

POSITIVE OUTCOMES FOR RECOVERY KENTUCKY CLIENTS

RECOVERY CENTER OUTCOME STUDY FACT SHEET - 2024

Recovery Kentucky is a Social Model, Recovery Housing program created to help Kentuckians recover from Substance Use Disorder which often leads to chronic homelessness. Kentuckians participating in this Recovery Housing model benefit in multiple ways: reducing their substance use, increasing their employment, decreasing involvement in the criminal justice system, reducing mental health problems, preventing future physical health problems and increasing their involvement in a recovery support system that leads to long term sobriety and free from the use of drugs of abuse. A total of 290 clients from 18 established Recovery Kentucky programs completed a Phase 1 intake interview between July 2021 and June 2022 and a follow-up interview between July 2022 and June 2023. The average number of months after program exit the follow-up interviews were conducted was about 7.7.

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



REPORTED ANY ILLICIT
DRUG USE***

89% at intake | **11%** at follow-up



REPORTED
METHAMPHETAMINE USE***

64% at intake | **3%** at follow-up



REPORTED OPIOID
USE***¹

44% at intake | **3%** at follow-up



REPORTED
ALCOHOL USE***

40% at intake | **5%** at follow-up



MET STUDY
CRITERIA FOR
DEPRESSION***

62% at intake | **16%** at follow-up



MET STUDY
CRITERIA FOR
ANXIETY***

67% at intake | **26%** at follow-up



MET STUDY CRITERIA FOR
COMORBID DEPRESSION &
ANXIETY***

56% at intake | **13%** at follow-up



REPORTED SUICIDAL
IDEATION AND/OR
ATTEMPTS***

28% at intake | **4%** at follow-up

Significant improvements in past-6-month

Economic Indicators, Criminal Justice Involvement, and Recovery Supports



EMPLOYED AT LEAST
ONE MONTH***

50% at intake | **85%** at follow-up



CURRENTLY
HOMELESS***

32% at intake | **4%** at follow-up



REPORTED DIFFICULTY
MEETING BASIC LIVING
NEEDS***

39% at intake | **16%** at follow-up



REPORTED DIFFICULTY
MEETING HEALTH CARE
NEEDS***

27% at intake | **13%** at follow-up



REPORTED ANY
ARREST***

65% at intake | **7%** at follow-up



REPORTED BEING
INCARCERATED***

84% at intake | **11%** at follow-up



ATTENDED MUTUAL HELP
RECOVERY MEETING IN
THE PAST 30 DAYS***

28% at intake | **82%** 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 \$3.14 return in avoided costs for every dollar invested in providing recovery services.



ESTIMATED
COST-SAVINGS
FOR TAXPAYERS

\$3.14

¹ Misuse of opioids other than heroin, including prescription opiates, methadone, and buprenorphine.
***p < .001.