

# Opioid Treatment Programs Yield Positive Outcomes

KENTUCKY OPIOID REPLACEMENT TREATMENT PROGRAM OUTCOME STUDY FACT SHEET - 2020

This fact sheet summarizes client outcomes from 9 of Kentucky's OTPs for 114 clients who completed an intake interview between January 1, 2018 and December 31, 2018, agreed to do the follow-up about 6 months later, completed a follow-up interview between July 1, 2018 and June 30, 2019, and were still engaged in an OTP at the time of the follow-up. Results indicate that clients in Kentucky benefit from OTPs in multiple ways: reductions in their substance use, reductions in mental health problems, improvements in employment status, reductions in criminal justice system involvement and increases in recovery supports.

## SIGNIFICANT REDUCTIONS IN PAST-6-MONTH Substance Use and Mental Health Problems



REPORTED ANY  
ILLEGAL DRUG USE\*\*\*

**96%** at intake | **37%** at follow-up



REPORTED  
PRESCRIPTION  
OPIOID MISUSE\*\*\*<sup>1</sup>

**73%** at intake | **11%** at follow-up



REPORTED HEROIN  
USE\*\*\*

**66%** at intake | **13%** at follow-up



REPORTED NON-  
OPIOID DRUG USE\*\*\*<sup>2</sup>

**74%** at intake | **27%** at follow-up



MET STUDY  
CRITERIA FOR  
DEPRESSION\*\*\*

**71%** at intake | **28%** at follow-up



MET STUDY  
CRITERIA FOR  
ANXIETY\*\*\*

**78%** at intake | **35%** at follow-up



MET STUDY CRITERIA FOR  
COMORBID DEPRESSION  
AND ANXIETY\*\*\*

**65%** at intake | **20%** at follow-up



REPORTED SUICIDAL  
IDEATION AND/OR  
ATTEMPTS\*\*\*

**18%** at intake | **4%** at follow-up

## SIGNIFICANT IMPROVEMENTS IN PAST-6-MONTH Economic Indicators



CURRENTLY EMPLOYED  
FULL-TIME\*\*

**34%** at intake | **47%** at follow-up



CURRENTLY  
HOMELESS\*\*

**25%** at intake | **9%** at follow-up



REPORTED  
DIFFICULTY MEETING  
BASIC LIVING NEEDS\*\*

**54%** at intake | **35%** at follow-up



REPORTED  
DIFFICULTY MEETING  
HEALTH CARE NEEDS\*

**35%** at intake | **24%** at follow-up

## SIGNIFICANT IMPROVEMENTS IN PAST-6-MONTH Criminal Justice Involvement, Victimization, and Recovery Supports



REPORTED ANY  
ARREST\*

**17%** at intake | **7%** at follow-up



REPORTED INTERPERSONAL  
VICTIMIZATION<sup>3</sup>\*\*\*

**33%** at intake | **16%** at follow-up



REPORTED ATTENDING  
MUTUAL HELP  
RECOVERY MEETING IN  
THE PAST 30 DAYS\*\*\*

**23%** at intake | **54%** at follow-up

*“There needs to be more of these places available to people. Amazing program! The methadone program was the only way for me to get straight and move forward with my life.”*

KORTOS FOLLOW-UP CLIENT

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

<sup>1</sup> Including opioids such as morphine, Percocet, Oxycontin, Lortab.

<sup>2</sup> Drugs in this category include marijuana, cocaine, amphetamines, tranquilizers, hallucinogens, inhalants, barbiturates, and synthetic drugs like synthetic marijuana or bath salts.

<sup>3</sup> Including when they may have been the victim of a crime, harmed by someone else, or felt unsafe.