Kentuckians 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 treatment outcomes for a Kentucky statewide sample of 1,274 adults who participated in publicly-funded substance abuse treatment from July 2014 through June 2015 and then completed a follow-up interview about 12 months later.

**SIGNIFICANT REDUCTIONS IN PAST-12-MONTH Substance Use and Mental Health Problems**

- **72%** of clients reported any illegal drug use at intake.
- **29%** of clients reported any illegal drug use at follow-up.
- **46%** of clients reported opioid misuse at intake.
- **13%** of clients reported opioid misuse at follow-up.

**SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH Economic Indicators and Criminal Justice Involvement**

- **47%** at intake for DEPRESSION, **29%** at follow-up
- **48%** at intake for ANXIETY, **30%** at follow-up
- **17%** at intake for SUICIDE IDEATION or attempts, **7%** at follow-up

- **21%** at intake for FULL-TIME EMPLOYMENT, **33%** at follow-up
- **44%** at intake for MEETING BASIC LIVING NEEDS, **30%** at follow-up
- **56%** at intake for ANY ARREST, **20%** at follow-up

Using national estimates of the cost of substance abuse and applying them to clients' substance use before and after program participation, there was an estimated $4.02 return in cost savings for every dollar spent on providing treatment services.

$4.02 ESTIMATED COST-SAVINGS FOR TAXPAYERS

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For more information about KTOS contact Maggie Schroeder at the Department of Behavioral Health, Developmental and Intellectual Disabilities (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: cdr.uky.edu/ktos


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* Because being in a controlled environment inhibits opportunities for alcohol and drug use, clients who were incarcerated all 365 days before entering treatment were not included in the substance use analysis (n = 17).

* Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine-naloxone.

“My counselor saved my life. She really understood and cared a lot about me. She was really important to my sobriety.”

— KTOS FOLLOW-UP CLIENT