

# 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\*\*\*<sup>1</sup>

**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**

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