

RECOVERY CENTER OUTCOME STUDY

2014 FINDINGS AT A GLANCE

*Findings from the full Recovery Center Outcome Study 2014 Report can be downloaded from <http://cdar.uky.edu/RCOS>

INTRODUCTION

This Findings at a Glance report summarizes results from the third annual outcome evaluation for the Recovery Kentucky program. 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 the Recovery Kentucky program
- (2) changes on five main targeted areas:
 - substance use
 - criminal justice involvement
 - mental health
 - employment
 - living situation
- (3) changes in recovery support systems
- (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 283 men and women who who completed an intake interview at entry to Phase 1 at a recovery center 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. There was a low refusal rate for follow-up participation at 1%, and a high follow-up rate (78%).

78%
Follow-up Rate

Of the 283 individuals who completed a follow-up survey, 9.5% (n = 27) were still in the recovery center at follow-up, which was targeted to be about 12 months after the intake survey was completed.¹ (Intakes are done close to entry to Phase 1.) For those clients who were still at the recovery center at the time of the follow-up, all 27 individuals were in Phase 2. Clients were in the Recovery Kentucky program an average of 255 days. Overall, at intake clients were:

- on average, 34 years old, predominately White (86%), and over half were female (53%).
- not married or currently cohabiting (41%), separated/divorced (34%), or married or cohabiting (23%).

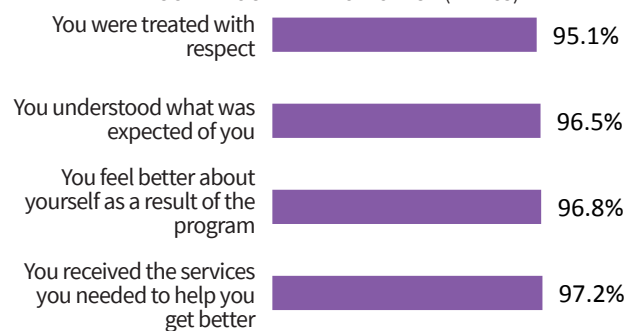
¹ The average time between intake and follow-up was 378.3 days.

CLIENT SATISFACTION WITH RECOVERY CENTER PROGRAMS

On a scale of 1 (worst experience) to 10 (best experience), clients rated their experience in the Recovery Kentucky 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 KENTUCKY PROGRAM AT FOLLOW-UP (n = 283)



Individuals were also asked about the most positive outcomes from their Recovery Kentucky Program experience. The most commonly positive outcomes of the program included improved mental health and feelings about themselves, major life changes (e.g., better quality of life, better able to function, having a “normal” life, greater control over life), reductions in substance use, and positive interactions and relationships with other people.

“They gave me really good tools to face reality.”

-RCOS client on satisfaction with the program

CHANGES IN TARGETED AREAS FROM INTAKE TO FOLLOW-UP

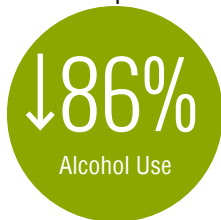
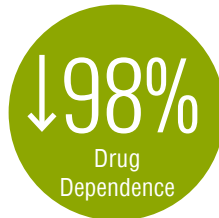
Recovery Kentucky clients experienced improvements after program participation in several key areas including: substance use, involvement with the criminal justice system, mental health, employment, and living situation.

Substance Use Decreased



Of the individuals who were not in a controlled environment all 30 days, 70% reported using illegal drugs (including prescription misuse and other illegal drugs) in the 30 days before entering the recovery center. At follow-up, only 4% of individuals reported using illegal drugs in the past 30 days—a significant decrease of 95%.

The number of clients who had an Addiction Severity Index (ASI) composite score indicating drug dependence in the past 30 days decreased significantly by 98% from 95% at intake to 2% at follow-up.



There was a decrease of 86% in the percentage of individuals who reported using alcohol in the past 30 days from intake (58%) to follow-up (8%).

The number of clients who had an ASI composite score indicating alcohol dependence in the past 30 days decreased significantly by 85% from 96% at intake to 15% at follow-up.



Decrease in Criminal Justice Involvement



At follow-up the period shifted to focus on the months between Phase 1 discharge and follow-up; thus individuals were asked about their arrests in the past 6 months. The majority of individuals (69%) reported an

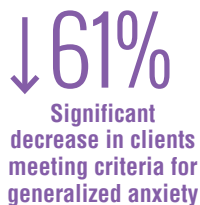
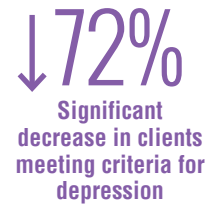
arrest in the 12 months before entering the recovery center. At follow-up, this percentage had decreased significantly by 91% to 6%.

In the 12 months prior to entering the recovery center, 83% of individuals reported spending at least one day in jail or prison. At follow-up, only 10% of individuals reported spending at least one day incarcerated in the past 6 months; a significant decrease of 88%.



Improvement in Mental Health Symptoms

About 3 in 5 individuals (61%) met study criteria for depression in the 12 months before they entered the recovery center. By follow-up, only 17% met criteria for depression, representing a 72% significant decrease.



In the 12 months before entering the recovery center, 62% of individuals reported symptoms that met the study criteria for generalized anxiety and 24% reported symptoms at follow-up—a significant decrease of 61%

At intake, half of the clients (52%) met criteria for both depression and generalized anxiety and at follow-up only 13% met criteria for both which was a 75% significant reduction.



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 31.9 at intake to 9.2 at follow-up, representing a significant decrease of 71%.

At intake and follow-up individuals' perceptions of their social standing in society were assessed. Individuals were asked to place themselves on a ladder, representing

Clients rated their social standing significantly higher at follow-up compared to intake.

their perception of their standing in society.² The bottom rung, 1, represents “people who are the worst off, those who have the least money, least education, and worst jobs or no jobs” and the top rung, 10, represents “people who are the best off, those who have the most money, most education,

² Adler, N. E., Epel, E. S., Castellazzo, G., & Ickovics, J. R. (2000). Relationship of subjective and objective social status with psychological and physiological functioning: preliminary data in healthy white women. *Health Psychology, 19*(6), 586-592.

and best jobs.” Overall, clients rated themselves as a 4.7 on average, (just below the middle of the ladder) at intake, and a 6.3 (above the middle) at follow-up, which was a significant increase.

Improvement in Employment Status

At intake, 49% of clients reported being employed and at follow-up 75% reported being employed which was a 52% significant increase.

↑52%
Significant increase in clients reporting employment

↑24%
Significant increase in clients expecting to be employed in the next 6 months

When entering the recovery center, 72% of clients expected to be employed in the next 12 months. At follow-up, 89% of clients expected to be employed in the next 6 months, which is a 24% significant increase.

Decrease in homelessness

A sizable minority of clients (46%) reported being homeless when they entered the recovery center, and 8% reported being homeless at follow-up -- an 83% decrease.

↓83%
Clients reporting being currently homeless

Increase in Recovery Support System

↑140%
Significant increase in clients attending mutual help recovery group meetings

At intake, only 36% of individuals 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 140%, with 87% of individuals reporting they

had gone to mutual help recovery group meetings in the past 30 days.

Significantly more individuals (98%) reported that they had interactions with family and friends who were supportive of their recovery in the past 30 days compared to intake (83%).

98%
Clients at follow-up who reported they had interactions with family and friends who were supportive of their recovery

↑44%
Significant increase in the average number of people clients said they could count on for recovery support

The average number of people individuals reported that they could count on for support increased significantly by 47%, from 22.2 people at intake to 32.7 people at follow-up.

GENDER DIFFERENCES IN OUTCOMES

Gender differences in specific targeted outcomes were examined some key outcomes that were identified were the following:

- Compared to men, women had higher stress-related consequences at intake and follow-up.
- Significantly more women met criteria for depression and generalized anxiety at intake and follow-up compared to men
- Compared to women, men had higher rates of illegal drug use at intake, alcohol use at intake and follow-up, and alcohol use to intoxication at follow-up
- Significantly more women reported smoking tobacco at follow-up compared to men

COST SAVINGS OF RECOVERY CENTER SERVICES

Examining the total costs of drug and alcohol abuse to society in relation to expenditures on the Recovery Kentucky program, estimates suggest that for every dollar spent on recovery services there was a \$3.59 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).

\$3.59
Estimated annual savings for every dollar spent on recovery services

CONCLUSION

Overall, Recovery Kentucky program 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 Kentucky Program 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.

“This place has given me back my life. It has shown me a sober life. It has given me something to look forward to in life.”

-RCOS client on satisfaction with the program

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