

# Kentucky Treatment Outcome Study

2013 Findings at a Glance



## INTRODUCTION

This Findings at a Glance summarizes results from the annual Kentucky Substance Abuse Treatment Outcome Study (KTOS) follow-up report. Report findings support continued funding of substance abuse treatment programs which improve the lives of clients and greatly reduce the cost of substance abuse to society. KTOS is an important part of the Division of Behavioral Health's performance-based measurement of treatment outcomes in Kentucky's communities. The goal of KTOS is to examine client satisfaction, recovery support, and outcomes for several specific targeted factors including: (1) substance use; (2) mental and physical health; (3) education and employment; (4) homelessness and living situation; and (5) criminal justice involvement. In addition, this report includes estimates of avoided costs to society in relation to the cost of treatment services. Key findings on outcomes for 1,277 men and women who participated in publicly funded substance abuse treatment from July 2010 through June 2011 and then completed a follow-up interview about 12 months later are summarized below.

## BACKGROUND

Of the 2,033 clients included in the follow-up sample, 1,671 clients were eligible for follow-up while 362 were ineligible to participate in the follow-up survey for a variety of reasons (e.g., incarcerated, in residential treatment, deceased). Of the eligible clients, 1,277 completed a follow-up survey. Thus, the follow-up rate was 76.4%. The following are characteristics of the clients who completed a follow-up interview:

**76%**  
Follow-up rate

- Clients were, on average, 33 years old at the time of intake, predominately white (90%), and slightly over half were male.
- The majority of clients were not married at intake: 38% had never been married, and 31% were separated or divorced.
- Over half of clients (52%) said they were referred to treatment by the criminal justice system (e.g., judge, probation officer).

## CLIENT TREATMENT SATISFACTION

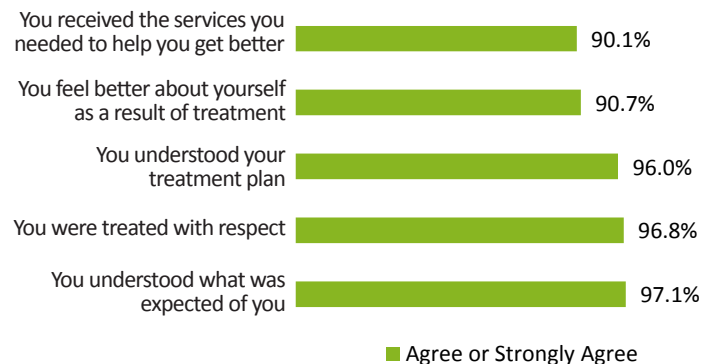
On a scale of 1 to 10, with 1 being the worst possible experience and 10 being the best possible experience, the mean rating was 7.8 indicating that most clients had a largely positive treatment experience.

**7.8**

Average treatment satisfaction rating

When asked about specific aspects of their treatment program, clients generally reported they either agreed or strongly agreed with each favorable statement about the program. The vast majority of clients understood their treatment plan, understood what staff expected of them, and indicated they were treated with respect and had received the services they needed to help them get better.

FIGURE 1. PERCENTAGE OF CLIENTS WHO AGREED/STRONGLY AGREED WITH THE FOLLOWING STATEMENTS ABOUT THE TREATMENT PROGRAM AT FOLLOW-UP (n = 1277)



## CHANGES FROM TREATMENT INTAKE TO FOLLOW-UP

After treatment, KTOS clients experienced improvements in several key areas including: substance use, mental health, economic status, living situation, involvement with the criminal justice system, and recovery supports.

### SUBSTANCE USE DECREASED

Treatment significantly reduced the percentage of clients reporting substance use in the 12 months before the follow-up interview compared to the 12 months before intake.



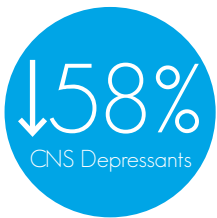
Three in four clients (75%) reported using illegal drugs in the 12 months before entering substance abuse treatment, which decreased to 38% at follow-up. This means the number of clients reporting use of any illegal drugs decreased by 50%.

When specific substances were analyzed, results indicated that:

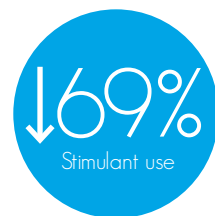
Nearly half of clients (48%) reported misusing opioids other than heroin (i.e., prescription opiates, methadone, and buprenorphine) in the 12 months before entering treatment, which decreased to 21% at follow-up. This was a 56% decrease in the number of clients reporting opioid use other than heroin.



Thirty-five percent of clients reported using CNS depressants (i.e., tranquilizers, benzodiazepines, sedatives, and barbiturates) in the 12 months before entering treatment, which decreased to 15% at follow-up. This was a 58% decrease in the number of clients reporting CNS depressant use.



Fewer than 1 in 5 clients (18%) reported using stimulants (i.e., methamphetamine, Ecstasy, MDMA, and non-prescription Adderall and Ritalin) in the 12 months before entering treatment, which decreased to 6% at follow-up. Therefore, the number of clients reporting stimulant use decreased by 69%.

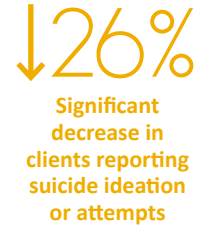


The majority of clients (63%) reported using alcohol in the 12 months before entering treatment while 47% of clients reported alcohol use at follow-up. Overall, this was a 26% decrease in the number of clients reporting alcohol use.



### IMPROVEMENT IN MENTAL HEALTH PROBLEMS

The percentage of clients reporting suicide ideation and/or attempts decreased from 16% at intake to 12% at follow-up, representing a 26% significant decrease.



The number of days in the past 30 days clients reported their mental health was not good decreased significantly by 11% from an average of 11.0 days at intake to 9.4 days follow-up.

### IMPROVEMENT IN ECONOMIC STATUS

The number of clients who were employed full-time increased significantly by 67% from intake to follow-up (18% vs. 30%).



The percentage of clients who were not employed significantly decreased from 70% at intake to 53% at follow-up, a 24% significant decrease.

Clients worked an average of 4 out of the 12 months before intake and 5.2 months out of the 12 month follow-up period.



*"Because the treatment program I did was wonderful, I gained my steady foundation and it opened a lot of doors for me."*

-KTOS client on why they chose their rating

### STABLE LIVING SITUATION

The percentage of clients reporting living in their own home or someone else's home for most of the past 12 months was high and did not change from intake (92%) to follow-up (94%).



## DECREASE IN CRIMINAL JUSTICE INVOLVEMENT

Over half of clients (59%) reported an arrest in the 12 months before entering treatment. At follow up, this percentage had decreased significantly by 48% to 31%.



About six in ten clients reported spending at least one day in jail or prison in the 12 months prior to entering treatment. At follow up, 34% of clients reported spending at least one day incarcerated

in the past 12 months; a significant decrease of 44%.

*"I learned a lot about addiction. I didn't understand addiction before."*

-KTOS client on why they chose their rating

## INCREASE IN RECOVERY SUPPORTS



At intake, only 32% of clients reported going to mutual help recovery group meetings (e.g., AA, NA, or faith-based) in the past 30 days. At follow-up, there was a significant increase of 64%, with 52% of clients reporting they had gone to mutual help recovery group meetings in the past 30 days.

## COST SAVINGS OF SUBSTANCE ABUSE TREATMENT

Examining the total costs of drug and alcohol abuse to society in relation to expenditures on treatment, estimates suggest that for every dollar spent on publicly funded substance abuse treatment there was a \$5.26 return in avoided costs (or costs that would have been expected given the costs associated with drug and alcohol use before participation in substance abuse treatment).



## CONCLUSION

Overall, clients had significant reductions in illegal drug and alcohol use, significant reductions in criminal justice system involvement, and improvements in employment. Clients also had significant increases in recovery supports which is critical for maintaining abstinence. Further, clients were satisfied with the treatment programs they attended and appreciated almost every aspect of the programs. For every dollar spent on these publicly funded treatment programs there was an estimated savings of \$5.26 in costs to society.

*"It gave me back my life. I found out who I really am. I didn't know before; I was lost. They gave me a better outlook on my future and myself."*

-KTOS client on why they chose their rating

This Findings at a Glance provides a brief look at results from the KTOS 2013 Annual Report which details the outcomes of publicly funded substance abuse treatment in Kentucky. The significant increases in abstinence across all substances, increased employment, and decreased rates of criminal justice system involvement indicate successful achievement of the overall treatment goals for the clients and substance abuse treatment programs in Kentucky.



Suggested citation: Logan, TK, Cole, J., Scrivner, A. & Stevenson, E. (2013). Kentucky Treatment Outcome Study 2013 Report: Findings at a Glance. Lexington, KY: University of Kentucky, Center on Drug and Alcohol Research.

Findings from the full Kentucky Treatment Outcome Study 2013 Annual Report can be downloaded from <http://cdar.uky.edu/KTOS/>