12.9% more reporting being newly abstinent at follow-up.

Table 6.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Adanta (n = 62)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 62)	35	56.5%	8	12.9%	69.4%
Illicit Drugs	Total (N = 62)	47	75.8%	8	12.9%	88.7%
Marijuana	Total (N = 61)	55	90.2%	1	1.6%	91.8%
Sedative, Benzodiazepine	Total (N = 62)	56	90.3%	4	6.5%	96.8%
Opiate	Total (N = 62)	56	90.3%	5	8.1%	98.4%
Cocaine	Total (N = 62)	61	98.4%	0	0.0%	98.4%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 6.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days^b



^bSignificance established using z test for proportions.
*p < .05, **p < .01, ***p < .001

ADDENDUM

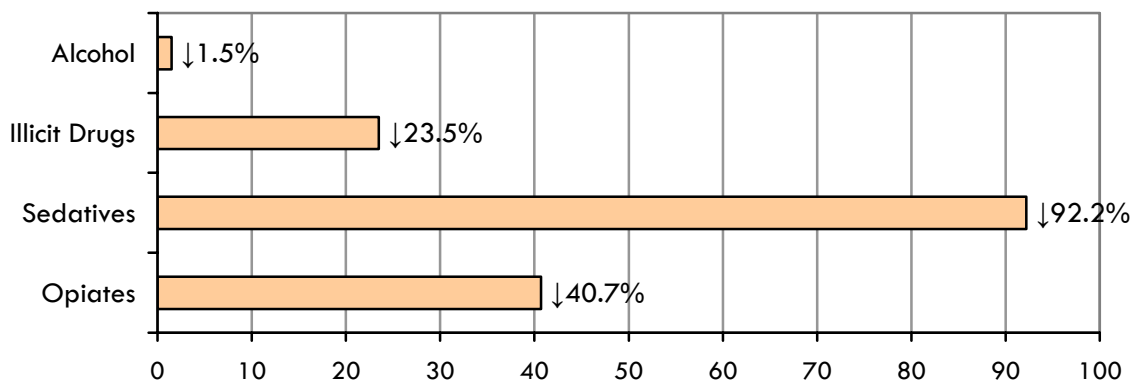
No significant reductions in the mean proportion of days a substance was used in the past 30 days was found for the Adanta region.

Table 6.2. Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Adanta Group (n = 62)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	6.7%	6.6%
Illicit Drugs	6.8%	5.2%
Marijuana	--	--
Sedatives, benzodiazepine	5.1%	0.4%
Opiates	2.7%	1.6%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 6.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

The mean number of arrests in the past 12 months significantly decreased from intake to follow-up while the number of arrests in the past 30 days did not decrease significantly. For arrests in the past 12 months, the number of arrests decreased 65.5% from 0.84 arrests at intake to 0.29 at follow-up (see Table 6.3). No significant changes were found for self-reported mental health problems from intake to follow-up.

Table 6.3. Changes in the Mean Number of Arrests for Region 14, Adanta Group (n = 62)

		Intake	Follow-up	Percent reduction ^b
Total self-reported arrests in the past -	12 months	0.84	0.29	↓65.5%***
	30 days ^a	0.05	0.02	↓60.0%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

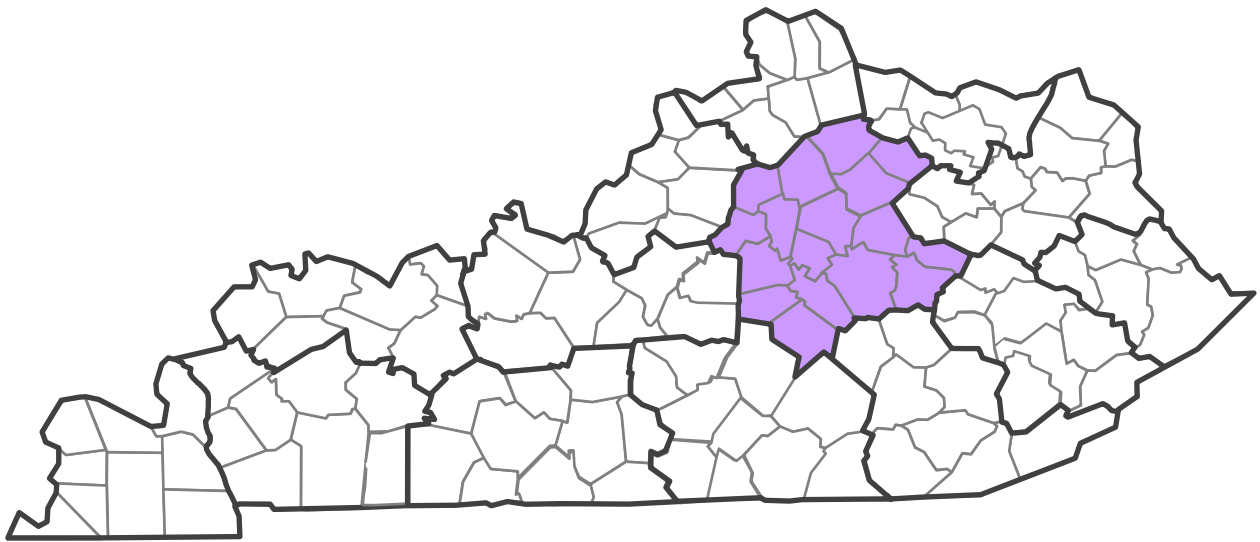
Table 6.4. Changes in Self-Reported Mental Health for Region 14, Adanta Group (n = 62)

Psychological problems	Intake	Follow-up	Percent reduction ^a
Serious depression	35.5%	27.4%	↓22.8%
Serious anxiety	43.5%	33.9%	↓22.1%

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

BLUEGRASS
(n = 152)



The Bluegrass region consists of Estill, Madison, Lincoln, Jessamine, Boyle, Mercer, Anderson, Franklin, Woodford, Clark, Bourbon, Scott, Harrison, Nicholas, and Fayette counties. The population of the region is 684,161 with an average of 51.3% being female. In addition, an average of over 92.8% are white/Caucasian and an average of 75.0% of the region are high school graduates while approximately 17.1% have a college degree. A total of 123,826 people in the region (18.1%) are on disability. The median household income is \$37,101 and an average of 13.1% are considered to be below the poverty level.

ADDENDUM

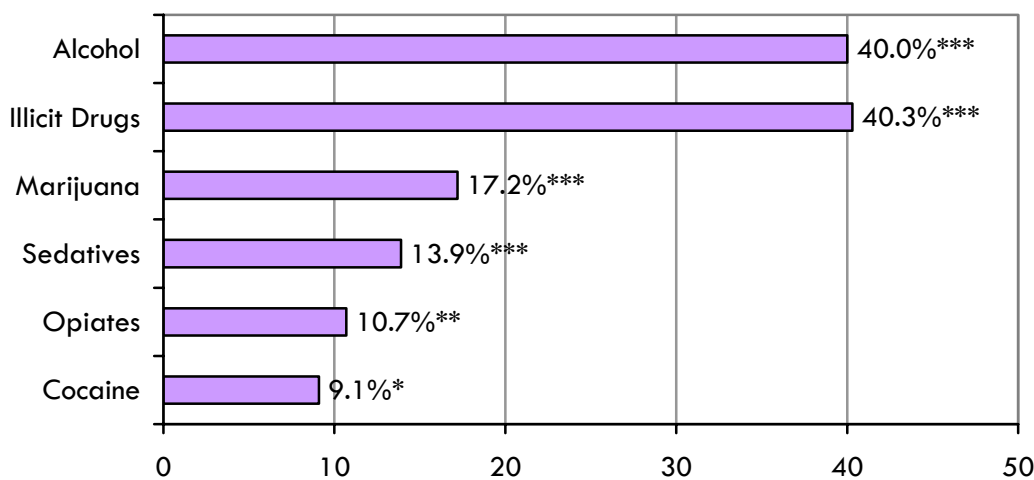
Decreases in substance use were found for several substances during the past 30 days for the Bluegrass Region. Almost 50.0% of clients reported remaining abstinent at follow-up while another 19.9% were newly abstinent which represents a 40.0% decrease in alcohol use. Similarly, 63.8% of clients reported abstinence from illicit drugs at both intake and follow-up, and 25.7% more reported abstinence at follow-up.

Table 7.1. Increase in Percent of Clients with Substance Abstinence During Preceding 30 Days for Bluegrass (n = 152)^a

		Remained abstinent		Newly abstinent		Total % abstinent at follow-up
		N	Valid %	N	Valid %	
Alcohol	Total (N = 151)	75	49.7%	30	19.9%	69.6%
Illicit Drugs	Total (N = 152)	97	63.8%	39	25.7%	89.5%
Marijuana	Total (N = 152)	122	80.3%	21	13.8%	94.1%
Sedative, Benzodiazepine	Total (N = 152)	129	84.9%	18	11.8%	96.7%
Opiate	Total (N = 152)	131	86.2%	14	9.2%	95.4%
Cocaine	Total (N = 152)	132	86.8%	12	7.9%	94.7%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 6.1. Percent of Increase in Clients Reporting Abstinence during Preceding 30 Days^b



^bSignificance established using z test for proportions.
*p < .05, **p < .01, ***p < .001

ADDENDUM

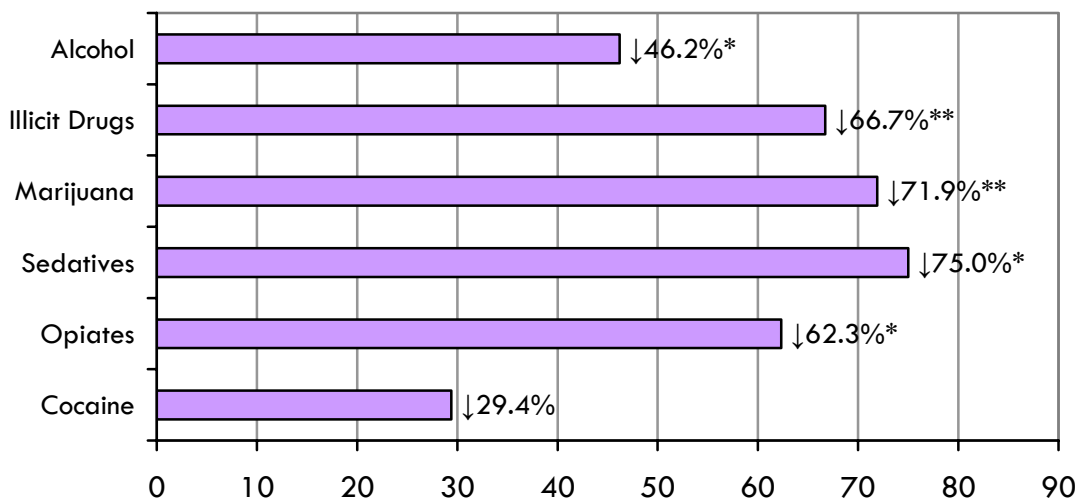
Significant decreases in the proportion of days a substance was used was also found for the Bluegrass region. The proportion of days in the past 30 days illicit drugs were used decreased from 14.7% (the equivalent of 4.4 days) at intake to 4.9% (about 1.5 days) at follow-up (see Table 6.2). This is a 66.7% reduction in the proportion of days illicit drugs were used (see Figure 6.2). In addition, marijuana use decreased from 5.7% of the past 30 days (about 1.7 days) at intake to 1.6% of days (about 0.5 days) at follow-up.

Table 6.2. Percent of Days in the Past 30 Days Substances Were Used Intake to Follow-up for Bluegrass (n = 164)^a

	Mean proportion of days substance was used	
	Intake	Follow-up
Alcohol	11.7%	6.3%
Illicit Drugs	14.7%	4.9%
Marijuana	5.7%	1.6%
Sedatives, benzodiazepine	4.0%	1.0%
Opiates	6.1%	2.3%
Cocaine	1.7%	1.2%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

Figure 6.2. Percent of Reduction in Past 30 Day Substance Use ^b



^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

The mean number of arrests in the past 12 months significantly decreased from 0.9 arrests at follow-up to 0.4 arrests at intake (see Table 6.3). In addition, reports of depression decreased 25.6% from intake (50.0%) to follow-up (37.2%) and anxiety also decreased from 57.3% to 42.7%.

Table 6.3. Changes in the Mean Number of Arrests for Region 15, Bluegrass (n = 151)

		Intake	Follow-up	Percent reduction ^b
Total self-reported arrests in the past	12 months 30 days ^a	0.9 0.09	0.4 0.05	↓55.6%*** ↓44.4%

^aIndividuals who were in a controlled environment all 30 days before intake or follow up were excluded from this analysis.

^bSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.

Table 6.4. Changes in Self-Reported Mental Health for Region 15, Bluegrass (n = 164)

Psychological problems	Intake	Follow-up	Percent reduction ^a
Serious depression	50.0%	37.2%	↓25.6%*
Serious anxiety	57.3%	42.7%	↓25.5%*

^aSignificance established using z test for proportions.

*p < .05. **p < .01 ***p < .001.