



2018

Findings at a Glance

ADOLESCENT KENTUCKY TREATMENT OUTCOME STUDY (AKTOS)

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INTRODUCTION

This Findings at a Glance summarizes substance abuse treatment outcomes for the Adolescent Kentucky Treatment Outcome Study (AKTOS). The goal of AKTOS is to examine client satisfaction and outcomes for specific targeted factors including: (1) substance use including severity of substance use, (2) mental health, (3) school attendance and performance, and employment, (4) caregiver and living situation, (5) involvement with the justice system, and (6) recovery support.

AKTOS examines treatment outcomes for youth (ages 11-17) who receive publicly funded substance abuse treatment in Community Mental Health Centers in Kentucky. A full report is published biannually to allow for analysis of a larger sample of adolescents across two fiscal years. Results for this study included data on 122 adolescent clients who attended publicly-funded substance abuse treatment programs in Kentucky between July 1, 2014 and June 30, 2016 and then completed a follow-up survey approximately 12 months later (an average of 325 days). There were no direct refusals and a high follow-up rate (89%).

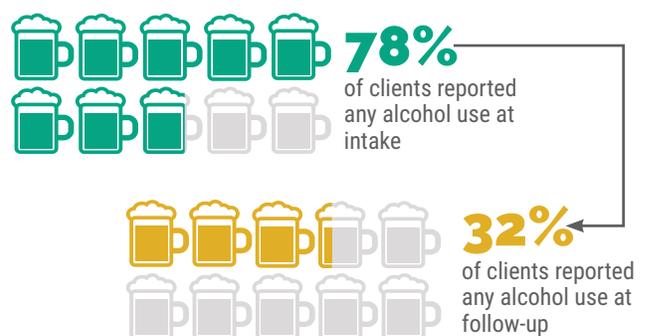
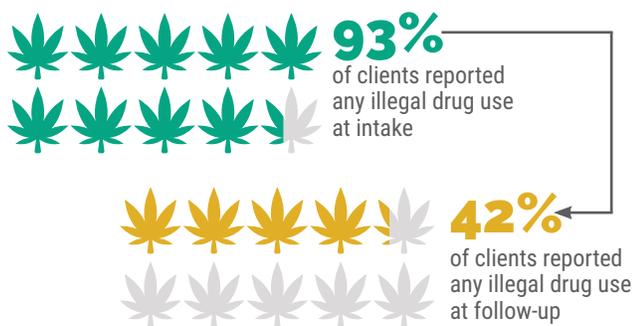
Description of Clients in the Follow-up Sample

Of these 122 adolescents who completed a follow-up interview:

- Most (73%) were male.
- The majority of follow-up clients were White (77%). A minority were African American/Black (11%) and 12% were Hispanic, American Indian, or multiracial.¹
- They were an average of 16.0 years old at the time of the intake interview. The majority of adolescents (73%) were 16 or 17 years old at intake.
- Clients reported first using alcohol at 13.4 years old and drugs at 13.0 years old.

TARGETED FACTORS AT FOLLOW-UP

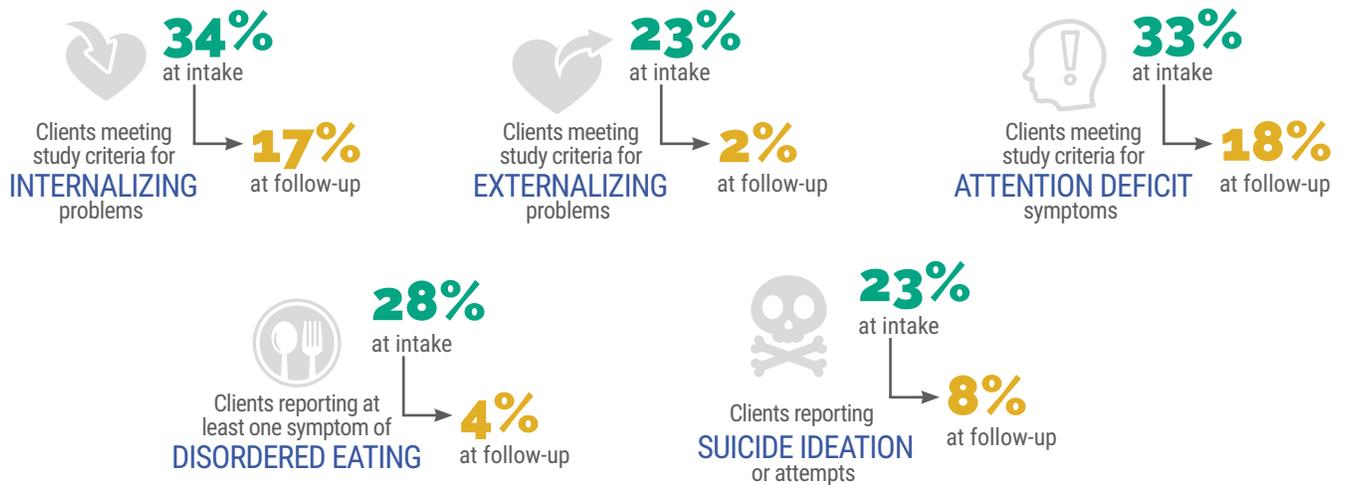
Past-12-month Substance Use



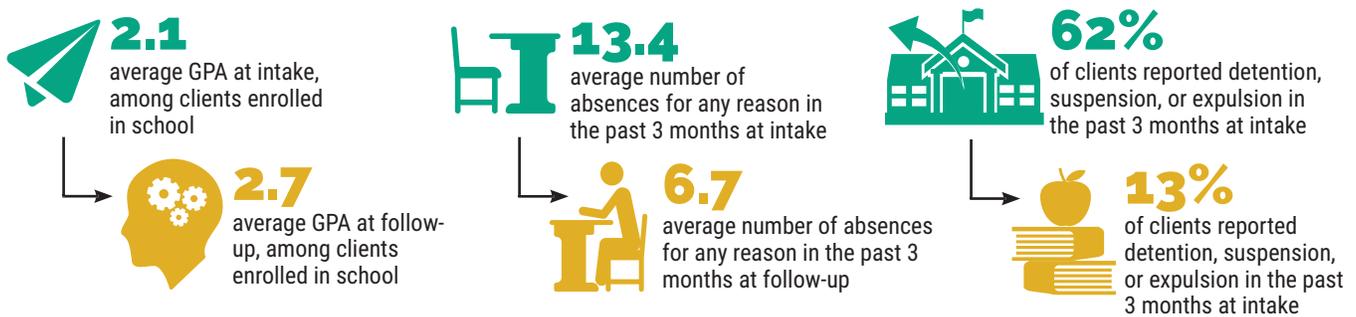
"The counselor was very up front with me and knew what I needed."

- AKTOS FOLLOW-UP CLIENT

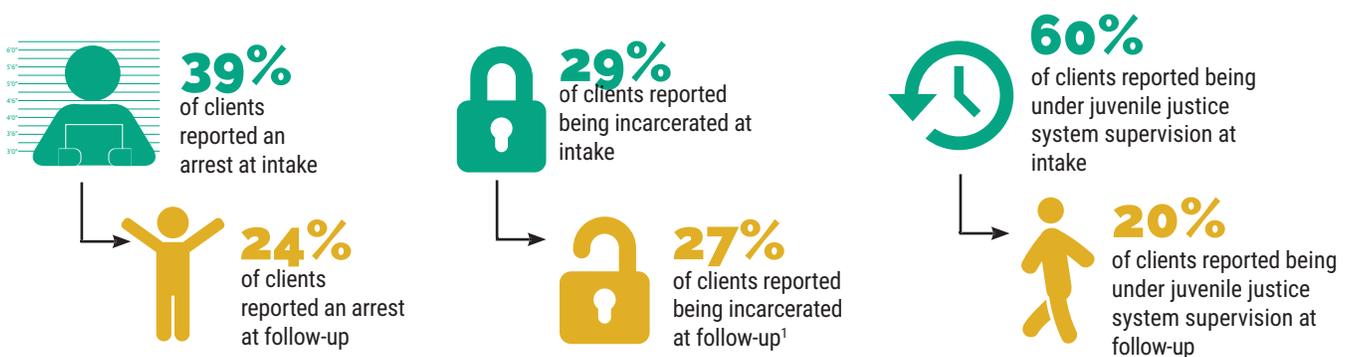
Past-12-month Behavioral Health Problems



School Performance



Criminal Justice System Involvement



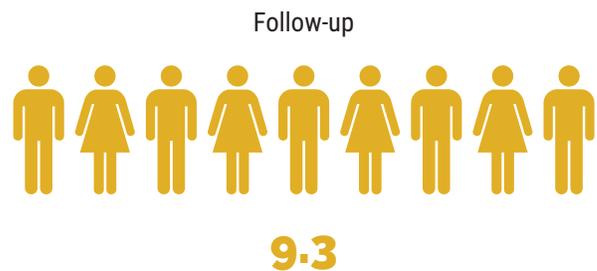
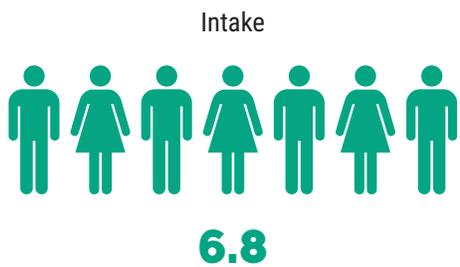
"It helped me understand my behavior better and helped me have better control over my behavior, which helped me a lot in school."

- AKTOS FOLLOW-UP CLIENT

¹ Not a significant change.

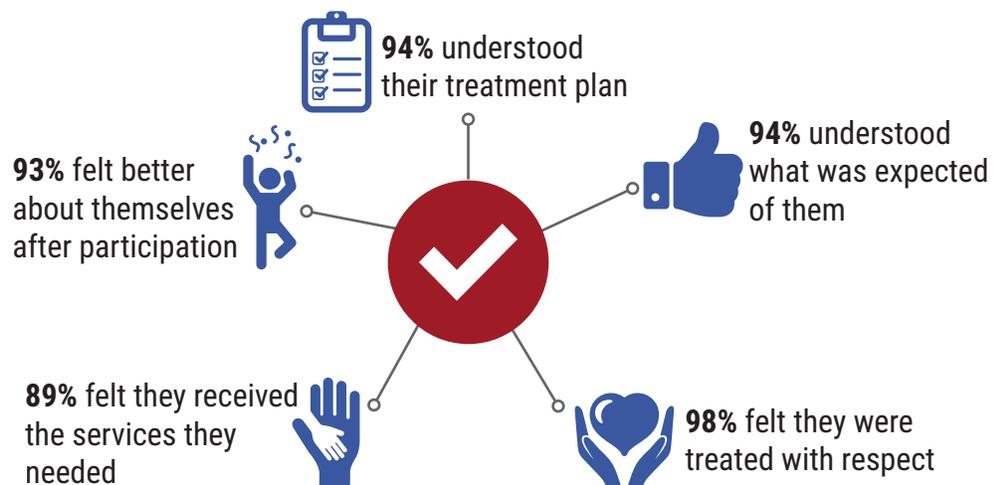
Recovery Supports

AVERAGE NUMBER OF PEOPLE ADOLESCENTS COULD COUNT ON FOR RECOVERY SUPPORT



PROGRAM SATISFACTION²

At follow-up, adolescents were asked to rate their level of satisfaction with the treatment program on a scale from 1 (worst treatment imaginable) to 10 (best treatment).



CONCLUSION

Overall, evaluation results indicate successful treatment experiences for many youth, with significant reductions in substance use, decreases in behavioral health problems, improved academic performance, fewer youth with school disciplinary problems, and a decrease in supervision by the justice system. Results also suggest clients appreciate their experiences in the community mental health center (CMHC) substance abuse treatment programs. Slowing down or stopping youth's substance use trajectories may lead to substantial increases in education, lower psychiatric comorbidities, and lower criminal behavior and involvement in the justice system—all of which may have significant positive effects on the youth's long-term development.

² Questions about the treatment experience were changed after the second fiscal year of follow-up data collection had begun. Because more individuals had answered the older version of questions than the updated questions in this dataset we are reporting data for the older items in this report. Answers of don't know/don't remember were treated as missing on these items. Only one client reported "don't know" for some of the items and for one case the interviewer skipped these items in error.