

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 USE¹***

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.