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

Clients in Kentucky benefit from OTPs (opiate treatment programs) in multiple ways: reductions in their substance use, reductions in mental health problems, reduction in the number of individuals who had trouble meeting basic living needs, increases in recovery supports and improvements in quality of life. Below are results of treatment outcomes for 223 men and women who participated in OTP from January 2013 through December 2013 and then completed a follow-up interview about 6 months later.

### Illegal Drug Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Intake</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Opioids</td>
<td>80%</td>
<td>10%</td>
</tr>
<tr>
<td>Heroin</td>
<td>61%</td>
<td>11%</td>
</tr>
<tr>
<td>Non-prescribed Buprenorphine</td>
<td>39%</td>
<td>4%</td>
</tr>
<tr>
<td>Non-prescribed Methadone</td>
<td>31%</td>
<td>3%</td>
</tr>
</tbody>
</table>

#### Reductions:
- 87%
- 82%
- 90%
- 95%

### Alcohol Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Intake</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>29%</td>
<td>16%</td>
</tr>
</tbody>
</table>

#### Reductions:
- 46%

### Substance Use Severity

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Intake</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>64%</td>
<td>12%</td>
</tr>
<tr>
<td>Generalized Anxiety</td>
<td>74%</td>
<td>15%</td>
</tr>
</tbody>
</table>

#### Reductions:
- 82%
- 79%

### Mental Health

#### Depression

- 82% fewer clients met criteria for depression at follow-up

#### Generalized Anxiety

- 79% fewer clients met criteria for generalized anxiety at follow-up

### Economic Status

#### Accessing Basic Living Needs

- 60% of clients had trouble accessing basic living needs for financial reasons
- 25% of clients had trouble accessing basic living needs for financial reasons

### Number of People Client Could Count on for Recovery Support

- 100%
- 74%

### Quality of Life

#### Ratings

- 4.3 to 7.5

#### Quote:

“I was always afraid of being judged, but when I went there they don’t judge you, and accept you with open arms.”

- KORTOS client quote

Report prepared by the University of Kentucky Center on Drug and Alcohol Research. Findings from the full report can be downloaded from: cdar.uky.edu/kortos


For more information about KORTOS, contact Kentucky’s State Opioid Treatment Authority, Mark Fisher, at the Department of Behavioral Health, Developmental and Intellectual Disabilities (502-564-4456)