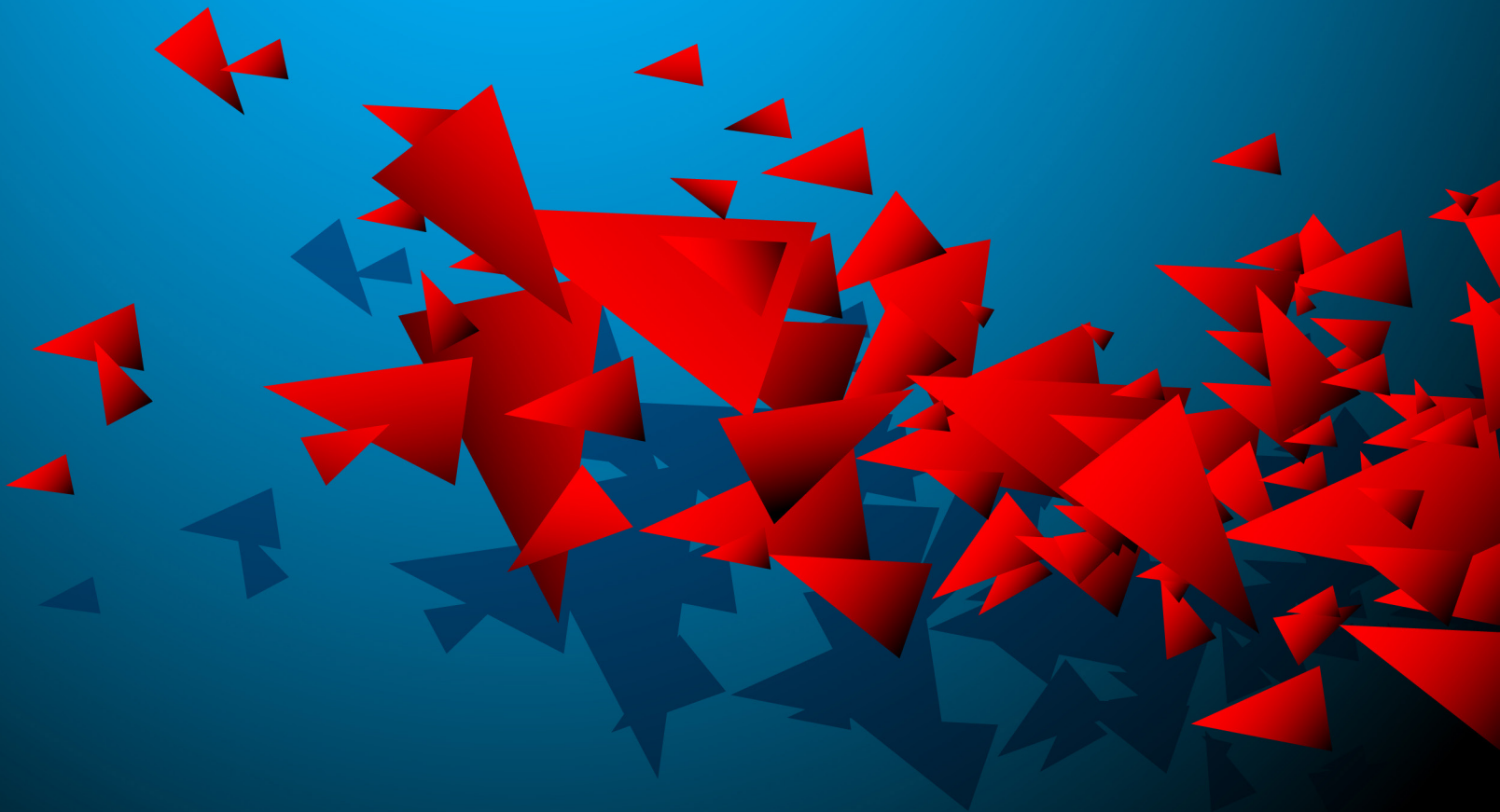


# **Adult** Kentucky Treatment Outcome Study

2014 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. Findings suggest publicly funded treatment plays a significant role in improving the lives of clients and reducing 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) employment, (4) 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 1,266<sup>1</sup> men and women who participated in publicly funded substance abuse treatment from July 2011 through June 2012 and then completed a follow-up interview about 12 months later are

76%

Follow-up Rate

summarized below. There was a low refusal rate for follow-up participation (0.7%) a high follow-up rate (76%).

## Background

Of the 1,268 clients who completed a 12-month follow-up interview:

- Half (53%) were male.
- The majority of follow-up clients were White (93%). A minority were African American/Black (6%) and 1% were Hispanic, American Indian, or multiracial.
- They were an average of 33 years old at the time of the intake interview. The majority of individuals (54%) were 30 years old or older at intake.

<sup>1</sup> 1,268 clients were followed up; however, two clients identified themselves as transgender were not included in the analysis, because 2 cases is too few to include in analysis examining gender differences, which was carried out throughout the report. Thus, the follow-up sample is n = 1,266.

## Satisfaction with Treatment

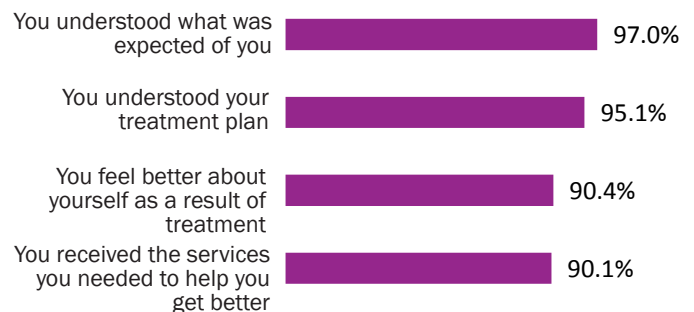
At the beginning of the follow-up survey, interviewers asked participants questions about their satisfaction with the treatment programs, where 1 represented the worst experience and 10 represented the best experience. Overall, the majority of clients (67%) gave a highly positive rating between 8 and 10. The mean rating was 7.9.

7.9

Average treatment satisfaction rating

When asked about specific aspects of their treatment program, the vast majority of clients reported they either agreed or strongly agreed with each aspect of the program that was assessed. The majority of clients understood their treatment plan, understood what staff expected of them, understood their rights as clients of substance abuse treatment, and indicated they were treated with respect and that they 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 = 1,266)



## Targeted Factors at Intake and Follow-Up

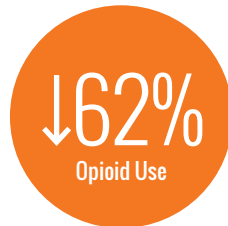
*After treatment, KTOS clients experienced improvements in several key areas including: substance use, mental health, economic status, living situation, involvement with the criminal justice system, and recovery supports.*

## Substance Use



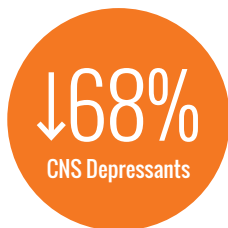
About three in four clients (74%) reported using illegal drugs in the 12 months before entering substance abuse treatment, which decreased to 34% at follow-up. Overall, for the KTOS follow-up sample, there was a 54% decrease in the number of clients reporting use of any illegal drug.

Nearly half of clients (48%) reported misusing opioids other than heroin, including prescription opiates, methadone, and buprenorphine in the 12 months before entering treatment, which decreased to 18.4% at follow-up—a significant decrease of 62%.



Ten percent of clients reported using heroin in the 12 months before entering treatment, which decreased 40% to 6% at follow-up.

About one third of clients (32%) reported using CNS depressants, including tranquilizers, benzodiazepines, sedatives, and barbiturates in the 12 months before entering treatment, which decreased to 11% at follow-up—a significant decrease of 68%.



About 1 in 3 clients (33%) reported using stimulants, including cocaine, methamphetamine, Ecstasy, MDMA, and non-prescription Adderall and Ritalin in the 12 months before entering treatment, which decreased to 7% at follow-up—a significant decrease of 78%.

The majority of clients (62%) reported using alcohol in the 12 months before entering treatment while 44% of clients reported alcohol use in the 12 months before follow-up—a significant decrease of 30%.



## Mental and Physical Health



Half of clients (50%) met self-reported DSM-IV criteria for depression in the 12 months before they entered treatment. At follow-up, 37% met self-reported DSM-IV criteria for depression—a significant decrease of 26%.

In the 12 months before entering treatment 17% of clients reported thoughts of suicide or attempted suicide and 9% of clients reported thoughts of suicide or attempted suicide in the 12 months before follow-up—a significant decrease of 46%.



The number of days clients reported their physical or mental health kept them from doing their usual activities decreased significantly by 20% from 5.9 days at intake to 4.7 days at follow-up.



## Employment

Two thirds (67%) of clients reported they were not employed when they entered treatment, while just over half of clients (52%) reported at follow-up they were unemployed—a significant decrease of 23%.



The number of clients who were employed full-time increased significantly by 67.6% from intake to follow-up (20.3% vs. 34.0%).



## 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 (93%).

93%

Living in private residence at follow-up

## Criminal Justice System Involvement



Over half of clients (55%) reported an arrest in the 12 months before entering treatment. At follow-up, this percentage had decreased significantly by 56% to 24%.

Almost 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, 27% of clients reported spending at least one day incarcerated in the past 12 months; a significant decrease of 53%.



## Recovery Support

↑48%

Clients attending mutual help recovery groups

At intake, only 33% 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 48%, with 49% 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 dependence to society in relation to expenditures on treatment, estimates suggest that for every dollar spent on publicly funded substance abuse treatment there was

\$6.41

Estimated annual savings for every dollar spent on treatment

a \$6.41 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 compared to the costs associated with drug and alcohol use at follow-up).

## Conclusion

This KTOS 2014 report provides a valuable look at the client outcomes of publicly funded substance abuse treatment in Kentucky. Overall, clients of publicly-funded substance abuse treatment, including a variety of treatment modalities, made significant strides in all of the targeted outcomes. Specifically, there were significant decreases in use of alcohol and all drugs (except tobacco), a significant increase in full-time employment, decrease in depression and suicidality, decrease in arrests and incarceration, and increased recovery supports. Moreover, an estimate of the cost to society for alcohol and drug dependence in the year before treatment compared to the cost to society for alcohol and drug dependence in the year after treatment intake, while taking into account the cost of publicly-funded treatment, showed a significant cost savings.

*"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

Suggested Citation: Logan, TK, Cole, J., Scrivner, A., and Spence, M. (2014). Adult Kentucky Treatment Outcome Study 2014 Findings at a Glance. Lexington, KY: University of Kentucky, Center on Drug and Alcohol Research.