



# **Kentucky Opiate Replacement Treatment Program Outcome Study**

2015 FINDINGS AT A GLANCE

Suggested citation: Cole, J., Logan, TK, Scrivner, A., & Miller, J. (2015). Kentucky Opiate Replacement Treatment Program Outcome Study 2015 Findings at a Glance. Lexington, KY: University of Kentucky, Center on Drug & Alcohol Research.

# INTRODUCTION

In 2007, Kentucky opiate treatment programs (OTPs) began collecting outcome data on medication-assisted therapy. The Kentucky Opiate Replacement Treatment Outcome Study (KORTOS) is conducted in collaboration with the Kentucky Division of Behavioral Health and Narcotic Treatment Authority and includes client-level intake data collected by OTPs. Through a contract with the Division of Behavioral Health, the data are submitted to the University of Kentucky Center on Drug and Alcohol Research (UK CDAR) where 6-month follow-up interviews are completed with consenting maintenance treatment clients.

This Findings at a Glance summarizes client outcomes for 223 clients from Kentucky OTPs who completed both an intake interview between January 1, 2013 and December 31, 2013 and a six month follow-up interview targeted between July 1, 2013 and June 30, 2014. There was a low refusal rate for follow-up participation (0.4%) and a high follow-up rate (82.6%).

## CHARACTERISTICS OF KORTOS CLIENTS INCLUDED IN THE FOLLOW-UP SAMPLE

Of the 223 adults who completed a 6-month follow-up interview:

- 57.4% were female and 42.6% were male
- The majority of follow-up clients were White (96.9%), 0.9% were African American and 2.2% were Hispanic, American Indian, or multiracial.
- They were an average of 32.5 years old at the time of the intake interview
- Almost half of clients were never married (48.9%), 23.3% were separated or divorced, 26.0% were married and 1.8% were widowed.
- Half of follow-up clients (50.2%) had at least one child under age 18 who was living with them.

## FACTORS EXAMINED AT INTAKE AND FOLLOW-UP

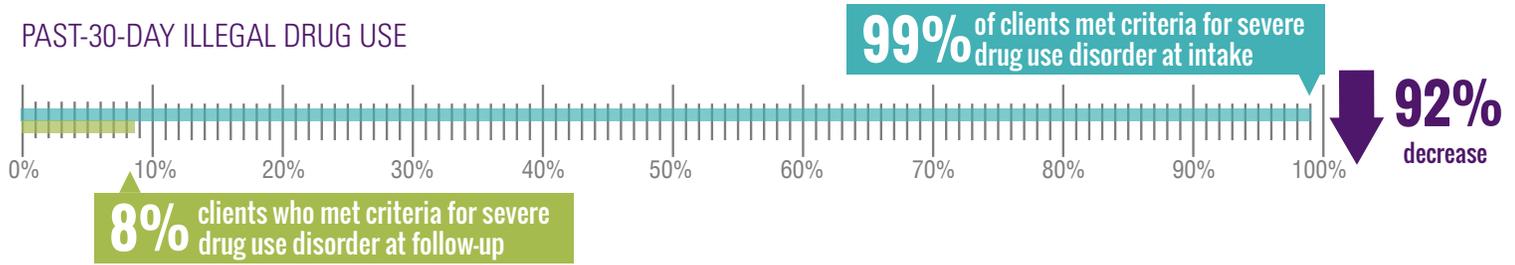
### PAST-6-MONTH SUBSTANCE USE



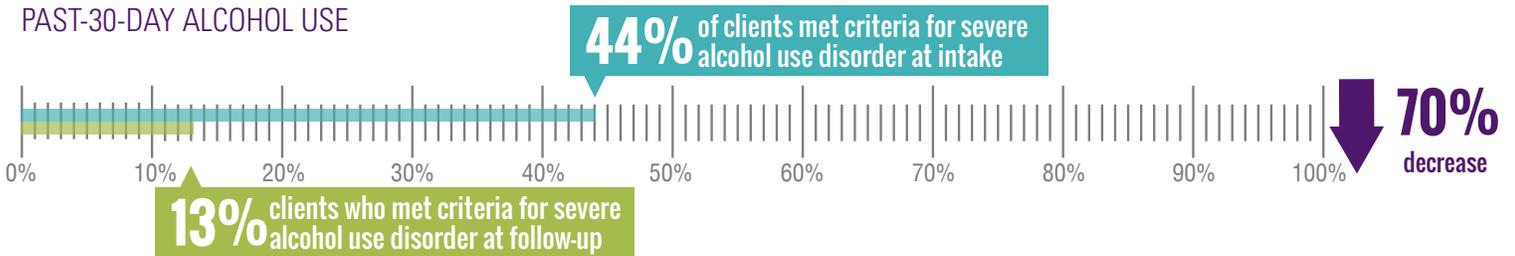
\* such as morphine, Percocet, Oxycontin, Lortab

## PAST-30-DAY SUBSTANCE USE SEVERITY\*

### PAST-30-DAY ILLEGAL DRUG USE



### PAST-30-DAY ALCOHOL USE



## MENTAL HEALTH

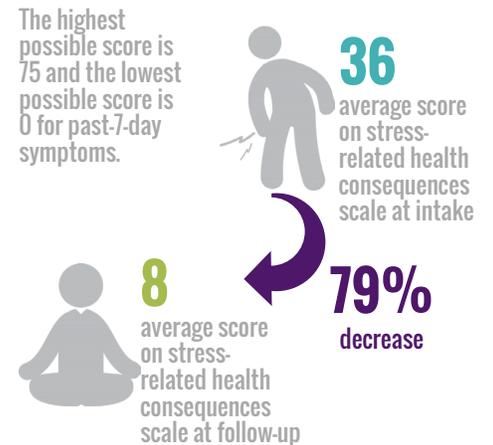
### DEPRESSION



### ANXIETY

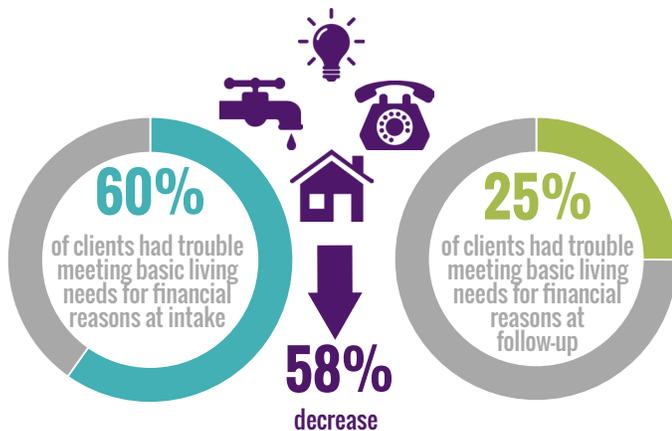


### STRESS-RELATED HEALTH CONSEQUENCES

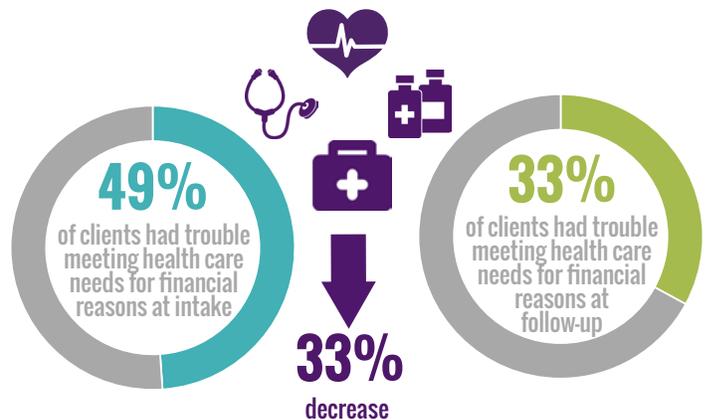


## ECONOMIC INDICATORS

### DIFFICULTY MEETING BASIC NEEDS FOR FINANCIAL REASONS



### DIFFICULTY MEETING HEALTH CARE NEEDS FOR FINANCIAL REASONS

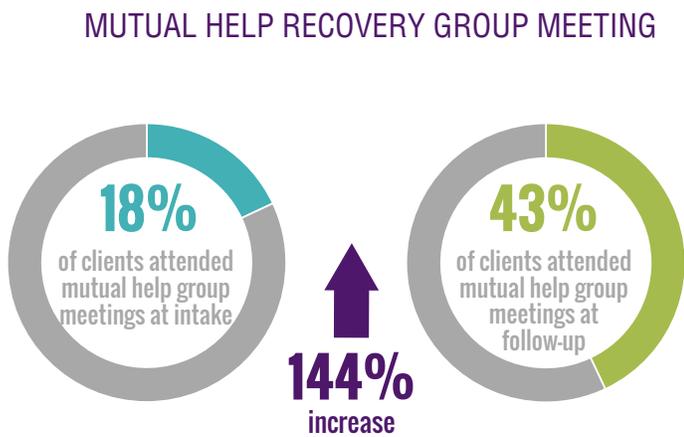


\* Includes only clients who were not in a controlled environment all 30 days before intake

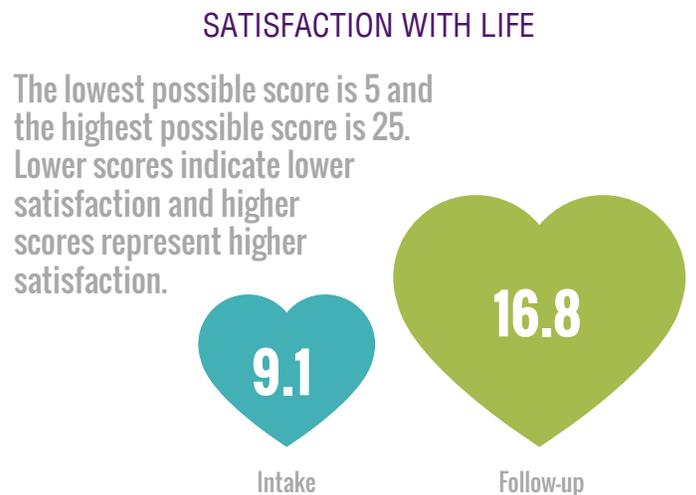
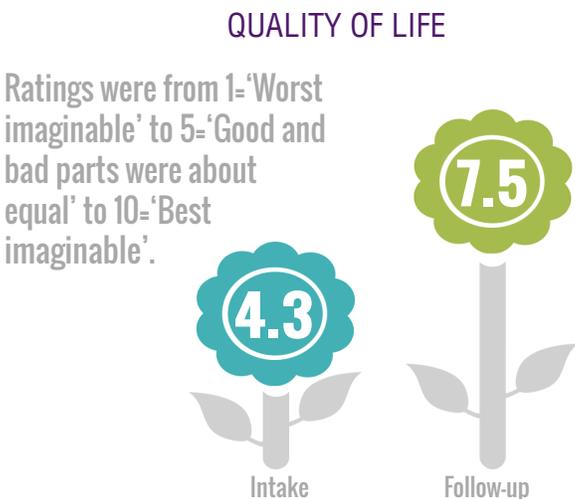
## PAST-6-MONTH CRIMINAL JUSTICE SYSTEM INVOLVEMENT



## RECOVERY SUPPORTS



## QUALITY OF AND SATISFACTION WITH LIFE



## CONCLUSION

The 2015 KORTOS evaluation indicates that opiate treatment programs in Kentucky have been successful in facilitating positive changes in clients' lives in a variety of ways, including decreased substance use and severity of use, decreased mental health symptoms, decreased economic hardship, and decreased involvement with the criminal justice system. Results also show that clients have an improved quality of life and more support for recovery after participating in treatment. Overall, KORTOS clients had significant improvements in key factors that have been associated with facilitating recovery.