

# Positive Outcomes for Kentucky Adults After Treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2023

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 569 clients who participated in publicly-funded substance abuse treatment from July 2020 through June 2021 and then completed a follow-up interview about 12 months later.

## SIGNIFICANT REDUCTIONS IN PAST-12-MONTH

### Substance Use<sup>a</sup> and Mental Health Problems



REPORTED ANY ILLEGAL DRUG USE\*\*\*

**87%** | **37%**  
at intake | at follow-up



REPORTED OPIOID MISUSE\*\*\*

**36%** | **9%**  
at intake | at follow-up



REPORTED STIMULANT USE\*\*\*

**53%** | **15%**  
at intake | at follow-up



REPORTED ANY ALCOHOL USE\*\*\*

**52%** | **26%**  
at intake | at follow-up



MET STUDY CRITERIA FOR DEPRESSION\*\*\*

**55%** | **38%**  
at intake | at follow-up



MET STUDY CRITERIA FOR ANXIETY\*\*\*

**53%** | **36%**  
at intake | at follow-up



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

**42%** | **26%**  
at intake | at follow-up



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

**22%** | **10%**  
at intake | at follow-up

## SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH

### Economic Indicators and Criminal Justice Involvement



CURRENTLY EMPLOYED FULL-TIME\*\*\*

**26%** | **43%**  
at intake | at follow-up



CURRENTLY HOMELESS\*\*\*

**32%** | **9%**  
at intake | at follow-up



REPORTED ANY ARREST\*\*\*

**51%** | **23%**  
at intake | at follow-up



REPORTED BEING INCARCERATED\*\*\*

**56%** | **24%**  
at intake | at follow-up



Estimated cost-savings for taxpayers

**\$4.11**

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 \$4.11 return in cost savings for every dollar spent on providing treatment services.

*“Helped me get off drugs and alcohol and taught me better financial ways to be on my own. I tell other people about this program because it helped me.”*

- KTOS FOLLOW-UP CLIENT

\*\*\*p < .001.

<sup>a</sup> Because being in a controlled environment inhibits opportunities for alcohol and drug use, cases were excluded from this analysis for the following reasons: they were incarcerated all 365 days before entering treatment (n = 14) and they had missing values for the number of days incarcerated in the 12 months before follow-up (n = 1).months before follow-up (n = 2).

<sup>b</sup> Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine-naloxone.