

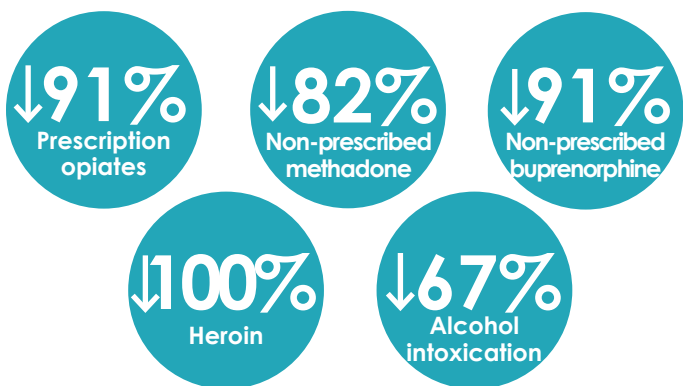
# Kentuckians seeking treatment for prescription opioid abuse have positive outcomes with opiate treatment programs

2013 KENTUCKY OPIATE REPLACEMENT TREATMENT OUTCOME STUDY FACT SHEET

In Kentucky, over one-third of adults who seek treatment primarily report abusing prescription opioids. In 2007, Kentucky opiate treatment programs (OTPs) began collecting outcome study data on medication-assisted treatment. The Kentucky Opiate Replacement Treatment Outcome Study (KORTOS) includes client-level baseline data collected by OTPs and follow-up interviews are completed by UK CDAR with consenting clients.



## There was a reduction in past 30 day drug and alcohol use following OTP



## Mental health symptoms improved after OTP



The number of clients who met self-reported DSM-IV criteria for depression decreased from 57% at intake to 29% at follow-up.



Higher scores on the Stress Index indicate higher stress and greater physiological consequences of stress. Overall scores for KORTOS clients decreased significantly.

## Decrease in economic hardships after OTP



The percentage of clients who reported employment remained stable from intake (56%) to follow-up (55%). The number of clients who reported difficulty meeting basic needs such as food, shelter, telephone, and utilities decreased significantly from 62% at intake to 41% at follow-up.

## Criminal justice system involvement decreased at follow-up



## Improved recovery supports



Significant increase in clients attending self-help meetings

An increase was seen in the number of clients who participated in mutual-help recovery groups like alcoholics anonymous (AA) or narcotics anonymous (NA).

*"I was headed down the wrong path. It saved my life. Life is slowly coming back together."*

-KORTOS client explaining their rating of the treatment experience

## Clients reported a positive treatment experience



Average treatment satisfaction rating

On a scale of 1 to 10, with 1 being the worst and 10 being the best possible experience, the mean rating was 8.1 indicating that most clients had a largely positive treatment experience.

## Clients reported how they were positively affected by participation in OTP

