Recovery
Kentucky
What is Recovery Kentucky?

- Initiative to help Kentuckians recover from substance abuse that often leads to chronic homelessness.

- Studies indicate that substance addiction is one of the leading causes of homelessness in the Commonwealth.
Who Will Be Served?

• Homeless

• At risk of homelessness

• Referrals from judicial system
Locations

Recovery Kentucky
10 Approved Recovery Centers

Women Facilities
Men Facilities
Existing Facilities

1. Christian
2. Daviess
3. Taylor
4. Henderson
5. Madison
6. Harlan
Owensboro Regional Recovery Center for Men
Cumberland Hope Community Center for Women (Harlan County)
Owensboro Regional Recovery Center for Men Lobby
CenterPoint for Men (Paducah) SOS Dorm Room
Cumberland Hope Community Center for Women (Harlan Co.)
Semi-Private Room
Liberty Place for Women
Entrance
Sober Living, Supportive Housing Model

- Self-help
- Education
- Personal accountability
- Community accountability
- Vocational support
- Positive behavior change
Recovery Kentucky Model

- Twelve Steps of Alcoholics Anonymous
- Recovery Dynamics
- Residents may live up to 24 months in supportive housing recovery program
Recovery Kentucky

• Peer driven, but supervised by professional staff.

• Education and self-help programs help residents focus on internal changes in attitude, errors in thinking, and ultimately behavioral change that supports a drug-free life.
Principles of a Social Model Program

- Peer Mentors and program participants help run the program with professional staff support
- Physical environment is home-like, not institutional.
Critical Elements of the Model

1. Guide & direct client through the 12 Steps
2. Teach “Recovery Dynamics”
3. Hybrid therapeutic community
4. Role model social skills & positive change
5. Accountability 24/7 self & others
Critical Elements

• 6. Keep focus on recovery first
• 7. Ownership of the disease
• 8. Empowerment/self-determination
• 9. Attraction
• 10. Self-governance
• 11. Peer teaching
• 12. Working with others
Critical Elements

• 13. Sharing experience, strength, & hope
Recovery Center Outcome Study

2017 Report

Center on Drug and Alcohol Research
14 of the currently established Recovery Kentucky programs participate in the independently conducted Recovery Center Outcome Study (RCOS)

- Healing Place – Women’s Program
- Women’s Addiction Recovery Manor
- Cumberland Hope Community Center for Women
- Hope Center for Women
- Brighton Recovery Center for Women
- Liberty Place Recovery Center for Women
- Trilogy Center for Women

- CenterPoint Recovery Center for Men
- George Privett Recovery Center for Men
- Morehead Inspiration Center for Men
- Owensboro Regional Recovery Center for Men
- The Healing Place of Campbellsville
- Healing Place – Men’s Program
- Grateful Life Center for Men
Intakes are collected at Phase I before entry into the Recovery Center.
Overall Client Characteristics
(n = 1922)
Referred by

- Criminal justice system: 72.4%
- On own: 15.5%
- Family, Friend, or Partner: 9.7%
- Other: 2.4%

25% Self, Friends, Family referred
Characteristics of all clients at intake (n = 1,922)

- **Gender**
  - 51.9% Female
  - 47.9% Male

- **Race**
  - 89.6% White
  - 7.1% Black
  - 3.2% Other

- **Education**
  - 41.5% Vocational/College
  - 40.3% HS diploma/GED
  - 18.2% No HS diploma/GED

- **Mean Age**
  - 33 years (18-76)
Criminal Justice Involvement

- Arrested: 51.0%
- Incarcerated: 73.3%
30 Day Substance Use

Past 30 Day Use (N = 1,039)

- Alcohol: 56.4%
- Illegal Drugs: 79.0%
Followed up sample (n=289)
Characteristics of clients who were followed-up (n = 289)

- Referred by DOC: 51.2%
- Not DOC-referred: 48.8%

Average length of service: 219 days
Characteristics of clients who were followed-up (n = 289)

- **Gender**
  - 52.1% Female
  - 47.9% Male

- **Race**
  - 92.0% White
  - 5.5% Black
  - 2.5% Other

- **Mean Age**
  - 33 years (19-70)
Substance Use
(past 6 months)

Not in a Controlled Environment (n = 263)
Substance Use
(6 months before intake and follow-up)

Any illegal drug use

- Intake: 85.9%
- Follow-up: 11.8%

↓74.1%***

Any alcohol use

- Intake: 62.4%
- Follow-up: 11.0%

↓51.3%***

***p < .001.
Substance Use
(6 months before intake and follow-up)

**Alcohol to Intoxication**
- Intake: 54.4%
- Follow-Up: 3.8%
- **50.6%***

**Binge Drinking**
- Intake: 52.5%
- Follow-Up: 3.0%
- **49.4%***

***p < .001.
Substance Use
(past-30-day)

Not in a Controlled Environment (n = 164)
Substance Use
(past 30 days at intake and follow-up)

↓73.8%***

Any Illegal Drug Use
- Intake: 81.1%
- Follow-Up: 7.3%

↓57.3%***

Alcohol
- Intake: 63.4%
- Follow-Up: 6.1%

***p < .001.
Change in Self-Reported Substance Use Severity

Alcohol Composite Score Indicative of Severe SUD (n = 107)
- Intake: 80.4%
- Follow-Up: 13.1%

Drug Composite Score Indicative of Severe SUD (n = 133)
- Intake: 87.2%
- Follow-Up: 6.8%

↓67.3%***
↓80.5%***

*p < .001.
Multivariate analysis

Control Variables:
- Gender
- DOC-referral status

Length of stay

- Substance use
- Criminal justice
- Employment
- Mental health

Shorter length of service = increased likelihood at follow up of:
- Drug/alcohol use
- Incarceration
Opioid versus Heroin
Substance Use
(6 months before intake and follow-up)

\[\downarrow 60.1\% ***\]

Opioid Use (excluding heroin)
- Intake: 64.3%
- Follow-Up: 4.2%

\[\downarrow 38.0\% ***\]

Heroin Use
- Intake: 43.7%
- Follow-Up: 5.7%

***p < .001.
Trend Alert
12 months/6 months before entering the Recovery Center

<table>
<thead>
<tr>
<th>Year</th>
<th>Opioid</th>
<th>Heroin</th>
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</thead>
<tbody>
<tr>
<td>FY 2010</td>
<td>65%</td>
<td>19%</td>
</tr>
<tr>
<td>FY 2011</td>
<td>68%</td>
<td>19%</td>
</tr>
<tr>
<td>FY 2012</td>
<td>61%</td>
<td>22%</td>
</tr>
<tr>
<td>FY 2013</td>
<td>56%</td>
<td>29%</td>
</tr>
<tr>
<td>FY 2014</td>
<td>54%</td>
<td>35%</td>
</tr>
<tr>
<td>FY 2015</td>
<td>48%</td>
<td>38%</td>
</tr>
</tbody>
</table>
Mental Health and Stress
(past 6 months)
Mental Health
(6 months before intake and follow-up)

- **68.5%***
  - Depression: 75.4% to 6.9%
  - Generalized Anxiety: 82.4% to 5.2%
  - Comorbid Depression and Generalized Anxiety: 70.6% to 5.2%

***p < .001.
Mental Health
(6 months before intake and follow-up)

↓33.9%***

Suicidal Thoughts or Attempts

34.6%

0.7%

Intake  Follow-Up

***p < .001.
Days Health and Mental Health was Not Good

Number of Days in the Past 30 Days
- Physical Health Was Not Good
  - Intake: 10
  - Follow-Up: 0.9

Number of Days in the Past 30 Days
- Mental Health Was Not Good
  - Intake: 18.2
  - Follow-Up: 4.1

America’s Health Rankings: A Call to Action for Individuals and Their Communities. Retrieved from http://www.americashealthrankings.org/KY.
Criminal Justice System Involvement
(past 6 months)
Involvement in the Criminal Justice System from Intake to Follow-up

- 52.2% of clients reported at least one arrest at intake

- 50.9%*** of clients reported at least one arrest at follow-up

- 69.4% of clients reported at least one night of incarceration at intake

- 58.7%*** of clients reported at least one night of incarceration at follow-up

***p < .001.
Living Situation and Economic Hardship
Homelessness and Past-30-Day Living Situation

- **Homeless Living Situation**
  - Intake: 37.5%
  - Follow-Up: 2.2%
  - **35.3%***

- **Own Home or Someone Else’s Home**
  - Intake: 53.3%
  - Follow-Up: 88.2%
  - **34.9%***

***p < .001.
Difficulty in meeting needs for financial reasons

- **50.0%** Basic Living Needs (Food, Utilities, Shelter)
  - Intake: 8.0%
  - Follow-Up: 4.5%
  - **42.0%***

- **37.2%** Health Care Needs
  - Intake: 37.2%
  - Follow-Up: 4.5%
  - **32.6%***

***p < .001.
Education and Employment
Education

**3.7%**

<table>
<thead>
<tr>
<th>Category</th>
<th>Intake</th>
<th>Follow-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Than High School Diploma or GED</td>
<td>13.5%</td>
<td>10.5%</td>
</tr>
<tr>
<td>Completed High School Diploma/GED or More</td>
<td>86.5%</td>
<td>89.5%</td>
</tr>
</tbody>
</table>

**p < .01.**
Employment

↑25.7%***

Employed at Least One Month

53.8% Intake 79.5%

***p < .001.
Recovery Support
Mutual Health Recovery Group Meetings

↑52.6%***

<table>
<thead>
<tr>
<th>Intake</th>
<th>Follow-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.9 meetings</td>
<td>15.6</td>
</tr>
<tr>
<td>33.6%</td>
<td>86.2%</td>
</tr>
</tbody>
</table>

***p < .001.
Recovery Supportive Interactions

**18.3%***

<table>
<thead>
<tr>
<th>Recovery Supportive Interactions With Family/Friends</th>
<th>Intake</th>
<th>Follow-up</th>
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<tbody>
<tr>
<td>79.6%</td>
<td>97.9%</td>
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***p < .001.

7 average number of people client could count on for support at intake.

31 average number of people client could count on for support at follow-up.
Return in Avoided Costs
Examining the total avoided costs in relation to expenditures on recovery services, it is estimated that for every dollar spent on recovery services, there was a $2.71 return in avoided costs.
Quality Of Life Ratings & Client Satisfaction
Overall Quality of Life

Ratings were from 1='Worst imaginable' to 5='Good and bad parts were about equal' to 10='Best imaginable'.

***p < .001.
Satisfaction with Life***

Ratings were from 1 ‘Extremely dissatisfied’ to 5 ‘Extremely satisfied’. Scale scores were a sum of the five items and ranged from 5 which indicates the client is extremely dissatisfied with her current life to 25 which indicates the client is highly satisfied with her life.

***p < .001.
Client Rating of Experience In Recovery Kentucky

- 1 - WORST
- 10 - BEST

- 2.7%
- 15.6%
- 81.7%

Overall rating: 8.7
Conclusion
Significant Decreases In

- Substance Use
- Mental Health
- Criminal Justice Involvement
- Homelessness
Significant increases in

- Overall Quality of Life
- Living in Own Home
- Recovery Supports
- Employment
Considerations

More men use alcohol at intake

Women have more anxiety, depression and stress at intake

Fewer women are employed at intake, make less than men at intake and follow-up

Women have lower quality of life, more negative emotions, and less satisfaction with life at intake
Limitations

• No random assignment
• No similar control group
• Self-selection
• Self-report
Thank You

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