Kentuckians Seeking Treatment for Prescription Opioid Abuse Have Positive Outcomes with Opioid Treatment Programs

This fact sheet summarizes treatment outcomes for 175 adults who participated in one of Kentucky’s opioid treatment programs from January 2015 to December 2015 and then completed a follow-up about 6 months later. Results indicate that clients in Kentucky benefit from OTPs in multiple ways: reductions in their substance use, reductions in mental health problems, improvements in employment status, reductions in criminal justice system involvement and increases in recovery supports.

### Significant Reductions in Past-6-Month Substance Use and Mental Health Problems

<table>
<thead>
<tr>
<th>Substance Use</th>
<th>Intake</th>
<th>Follow-up</th>
<th>Percentage Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescription Opioid Misuse</td>
<td>15%</td>
<td>3%</td>
<td>12%</td>
</tr>
<tr>
<td>Non-Prescribed Methadone</td>
<td>27%</td>
<td>2%</td>
<td>25%</td>
</tr>
<tr>
<td>Non-Prescribed Bup-nx</td>
<td>30%</td>
<td>3%</td>
<td>27%</td>
</tr>
<tr>
<td>Heroin</td>
<td>70%</td>
<td>17%</td>
<td>53%</td>
</tr>
</tbody>
</table>

96% clients reporting any illegal drug use at intake, 44% clients reporting any illegal drug use at follow-up.

### Significant Improvements in Past-6-Month Economic Indicators

- **Full-Time Employment:** 35% at intake, 51% at follow-up
- **Meeting Basic Living Needs:** 53% at intake, 15% at follow-up

"They care about you. They don’t treat you like a drug addict, they treat you like a person.” —KORTOS Follow-up Client

### Significant Improvements in Past-6-Month Criminal Justice Involvement

- **Any Arrest:** 18% at intake, 1% at follow-up
- **Incarceration:** 17% at intake, 5% at follow-up

"[The program] has kept me sober. The counselors help me a lot. It’s not just about getting methadone but helping me try to change my thinking and lifestyle.” —KORTOS Follow-up Client

For more information about KORTOS, contact Kara Thompson at the State Opioid Authority (502-564-4456).

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