RECOVERY CENTER
OUTCOME STUDY

Findings at a Glance
2015

INTRODUCTION

This Findings at a Glance report summarizes outcomes for 283 men and women who participated in a Recovery Kentucky program and who completed an intake interview at entry to Phase 1 and a follow-up interview about 12 months after the intake survey was submitted to UK CDAR.

Follow-up interviews are conducted over the telephone by an interviewer at UK CDAR with eligible Recovery Center Outcome Study (RCOS) clients. A random sample of eligible clients, stratified by target month (based on the intake month), gender and Department of Corrections (DOC) referral into the program, was selected. Overall, the 283 clients who completed follow-up interviews were in the RCOS program an average of 8.4 months. There was no difference in length of service between clients who were referred by DOC and clients who were not referred by DOC. In addition, comparisons between those who completed a follow-up interview and those who did not suggest no significant differences on any of the key factors targeted including pre-program education, employment, living status, substance use, mental health, criminal justice involvement, and treatment history.

At intake clients were:
• on average, 34 years old, predominately White (91%), and over half were female (52%).
• never married (50%), separated/divorced (38%), married (11%), or widowed (1%).

FACTORS EXAMINED AT INTAKE AND FOLLOW-UP

PAST-30-DAY SUBSTANCE USE

77% of clients reported illegal drug use at intake
88% decrease
9% of clients reported illegal drug use at follow-up

53% of clients reported alcohol use at intake
86% decrease
7% of clients reported alcohol use at follow-up

23% of clients reported heroin use at intake
91% decrease
2% of clients reported heroin use at follow-up

MENTAL HEALTH AND STRESS

59% of clients met criteria for depression at intake
12% of clients met criteria for depression at follow-up
79% decrease

64% of clients met criteria for anxiety at intake
10% of clients met criteria for anxiety at follow-up
85% decrease

Higher scores on the Stress Index indicate higher stress and greater physiological indicators of stress. The highest possible score is 75 and the lowest possible score is 0.

31 average score on Stress Index at intake
80% decrease

6 average score on Stress Index at follow-up
Criminal Justice

- 54% of clients reported an arrest at intake.
- 87% decrease.
- 7% of clients reported an arrest at follow-up.
- 74% of clients reported incarceration at intake.
- 88% decrease.
- 9% of clients reported incarceration at follow-up.

Homelessness

- 39% of clients were currently homeless at intake.
- 71% decrease.
- 11% of clients were currently homeless at follow-up.

Economic Indicators

- 47% of clients had trouble accessing basic living needs for financial reasons at intake.
- 28% of clients had trouble accessing basic living needs for financial reasons at follow-up.
- 41% decrease.
- 64% increase.
- 77% of clients reported employment at follow-up.
- 47% of clients reported employment at intake.

- At follow-up, employed women made only $0.68 for every dollar employed men made.
RECOVERY SUPPORTS

- 42% of clients attended mutual help group meetings at intake
- 83% of clients attended mutual help group meetings at follow-up
- 86% of clients interacted with people supportive of recovery at intake
- 97% of clients interacted with people supportive of recovery at follow-up
- 16 average number of people client could count on for support at intake
- 30 average number of people client could count on for support at follow-up

QUALITY OF LIFE AND POSITIVE OUTCOMES FROM EXPERIENCE WITH RECOVERY KENTUCKY

QUALITY OF LIFE PERCEPTIONS

Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.

- Intake: 3.3
- Follow-up: 8.1

TOP 5 POSITIVE OUTCOMES OF CLIENTS' EXPERIENCE

- Better quality of life, better able to function, having a “normal” life, greater control over life
- Reduction in substance use
- Positive interactions and relationships with others
- Improved mental health and feelings about self
- Improved financial situation and/or employment

COST SAVINGS OF RECOVERY CENTER SERVICES

Estimates of the cost per drug user and alcohol user were applied to the sample to examine the total costs of drug and alcohol abuse to society in relation to expenditures on the Recovery Kentucky program. The cost savings analysis suggests that for every dollar spent on recovery services there was a $3.56 return in avoided costs (i.e., costs to society that would have been expected given the costs associated with drug and alcohol use).

CONCLUSION

Overall, Recovery Kentucky program clients made significant strides in all of the targeted areas, were extremely satisfied and appreciative of the services they received through the recovery centers, and the Recovery Kentucky Program saved taxpayer dollars through avoided costs to society or costs that would have been expected based on the rates of drug and alcohol use.