



# **Kentucky Opiate Replacement Treatment Outcome Study**

Findings at a Glance

# 2016



## 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 236 clients from Kentucky OTPs who completed both an intake interview between January 1, 2014 and December 31, 2014 and a six month follow-up interview targeted between July 1, 2014 and June 30, 2015. There was a low refusal rate for follow-up participation (0.4%) and a high follow-up rate (82.6%).

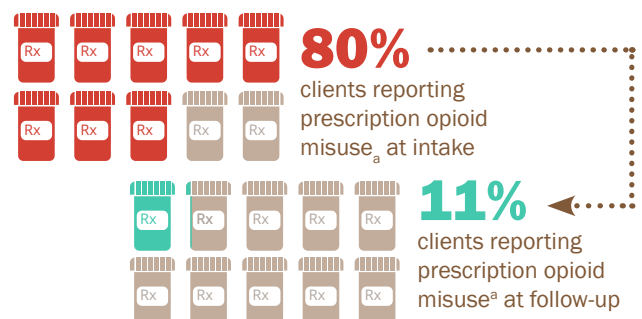
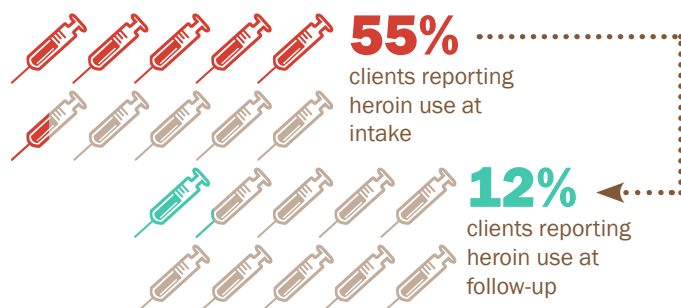
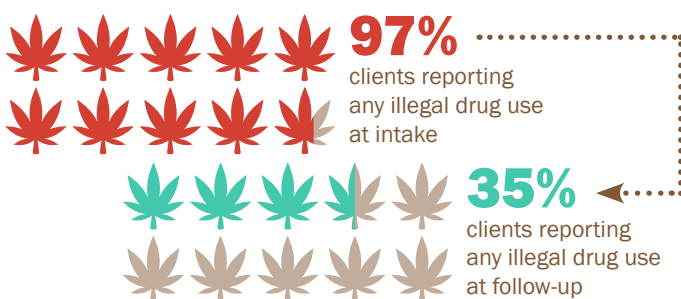
## Characteristics of the Follow-up Sample

Of the 236 adults who completed a 6-month follow-up interview:

- 55.9% were female and 44.1% were male
- The majority of follow-up clients were White (94.5%), 1.7% were African American and 3.8% were Hispanic, American Indian, or multiracial
- They were an average of 34.4 years old at the time of the intake interview
- They were an average of 30 years old or older at intake.
- Almost half of clients were never married (46.2%), 26.3% were married, 24.2% were separated or divorced, and 3.4% were widowed
- Nearly half of follow-up clients (44.9%) had at least one child under age 18 who was living with them

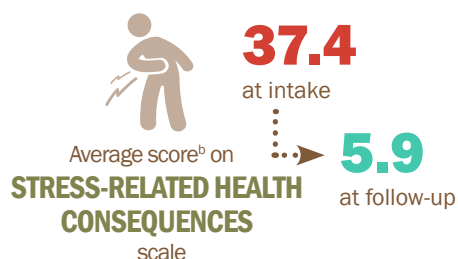
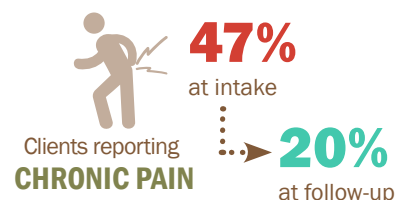
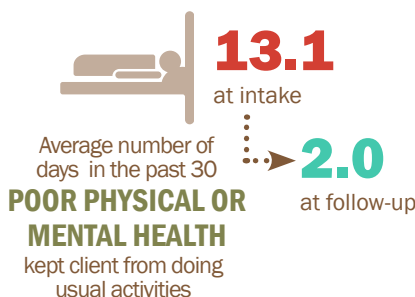
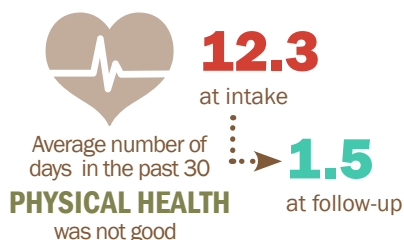
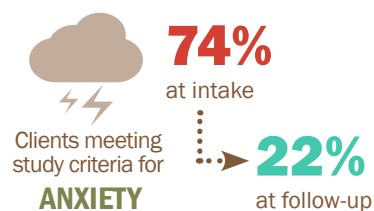
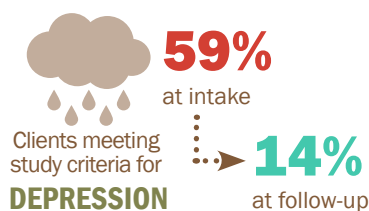
## Factors Examined at Intake and Follow-up

### Past-6-month Substance Use



<sup>a</sup> Including opiates such as morphine, Percocet, Oxycontin, Lortab

## Past-6-month Mental Health, Physical Health and Stress

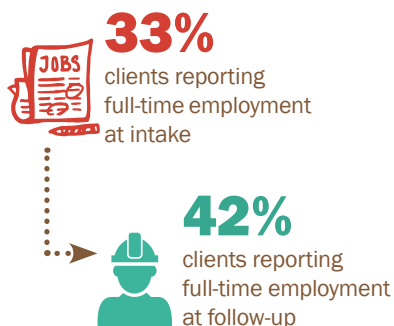


**"I liked the program and the staff a lot. They seemed to really care not just about my substance abuse problems, but my entire well-being."**

-KORTOS FOLLOW-UP CLIENT

## Past-6-month Economic Indicators

### EMPLOYMENT

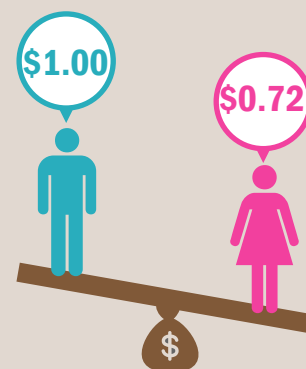


### ECONOMIC HARDSHIP



### GENDER DIFFERENCES IN WAGES

At follow-up, employed women made only \$0.80 for every dollar employed men made.



## Past-6-month Criminal Justice System

### ARREST



### INCARCERATION

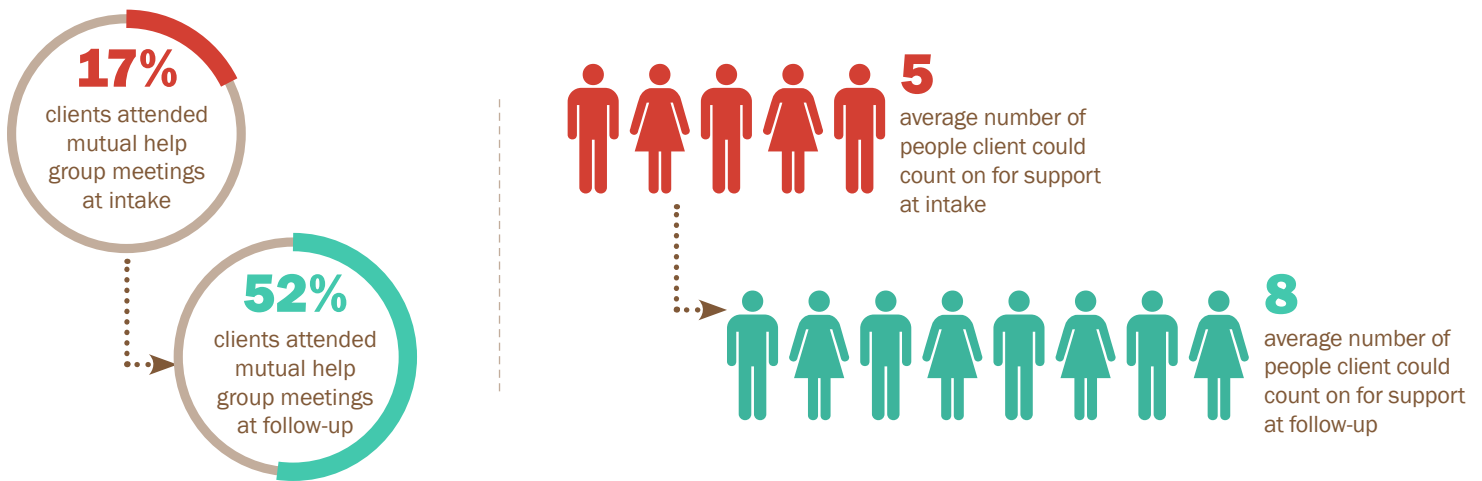


**"I love them. They treat you like they would anybody else. They treat you like a human being."**

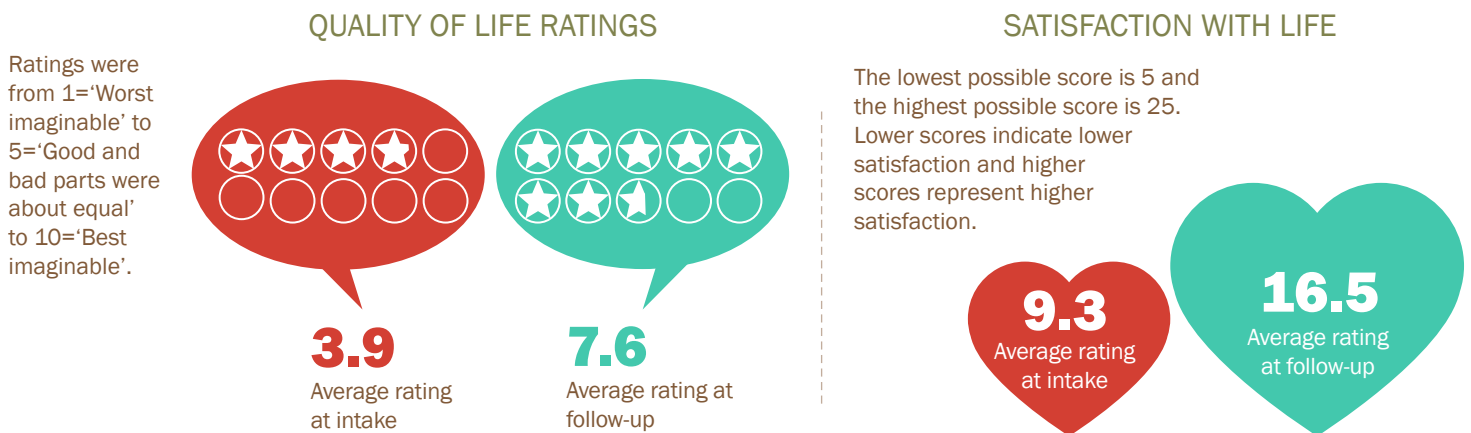
-KORTOS FOLLOW-UP CLIENT

<sup>b</sup> Measure of symptoms in the past 7 days. Higher scores on the Stress-Related Health Consequences scale indicate higher stress and greater physiological indicators of stress. The highest possible score is 75 and the lowest possible score is 0.

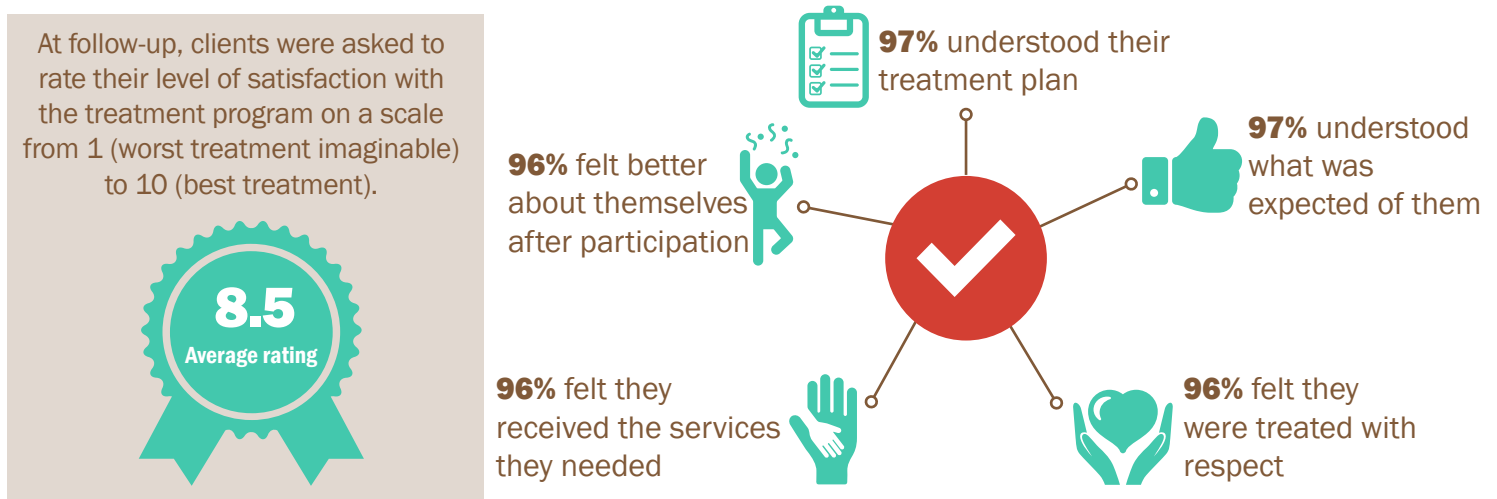
## Past-30-day Recovery Supports



## Quality of and Satisfaction with Life



## Program Satisfaction



## Conclusion

The 2016 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.