



Recovery Center Outcome Study

Findings at a Glance*

*Findings from the full Recovery Center Outcome Study 2013 Report can be downloaded from <http://cdar.uky.edu/RCOS>

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INTRODUCTION

This Findings at a Glance report summarizes results from the second annual outcome evaluation for the Recovery Kentucky Centers. All 14 of the currently established Recovery Centers participate in the independently conducted Recovery Center Outcome Study (RCOS). The results are organized into four main sections: (1) client satisfaction with Recovery Center Programs and quality of life ratings before and after program participation; (2) changes before and after program participation on five main targeted areas; (3) changes in recovery support systems; and, (4) estimated costs of drug and alcohol use to society for the year before program participation compared to follow-up in relation to expenditures on recovery services.

Results for this study included analysis of self-report responses for 325 men and women who participated in a Recovery Center program and who completed an intake interview at entry to Phase 1 and a follow-up telephone interview by UK Center on Drug and Alcohol Research (CDAR) staff about 12 months after the intake survey was submitted to UK CDAR.

“My life is worth living and my kids need a sober mom.”

-RCOS client on the most important thing they learned from the Recovery Center program

BACKGROUND

Of the 325 clients who completed a follow-up survey, 17% (n = 56) were still in the Recovery Center at follow-up (87% of those clients were in Phase 2), which was targeted to be about 12 months after the intake survey was completed. Overall, at intake clients were:

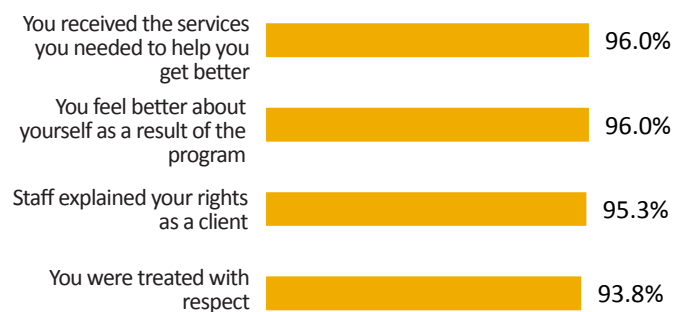
- on average, 33 years old, predominately white (88%), and almost two-thirds female (64%).
- not married or currently cohabiting (41%), separated/divorced (35%), or married or cohabiting (21%).

CLIENT SATISFACTION WITH RECOVERY CENTER PROGRAMS

On a scale of 1 (worst experience) to 10 (best experience), clients rated their experience in the Recovery Center program an average of 8.3 indicating a very positive experience.

When asked about specific aspects of the program, the majority of clients reported they either agreed or strongly agreed with each aspect of the program assessed (See Figure 1). Clients overwhelmingly reported receiving the services needed to get better, feeling better about themselves, and feeling they were treated with respect.

FIGURE 1. PERCENTAGE OF INDIVIDUALS WHO AGREED/STRONGLY AGREED WITH THE FOLLOWING STATEMENTS ABOUT THE RECOVERY CENTER PROGRAM AT FOLLOW-UP (n = 325)



At follow-up, clients were asked to reflect on their quality of life before entering the program and after entering the program. On a range of 1 ‘Worst imaginable’ to 10 ‘Best imaginable’, clients’ quality of life ratings tripled from an average of 2.0 before entering the program to 8.8 after the program.

“Learned about myself, learned to cope with the world, learned to say ‘no’”

-RCOS client on satisfaction with the program

CHANGES IN TARGETED AREAS FROM INTAKE TO FOLLOW-UP

Recovery Center clients experienced improvements after program participation in several key areas including: substance use, mental health, economic status, living situation, and involvement with the criminal justice system.

SUBSTANCE USE DECREASED



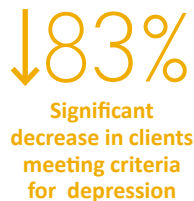
A little more than three-fourths of clients (76%) reported they had used illegal drugs in the 30 days before entering the Recovery Center program. At follow-up, only 6% of clients reported they had used illegal drugs in the past 30 days—a significant decrease of 93%.

There was a decrease in the percentage of clients who reported using alcohol in the past 30 days from intake (62%) to follow-up (11%). This means that the number of RCOS clients reporting alcohol use decreased 83% from intake to follow-up.



IMPROVEMENT IN MENTAL HEALTH SYMPTOMS

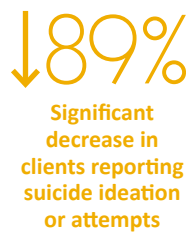
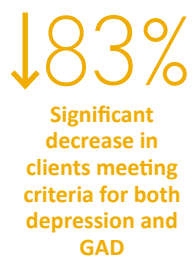
The percentage of clients meeting self-reported DSM IV criteria for depression decreased from 76% at intake to 13% at follow-up—an 83% significant decrease.



In the 12 months before entering the Recovery Center, 70% of clients reported symptoms that met the self-reported DSM IV criteria for Generalized Anxiety Disorder (GAD) and 33% reported symptoms at follow-up. This is a 54% significant decrease in the number of clients meeting the study criteria for GAD.



Before entering the program, 62% of Recovery Center clients met criteria for both self-reported depression and GAD and, at follow-up, about 11% met criteria for both—a significant reduction of 83%.



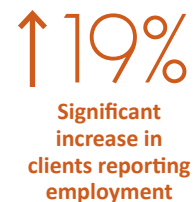
The percentage of clients reporting suicide ideation and/or attempts decreased from 31% at intake to 3% at follow-up, representing an 89% significant decrease.

Clients were also asked about physiological symptoms often associated with stress. Higher scores (maximum of 75) on the Stress Index indicate higher stress and greater physiological indicators of stress. Overall, scores on the Stress Index decreased significantly from 35.5 at intake to 10.2 at follow-up, representing a significant decrease of 71%.



IMPROVEMENT IN ECONOMIC STATUS

At intake, 53% of clients reported being employed and at follow-up 63% reported being employed. This is a 19% significant increase in the number of employed clients.

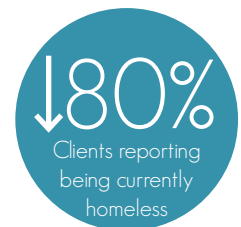


Furthermore, at follow-up over 85% of clients expected to be employed in the next six months compared to 75% at intake which is a 14% significant increase.



IMPROVEMENT IN LIVING SITUATION

A sizeable minority of clients (39%) reported being homeless when they entered the Recovery Center, and 8% reported being homeless at follow-up—an 80% decrease.



DECREASE IN CRIMINAL JUSTICE INVOLVEMENT

A little less than three fourths of clients (73%) reported an arrest in the 12 months before entering the Recovery Center. At follow-up, this percentage had decreased significantly by 88% to 9%.



Before entering the Recovery Center program, 80% of clients spent at least one day in jail or prison in the past 12 months. At follow-up, only 10% of clients spent at least one day incarcerated in the past 6 months—a significant decrease of 88.0%.



INCREASE IN RECOVERY SUPPORT SYSTEMS



Overall, 42% of clients at intake and 88% of clients at follow-up reported attending mutual help recovery group meetings (e.g., AA, NA, or faith-based) – a significant increase of 110%.

In addition to a significant increase in recovery group attendance, significantly more clients reported that they had interactions with family and friends who were supportive of their recovery in the past 30 days from 86% at intake compared to 99% at follow-up.



The mean number of people individuals reported that they could count on for support also increased significantly by 58%, from 26.7 people at intake to 42.3 people at follow-up.



COST SAVINGS OF RECOVERY CENTER SERVICES

Examining the total costs of drug and alcohol abuse to society in relation to expenditures on Recovery Center services, estimates suggest that for every dollar spent on recovery services there was a \$3.73 return in avoided costs (or costs that would have been expected given the costs associated with drug and alcohol use before participation in Recovery Center services).



CONCLUSION

While evaluation outcomes indicate that Recovery Center programs have been successful in enabling positive changes in substance use, mental health, economic and living conditions, criminal justice involvement and recovery support systems, there were a few issues that suggest additional services may be necessary:

- Tobacco use, especially smoking, remained very high among clients at both intake (91%) and follow-up (87%).
- Men had higher rates of alcohol use, alcohol to intoxication, and binge drinking than women before entering the Recovery Center program.
- Compared to men, women reported more days in the past 30 their mental health was not good at intake and follow-up.
- Also, although women and men had similar rates of stress-related physiological symptoms and days that mental or physical health impacted daily activities, women were worse off than men at follow-up on both of those factors.
- Women had significantly lower levels of education and employment both at intake and follow-up when compared to men.

Reductions in costs related to increased abstinence suggest that commitment of public funds to Recovery Centers is a solid investment in the futures of many Kentucky citizens

Overall, however, the Recovery Center clients made significant strides in all of the targeted areas, were extremely satisfied and appreciative of the services they received through the Recovery Centers, and the Recovery Centers saved taxpayer dollars through avoided costs to society or costs that would have been expected based on the rates of drug and alcohol use prior to entry into the Recovery Center. The finding of reductions in costs related to increased abstinence suggests that commitment of public funds to Recovery Centers is a solid investment in the futures of many Kentucky citizens.