

Positive Outcomes for Kentucky Adults After Treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2021

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 1,066 clients who participated in publicly-funded substance abuse treatment from July 2018 through June 2019 and then completed a follow-up interview about 12 months later.

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



**REPORTED ANY ILLEGAL
DRUG USE*****

89% at intake | **33%** at follow-up



**REPORTED OPIOID
MISUSE****1**

44% at intake | **10%** at follow-up



**REPORTED
STIMULANT USE*****

56% at intake | **12%** at follow-up



**REPORTED ALCOHOL
USE*****

50% at intake | **26%** at follow-up



**MET STUDY
CRITERIA FOR
DEPRESSION*****

56% at intake | **33%** at follow-up



**MET STUDY
CRITERIA FOR
ANXIETY*****

54% at intake | **29%** at follow-up



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

44% at intake | **21%** at follow-up



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

19% at intake | **8%** at follow-up

SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH

Economic Indicators and Criminal Justice Involvement



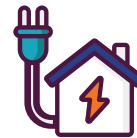
**CURRENTLY EMPLOYED
FULL-TIME*****

23% at intake | **39%** at follow-up



**CURRENTLY
HOMELESS*****

29% at intake | **7%** at follow-up



**REPORTED DIFFICULTY
MEETING BASIC LIVING
NEEDS****

46% at intake | **31%** at follow-up



**REPORTED ANY
ARREST*****

62% at intake | **26%** at follow-up



Estimated
cost-savings for
taxpayers
\$4.54

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 \$4.54 return in cost savings for every dollar spent on providing treatment services.

They don't treat you like you're worthless. They actually help you. I've been clean for almost 2 years. Me and a couple of my buddies go here and might not be alive if we didn't.

- 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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