

Positive Outcomes for Kentucky Adults After Treatment

ADULT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2022

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 839 clients who participated in publicly-funded substance abuse treatment from July 2019 through June 2020 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^{***}

91% | **31%**
at intake | at follow-up



REPORTED OPIOID
MISUSE^{b***}

42% | **8%**
at intake | at follow-up



REPORTED
STIMULANT USE^{***}

55% | **12%**
at intake | at follow-up



REPORTED ANY
MARIJUANA USE^{***}

58% | **22%**
at intake | at follow-up



MET STUDY CRITERIA
FOR DEPRESSION^{***}

54% | **33%**
at intake | at follow-up



MET STUDY CRITERIA
FOR ANXIETY^{***}

55% | **30%**
at intake | at follow-up



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

42% | **20%**
at intake | at follow-up



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

20% | **9%**
at intake | at follow-up

SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH

Economic Indicators and Criminal Justice Involvement



CURRENTLY EMPLOYED
FULL-TIME^{**}

25% | **43%**
at intake | at follow-up



CURRENTLY
HOMELESS^{***}

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



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

46% | **34%**
at intake | at follow-up



REPORTED BEING
INCARCERATED^{***}

65% | **28%**
at intake | at follow-up



Estimated
cost-savings for
taxpayers
\$4.52

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 \$4.52 return in cost savings for every dollar spent on providing treatment services.

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They made me feel comfortable and listened to. Taught me coping skills inside and outside the facility. Helping me find different things to help the actual problem.

- KTOS FOLLOW-UP CLIENT

***p < .001.

^a 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 = 11), they were incarcerated all 365 days before follow-up (n = 1), and they had missing values for the number of days incarcerated in the 12 months before follow-up (n = 2).

^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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