Kentucky is the only state that collaboratively conducts an outcome study with all eleven state Opiate Treatment Programs (OTPs), both public and private agencies. Developed in 2007, Kentucky’s Opiate Replacement Treatment Outcome Study (KORTOS) provides a valuable look at the outcomes of maintenance methadone or buprenorphine treatment in a state that has high rates of prescription opioid abuse.

Substance use significantly decreased after treatment

- **Opioids:** 90% decrease
- **Other Illegal drug use:** 78% decrease
- **Alcohol use:** 32% decrease

“Treatment saved my life…I was writing bad checks and strung out on prescription pills.”

[KORTOS Follow-up Interview Client Quote]

The majority of KORTOS clients maintained employment

- **70%** have maintained employment

Over 70% of KORTOS clients reported being employed at both baseline and follow-up. This is especially impressive considering economic circumstances of the U.S., and the high risk factors these clients have including substance use and mental health problems.

“I was headed down the wrong path. It saved my life.”

[KORTOS Follow-up Interview Client Quote]

Criminal justice system involvement dramatically decreased at follow-up

- **Arrests:** 37% decrease
- **Jail time:** 65% decrease

“I really believe in this program. It makes me feel good about myself that I’ve come such a long way. Without this program I would probably be homeless and without a job. I believe in the program and the people working there. My spouse is also in this program, and this has absolutely saved our lives and our marriage.”

[KORTOS Follow-up Interview Client Quote]

Clients reported how they were positively affected by participation in OTP

- Improved education and skills: 9.7%
- Quality of treatment: 14.2%
- Improved physical health: 19.9%
- Other positive things (reunited with children, family time, job): 33.3%
- Better mental health & feelings about self: 40.4%
- Decreased substance use: 48.5%
- Financial situation: 49.6%
- Better interactions with others: 53.2%

“I like how helpful the [narcotic addiction treatment] clinic is and it has kept me away from pain pills.”

[KORTOS Follow-up Interview Client Quote]