



2022 Adolescent Kentucky Outcome Treatment Study

Findings at a Glance

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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 and stress, (3) school attendance and performance, and employment, (4) caregiver and living situation, (5) involvement with the justice system, and (6) recovery support. Report findings support continued funding of substance abuse treatment programs, which improve the lives of clients.

AKTOS examines treatment outcomes for youth (ages 12-17) 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 52 adolescent clients who attended publicly-funded substance abuse treatment programs in Kentucky in FY 2019 and FY 2020 and then completed a follow-up survey approximately 12 months later in FY 2020 and FY 2021 (an average of 355.3 days).

Characteristics of the Follow-up Sample

Of these 52 adolescents who completed a follow-up interview:

- Most (65%) were male.
- The majority of follow-up clients were White (83%). A minority were African American/Black (4%) and 14% were Hispanic, American Indian, or multiracial.
- They were an average of 15.9 years old at the time of the intake interview.
- The majority of follow-up clients (98%) were enrolled in school (e.g., public, private, home school, alternative, GED classes).

Factors Examined at Intake and Follow-up

Past-12-month Substance Use



REPORTED ANY
ILLEGAL DRUG USE***

92% | **27%**
at intake | at follow-up



REPORTED
MARIJUANA USE***

92% | **25%**
at intake | at follow-up



REPORTED SMOKING
TOBACCO*

64% | **46%**
at intake | at follow-up



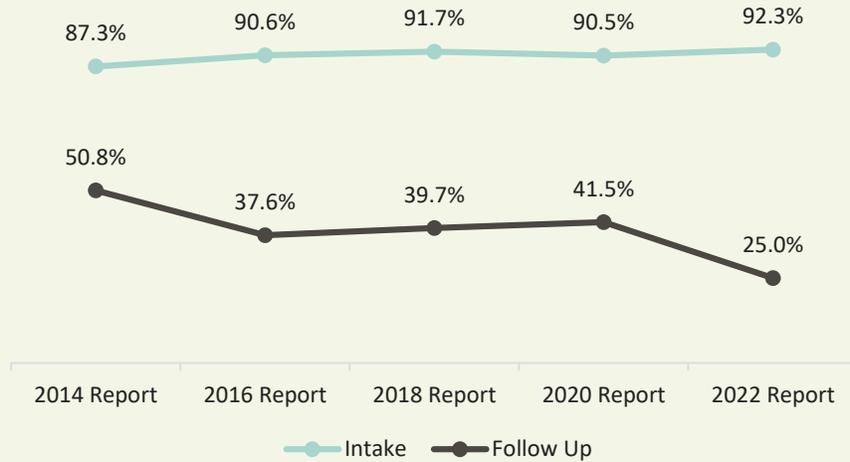
REPORTED
ALCOHOL USE**

56% | **31%**
at intake | at follow-up

*p < .05, ***p < .001.

TREND REPORT: MARIJUANA USE AT INTAKE AND FOLLOW-UP

Adolescents in the follow-up sample report that marijuana is the most commonly used substance. There was a decrease in the percent of adolescents reporting 12-month marijuana use at follow-up in the 2016 report from the 2014 report (50.8%), with similar percentage in the 2018 and 2020 reports, with a decrease in the 2022 report (25.0%).



Past-12-month Mental Health



MET STUDY CRITERIA FOR INTERNALIZING PROBLEMS

35% at intake | **23%** at follow-up



AVERAGE STRESS RATING (MIN. SCORE = 1, MAX. SCORE = 6)**

4.2 at intake | **3.4** at follow-up



MET STUDY CRITERIA FOR ATTENTION DEFICIT PROBLEMS

29% at intake | **17%** at follow-up



MET STUDY CRITERIA FOR DISORDERED EATING

35% at intake | **23%** at follow-up



REPORTED SUICIDAL IDEATION AND/OR ATTEMPTS**

31% at intake | **12%** at follow-up

“When I was in there I was going down a bad road, they gave me a different state of mind.”

- AKTOS FOLLOW-UP CLIENT

**p < .01.

School Performance



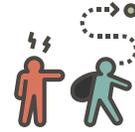
REPORTED AVERAGE GPA**

2.0 at intake | **2.9** at follow-up



REPORTED AVERAGE NUMBER OF SCHOOL ABSENCES**

13.8 at intake | **2.4** at follow-up



REPORTED DETENTION, SUSPENSION, EXPULSION**

41% at intake | **9%** at follow-up

Living Situation



REPORTED LIVING AT HOME WITH BIOLOGICAL PARENTS

76% at intake | **74%** at follow-up



REPORTED PRIMARY CAREGIVER IS BIOLOGICAL PARENT

76% at intake | **60%** at follow-up



AVERAGE RATING OF CAREGIVER INVOLVEMENT***
(MIN. SCORE = 5, MAX. SCORE = 17)

13.4 at intake | **14.9** at follow-up

Past-12-month Criminal Justice Involvement



REPORTED ANY ARREST**

39% at intake | **14%** at follow-up



REPORTED INCARCERATION*

31% at intake | **15%** at follow-up

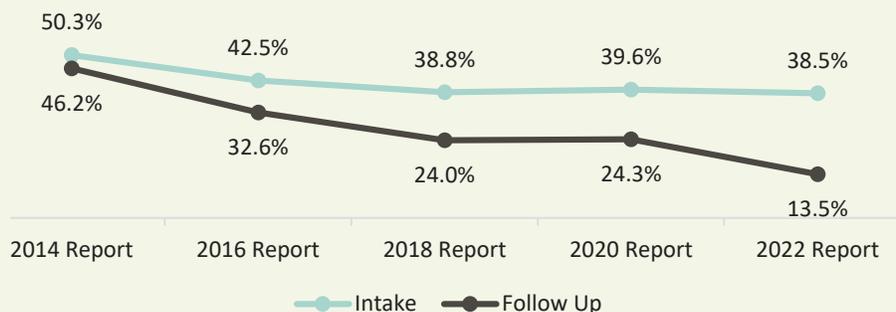


REPORTED BEING UNDER CRIMINAL JUSTICE SUPERVISION***

56% at intake | **23%** at follow-up

TREND REPORT: ARRESTS

The percent who have reported being arrested in the past 12 months at intake and follow-up, has decreased since the 2014 report, with the percentages in this 2022 report being the lowest, which also corresponds to the report with the smallest sample size.



*p < .05, **p < .01, ***p < .001.

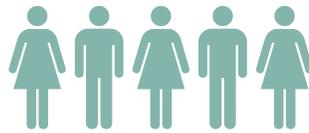
Recovery Supports



REPORTED ATTENDING MUTUAL HELP RECOVERY MEETING IN THE PAST 30 DAYS

6% at intake | **2%** at follow-up

AVERAGE NUMBER OF PEOPLE THEY COULD COUNT ON FOR RECOVERY SUPPORT



5.4 at intake



10.9 at intake

Multidimensional Recovery Status

The multidimensional recovery status is based on individuals' reports of: no substance use disorder, higher score on caregiver involvement scale, or was 18 years old and had no caregiver, no arrest or detention, no suicide ideation or attempts, rating of ability to handle stress, had at least a high school diploma/GED or was still enrolled in school and had a least a C average, and had at least one person they could count on for recovery support.



MULTIDIMENSIONAL RECOVERY INDICATING BETTER FUNCTIONING**

15% at intake | **62%** at follow-up

Program Satisfaction

At follow-up, clients were asked to rate their experience with the treatment program on a scale of 0 = "worst experience" to 10 = "best experience"



8.1 average rating



82%

had input into treatment goals, plans, and progress



80%

expectations and hopes for treatment were met



80%

felt the program staff cared about me and my treatment progress



78%

program staff believed in me and that treatment would work for me



76%

felt listened to and heard by counselor or program staff

Conclusion

Findings from the AKTOS 2022 report indicate successful treatment experiences for many adolescents, with significant reductions in substance use and severity, decreases in mental health problems, improved relationships with caregivers, greater attainment of high school diplomas, improved academic performance fewer youth with school disciplinary problems, and reduced involvement in the justice system. Slowing down or stopping youth's substance use trajectories may lead to substantial increases in education, lower psychiatric comorbidities, and lower juvenile behavior and involvement in the justice system—all of which may have significant positive effects on the youth's long-term development.

***p < .001.