



Kentucky Opioid Replacement Treatment Program Outcome Study

2018 FINDINGS AT A GLANCE

Introduction

In 2007, Kentucky opioid treatment programs (OTPs) began collecting outcome data on medication-assisted therapy. The Kentucky Opioid Replacement Treatment Outcome Study (KORTOS) is conducted in collaboration with the Kentucky Division of Behavioral Health and Narcotic Treatment Authority and includes client-level intake data collected by OTPs. Through a contract with the Division of Behavioral Health, the data are submitted to the University of Kentucky Center on Drug and Alcohol Research (UK CDAR) where 6-month follow-up interviews are completed with consenting maintenance treatment clients.

This Findings at a Glance summarizes client outcomes from twelve of Kentucky's OTPs for 184 clients who completed both an intake interview between January 1, 2016 and December 31, 2016 and a six-month follow-up interview targeted between July 1, 2016 and June 30, 2017. None of the clients refused to participate in the follow-up and there was a high follow-up rate (84.6%).

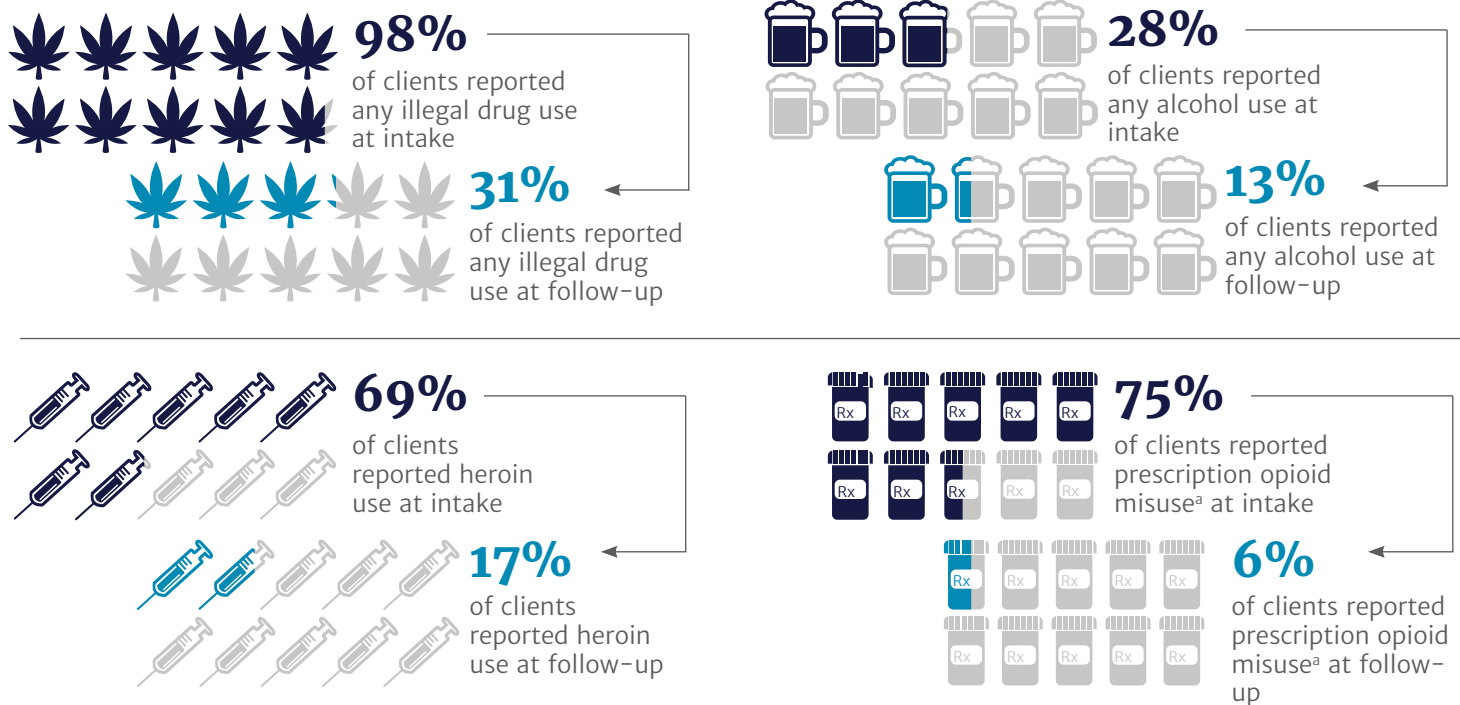
CHARACTERISTICS OF THE FOLLOW-UP SAMPLE

Of the 184 adults who completed a 6-month follow-up interview:

- 50.0% were female
- The majority of follow-up clients were White (96.7%), 1.6% were African American and 1.6% were Hispanic, American Indian, or multiracial
- They were an average of 36 years old at the time of the intake interview
- 44.0% of clients were never married, 19.6% were married, 34.8% were separated or divorced, and 1.6% were widowed
- 40.2% of follow-up clients had at least one child under age 18 who was living with them

Factors Examined at Intake and Follow-up

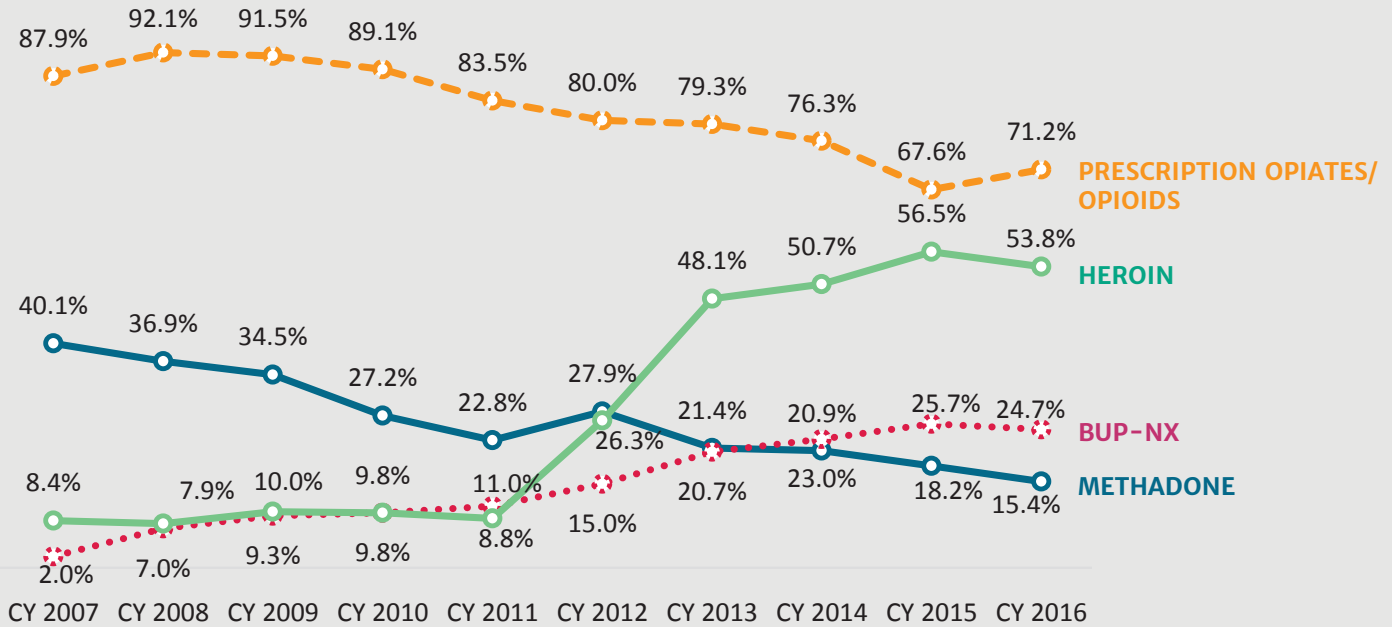
PAST-6-MONTH SUBSTANCE USE



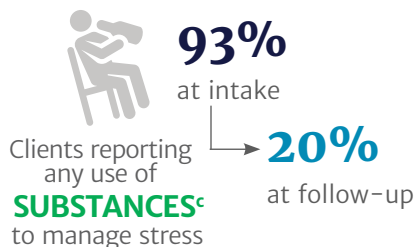
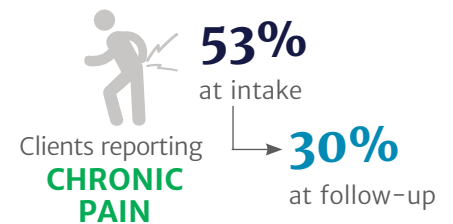
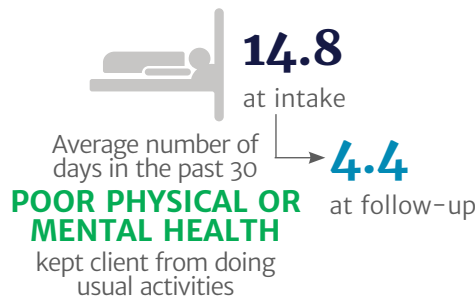
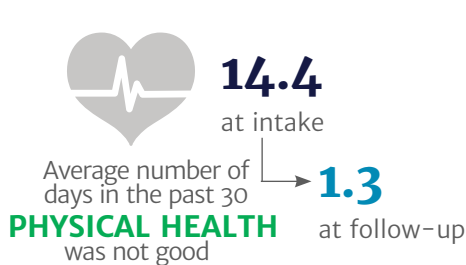
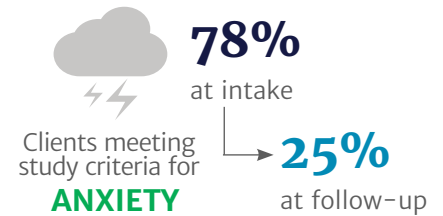
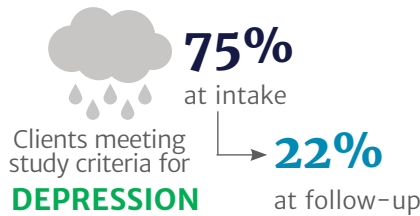
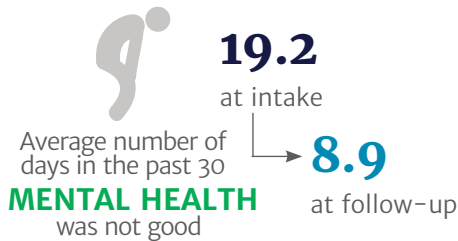
^a Including opioids such as morphine, Percocet, Oxycontin, Lortab

TRENDS IN PAST-30-DAY OPIOID USE

This trend analysis examines the percent of KORTOS clients who reported misusing prescription opiates/opioids, non-prescribed methadone, non-prescribed buprenorphine-naloxone (bup-nx), and heroin in the 6 months before entering treatment from CY 2007 to CY 2016.^b



PAST-6-MONTH MENTAL HEALTH, PHYSICAL HEALTH, AND STRESS



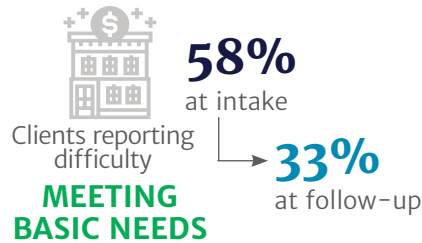
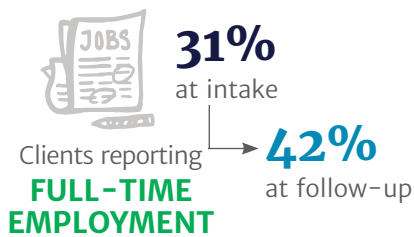
"The methadone helped me stay sober and my counselor was so great and great to talk to."

—KORTOS Follow-up Client

^b Clients who reported being in a controlled environment all 30 days before entering treatment (n = 76) were not included in this analysis.

^c Includes alcohol, prescription drugs, and illegal drugs.

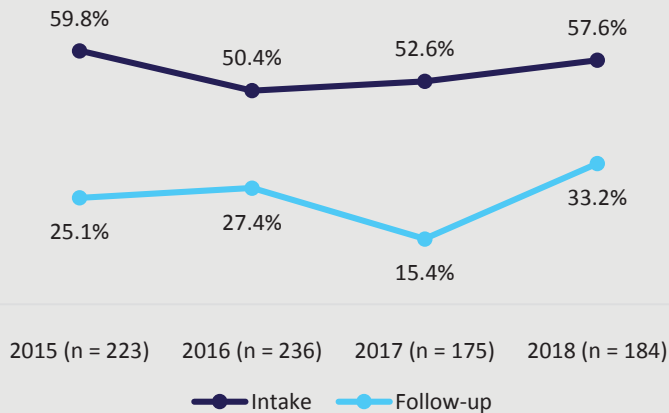
PAST-6-MONTH ECONOMIC INDICATORS



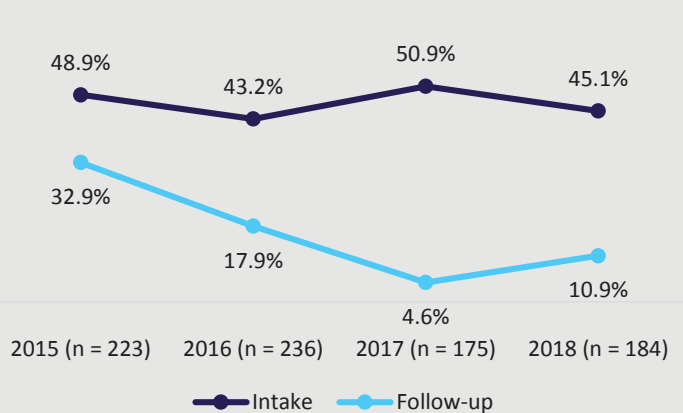
TRENDS IN DIFFICULTY MEETING NEEDS

For each of the past 4 years, there has been a significant decrease in the number of KORTOS clients who reported they had difficulty meeting basic living needs and health care needs in the past 6 months from intake to follow-up.

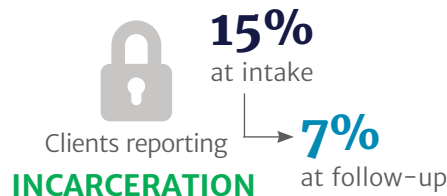
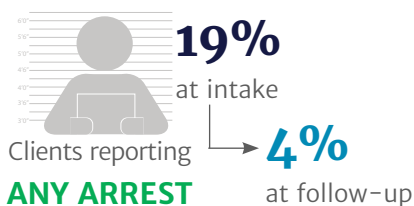
DIFFICULTY MEETING BASIC LIVING NEEDS



DIFFICULTY MEETING BASIC HEALTH CARE NEEDS



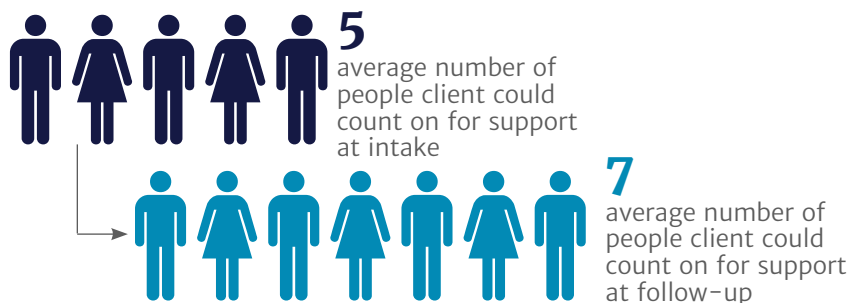
PAST-6-MONTH CRIMINAL JUSTICE INVOLVEMENT



"I love it because there is so much support there. The doctor is great and listens to me."

—KORTOS Follow-up Client

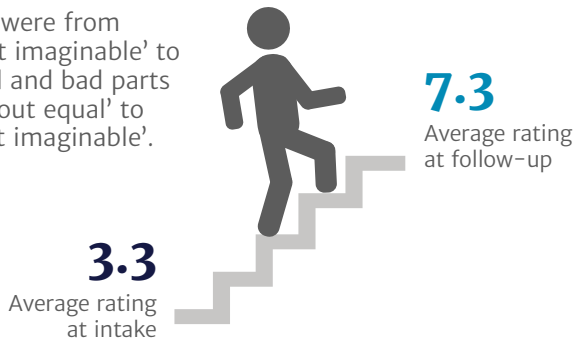
RECOVERY SUPPORTS



QUALITY OF AND SATISFACTION WITH LIFE

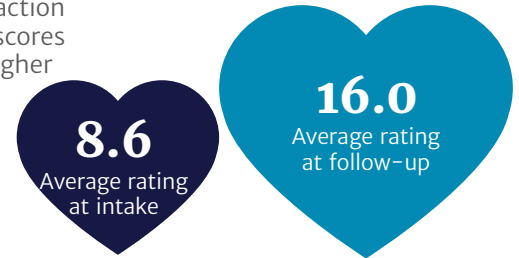
QUALITY OF LIFE RATINGS

Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.



SATISFACTION WITH LIFE

The lowest possible score is 5 and the highest possible score is 25. Lower scores indicate lower satisfaction and higher scores represent higher satisfaction.



Program Satisfaction

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



KORTOS clients were satisfied with the overall program service and agreed that^d:



Clients felt safe while in the program



Staff helped them obtain information so they could take charge of managing their drug/alcohol problems



The client was encouraged to talk about and decide their program goals



Even if they had other choices, they would go to the same treatment program again if they needed to



Clients felt better about themselves as a result of treatment



The client received all the services needed from involvement in the program

Conclusion

The 2018 KORTOS evaluation indicates that opioid treatment programs in Kentucky have been successful in facilitating positive changes in clients' lives in a variety of ways, including decreased substance use, decreased mental health symptoms, decreased economic hardship, and decreased involvement with the criminal justice system. Results also show that clients have an improved quality of life and more support for recovery after participating in treatment. Overall, KORTOS clients had significant improvements in key factors that have been associated with facilitating recovery.

^d In October 2016 program satisfaction questions were expanded and reworked; therefore, only 90 individuals were asked the expanded and reworked program satisfaction questions.