

Positive Outcomes for Kentucky Adults After Treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2020

Kentuckians benefit from substance abuse treatment in multiple ways: reducing their substance use, increasing their employment, reducing mental health problems, decreasing their involvement with the criminal justice system, and increasing their recovery supports. Below are treatment outcomes for a Kentucky statewide sample of 1,175 clients who participated in publicly-funded substance abuse treatment from July 2017 through June 2018 and then completed a follow-up interview about 12 months later.

SIGNIFICANT REDUCTIONS IN PAST-12-MONTH Substance Use^a and Mental Health Problems



REPORTED ANY
ILLEGAL DRUG USE^{***}

88% at intake
36% at follow-up



REPORTED OPIOID
MISUSE^{***b}

49% at intake
12% at follow-up



REPORTED
HEROIN USE^{***}

13% at intake
5% at follow-up



REPORTED
ALCOHOL USE^{***}

53% at intake
29% at follow-up



MET STUDY
CRITERIA FOR
DEPRESSION^{***}

53% at intake
34% at follow-up



MET STUDY
CRITERIA FOR
ANXIETY^{***}

52% at intake
33% at follow-up



MET STUDY CRITERIA
FOR COMORBID
DEPRESSION AND
ANXIETY^{***}

42% at intake
23% at follow-up



REPORTED
SUICIDAL
IDEATION AND/OR
ATTEMPTS^{***}

21% at intake
11% at follow-up

SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH Economic Indicators and Criminal Justice Involvement



CURRENTLY EMPLOYED
FULL-TIME^{***}

23% at intake
41% at follow-up



CURRENTLY
HOMELESS^{***}

25% at intake
8% at follow-up



REPORTED DIFFICULTY
MEETING BASIC LIVING
NEEDS^{***}

43% at intake
34% at follow-up



REPORTED ANY
ARREST^{***}

58% at intake
30% at follow-up

ESTIMATED
\$3.59
COST-SAVINGS
FOR TAXPAYERS

Using national estimates of the cost of substance abuse and applying them to clients' substance use before and after program participation, there was an estimated \$3.59 return in cost savings for every dollar spent on providing treatment services.

"They helped me with what I needed, and they set out a plan for the best things to do to help me that was realistic and made for me."

KTOS FOLLOW-UP CLIENT

***p < .001.

^a Because being in a controlled environment inhibits opportunities for alcohol and drug use, 16 cases were excluded from this analysis because they were incarcerated all 365 days before entering treatment, and 4 cases were excluded because either the interviewer skipped the question (n = 2), the client did not know how many days they were incarcerated (n = 1), or the client declined to answer (n = 2) at follow-up.

^b Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine-naloxone.

For more information about KTOS contact Maggie Schroeder at the Department of Behavioral Health, Developmental and Intellectual Disabilities (502-564-4456)

Report prepared by the University of Kentucky Center on Drug and Alcohol Research. Findings from the full report can be downloaded from: cdar.uky.edu/ktos

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