

Positive Outcomes for Kentucky Adults After Treatment

KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET - 2024

Kentuckians benefit from substance use disorder 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 554 clients who participated in publicly-funded substance use treatment from July 2021 through June 2022 and then completed a follow-up interview about 12 months later.

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



REPORTED ANY ILLICIT
DRUG USE***

88% | **31%**
at intake | at follow-up



REPORTED ILLICIT
OPIOID MISUSE¹***

36% | **8%**
at intake | at follow-up



REPORTED
STIMULANT USE***

59% | **10%**
at intake | at follow-up



REPORTED ANY
ALCOHOL USE***

51% | **17%**
at intake | at follow-up



MET STUDY
CRITERIA FOR
DEPRESSION***

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



MET STUDY
CRITERIA FOR
ANXIETY***

57% | **30%**
at intake | at follow-up



MET STUDY CRITERIA
FOR DEPRESSION AND
ANXIETY***

45% | **20%**
at intake | at follow-up



REPORTED SUICIDAL
THOUGHTS AND/OR
ATTEMPTS ***

19% | **7%**
at intake | at follow-up

SIGNIFICANT IMPROVEMENTS IN PAST-12-MONTH

Economic Indicators and Criminal Justice Involvement



CURRENTLY EMPLOYED
FULL-TIME***

28% | **43%**
at intake | at follow-up



CURRENTLY
HOMELESS***

27% | **7%**
at intake | at follow-up



REPORTED ANY
ARREST***

57% | **24%**
at intake | at follow-up



REPORTED BEING
INCARCERATED***

57% | **27%**
at intake | at follow-up



Estimated
cost-savings for
taxpayers

\$4.88

Using national estimates of the cost of substance use disorder and applying them to clients' substance use before and after program participation, there was an estimated \$4.88 return in cost savings for every dollar spent on providing treatment services.



I really needed the help and I did not want to ask for the help but it was pushed upon me - but realized I needed the help.

- KTOS FOLLOW-UP CLIENT

***p < .001.

^a Cases were excluded from this analysis for the following reasons: they were incarcerated all 365 days before entering treatment (n = 6, they had missing values for the number of days incarcerated in the 12 months before follow-up (n = 1), and they had missing values for substance use items at follow-up (n = 3).

^b Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine-naloxone.

For more information about KTOS, contact Brittney Allen, Ph.D. at the Division of Substance Use Disorder (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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