Kentuckians seeking treatment for prescription opioid abuse have positive outcomes with opiate treatment programs

**KENTUCKY OPIATE REPLACEMENT TREATMENT OUTCOME STUDY FACT SHEET - JUNE 2014**

Clients in Kentucky benefit from OTPs (opiate treatment programs) in multiple ways: reductions in their substance use, reductions in mental health problems and stress, reduction in the number of individuals who had trouble meeting basic living needs, decrease in involvement with the criminal justice system, and increases in recovery supports. Below are results of treatment outcomes for 168 men and women who participated in OTP from January 2012 through December 2012 and then completed a follow-up interview about 6 months later.

**Decrease in percentage of adults who reported any past 30-day substance use**

- Any Illegal Drugs: ↓77%
- Non-prescribed Opioids: ↓92%
- Heroin: ↓96%
- Marijuana: ↓67%
- CNS Depressants: ↓89%
- Stimulants: ↓86%

**Fewer clients involved with the criminal justice system**

- Decrease in clients arrested: 63%
- Decrease in clients incarcerated: 56%

**Improved recovery supports**

- Increase in clients attending recovery meetings: 138%

**Decrease in clients reporting mental and physical health symptoms**

- Decrease in depression: 58%
- Decrease in anxiety: 27%
- Decrease in physiological symptoms associated with stress: 64%

**Clients reported other positive aspects of OTP participation**

- Improved relationships: 58%
- Improved feelings about self: 56%
- Improved financial situation: 46%

**Clients rated their quality of life considerably higher after participating in the OTP**

- Before intake: 2.7
- After follow-up: 8.6

**Improved economic status**

- Decrease in clients’ inability to meet basic needs for financial reasons: 28%

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"I'm 42 years old and this is the only program that has really helped me. I was homeless before and now I have my own home and I can hold down a job."

- Quote from KORTOS Follow-up Interview Clients

"I've been having trouble staying sober my whole life, but now I've never been happier and more stable. I can enjoy my life and be a good mom."

- Quote from KORTOS Follow-up Interview Clients