

## **Section Seven: Treatment and Self-Help Utilization**

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**Treatment/Counseling** – Males were more likely to receive treatment or counseling for drugs/alcohol than females. Treatment and counseling does not include attendance or participation in 12-step groups but includes detoxification services. Figure 7.1 presents the percentage of persons who have received treatment or counseling. More than twice as many males received treatment or counseling than females. Table 7.1 presents the estimated number of adult Kentuckians who received treatment or counseling.

Figure 7.1: Percent of adults who ever received treatment or counseling for alcohol/drugs (question Δ19-G2)

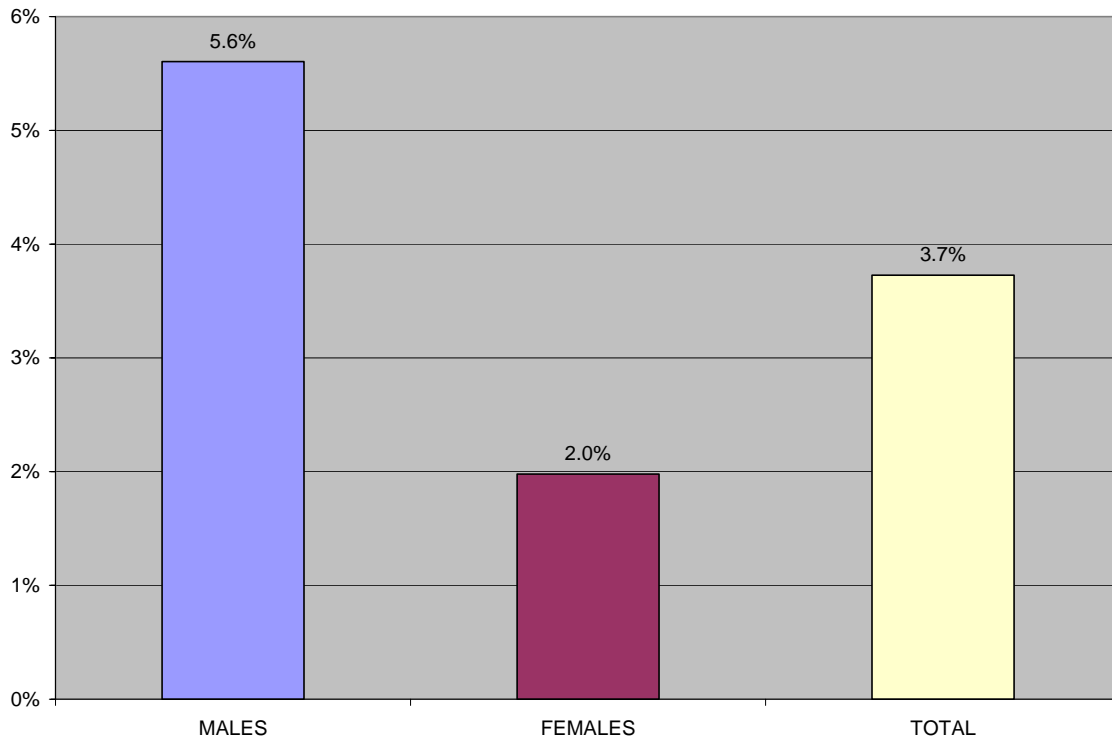


Table 7.1: Estimated number of adult Kentuckians who ever received treatment or counseling for alcohol/drugs (question Δ19-G2)

MALES	FEMALES	TOTAL
84,426	31,973	116,399

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## TREATMENT/SELF-HELP UTILIZATION

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For those persons who participated in treatment or counseling for alcohol/drugs, over 80% of persons attended their last session over 12 months ago. Figure 7.2 presents the distribution of time since last treatment/counseling. Also for those who reported receiving treatment/counseling, about half of respondents received services for alcohol only. Figure 7.3 presents the distribution of primary reason for services.

Figure 7.2: Time since last treatment or counseling for alcohol/drugs (question Δ19-G2b)

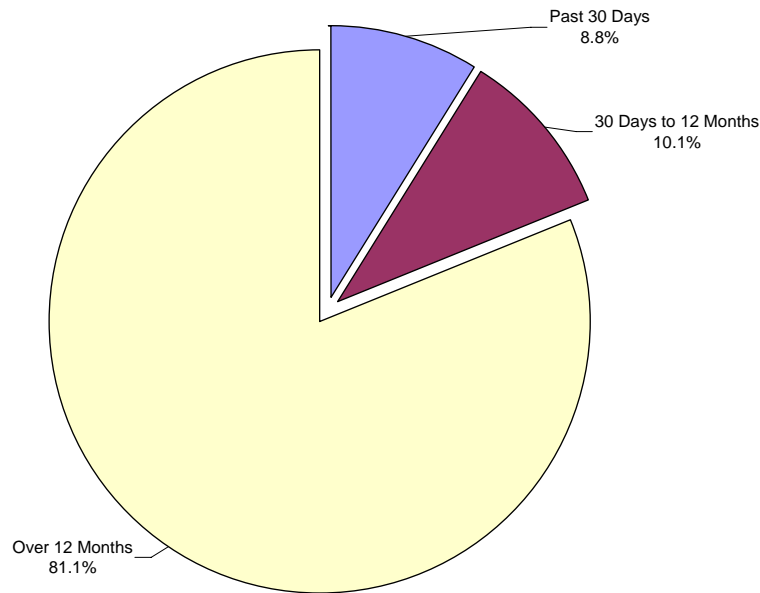
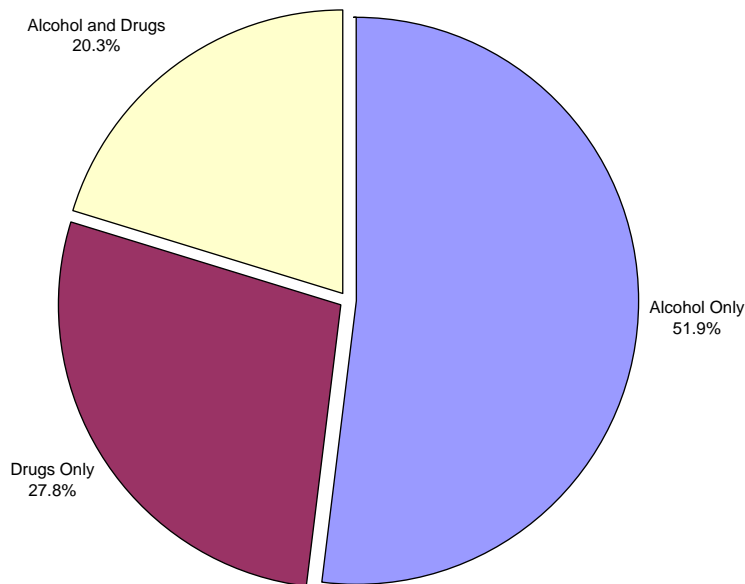


Figure 7.3: Reason for treatment/counseling (question Δ20-G4)



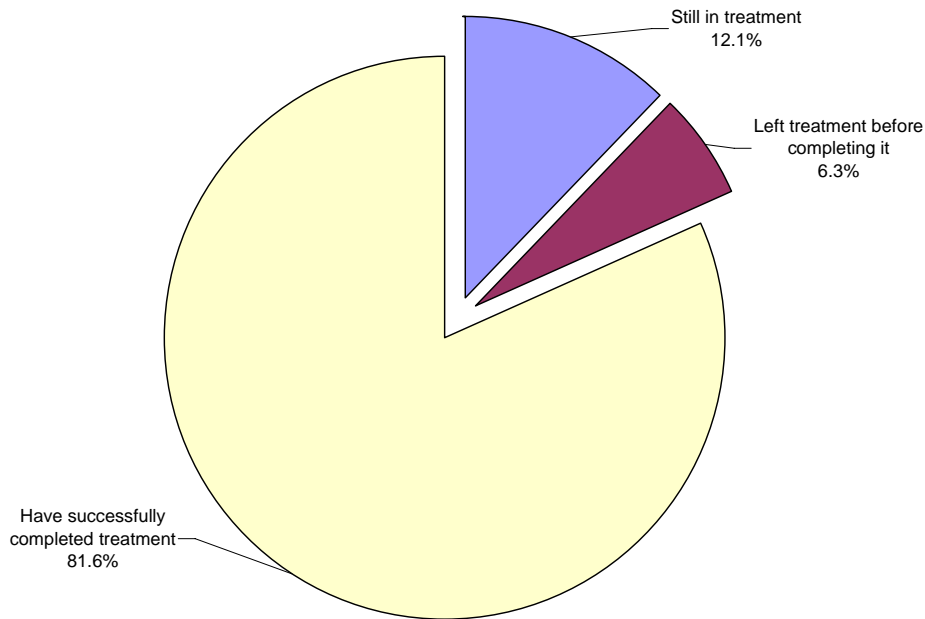
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## TREATMENT/SELF-HELP UTILIZATION

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Of those who reported ever receiving treatment/counseling, over 80% successfully completed their most recent treatment. Figure 7.4 presents the distribution of how the most recent treatment concluded. For those who indicated that their last treatment ended early, respondents were asked why treatment ended early. 27.3% of persons who left treatment early stated it was due to problems with their treatment provider. 18.2% stated it was because they had resumed using drugs/alcohol. 9.1% stated they left treatment early because they could not afford it.

Figure 7.4: How treatment concluded for the most recent treatment (question Δ20-G5)



**Payment of Services** – Of those who participated in alcohol/drug treatment or counseling, 34.2% of respondents reported that private health insurance paid for at least part of their services. 22.0% of respondents reported that Medicare or another public program funded all or part of their services. (question Δ21-G6)

**Place of Treatment or Counseling** – The most common place respondents reported receiving their last treatment or counseling for alcohol/drugs was a residential facility. Table 7.2 presents the distribution of facilities where respondents reported receiving treatment or counseling. As noted above, treatment may include detoxification services.

Table 7.2: Location where most recent treatment was received (question Δ20-G3)

Hospital as Inpatient	12.1%
Residential Alcohol/Drug Rehabilitation Facility	25.5%
Outpatient Alcohol/Drug Rehabilitation Program	19.1%
Outpatient Mental Health Center	11.5%
Private Therapist or Doctor's Office	20.4%
Prison or jail	0.6%
Other	10.8%

**Self-Help Groups** – Subjects were asked if they have ever attended a 12-step group such as Alcoholics Anonymous or Narcotics Anonymous because they thought they might have a problem. Males were more likely to attend a 12-step meeting than females. Figure 7.5 presents the percentage of persons who reported ever attending a 12-step meeting. Table 7.3 presents the estimated number of Kentuckians who ever attended a 12-step meeting.

Figure 7.5: Percentage of adults who ever attended a 12-step meeting (question Δ19-G1)

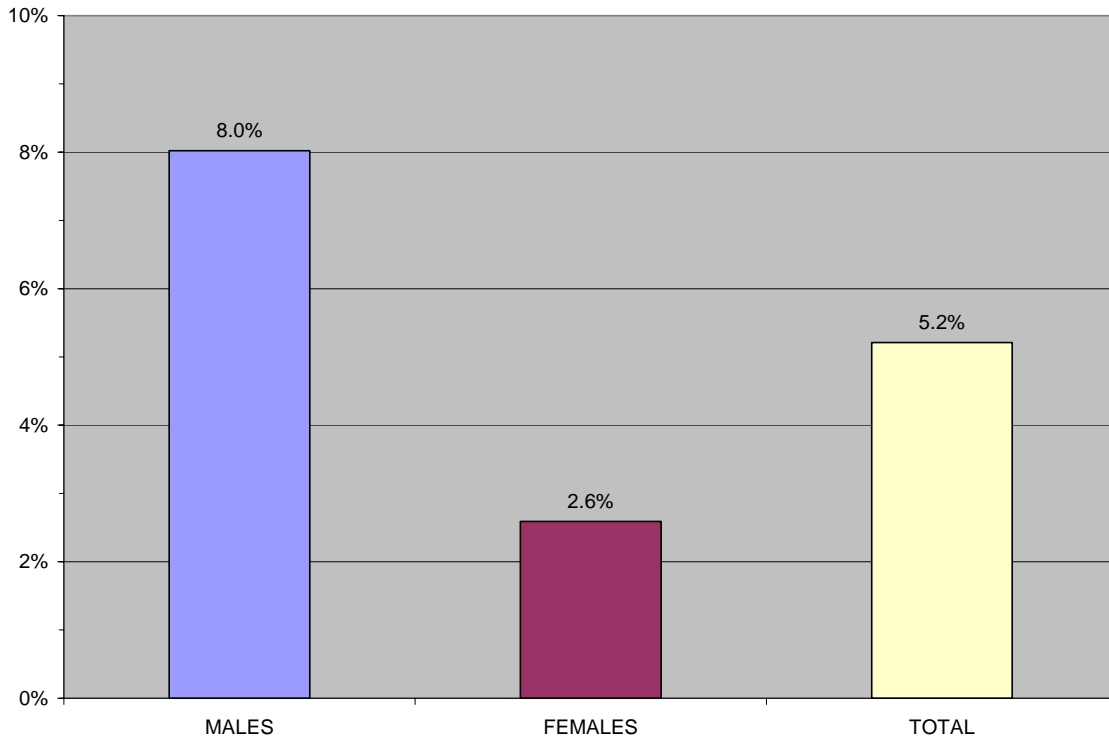


Table 7.3: Estimated number of adult Kentuckians who ever attended a 12-step meeting (question Δ19-G1)

MALES	FEMALES	TOTAL
120,874	41,844	162,718

Of those who attended a 12-step meeting, about one third attended less than 10 total meetings, one third attended 10 to 100 meetings, and the remaining one third attended more than 100 meetings in their life. Figure 7.6 presents the distribution of 12-step meetings that persons attended. Of those ever attended a 12-step meeting, over half attended their last meeting over one year before. Figure 7.7 presents the distribution of participants last 12-step meeting.

Figure 7.6: Number of 12-step meetings attended lifetime (question Δ19-G1a)

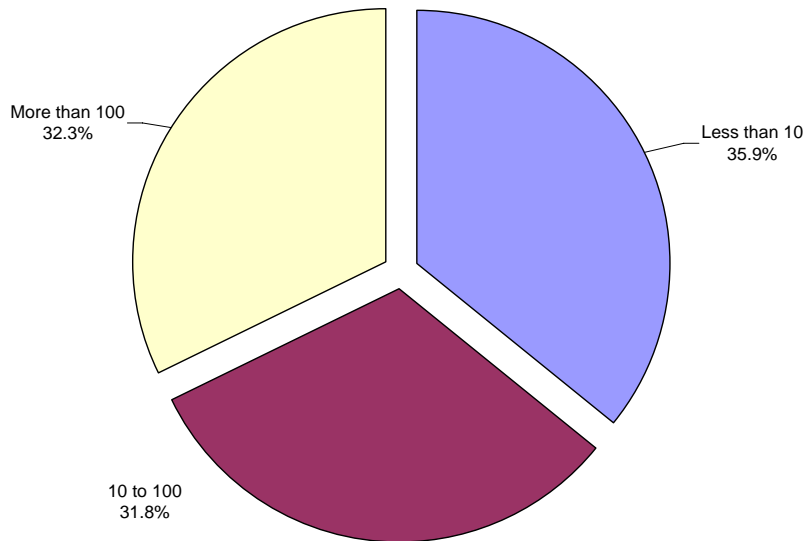


Figure 7.7: Last 12-step meeting attended (question Δ19-G1b)

