

Kentucky adults experience positive changes with substance abuse treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - MAY 2014

Clients in Kentucky benefit from substance abuse treatment in multiple ways: reducing their substance use, increasing their employment, reducing mental health problems, decreasing their involvement with the criminal justice system, and increasing their recovery supports. Below are results of treatment outcomes for a Kentucky statewide sample of 1,266 adults who entered publicly funded substance abuse treatment in FY 2012 and then completed a follow-up 12 months later.

Decrease in percentage of adults who reported any past 12 month substance use



54%
FEWER CLIENTS
REPORTED ILLEGAL
DRUG USE

and

77%
FEWER CLIENTS WHO
MET CRITERIA FOR
SEVERE DRUG USE
DISORDER



30%
FEWER CLIENTS
REPORTED ANY USE
OF ALCOHOL

and

58%
FEWER CLIENTS WHO
MET CRITERIA FOR
SEVERE ALCOHOL USE
DISORDER

Decrease in clients reporting mental and physical health symptoms



26%
DECREASE
IN DEPRESSION



20%
DECREASE
IN NUMBER OF DAYS POOR
PHYSICAL OR MENTAL
HEALTH KEPT CLIENT FROM
USUAL ACTIVITIES

Fewer homeless individuals



"I am a recovering addict and have been drug-free for a year and a half. It's been great. I even got custody of my son back."

-Quote from KTOS Follow-up Interview Clients

Improved recovery supports

48%
INCREASE
IN CLIENTS ATTENDING
RECOVERY MEETINGS



Clients rated their experience with substance abuse treatment as 7.9 out of 10



The majority of individuals (67%) gave a highly positive rating between 8 and 10 of their experience in the program, where 10 represented the best possible experience.

Improved economic status



24%
INCREASE IN THE
NUMBER OF MONTHS
CLIENTS WERE
EMPLOYED

"It was a life saving event, taught me more about who I really was and what I was trying to hide from. It taught me to face them head on"

-Quote from KTOS Follow-up Interview Clients

Less involvement with the criminal justice system



Investing in substance abuse treatment saves state taxpayers money



Using national estimates of the cost of substance abuse and applying them to clients' substance use before and after program participation, there was a \$6.41 return in cost savings for every dollar spent on providing treatment services.