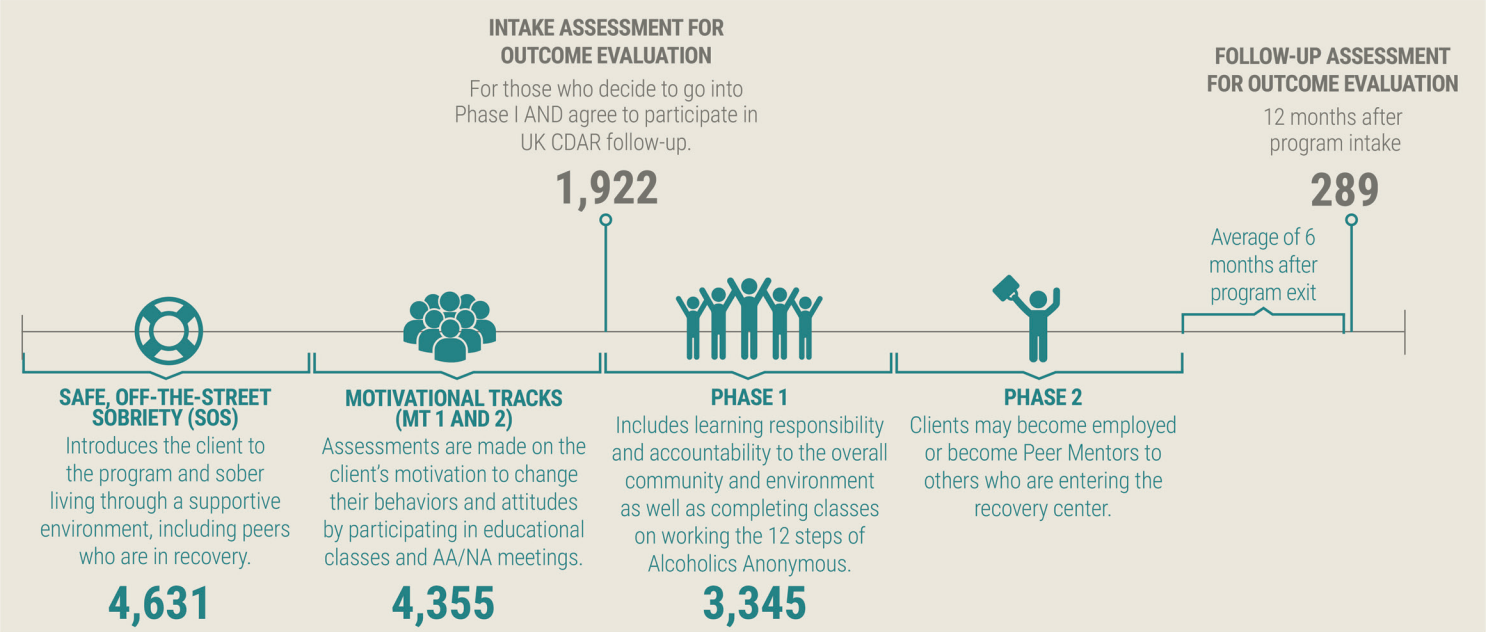
Recovery Center
Outcome Study
2017 FINDINGS AT A GLANCE

Logan, TK, Cole, J., Miller, J. & Scrivner, A. (2017). Findings from the Recovery Center Outcome Study 2017 Findings at a Glance. Lexington, KY: University of Kentucky, Center on Drug and Alcohol Research.

Introduction

Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. There are 17 Recovery Kentucky centers across the Commonwealth, providing housing and recovery services for up to 1,800 persons simultaneously. Recovery Kentucky is a joint effort by the Kentucky Department for Local Government (DLG), the Department of Corrections, and Kentucky Housing Corporation. Local governments and communities at each Recovery Kentucky center location have also contributed greatly to making these centers a reality.[a] The overall program is composed of 4 main components through which clients advance:



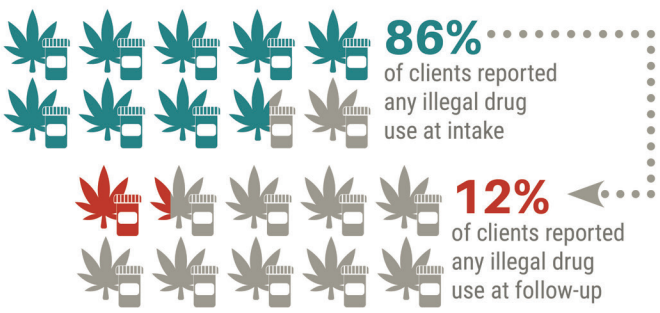
The Behavioral Health Outcome Studies team at the University of Kentucky Center on Drug and Alcohol Research (UK CDAR) independently conducts the Recovery Center Outcome Study (RCOS) which is an annual outcome evaluation that includes14 of the Recovery Kentucky centers who participated in RCOS this fiscal year. Recovery center staff conduct an intake interview when clients enter Phase I after completing SOS and MT 1 and 2 to assess behaviors and problems clients had prior to entering the recovery center. Follow-up interviews are then conducted over the telephone by an interviewer at UK CDAR with eligible, consenting RCOS clients 12 months after Phase 1 entry. 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. Client responses are kept confidential to help facilitate the honest evaluation of client outcomes and program services.

This Findings at a Glance report summarizes outcomes for 289 men and women who participated in a Recovery Kentucky program, completed a Phase 1 intake interview between July 2014 and June 2015 and a follow-up interview between July 2015 and June 2016. At intake, most clients included in this report were White (92%), not currently married (85%), predominately female (52%) and, on average, 33 years old.

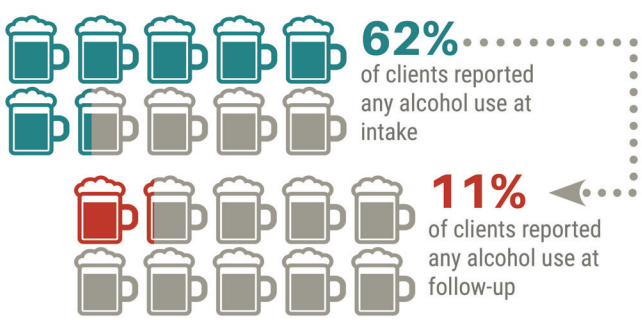
Factors Examined at Intake and Follow-Up

PAST-6-MONTH SUBSTANCE USE

ANY ILLEGAL DRUG USE

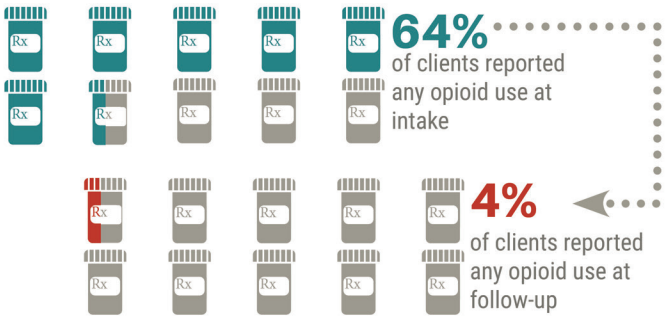


ANY ALCOHOL USE



[a] For more information about Recovery Kentucky, contact KHC's Mike Townsend toll-free in Kentucky at 800-633-8896 or 502-564-7630, extension 715; TTY711; or email MTownsend@kyhousing.org.

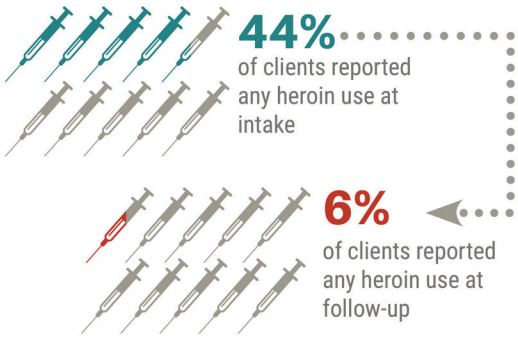
OPIOID USE[b]



64% of clients reported any opioid use at intake

4% of clients reported any opioid use at follow-up

HEROIN USE



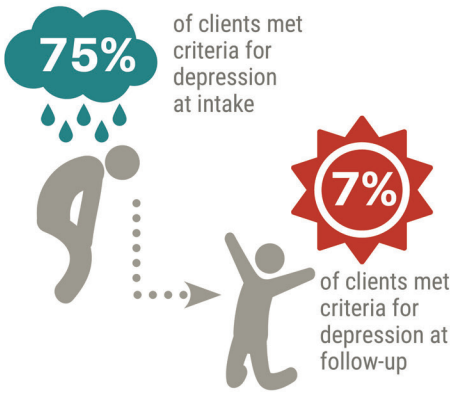
44% of clients reported any heroin use at intake

6% of clients reported any heroin use at follow-up

[b] *Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine.*

MENTAL HEALTH AND STRESS

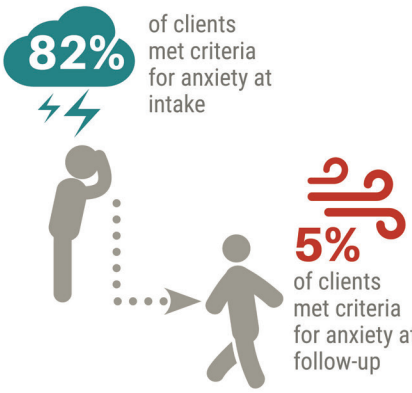
PAST-6-MONTH DEPRESSION



75% of clients met criteria for depression at intake

7% of clients met criteria for depression at follow-up

PAST-6-MONTH ANXIETY



82% of clients met criteria for anxiety at intake

5% of clients met criteria for anxiety at follow-up

PAST-7-DAY STRESS-RELATED HEALTH CONSEQUENCES

36 average score on Stress-Related Health Consequences scale at intake

Higher scores on the Stress-Related Health Consequences scale indicate higher stress and greater physiological indicators of stress. The highest possible score is 75 and the lowest possible score is 0.

2 average score on Stress-Related Health Consequences scale at follow-up

CRIMINAL JUSTICE

PAST-6-MONTH ARREST

52% of clients reported at least one arrest at intake

1% of clients reported at least one arrest at follow-up

PAST-6-MONTH INCARCERATION

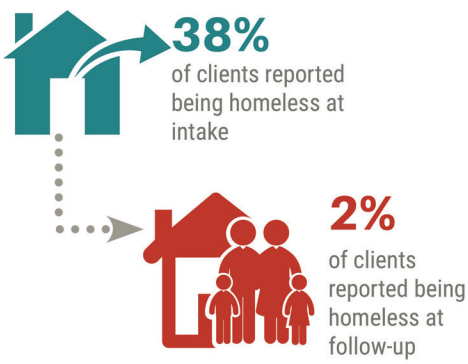
69% of clients reported at least one night of incarceration at intake

11% of clients reported at least one night of incarceration at follow-up

> "I liked that they ...taught me things I needed to know before returning home and being on my own."
>
> -RCOS Follow-up Client

HOMELESSNESS AND QUALITY OF LIFE PERCEPTIONS

CURRENTLY HOMELESSNESS



38% of clients reported being homeless at intake

2% of clients reported being homeless at follow-up

> "It gave me a fresh look on life and the defects about myself. I can now identify with my feelings."
>
> -RCOS Follow-up Client

QUALITY OF LIFE PERCEPTIONS

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

ECONOMIC INDICATORS

EMPLOYED

54%
of clients employed at intake

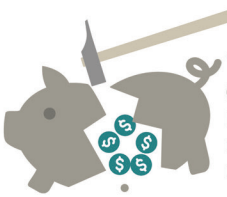
80%
of clients employed at follow-up

GENDER DIFFERENCES IN EMPLOYMENT AND WAGES AT FOLLOW-UP

71%
At follow-up, significantly fewer women were employed part- or full-time compared to men.

$0.77
At follow-up, employed women made only $0.77 for every dollar employed men made.

ECONOMIC HARDSHIP



50%
of clients had trouble meeting basic living needs for financial reasons at intake

8%
of clients had trouble meeting basic living needs for financial reasons at follow-up

RECOVERY SUPPORTS

of clients attended recovery group meetings at intake

of clients attended recovery group meetings at follow-up

7
average number of people client could count on for support at intake

31
average number of people client could count on for support at follow-up

Return on Investment in 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 invested in recovery services there was an estimated $2.71 return in avoided costs (i.e., costs to society that would have been expected given the costs associated with drug and alcohol use).

Conclusion

It is important to keep in mind that the RCOS sample includes only clients who advanced to Phase 1 after completing the SOS and Motivational Tracks and who agreed to be contacted for the follow-up survey 12 months after entering Phase I. Overall, Recovery Kentucky program clients made significant strides in all of the targeted areas and have much more support for their recovery as well as a higher quality of life after participating in program services. In addition, 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.