

RECOVERY CENTER OUTCOME STUDY

Findings at a Glance 2015

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INTRODUCTION

This Findings at a Glance report summarizes outcomes for 283 men and women who participated in a Recovery Kentucky program and who completed an intake interview at entry to Phase 1 and a follow-up interview about 12 months after the intake survey was submitted to UK CDAR.

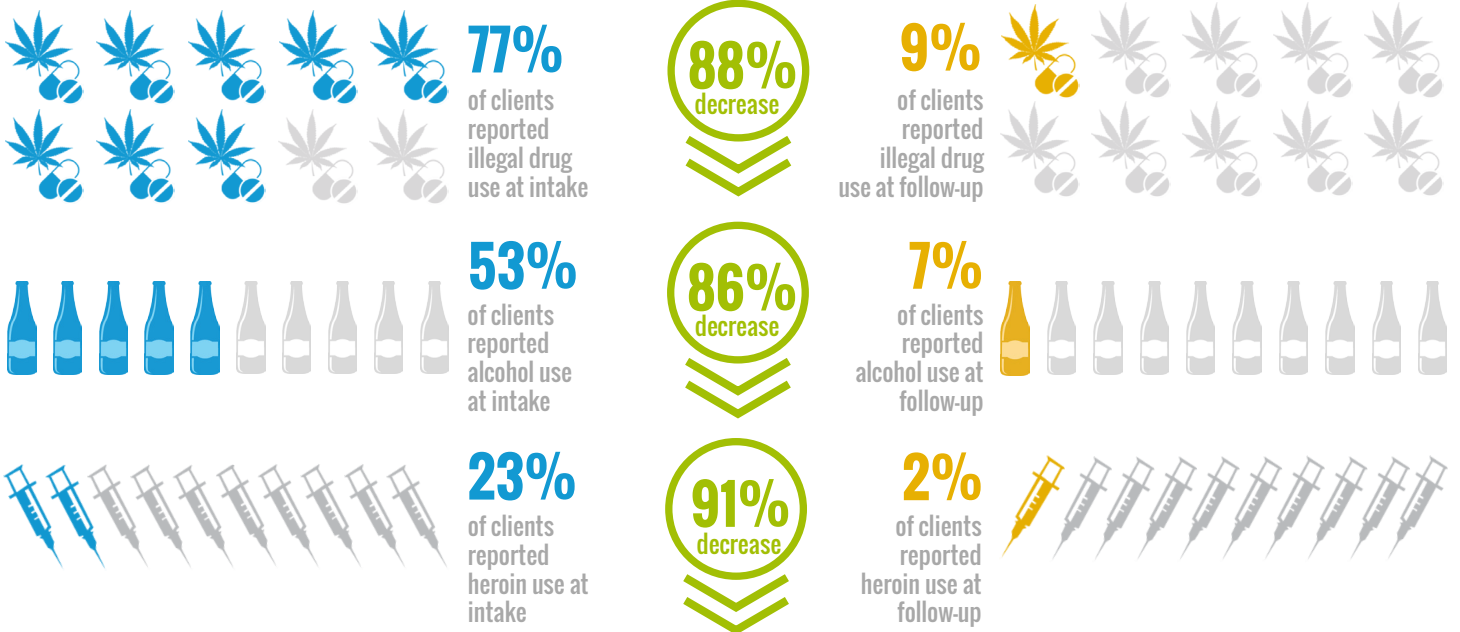
Follow-up interviews are conducted over the telephone by an interviewer at UK CDAR with eligible Recovery Center Outcome Study (RCOS) clients. A random sample of eligible clients, stratified by target month (based on the intake month), gender and Department of Corrections (DOC) referral into the program, was selected. Overall, the 283 clients who completed follow-up interviews were in the RCOS program an average of 8.4 months. There was no difference in length of service between clients who were referred by DOC and clients who were not referred by DOC. In addition, comparisons between those who completed a follow-up interview and those who did not suggest no significant differences on any of the key factors targeted including pre-program education, employment, living status, substance use, mental health, criminal justice involvement, and treatment history.

At intake clients were:

- on average, 34 years old, predominately White (91%), and over half were female (52%).
- never married (50%), separated/divorced (38%), married (11%), or widowed (1%).

FACTORS EXAMINED AT INTAKE AND FOLLOW-UP

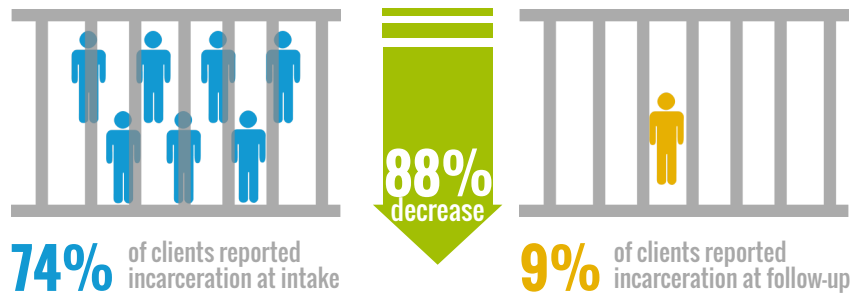
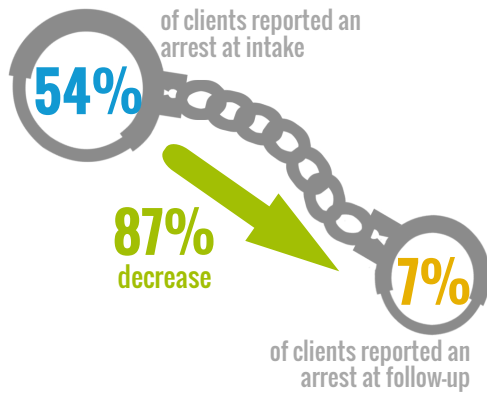
PAST-30-DAY SUBSTANCE USE



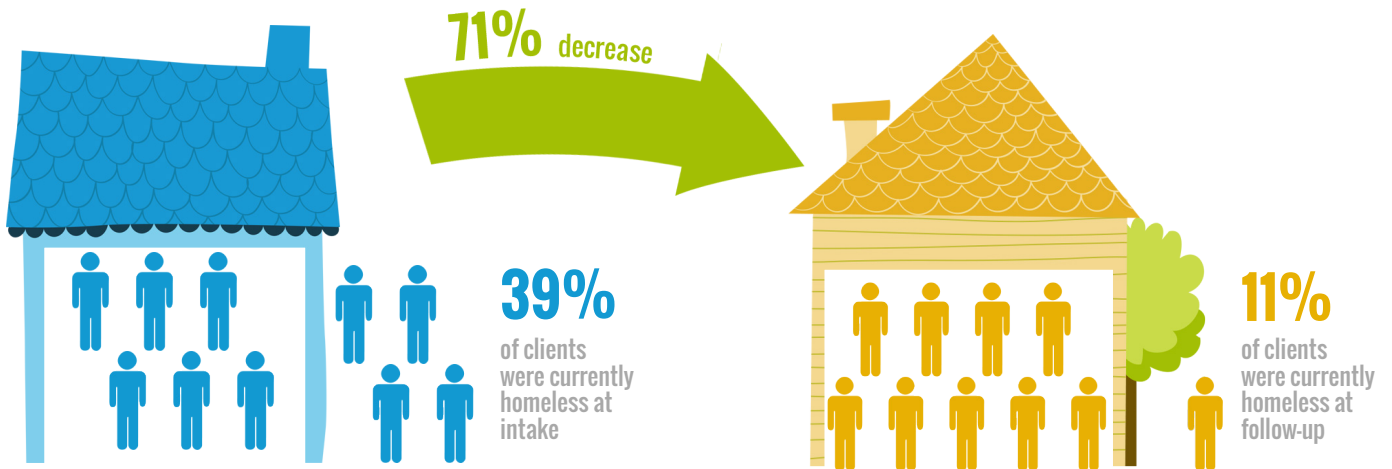
MENTAL HEALTH AND STRESS



CRIMINAL JUSTICE



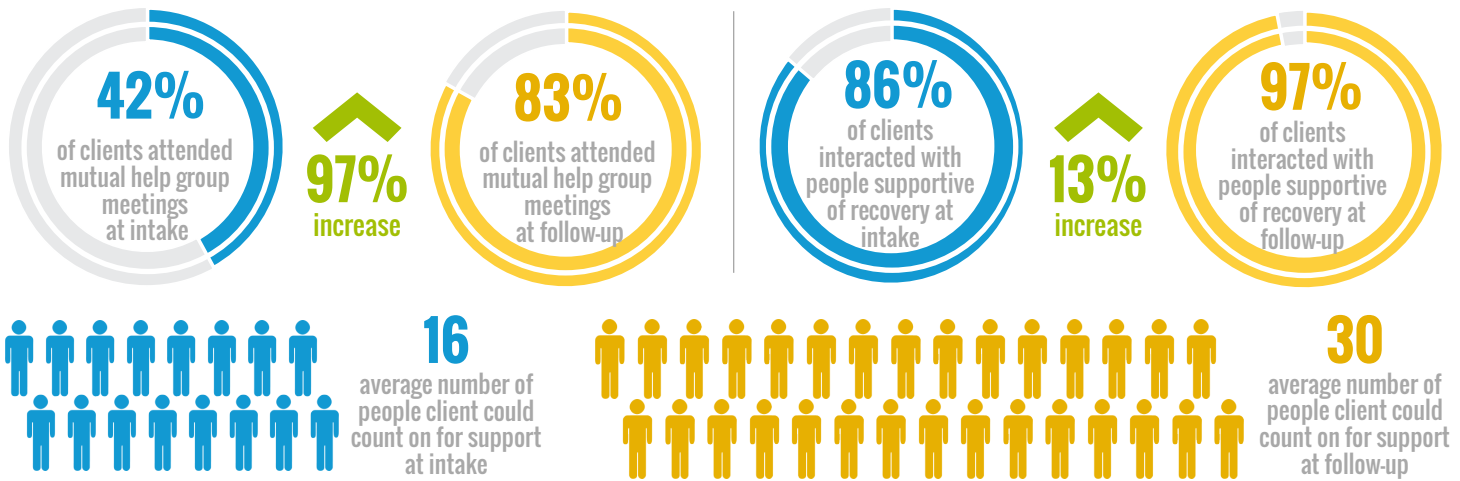
HOMELESSNESS



ECONOMIC INDICATORS



RECOVERY SUPPORTS



QUALITY OF LIFE AND POSITIVE OUTCOMES FROM EXPERIENCE WITH RECOVERY KENTUCKY

QUALITY OF LIFE PERCEPTIONS

Ratings were from 1- 'Worst imaginable' to 5- 'Good and bad parts were about equal' to 10- 'Best imaginable'.



TOP 5 POSITIVE OUTCOMES OF CLIENTS' EXPERIENCE

- Better quality of life, better able to function, having a "normal" life, greater control over life
- Reduction in substance use
- Positive interactions and relationships with others
- Improved mental health and feelings about self
- Improved financial situation and/or employment

COST SAVINGS OF RECOVERY CENTER SERVICES



Estimates of the cost per drug user and alcohol user were applied to the sample to examine the total costs of drug and alcohol abuse to society in relation to expenditures on the Recovery Kentucky program. The cost savings analysis suggests that for every dollar spent on recovery services there was a \$3.56 return in avoided costs (i.e., costs to society that would have been expected given the costs associated with drug and alcohol use).

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.