



KENTUCKY OPIOID REPLACEMENT TREATMENT PROGRAM OUTCOME STUDY

2019 FINDINGS AT A GLANCE

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Introduction

In 2007, Kentucky opioid treatment programs (OTPs) began collecting outcome data on medication-assisted therapy. The Kentucky Opioid 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 from twelve of Kentucky's OTPs for 243 clients who completed both an intake interview between January 1, 2017 and December 31, 2017 and a six-month follow-up interview targeted between July 1, 2017 and June 30, 2018. None of the clients refused to participate in the follow-up and there was a high follow-up rate (76.9%).

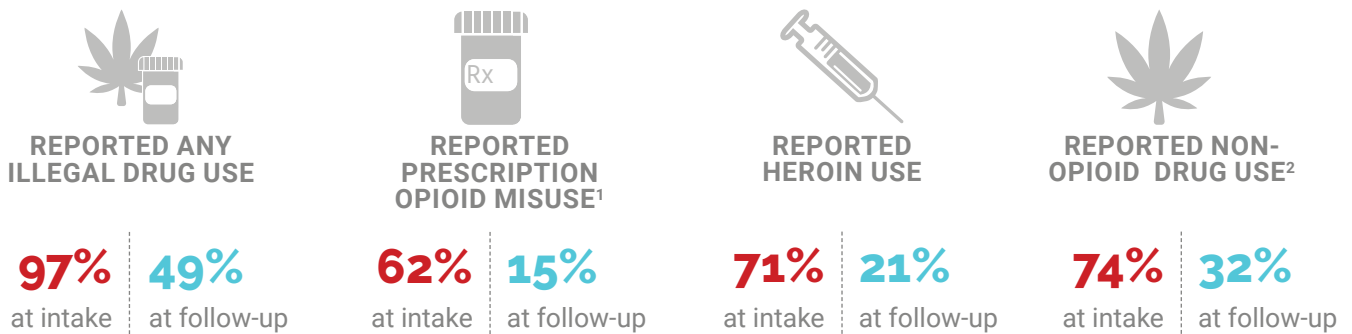
Characteristics of the Follow-up Sample

Of the 243 adults who completed a 6-month follow-up interview:

- 56.4% were female
- The majority of follow-up clients were White (96.3%), 0.8% were African American and 2.9% were Hispanic, American Indian, or multiracial
- They were an average of 38 years old at the time of the intake interview
- 19.3% of clients were never married, 59.6% were married or cohabiting, 18.9% were separated or divorced, and 2.1% were widowed
- 37.9% of follow-up clients 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

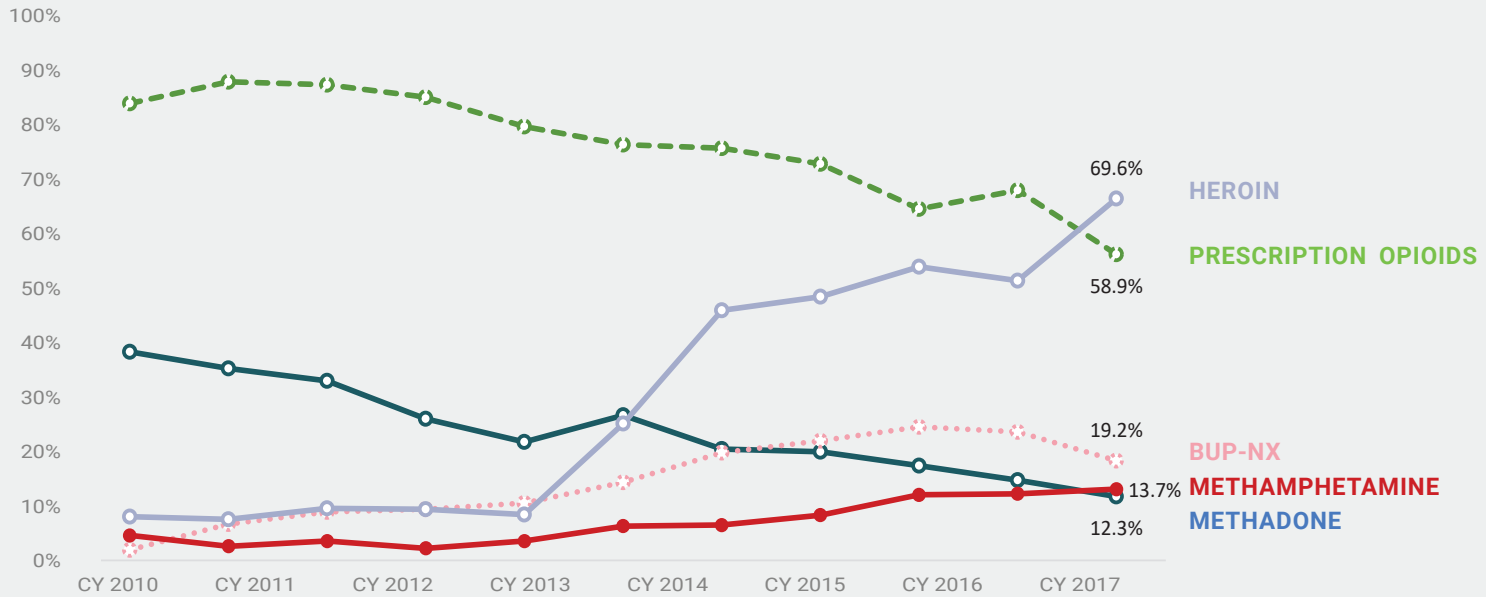


¹ Including opioids such as morphine, Percocet, Oxycotin, Lortab

² Drugs in this category include marijuana, cocaine, amphetamines, tranquilizers, hallucinogens, inhalants, barbiturates, and synthetic drugs like synthetic marijuana or bath salts.

How Much Has Specific Past-3-day Drug Use Changed Over Time?

This trend analysis examines the percent of KORTOS clients who reported misusing prescription opiates/opioids, non-prescribed methadone, non-prescribed buprenorphine-naloxone (bup-nx), heroin, and methamphetamine in the 30 days before entering treatment from CY 2007 to CY 2017.³



Past-6-month mental health


MET STUDY
CRITERIA FOR
DEPRESSION

63% at intake | **20%** at follow-up


MET STUDY
CRITERIA FOR
ANXIETY

68% at intake | **22%** at follow-up


MET STUDY CRITERIA
FOR COMORBID
DEPRESSION AND
ANXIETY

54% at intake | **10%** at follow-up


REPORTED SUICIDAL
IDEATION AND/OR
ATTEMPTS

13% at intake | **5%** at follow-up

Past-30-day physical health


AVERAGE NUMBER
OF DAYS PHYSICAL
HEALTH WAS NOT GOOD

11.4 at intake | **3.3** at follow-up


AVERAGE NUMBER OF
DAYS MENTAL HEALTH
WAS NOT GOOD

15.5 at intake | **3.6** at follow-up


REPORTED
CHRONIC PAIN⁴

53% at intake | **25%** at follow-up


REPORTED USE OF
SUBSTANCES TO
MANAGE STRESS⁵

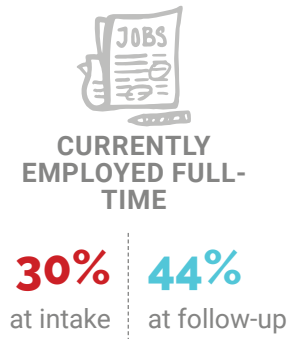
92% at intake | **17%** at follow-up

³ Clients who reported being in a controlled environment all 30 days before entering treatment (n = 76) were not included in this analysis.

⁴ Past-6-month measure.

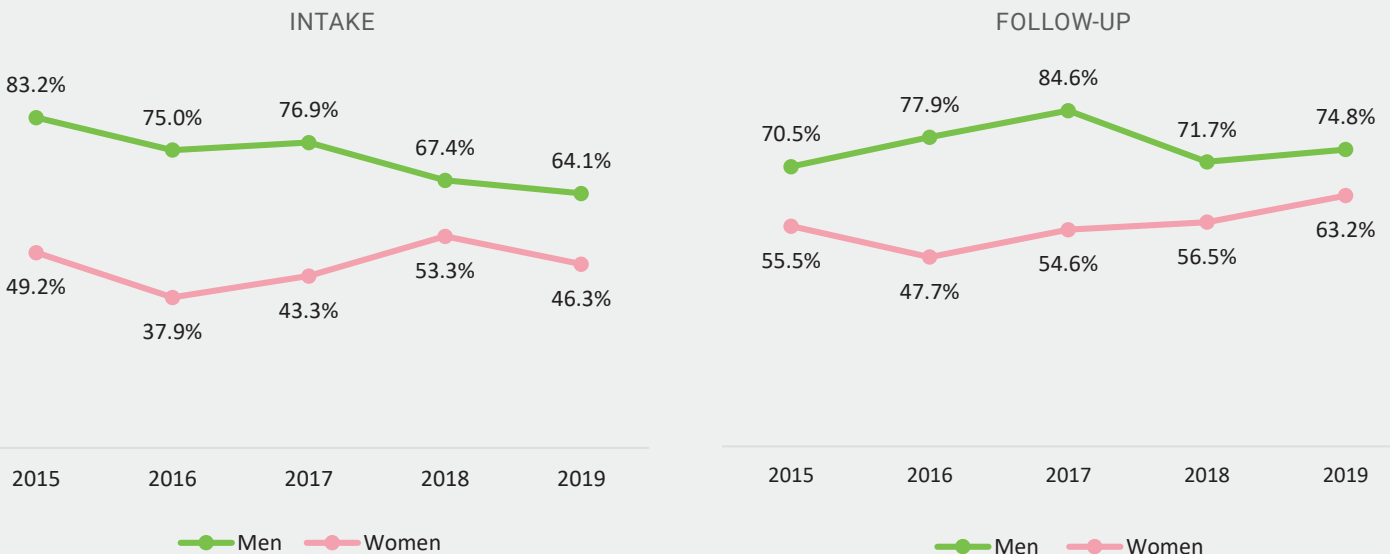
⁵ Past-7-days measure.

Past-6-month economic indicators



Trends in employment by gender

For the past 5 years, significantly fewer women reported being employed (full- or part-time) at least one month in the past 6 months at intake compared to men. In 2018, however, the gap is narrowed with 67.4% of men reporting employment compared to 53.3% of women. By follow-up, on average, around half of women reported they were employed full-time or part-time at least one month in the past 6 months but significantly more men reported employment during that same time frame.



CURRENTLY HOMELESS



REPORTED DIFFICULTY MEETING BASIC LIVING NEEDS



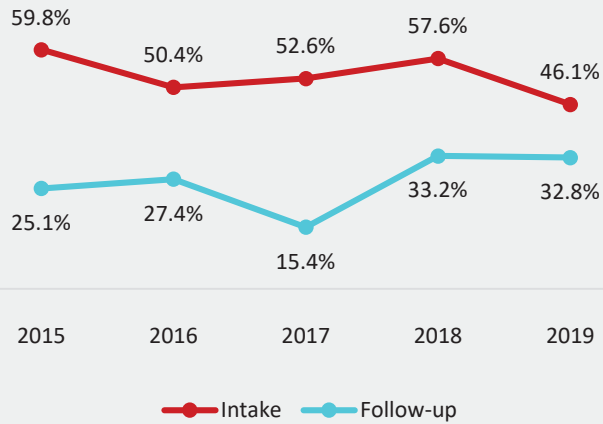
REPORTED DIFFICULTY MEETING HEALTH CARE NEEDS



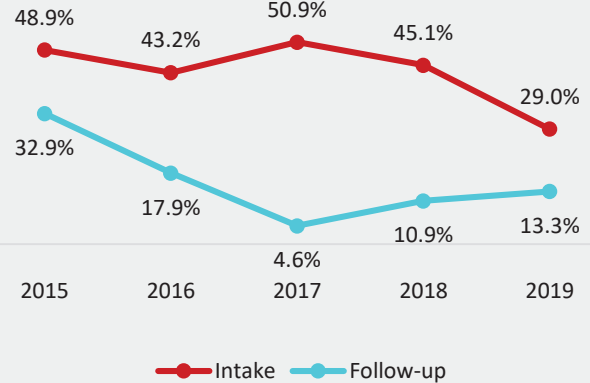
Trends in difficulty meeting needs

Overall, for the past 5 years, there has been a decrease in clients reporting difficulty meeting basic living needs and meeting basic health care needs at intake. Since 2017, however, the number of clients reporting difficulty meeting basic living needs and meeting basic health care needs at follow-up has increased compared to previous years.

DIFFICULTY MEETING BASIC LIVING NEEDS



DIFFICULTY MEETING BASIC HEALTH CARE NEEDS



Past-6-month criminal justice involvement



REPORTED ANY ARREST

18% | **7%**

at intake | at follow-up



REPORTED BEING INCARCERATED

17% | **8%**

at intake | at follow-up



REPORTED CRIMINAL JUSTICE SUPERVISION*

10% | **11%**

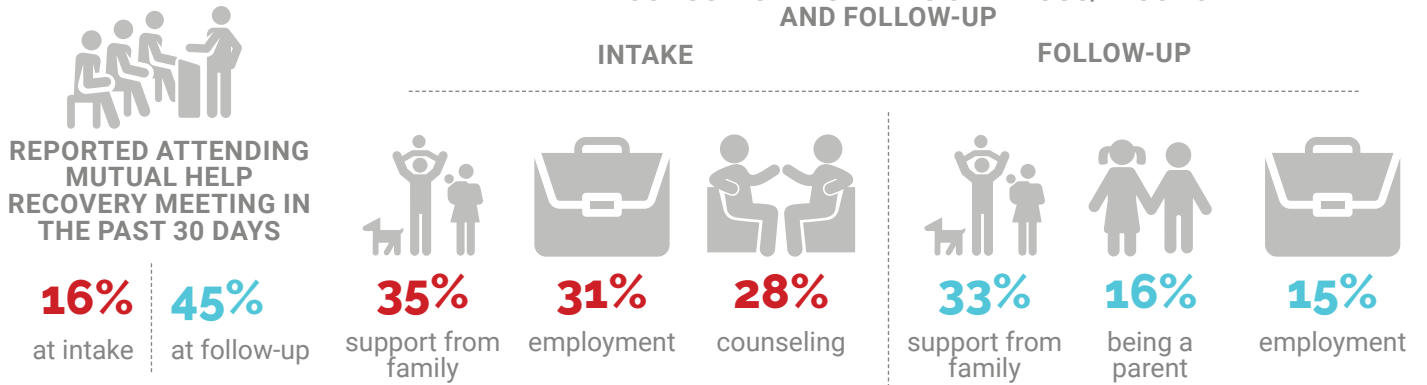
at intake | at follow-up

* Not a significant change.

"Everyone understood what I was going through. It felt nice that people took the time to talk to support you."

KORTOS FOLLOW-UP CLIENT

Recovery supports



Quality of and satisfaction with life

Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.



3.9 | **7.6**
at intake | at follow-up



9.6 | **16.3**
at intake | at follow-up

The lowest possible score is 5 and the highest possible score is 25. Lower scores indicate lower satisfaction and higher scores represent higher satisfaction.

Past-6-month global functioning index

The index of global functioning is based on individuals' reports of: moderate or severe SUD, no employment, homelessness, criminal justice system involvement, suicide ideation, poor overall health, lower quality of life, and no recovery supports as indicators of worse functioning.



98% | **46%**
at intake | at follow-up

Program Satisfaction

At follow-up, clients were asked to rate their level of satisfaction with the treatment program on a scale from 1 (worst treatment imaginable) to 10 (best treatment).



Clients felt safe while in the program



Clients were encouraged to talk about and decide their program goals



Clients felt better about themselves as a result of treatment



Staff helped them obtain information so they could take charge of managing their drug/alcohol problems



Even if they had other choices, they would go to the same treatment program again if they needed to



Clients received all the services needed from involvement in the program

Conclusion

The 2019 KORTOS evaluation indicates that opioid treatment programs in Kentucky have been successful in facilitating positive changes in clients' lives in a variety of ways, including decreased substance 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.

"The counselor was really wonderful and helped me through the process, I tried using methadone on my own before, but counselor really helped. I needed the counseling."

KORTOS FOLLOW-UP CLIENT