

Positive Outcomes for Kentucky Adults After Treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2019

Kentuckians benefit from substance abuse treatment in multiple ways: reducing their substance use, increasing their employment, reducing mental health problems, decreasing their involvement with the criminal justice system, and increasing their recovery supports. Below are treatment outcomes for a Kentucky statewide sample of 1,279 clients who participated in publicly-funded substance abuse treatment from July 2016 through June 2017 and then completed a follow-up interview about 12 months later.

SIGNIFICANT REDUCTIONS IN PAST-12-MONTH Substance Use^a and Mental Health Problems



REPORTED ANY
ILLEGAL DRUG
USE^{***}

89% at intake | **33%** at follow-up



REPORTED OPIOID
MISUSE^{***b}

56% at intake | **14%** at follow-up



REPORTED
HEROIN USE^{**}

20% at intake | **5%** at follow-up



REPORTED
ALCOHOL USE^{***}

52% at intake | **28%** at follow-up



MET STUDY
CRITERIA FOR
DEPRESSION^{***}

55% at intake | **32%** at follow-up



MET STUDY
CRITERIA FOR
ANXIETY^{***}

52% at intake | **31%** at follow-up



MET STUDY CRITERIA
FOR COMORBID
DEPRESSION AND
ANXIETY^{***}

42% at intake | **23%** at follow-up



REPORTED SUICIDAL
IDEATION AND/OR
ATTEMPTS^{***}

19% at intake | **8%** at follow-up

SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH Economic Indicators and Criminal Justice Involvement



CURRENTLY
EMPLOYED FULL-
TIME^{***}

20% at intake | **35%** at follow-up



REPORTED
DIFFICULTY MEETING
BASIC LIVING NEEDS^{**}

41% at intake | **36%** at follow-up



REPORTED DIFFICULTY
MEETING HEALTH CARE
NEEDS^{***}

28% at intake | **16%** at follow-up



REPORTED ANY
ARREST^{***}

57% at intake | **31%** at follow-up

ESTIMATED
\$4.13
COST-SAVINGS
FOR TAXPAYERS

Using national estimates of the cost of substance abuse and applying them to clients' substance use before and after program participation, there was an estimated \$4.13 return in cost savings for every dollar spent on providing treatment services.

I went to rehab, I didn't want to change, but I was given an opportunity. So I was grateful.

- KTOS FOLLOW-UP CLIENT

** p < .01, *** p < .001; statistically significant difference from intake to follow-up.

^a Because being in a controlled environment inhibits opportunities for alcohol and drug use, 14 cases were excluded from this analysis because they were incarcerated all 365 days before entering treatment, 1 case was excluded because the individual was incarcerated all 365 days before follow-up, and 14 cases were excluded because either the interviewer skipped the question (n = 2) or the client declined to answer (n = 12).

^b Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine-naloxone.

For more information about KTOS contact Maggie Schroeder at the Department of Behavioral Health, Developmental and Intellectual Disabilities (502-564-4456)

Report prepared by the University of Kentucky Center on Drug and Alcohol Research. Findings from the full report can be downloaded from: cdar.uky.edu/ktos

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