

# POSITIVE OUTCOMES FOR KENTUCKY YOUTH AFTER SUBSTANCE ABUSE TREATMENT

ADOLESCENT KENTUCKY TREATMENT OUTCOME STUDY FACT SHEET | 2020

AKTOS examines treatment outcomes for youth (ages 12-17) who receive publicly funded substance abuse treatment in Community Mental Health Centers in Kentucky. Results for this study included data on 147 adolescent clients who completed both an intake interview in FY 2017 and FY 2018 and then completed a follow-up survey approximately 12 months later in FY 2018 and FY 2019 (an average of 336 days).

## SIGNIFICANT REDUCTIONS IN PAST-12-MONTH SUBSTANCE USE AND BEHAVIORAL HEALTH PROBLEMS



REPORTED ANY ILLEGAL DRUG USE\*\*\*

**93%** at intake | **43%** at follow-up



REPORTED MARIJUANA\*\*\*

**91%** at intake | **42%** at follow-up



REPORTED ALCOHOL USE\*\*\*

**60%** at intake | **31%** at follow-up



REPORTED CNS DEPRESSANTS\*\*\*

**28%** at intake | **6%** at follow-up



MET STUDY CRITERIA FOR INTERNALIZING PROBLEMS\*\*\*

**44%** at intake | **26%** at follow-up



MET STUDY CRITERIA FOR EXTERNALIZING PROBLEMS\*\*\*

**21%** at intake | **7%** at follow-up



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

**29%** at intake | **12%** at follow-up



MET STUDY CRITERIA FOR DISORDERED EATING<sup>1</sup>\*\*\*

**33%** at intake | **13%** at follow-up

## SIGNIFICANT IMPROVEMENTS IN SCHOOL PERFORMANCE



AVERAGE GRADE POINT AVERAGE\*

**2.2** at intake | **2.5** at follow-up



AVERAGE NUMBER OF ABSENCES FOR ANY REASON IN PAST 3 MONTHS\*\*

**15.3** at intake | **7.8** at follow-up



REPORTED DETENTION, SUSPENSION, OR EXPULSION IN PAST 3 MONTHS\*\*\*

**53%** at intake | **22%** at follow-up

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



*“I liked that the therapist was nonjudgmental. I also liked the group session with parents since the therapist was the mediator.”*

-AKTOS FOLLOW-UP CLIENT

\*p < .05, \*\*\*p < .001.

<sup>1</sup> Answered yes to at least one of the disordered eating questions.