

Kentucky Opiate Replacement Treatment Program Outcome Study

2014 FINDINGS AT A GLANCE



Introduction

This Findings at a Glance summarizes client outcomes from a statewide evaluation of opiate treatment programs (OTPs). Report findings indicate Kentucky OTPs help clients achieve positive life changes.

The goal of the Kentucky Opiate Replacement Treatment Outcome Study (KORTOS) is to examine client satisfaction, recovery support, and outcomes for several specific targeted factors including: (1) substance use and severity of substance use, (2) mental health, (3) socioeconomic status indicators (living situation, education, employment, and difficulty meeting living and health care needs) and (4) involvement in the criminal justice system. Key findings on outcomes for 168 men and women who participated in OTP from January 2012 through December 2012 and then completed a follow-up telephone interview with UK CDAR about 6 months later are summarized below. There was a low refusal rate for follow-up participation (0.1%) a high follow-up rate (84%).

84%
Follow-up Rate

Background

Of the 168 clients who completed a 6-month follow-up interview:

- 61% were female and 30% were male.
- The majority of follow-up clients were White (96%). A minority (4%) were Hispanic, American Indian, or multiracial.
- They were an average of 32 years old at the time of the intake interview with a range of 18 to 56 years old.

“They didn’t make me feel judged for anything. I went in blind thinking I was forced to and ended up liking it. The program made me want to get clean.”

-Quote from KORTOS Follow-up Interview Clients

Program Experience

Overall Client Satisfaction

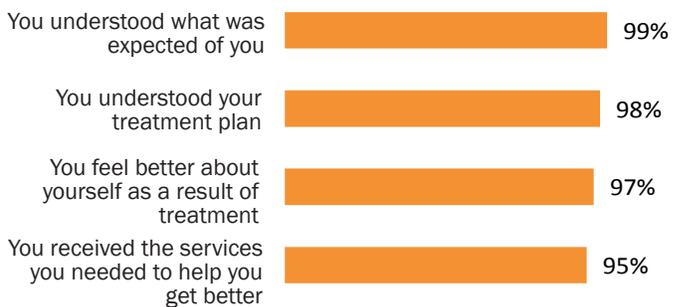
At the beginning of the follow-up interview, clients are asked to rate their experience at the OTP on a scale from 1 representing the worst possible experience to

10 representing the best possible experience. The mean rating given by clients in the follow-up sample was 8.3, with 73% of clients giving a rating of 8 through 10.

When asked a series of program satisfaction questions, the majority of clients indicated each aspect of their experience was positive (see Figure 1). The majority of clients reported that they were treated with respect, understood the expectations of the program, felt better about themselves, and got the services needed to get better at the OTP.

8.3
Average OTP
satisfaction rating

FIGURE 1. PERCENTAGE OF CLIENTS WHO AGREED/STRONGLY AGREED WITH THE FOLLOWING STATEMENTS ABOUT THE TREATMENT PROGRAM AT FOLLOW-UP (N = 168)



In addition, clients were asked to rate their quality of life before entering the OTP and after participating in the program. Ratings were from 1=‘Worst imaginable’ to 5=‘Good and bad parts were about equal’ to 10=‘Best imaginable’. KORTOS clients rated their quality of life before entering the OTP as on average 2.7. The average rating of quality of life after participating in the OTP significantly increased to 8.6.



10 representing the best possible experience.

Changes From Treatment Intake To Follow-Up

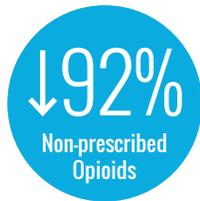
KORTOS clients experienced improvements after treatment in several key areas including: decreased substance use, improved mental health, improved economic status, decreased involvement with the criminal justice system and increased recovery supports.

Substance Use Decreased



There was a significant decrease in past 30-day illegal drug use from intake to follow-up. In the 30 days before entering the OTP, 94% of clients reported any illegal drug use. At follow-up 21% of clients reported any illegal drug use in the past 30 days—a significant decrease of 77%.

Eighty-seven percent of clients reported non-prescribed opioid¹ use in the 30 days before entering OTP. At follow-up 7% of clients reported use of non-prescribed opioids—a significant decrease of 92%.



Over one-quarter of clients (27%) reported using heroin in the 30 days before intake. At follow-up, 1% reported using heroin in the past 30 days—a significant decrease of 96%.



The number of clients who had self-reported severity composite score indicating severe drug use disorder in the past 30 days decreased significantly by 87% from 97% at intake to 12% at follow-up.

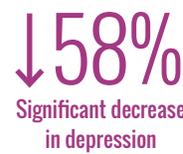


“It is so thorough. They are very gentle with you and your addiction. They don’t treat you like scum because you’re an addict.”

-Quote from KORTOS Follow-up Interview Clients

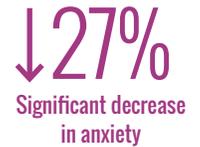
¹ Non-prescribed opioids include prescription opiates, methadone and buprenorphine.

Improved Mental Health



Over half of clients (57%) met study criteria for depression in the 12 months before they entered treatment. At follow-up, 24% met study criteria for depression—a significant decrease of 58%.

In the 12 months before entering treatment, 51% of clients reported symptoms that met study criteria for generalized anxiety and 38% reported symptoms at follow-up – a significant decrease of 27%.



In the 12 months before entering treatment 14% of clients reported thoughts of suicide or attempted suicide and 7% of clients reported thoughts of suicide or attempted suicide in the 6 months before follow-up—a significant decrease of 50%.



Clients were also asked about their physiological symptoms associated with stress. Higher scores (maximum of 75) on the Stress Index indicate higher stress and greater physiological consequences of stress. Stress Index scores decreased significantly from 38.1 at intake to 13.6 at follow-up, representing a significant decrease of 64%.



Clients were asked to report the number of days in the past 30 days poor mental health had kept them from doing their usual activities. The number of days clients reported their mental health kept them from doing their usual activities decreased significantly by 34% from 5.9 days at intake to 3.9 days at follow-up.

Improved Socioeconomic Status



Significantly more clients reported they were living in their own home or apartment in the past 6 months at follow-up (73%) than the 12 months before intake (61%)— a significant increase of 20%.

In the 12 months before OTP entry, over half of clients (55%) reported they had difficulty meeting basic needs while, at follow-up, 40% of clients reported having difficulty meeting basic needs—a significant decrease of 28%.

↓28%
Clients who were
unable to meet basic
living needs

Decrease in Justice System Involvement

↓63%
Arrests

Clients were asked about their arrests in the 12 months before they entered treatment (at intake) and the past 6 months (at follow-up). In the 12 months before entering treatment, 16% of clients reported an arrest and at follow-up, 6% reported an arrest—a 63% significant decrease.

At intake, 15% of clients reported they had spent at least one night in jail or prison in the 12 months before they entered the OTP. At follow-up, only 7% of clients reported they had spent at least one night in jail or prison in the 6 months before follow-up—a significant decrease of 56%.

↓56%
Incarceration

Increase in Recovery Support

↑138%

Clients attending mutual
help recovery groups

At intake, only 20% of clients reported going to mutual help recovery group meetings (e.g., AA, NA, or faith-based) in the past 30 days. At follow-up, there was a significant increase of 138%, with 48% of clients reporting they had gone to mutual help recovery group meetings in the past 30 days.

Gender Differences in Outcomes

Gender differences in specific targeted outcomes were examined. Some key outcomes that were identified were the following:

- More men than women reported alcohol use, using alcohol to intoxication, binge drinking, and other non-opioid drugs in the 6 months before follow-up.
- While more women reported using illegal drugs at intake, the decrease in the number of women who used illegal drugs was greater than the decrease for men, such that by follow-up, significantly more men reported using illegal drugs compared to women.
- More women than men reported mental health

symptoms including depression, anxiety and higher stress-related consequences.

- Women also reported more economic difficulties at both intake and follow-up compared to men including a greater number of women who reported being unemployed, difficulty accessing basic needs (i.e., food, shelter, telephone, utilities), and a lower average hourly wage.

Conclusion

Kentucky is the only state known to date that collects annual outcome data from all of its federally licensed OTPs, both public and private agencies. The KORTOS 2014 annual follow-up report describes outcomes for 168 clients who participated in opiate treatment programs during calendar year 2012 and completed a follow-up telephone interview 6 months after the intake survey was submitted to UK CDAR. Findings show that clients made substantial improvements in several areas of their lives including significant reductions in illegal drug use, the severity of their drug use, reductions in mental health problems and stress, reduction in the number of individuals who had trouble meeting basic living needs, and decrease in involvement with the criminal justice system by the 6-month follow-up interview. Results also show that clients appreciate and value their experiences in treatment programs and have more support for recovery after participating in treatment. Moreover, individuals rated their quality of life at follow-up significantly higher than at treatment intake.

“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

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Findings from the full Kentucky Opiate Replacement Treatment Outcome Study 2014 Annual Report can be downloaded from <http://cdar.uky.edu/KORTOS/>