

KENTUCKY OPIOID REPLACEMENT STUDY

2022 FINDINGS AT A GLANCE

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INTRODUCTION

In 2007, Kentucky opioid treatment programs (OTPs) began collecting outcome data on medication-assisted therapy. The Kentucky Opioid Replacement Treatment Outcome Study (KORTOS) is conducted in collaboration with the Kentucky Division of Behavioral Health and Narcotic Treatment Authority and includes client-level intake data collected by OTPs. Through a contract with the Division of Behavioral Health, the data are submitted to the University of Kentucky Center on Drug and Alcohol Research (UK CDAR) where 6-month follow-up interviews are completed with consenting maintenance treatment clients.

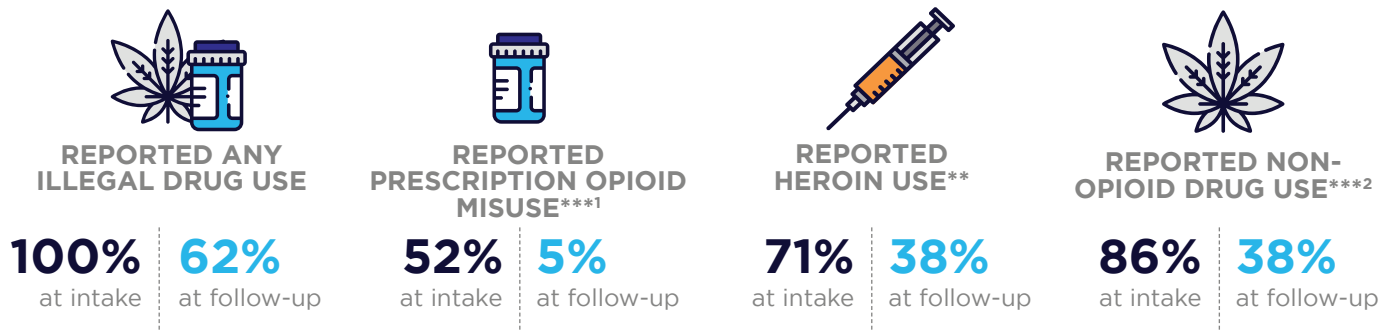
The goal of KORTOS is to examine client satisfaction and client outcomes for several targeted factors including: (1) substance use, (2) mental and physical health, (3) economic indicators, (4) criminal justice involvement and victimization, (5) quality of life, (6) recovery supports, (7) multidimensional recovery, and (8) program satisfaction. This Findings at a Glance summarizes client outcomes from nine of Kentucky's OTPs for 21 clients who completed an intake interview between January 1, 2020 and December 31, 2020, agreed to do the follow-up about 6 months later, were still involved in the clinic at follow-up, and completed a follow-up interview between July 1, 2020 and June 30, 2021.

CHARACTERISTICS OF THE FOLLOW-UP SAMPLE

Of the 21 adults who completed a 6-month follow-up interview and were still involved with the clinic at follow-up:

- 66.7% were female and all follow-up clients were White
- They were an average of 38 years old at the time of the intake interview
- 28.6% of clients were never married, 47.6% were married or cohabiting, 19.0% were separated or divorced, and 4.8% were widowed
- 38.1% of follow-up clients had at least one child under the age of 18 who was living with them

FACTORS EXAMINED AT INTAKE AND FOLLOW-UP PAST-6-MONTH SUBSTANCE USE



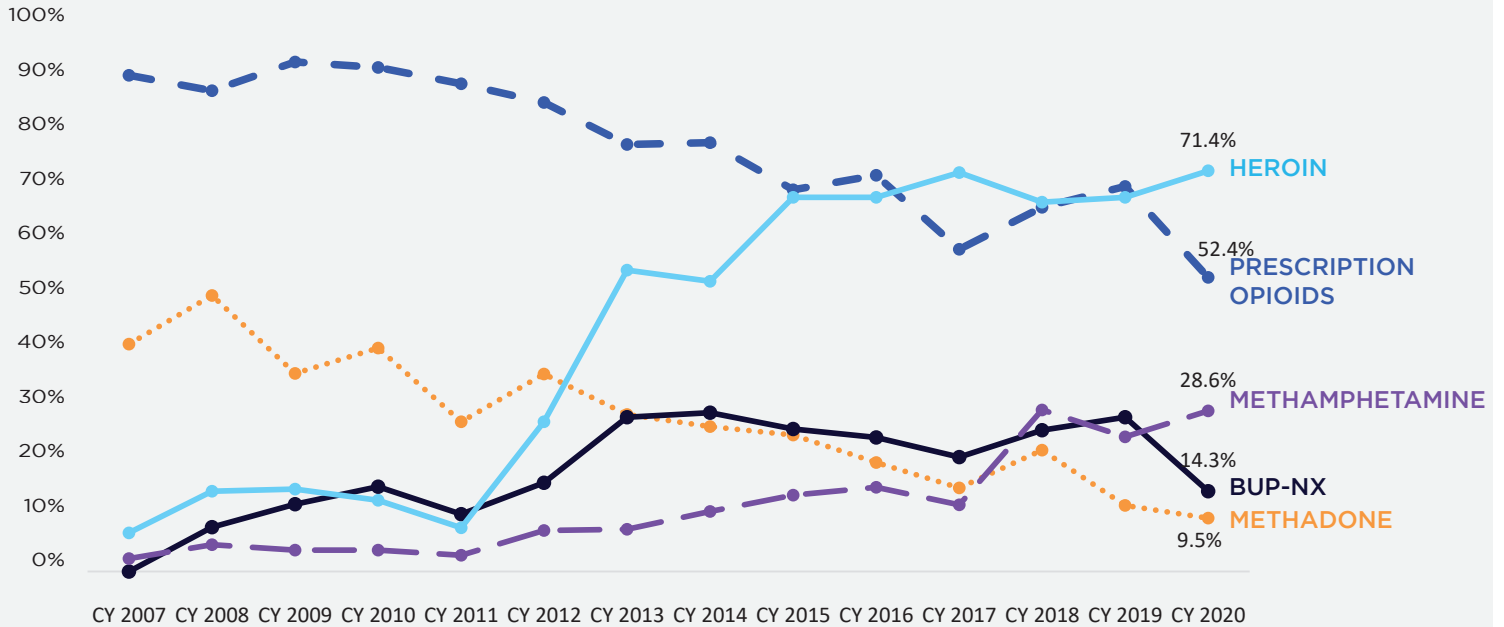
p < .05, *p < .01.

¹ Including opioids such as morphine, Percocet, Oxycontin, Lortab

² Drugs in this category include marijuana, cocaine, amphetamines, tranquilizers, hallucinogens, inhalants, barbiturates, and synthetic drugs like synthetic marijuana or bath salts.

How Much Has Specific Past-30-Day Drug Use Changed Over Time

This trend analysis examines the percent of KORTOS follow-up clients who reported misusing prescription opiates/opioids, non-prescribed methadone, non-prescribed buprenorphine-naloxone (bup-nx), heroin, and methamphetamine in the 30 days before entering treatment from CY 2007 to CY 2019.³



PAST-6-MONTH MENTAL HEALTH



MET STUDY CRITERIA FOR DEPRESSION***

67% at intake | **14%** at follow-up



MET STUDY CRITERIA FOR ANXIETY***

71% at intake | **19%** at follow-up



MET STUDY CRITERIA FOR COMORBID DEPRESSION AND ANXIETY***

67% at intake | **10%** at follow-up



USED SUBSTANCES TO REDUCE STRESS, ANXIETY, WORRY, SADNESS, FEAR***

81% at intake | **24%** at follow-up

PHYSICAL HEALTH



AVERAGE NUMBER OF DAYS PHYSICAL HEALTH WAS NOT GOOD*4

5.4 at intake | **1.7** at follow-up



REPORTED THEIR CURRENT HEALTH WAS VERY GOOD/ EXCELLENT

24% at intake | **43%** at follow-up



REPORTED CHRONIC PAIN*5

48% at intake | **19%** at follow-up



USED SUBSTANCES TO REDUCE PHYSICAL PAIN***

86% at intake | **19%** at follow-up

*p < .10, ***p < .01.

³ Clients who reported being in a controlled environment all 30 days before entering treatment were not included in this analysis.

⁴ In the past 30 days at intake

⁵ Past-6-month measure.

PAST-6-MONTH ECONOMIC INDICATORS



CURRENTLY EMPLOYED FULL-TIME

38% at intake | **43%** at follow-up



ATTENDED OR COMPLETED VOCATIONAL SCHOOL, COLLEGE, OR GRADUATE SCHOOL

45% at intake | **55%** at follow-up



REPORTED DIFFICULTY MEETING BASIC LIVING NEEDS

48% at intake | **48%** at follow-up



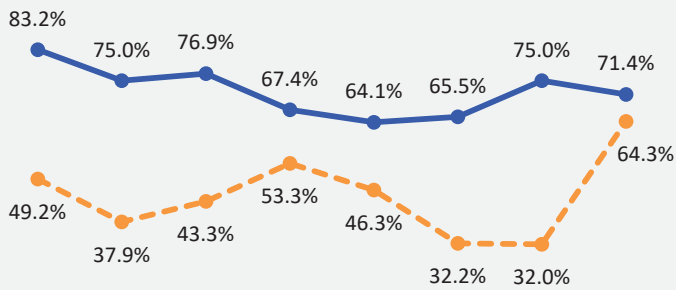
REPORTED DIFFICULTY MEETING HEALTH CARE NEEDS

48% at intake | **29%** at follow-up

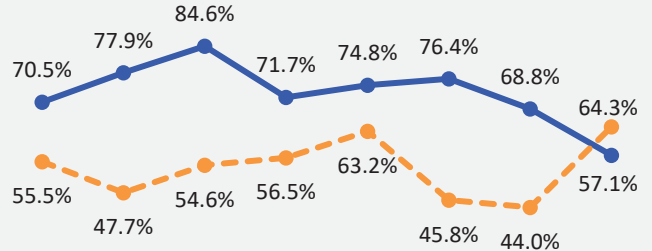
Trends in Employment by Gender

For the past 8 years, significantly fewer women reported being employed (full- or part-time) at least one month in the past 6 months at intake compared to men. In 2018, however, the gap narrowed with 67.4% of men reporting employment compared to 53.3% of women. By follow-up, on average, around half of women reported they were employed full-time or part-time at least one month in the past 6 months but significantly more men reported employment during that same time frame.

INTAKE



FOLLOW-UP



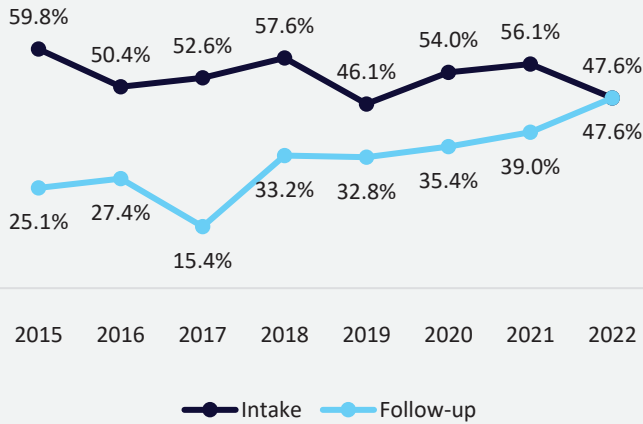
—●— Men —●— Women

—●— Men —●— Women

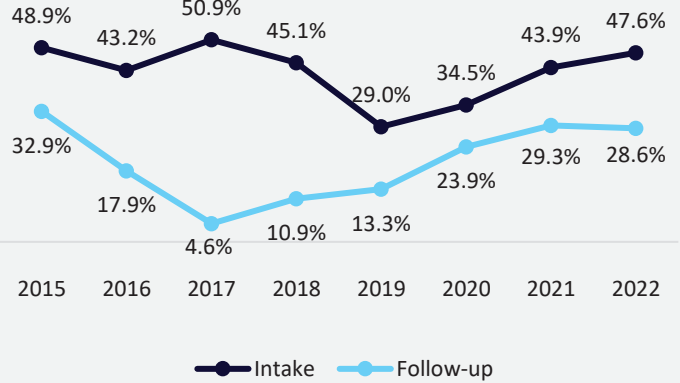
Trends in Difficulty Meeting Needs

Over the past 8 years, the percent of clients reporting difficulty meeting basic living needs has been a high of 59.8% in 2015 and a low of 46.1% in 2019 report year. From 2015 to 2017, the percent of clients reporting difficulty meeting basic health care needs (i.e., doctor visits, dental visits, and prescription medications) decreased; however, beginning in 2018, the percent of clients reporting difficulty meeting basic needs has increased at follow-up.

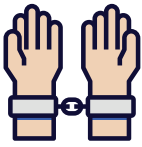
DIFFICULTY MEETING BASIC LIVING NEEDS



DIFFICULTY MEETING HEALTH CARE NEEDS



PAST-6-MONTH CRIMINAL JUSTICE INVOLVEMENT AND VICTIMIZATION



REPORTED ANY ARREST

5% at intake | **10%** at follow-up



REPORTED BEING INCARCERATED

10% at intake | **5%** at follow-up

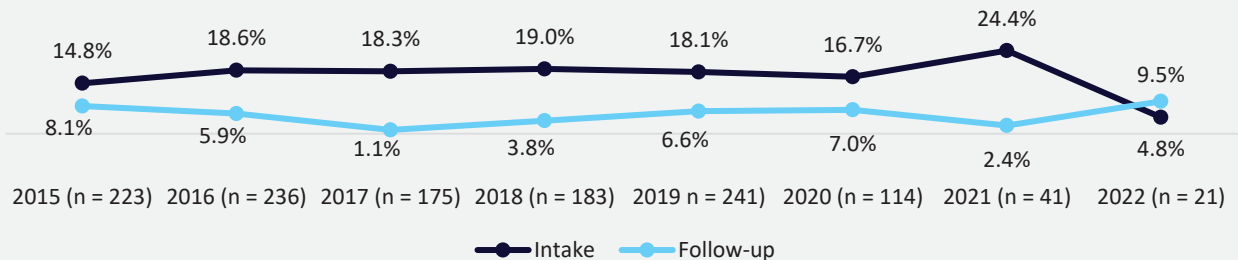


REPORTED INTERPERSONAL VICTIMIZATION⁶

10% at intake | **0%** at follow-up

Trends in Arrests

Over the past 8 years, relatively few KORTOS clients reported being arrested at least once in the past 6 months. Each year, at follow-up, significantly fewer clients reported an arrest in the past 6 months than at intake.



⁶ Including when they may have been the victim of a crime, harmed by someone else, or felt unsafe. Statistical significance could not be computed because one of the cells in the McNemar crosstab had a value of zero.

RECOVERY SUPPORTS



AVERAGE NUMBER OF RECOVERY SUPPORT PERSONS***

3.8 at intake | **8.0** at follow-up

WHAT WILL BE MOST USEFUL IN STAYING OFF DRUGS/ALCOHOL AT INTAKE AND FOLLOW-UP

INTAKE

FOLLOW-UP



43%
counseling



33%
employment



24%
support from partner



33%
need to stay out of jail



33%
employment



24%
support from friends

PAST-6-MONTH MULTIDIMENSIONAL RECOVERY

The multidimensional recovery measure uses items from the intake and follow-up surveys to classify individuals who have all positive dimensions of recovery. The positive dimensions of recovery include: having no substance use disorder, being employed full-time or part-time, not being homeless, having no arrests or incarceration, having no suicidal thoughts or attempts, having fair to excellent health, having recovery support, and having a mid to high quality of life.



MULTIDIMENSIONAL RECOVERY INDICATING BETTER STATUS

0% at intake | **48%** at follow-up

PROGRAM SATISFACTION

At follow-up, clients were asked to rate their experience with the treatment program on a scale of 0 = "not at all right for me" to 10 = "exactly right for me"



9.1

average rating



100%

had input into treatment goals, plans, and progress



95%

expectations and hopes for treatment were met



91%

worked on things that were most important to client



86%

treatment approach was a good fit



86%

had a connection with counselor or staff

POSITIVE ASPECTS OF THE PROGRAM



48%

interactions/relationships with others



62%

reduced substance use



48%

mental health and feelings about self



96%

would refer a family/friend to the program



100%

reported that the KY-Moms program worked pretty well or extremely well for them

CONCLUSION

The 2022 KORTOS evaluation indicates that opioid 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, and decreased economic hardship. Results also show that clients have an improved quality of life and more support for recovery after participating in treatment. Overall, KORTOS clients had significant improvements in key factors that have been associated with facilitating recovery.

I am a chronic relapser and I have tried other programs, This is my fifth time in treatment and nothing else has ever worked. It has been 100% no using and no relapse since I have started this program.

KORTOS FOLLOW-UP CLIENTS