

Positive Outcomes for Kentucky Adults After Treatment

KENTUCKY TREATMENT OUTCOME STUDY (KTOS) FACT SHEET - 2025

Kentuckians benefit from CMHC substance use disorder treatment in multiple ways: reducing their substance use, increasing their employment, reducing mental health problems, decreasing their involvement with the criminal legal system, and increasing their recovery supports. Below are treatment outcomes for a Kentucky statewide sample of 475 respondents who participated in Community Mental Health Centers' substance use treatment from July 2022 through June 2023, completed a KTOS intake interview, and then completed a follow-up interview about 12 months later.

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



REPORTED ANY ILLICIT DRUG USE^{***}

87% at intake | **30%** at follow-up



REPORTED ILLICIT OPIOID USE^{b***}

39% at intake | **9%** at follow-up



REPORTED STIMULANT USE^{***}

58% at intake | **12%** at follow-up



REPORTED ANY ALCOHOL USE^{***}

52% at intake | **29%** at follow-up



MET STUDY CRITERIA FOR DEPRESSION^{***}

59% at intake | **33%** at follow-up



MET STUDY CRITERIA FOR ANXIETY^{***}

58% at intake | **33%** at follow-up



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

48% at intake | **23%** at follow-up



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

19% at intake | **6%** at follow-up

SIGNIFICANT REDUCTIONS IN PAST-12-MONTHS

Economic Indicators and Criminal Legal Involvement



CURRENTLY EMPLOYED FULL-TIME^{***}

28% at intake | **42%** at follow-up



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

45% at intake | **27%** at follow-up



REPORTED AN ARREST^{***}

60% at intake | **21%** at follow-up



REPORTED BEING INCARCERATED^{***}

62% at intake | **28%** at follow-up



Estimated cost-savings for taxpayers

\$4.74

Using national estimates of the cost of substance use disorder and applying them to respondents' self-reported substance use before and after program participation, there was an estimated \$4.74 return in cost savings for every dollar spent on providing treatment services.

“Being able to go in and open up about my feelings with others and have support—it helped me and gave me relief. It helped me continue on with my path.”

— KTOS RESPONDENT

***p < .001.

^a Respondents were excluded from this analysis for the following reasons: they were incarcerated all 365 days before entering treatment (n = 4), and they had missing values for the number of days incarcerated in the 12 months before follow-up (n = 1),

^b Illicit use of opioids including heroin, prescription opioids, methadone, and buprenorphine-naloxone.

For more information about KTOS, contact the Division of Substance Use Disorder at DBHDID.DSUD@ky.gov

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