

POSITIVE OUTCOMES FOR RECOVERY KENTUCKY CLIENTS

RECOVERY CENTER OUTCOME STUDY FACT SHEET - 2026

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 legal 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 282 clients from 17 established Recovery Kentucky programs completed a Phase 1 intake interview between July 2023 and June 2024 and a follow-up interview between July 2024 and June 2025.

Significant reductions in past-6-month

Substance Use and Mental Health Problems



REPORTED ANY ILLICIT
DRUG USE***

82% | **7%**
at intake | at follow-up



REPORTED OPIOID USE^{1***}

40% | **1%**
at intake | at follow-up



REPORTED HEROIN
USE***

22% | **1%**
at intake | at follow-up



REPORTED
METHAMPHETAMINE USE***

51% | **3%**
at intake | at follow-up



MET STUDY
CRITERIA FOR
DEPRESSION***

61% | **16%**
at intake | at follow-up



MET STUDY
CRITERIA FOR
ANXIETY***

67% | **29%**
at intake | at follow-up



MET STUDY CRITERIA FOR
COMORBID DEPRESSION &
ANXIETY***

55% | **13%**
at intake | at follow-up



REPORTED SUICIDAL
IDEATION AND/OR
ATTEMPTS***

23% | **5%**
at intake | at follow-up

Significant improvements in past-6-month

Economic Indicators, Criminal Legal Involvement, and Recovery Supports



EMPLOYED AT LEAST ONE
MONTH***

48% | **71%**
at intake | at follow-up



CURRENTLY HOMELESS***

36% | **11%**
at intake | at follow-up



REPORTED DIFFICULTY
MEETING BASIC LIVING
NEEDS***

42% | **18%**
at intake | at follow-up



REPORTED DIFFICULTY
MEETING HEALTH CARE
NEEDS*

27% | **19%**
at intake | at follow-up



REPORTED ANY ARREST***

58% | **6%**
at intake | at follow-up



REPORTED BEING
INCARCERATED***

78% | **7%**
at intake | at follow-up



REPORTED ATTENDING
MUTUAL HELP
RECOVERY MEETINGS
IN THE PAST 30 DAYS***

31% | **77%**
at intake | 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 \$2.15 return in avoided costs for every dollar invested in providing recovery services.



ESTIMATED COST-
SAVINGS FOR
TAXPAYERS
\$2.15

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