STATEWIDE FOLLOW-UP FINDINGS

FISCAL YEAR 2003

KENTUCKY DEPARTMENT OF MENTAL HEALTH AND MENTAL RETARDATION
DIVISION OF MENTAL HEALTH AND SUBSTANCE ABUSE
100 FAIR OAKS LANE, 4E-D
Frankfort, KY 40621-0001
PROJECT STAFF

UNIVERSITY OF KENTUCKY CENTER ON DRUG AND ALCOHOL RESEARCH

Principal Investigator          Carl Leukefeld, D.S.W., Director
Co-investigator and Project Director Robert Walker, M.S.W., L.C.S.W
Co-investigator                 TK Logan, Ph.D.
Project Coordinator             Erin Stevenson, M.S.W.
Systems Administrator and Programmer Tom Jackson, Ed.D.
Programmer                      Jeb Messer
Research Analyst                Michele Goltz, B.S.
Research Assistant              Gregory Bradshaw, M.S.
Data Coordinator                Allison Mateyoke-Scrivner, M.S.
Administrative Assistant         Danice Creager, B.S.

UNIVERSITY OF KENTUCKY SURVEY RESEARCH CENTER

Director                       Ron Langley, Ph.D.
TABLE OF CONTENTS

EXECUTIVE SUMMARY ................................................................. v

SECTION ONE: KENTUCKY TREATMENT OUTCOME STUDY BACKGROUND ........................................... 1

SECTION TWO: DESCRIPTION OF FOLLOW-UP SAMPLE AT INTAKE .................................................. 7
  2.1 Demographic Characteristics ................................................. 8
  2.2 Education, Employment, and Economic Status ..................... 9
  2.3 Physical Health ................................................................. 10
  2.4 Justice System Involvement .................................................. 11
  2.5 Treatment History ............................................................. 12
  2.6 Substance Use .................................................................. 12
  2.7 Summary of Intake Characteristics ....................................... 14
  2.8 Comparison of Follow-up Sample with Those Not Followed Up ..................................................... 15

SECTION THREE: CHANGES IN REPORTED ALCOHOL AND DRUG USE FROM INTAKE TO FOLLOW-UP .... 19
  3.1 Alcohol Use ...................................................................... 21
  3.2 Overall Changes in Illegal Drug Use .................................... 23
  3.3 Changes in Specified Drugs Used ......................................... 25
    Marijuana Use in the Past 30 Days ........................................ 25
    Tranquilizer Use in the Past 30 Days .................................... 27
    Opiate Use in the Past 30 Days ............................................. 29
    Cocaine Use in the Past 30 Days ........................................... 31
    Stimulant Use in the Past 30 Days ....................................... 33
    Nonprescription Methadone Use in the Past 30 Days ............. 34
    Hallucinogen Use in the Past 30 Days .................................. 34
    Inhalant Use in the Past 30 days ......................................... 34
    Injection Drug Use ............................................................. 34
  3.4 SUMMARY OF SUBSTANCE ABUSE CHANGES ...................... 35

SECTION FOUR: EMPLOYMENT, JUSTICE SYSTEM INVOLVEMENT, AND HEALTH OUTCOMES ............ 37
  4.1 Employment ..................................................................... 38
  4.2 Justice System Involvement ................................................ 40
  4.3 Physical and Mental Health Status ....................................... 43
  4.4 Summary of Employment, Justice System Involvement, and Health ................................................ 44

SECTION FIVE: TREATMENT SERVICES ........................................................................... 45
  5.1 Description of Overall Service Use ....................................... 46
  5.2 Effects of Recovery Support on Substance Use Outcomes ........... 47

SECTION SIX: AVOIDED COSTS FROM SUBSTANCE ABUSE TREATMENT IN KENTUCKY ............. 50
  6.1 Cost of Substance Abuse Treatment ................................... 51
  6.2 Crime Reductions ............................................................. 53
  6.3 Changes in Employment .................................................... 54
  6.4 Summary of Avoided Costs ................................................ 54

SECTION SEVEN: IMPLICATIONS OF STUDY FINDINGS ON SUBSTANCE ABUSE TREATMENT ........... 56

SECTION EIGHT: STUDY LIMITATIONS ................................................................. 60
EXECUTIVE SUMMARY

This report examined intake and follow-up data on 1,056 substance abuse treatment clients statewide who consented to participate in a treatment follow-up study. A summary of major findings is presented here. The Kentucky Substance Abuse Treatment Outcome Study FY 2003 Follow-up Findings full report is available on the University of Kentucky Center on Drug and Alcohol Research website at http://cdar.uky.edu/ktos/.

SUBSTANCE USE CHANGES

- 67.6% of follow-up clients reported alcohol abstinence 12 months after treatment, a 51.9% increase from intake
- Among clients who continued to use alcohol, there was a 45.5% decrease in the number of days alcohol was used
- 71.0% of clients reported abstinence from illegal drugs 12 months after treatment, a 61.0% increase from intake
- There was also a 23.6% increase in the number of clients reporting marijuana abstinence at follow-up. Consequently, 85.3% of clients were abstinent 12 months after treatment
- 87.2% of clients reported abstinence from prescription tranquilizers at follow-up for a 20.6% increase 12 months after treatment
- 94.3% of clients reported opiate abstinence 12 months after treatment
- 95.4% of clients reported cocaine abstinence 12 months after treatment

EMPLOYMENT CHANGES

- Including part-time and full-time employment, there was a 48.6% increase in the percent of clients employed at follow-up
- Unemployment decreased 56.2% from intake to follow-up
- There was also a 53.3% increase in the number of days of paid employment at follow-up

ARRESTS AND CRIME CHANGES

- There was a 73.0% reduction in the number of clients reporting arrests in the past 30 days at follow-up and a 51.9% reduction in the past 12 months
- Drug related arrests were reported by 53.0% fewer clients 12 months after treatment
- 76.6% fewer clients reported spending time in jail in the past 30 days at follow-up
CONCLUSIONS

• Substance abuse treatment in Kentucky results in significant reductions in substance use, decreased criminal activity, and increased employment

• These changes result in decreases in crime costs to victims and to the public

• Kentucky cost benefits from treatment can be estimated at $4.52 for every dollar spent on treatment during 2003.