FINDINGS FROM THE RECOVERY CENTER OUTCOME STUDY

2016 FINDINGS AT A GLANCE
Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. There are 15 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. The Recovery Kentucky task force was created in 2008 to ensure the continued effectiveness and financial success of this initiative. The overall program is composed of 4 main components through which clients advance:

**SAFE, OFF-THE-STREET SOBRIETY (SOS)**
Introduces the client to the program and sober living through a supportive environment, including peers who are in recovery.

- **4,530**

**MOTIVATIONAL TRACKS (MT 1 AND 2)**
Assessments are made on the client's motivation to change their behaviors and attitudes by participating in educational classes and AA/NA meetings.

- **3,958**

**PHASE 1**
Includes learning responsibility and accountability to the overall community and environment as well as completing classes on working the 12 steps of Alcoholics Anonymous.

- **2,191**

**PHASE 2**
Clients may become employed or become Peer Mentors to others who are entering the recovery center.

- **285**

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 of 14 of the Recovery Kentucky centers. 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. 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 285 men and women who participated in a Recovery Kentucky program, completed a Phase 1 intake interview between July 2013 and June 2014 and a follow-up interview between July 2014 and June 2015. At intake, most clients included in this report were White (90%), not currently married (84%), predominately female (57%) and, on average, 33 years old.

*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.*

### INTRODUCTION

**OBJECTIVES**
- To ensure the continued effectiveness and financial success of the Recovery Kentucky initiative.
- To provide an annual outcome evaluation of Recovery Kentucky centers.

**METHODOLOGY**
- Conducts the Recovery Center Outcome Study (RCOS) which is an annual outcome evaluation of 14 of the Recovery Kentucky centers.
- 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.
- 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.

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### FACTORS EXAMINED AT INTAKE AND FOLLOW-UP

#### PAST-6-MONTH SUBSTANCE USE

**ANY ILLEGAL DRUG USE**

- **85%** of clients reported any illegal drug use at intake

- **14%** of clients reported any illegal drug use at follow-up

**ALCOHOL USE**

- **63%** of clients reported any alcohol use at intake

- **14%** of clients reported any alcohol use at follow-up
MENTAL HEALTH AND STRESS

PAST-6-MONTH-DEPRESSION
- 72% of clients met criteria for depression at intake
- 11% of clients met criteria for depression at follow-up

PAST-6-MONTH-ANXIETY
- 76% of clients met criteria for anxiety at intake
- 15% of clients met criteria for anxiety at follow-up

PAST-7-DAY STRESS-RELATED HEALTH CONSEQUENCES
- 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.
- Average score on Stress-Related Health Consequences scale at intake
- 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
- 7% of clients reported at least one arrest at follow-up

PAST-6-MONTH INCARCERATION
- 71% of clients reported at least one night of incarceration at intake
- 9% of clients reported at least one night of incarceration at follow-up

HOMELESSNESS AND QUALITY OF LIFE PERCEPTIONS

CURRENTLY HOMELESSNESS
- 35% clients reported being homeless at intake
- 8% clients reported being homeless at follow-up

QUALITY OF LIFE PERCEPTIONS
- “They helped me build this foundation for my life. I have a life worth living now.”
  - RCOS Follow-up Client
- “They are amazing. They don’t treat you like an addict. They treat you like a person.”
  - RCOS Follow-up Client

*Rx Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine.
### ECONOMIC INDICATORS

**Employed**
- 47% of clients employed at intake
- 76% of clients employed at follow-up

**Economic Hardship**
- 48% of clients had trouble meeting basic living needs for financial reasons at intake
- 16% of clients had trouble meeting basic living needs for financial reasons at follow-up

**Gender Differences in Wages**
- At follow-up, employed women made only $0.80 for every dollar employed men made.

### RECOVERY SUPPORTS

- 37% of clients attended recovery group meetings at intake
- 85% of clients attended recovery group meetings at follow-up
- 7 average number of people client could count on for support at intake
- 26 average number of people client could count on for support at follow-up

### 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 $2.99 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 agree 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.