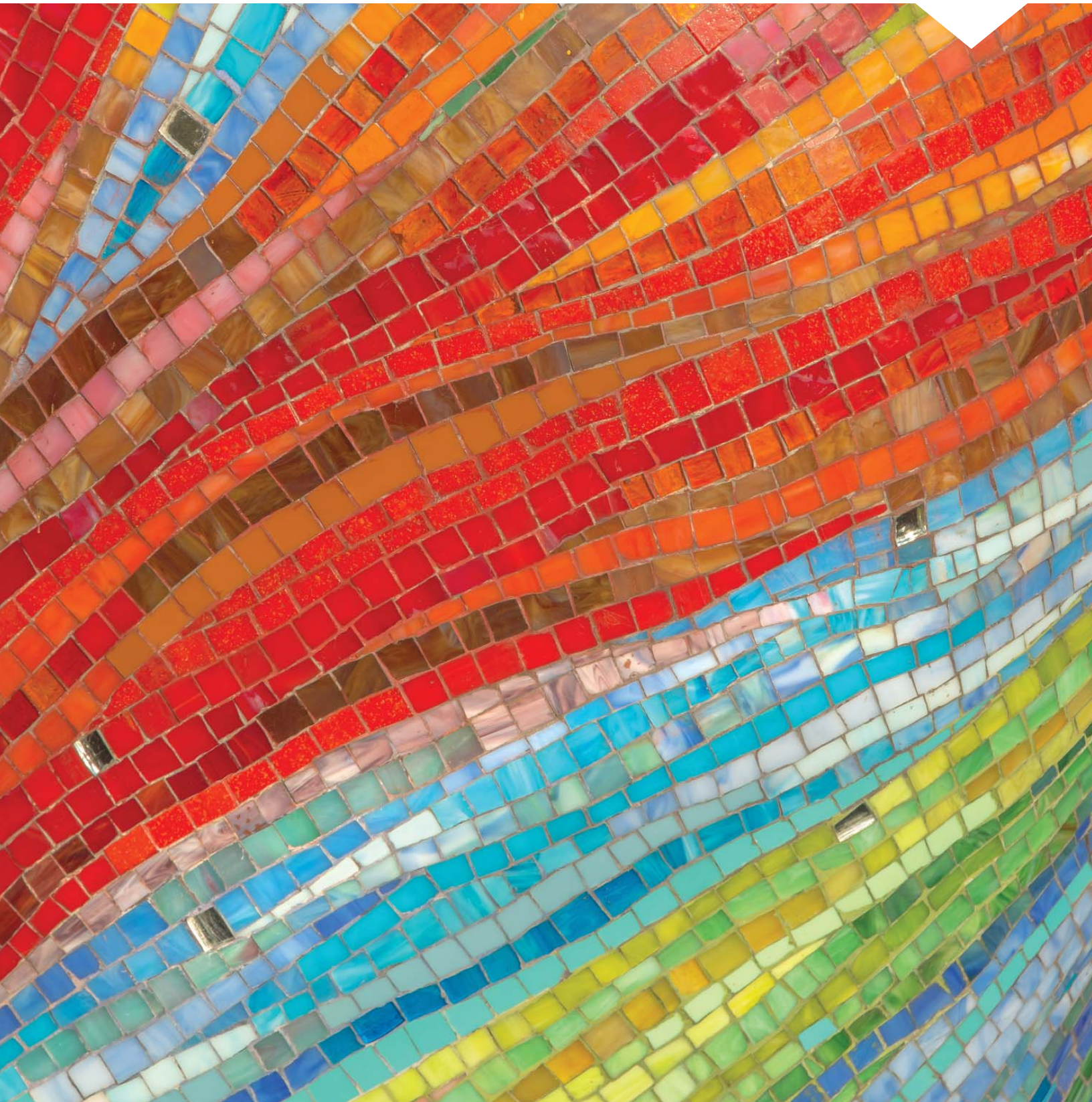


**FINDINGS FROM THE**

# Adult Kentucky Treatment Outcome Study



*Findings at a Glance 2017*

# Introduction

The Kentucky Treatment Outcome Study (KTOS) is an important part of the Department for Behavioral Health, Developmental, and Intellectual Disabilities, Division of Behavioral Health's performance-based measurement of treatment outcomes in Kentucky's communities. KTOS includes an evidence-based face-to-face interview with clients that is completed by program staff at treatment intake to assess targeted factors such as substance use, mental health symptoms, education, employment status, living situation, and criminal justice involvement prior to entering treatment. Then, a follow-up interview is conducted with a selected sample of clients by a member of the University of Kentucky Center on Drug and Alcohol Research about 12 months after the intake interview is completed.

This Findings at a Glance summarizes results from the 2017 Adult Kentucky Treatment Outcome Study annual report. Results for this study included analysis of self-report responses for 1,274 clients who participated in publicly-funded substance abuse treatment from July 2014 through June 2015 and then completed a follow-up interview about 12 months later (an average of 327 days). There was a low refusal rate for follow-up participation (0.2%) and a high follow-up rate (77.6%) out of those clients who were eligible for follow-up and were randomly selected for the sample.

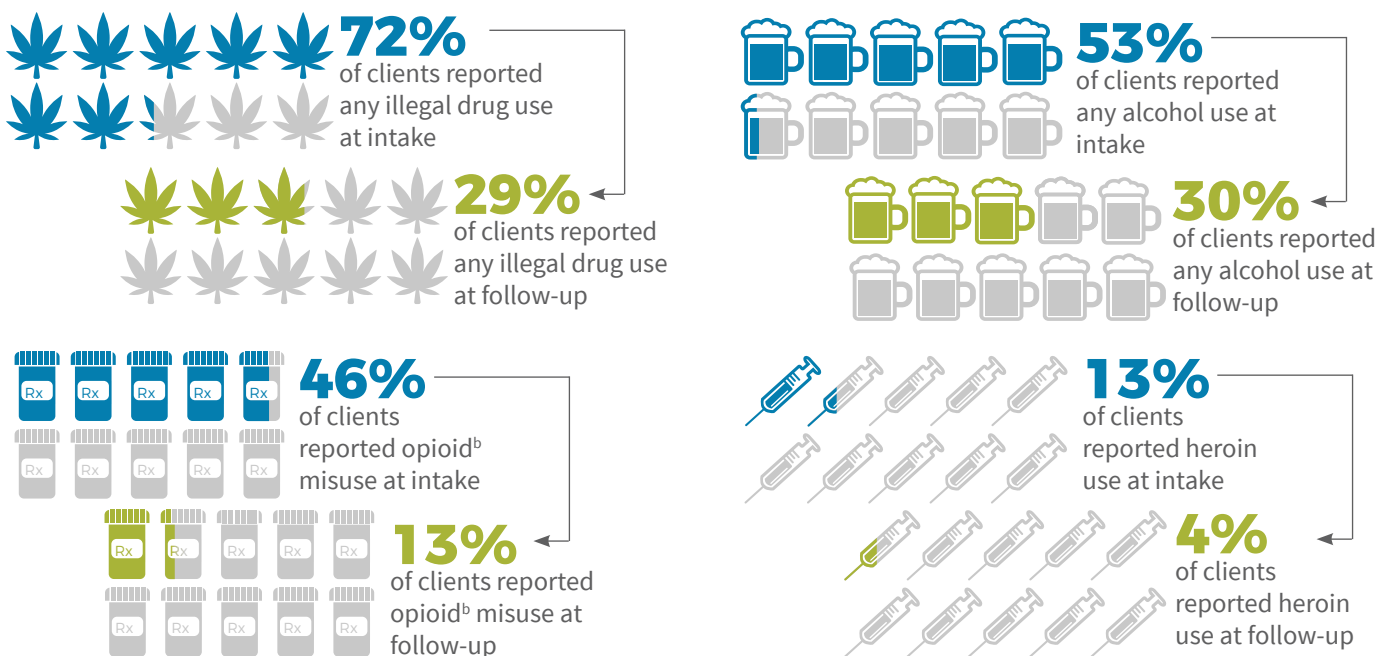
## CHARACTERISTICS OF KTOS CLIENTS INCLUDED IN THE FOLLOW-UP SAMPLE

Of the 1,274 clients who completed a 12-month follow-up interview:

- Half (54%) were male.
- The majority were White (93%). A minority were African American/Black (5%) and 2% were Hispanic, American Indian, or multiracial.
- They were an average of 35 years old at the time of the intake interview
- Almost half (47%) were married or cohabiting at intake.

## Factors Examined at Intake and Follow-up

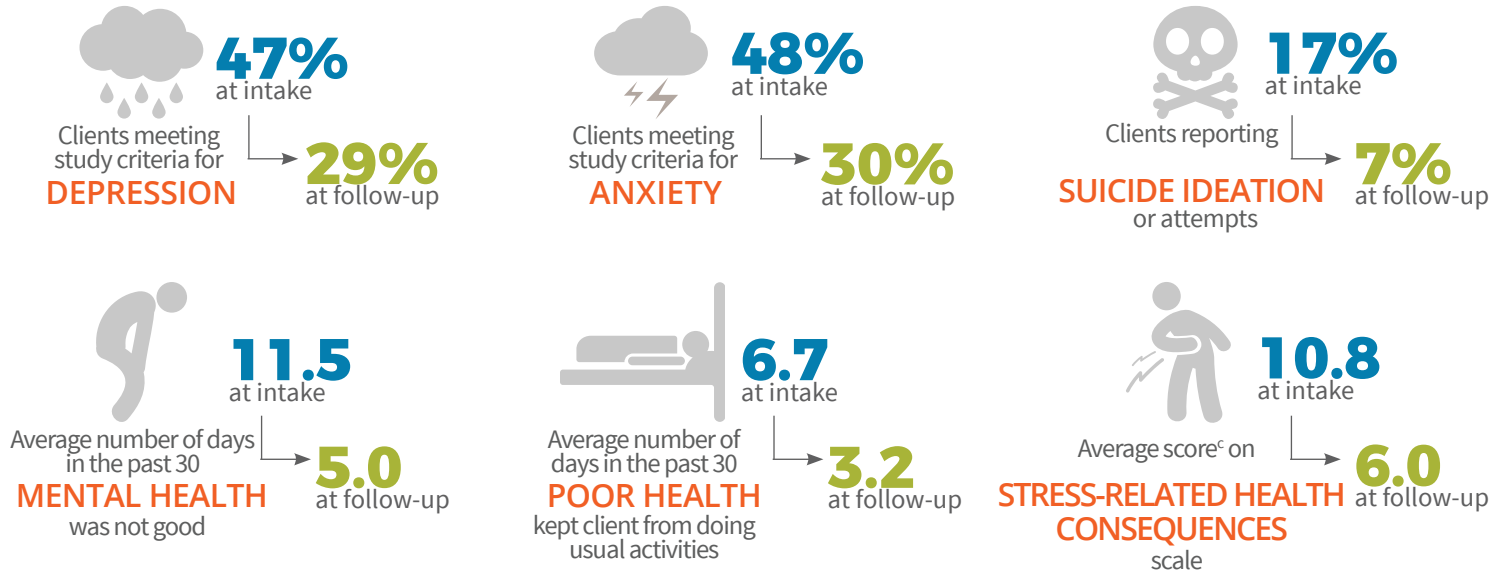
### PAST-12-MONTH SUBSTANCE USE<sup>a</sup>



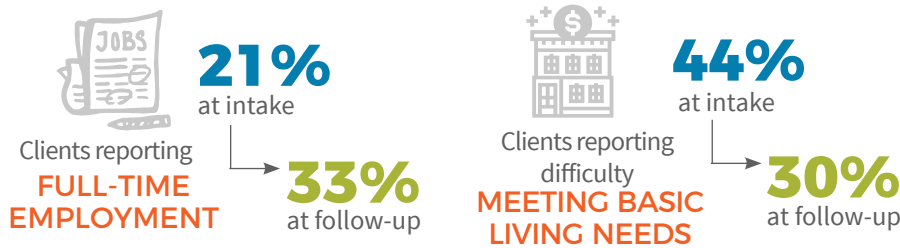
<sup>a</sup> Because being in a controlled environment inhibits opportunities for alcohol and drug use, clients who were incarcerated all 365 days before entering treatment were not included in the substance use analysis (n = 17).

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

## PAST-12-MONTH MENTAL HEALTH AND STRESS



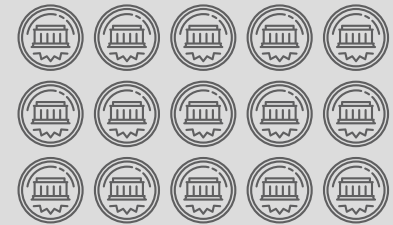
## PAST-12-MONTH ECONOMIC INDICATORS



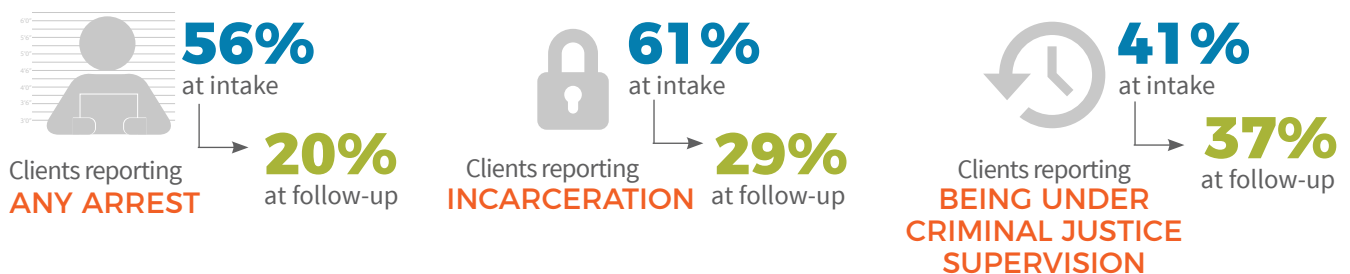
### GENDER WAGE GAP

At follow-up, employed women made only \$0.85 for every dollar employed men made.

Therefore, the gender wage gap for employed clients was **15¢**



## PAST-12-MONTH CRIMINAL JUSTICE SYSTEM INVOLVEMENT



*“I liked the one-on-one and group sessions. Group sessions made me feel like I wasn’t alone in my problems when I heard other people going through the same things as me.”*

—KTOS FOLLOW-UP CLIENT

<sup>c</sup> Measure of symptoms in the past 7 days. Higher scores on the Stress-Related Health Consequences scale indicate higher stress and greater physiological indicators of stress. The highest possible score is 36 and the lowest possible score is 0.

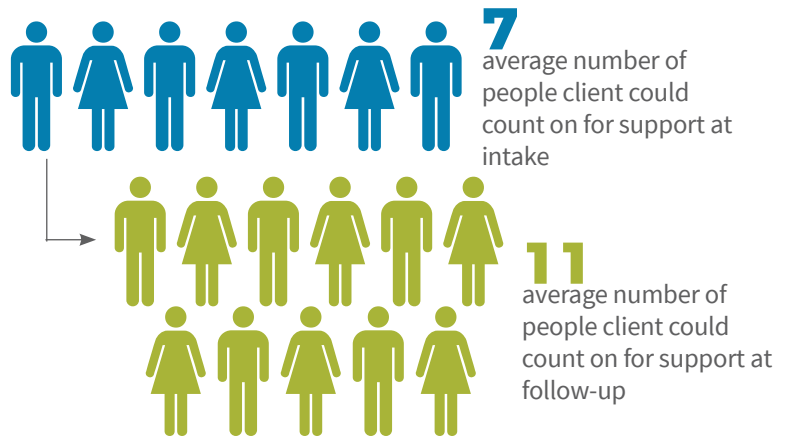
## PAST-30-DAY RECOVERY SUPPORTS



Did *not* attend self-help meetings in the 30 days before intake, but *did* in the 30 days before follow-up



Attended self-help meetings in the 30 days before intake, *and* in the 30 days before follow-up



## Program Satisfaction

At follow-up, clients were asked to rate their level of satisfaction with the treatment program on a scale from 1 (worst treatment imaginable) to 10 (best treatment).



## Cost Savings of Substance Abuse Treatment



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 \$4.02 return in cost savings for every dollar spent on providing treatment services.

*"My counselor saved my life. She really understood and cared a lot about me. She was really important to my sobriety."*

— KTOS FOLLOW-UP CLIENT

## Conclusion

The 2017 KTOS evaluation indicates that publicly-funded substance abuse treatment programs in Kentucky have been successful in facilitating positive changes in clients' lives in a variety of ways, including decreased substance use, decreased mental health symptoms, decreased economic hardship, and decreased involvement with the criminal justice system. Results also show that clients have more support for recovery after participating in treatment. Overall, KTOS clients had significant improvements in key factors that have been associated with facilitating recovery.