

# POSITIVE OUTCOMES FOR RECOVERY KENTUCKY CLIENTS

RECOVERY CENTER OUTCOME STUDY FACT SHEET - 2023

Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. A total of 283 clients from 18 established Recovery Kentucky programs participated in a Recovery Kentucky program, completed a Phase 1 intake interview between July 2020 and June 2021 and a follow-up interview between July 2021 and June 2022. The average number of months after program exit the follow-up interviews were conducted was about 7.6.

## Significant reductions in past-6-month Substance Use and Mental Health Problems



REPORTED ANY ILLEGAL DRUG USE\*\*\*

**89%** at intake | **15%** at follow-up



REPORTED OPIOID USE\*\*\*<sup>3</sup>

**55%** at intake | **2%** at follow-up



REPORTED HEROIN USE\*\*\*

**38%** at intake | **4%** at follow-up



REPORTED METHAMPHETAMINE USE\*\*\*<sup>4</sup>

**64%** at intake | **7%** at follow-up



MET STUDY CRITERIA FOR DEPRESSION\*\*\*

**59%** at intake | **14%** at follow-up



MET STUDY CRITERIA FOR ANXIETY\*\*\*

**68%** at intake | **23%** at follow-up



MET STUDY CRITERIA FOR COMORBID DEPRESSION & ANXIETY\*\*\*

**51%** at intake | **11%** at follow-up



REPORTED SUICIDAL IDEATION AND/OR ATTEMPTS\*\*\*

**24%** at intake | **3%** at follow-up

## Significant improvements in past-6-month Economic Indicators



EMPLOYED AT LEAST ONE MONTH\*\*\*

**44%** at intake | **83%** at follow-up



CURRENTLY HOMELESS\*\*\*

**29%** at intake | **11%** at follow-up



REPORTED DIFFICULTY MEETING BASIC LIVING NEEDS\*\*\*

**33%** at intake | **20%** at follow-up



REPORTED DIFFICULTY MEETING HEALTH CARE NEEDS

**21%** at intake | **15%** at follow-up



REPORTED ATTENDING MUTUAL HELP RECOVERY MEETING IN THE PAST 30 DAYS\*\*\*

**29%** at intake | **81%** at follow-up

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 \$2.00 return in avoided costs for every dollar invested in providing recovery services.



ESTIMATED COST-SAVINGS FOR TAXPAYERS

**\$2.00**

<sup>1</sup> Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine.

\*\*\*p < .001.