

# 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\*\*\*<sup>a</sup>

**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



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.

<sup>a</sup> 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.

<sup>b</sup> 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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