

# POSITIVE OUTCOMES FOR Brighton Recovery Center for Women Clients

## Brighton Recovery Center for Women Outcome Study Fact Sheet- 2019

Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness. This fact sheet describes outcomes for 33 women who participated in the Brighton Recovery Center for Women program and completed an intake survey between July 2014 and June 2017 and a 12-month follow-up survey between July 2015 and June 2018.

### Significant reductions in past-6-month Substance Use and Mental Health Problems



REPORTED ANY  
ILLEGAL DRUG USE

**90%** at intake  
**0%** at follow-up



REPORTED OPIOID  
USE<sup>1</sup>

**72%** at intake  
**0%** at follow-up



REPORTED HEROIN  
USE

**72%** at intake  
**0%** at follow-up



REPORTED  
STIMULANT USE<sup>2</sup>

**62%** at intake  
**0%** at follow-up



MET STUDY  
CRITERIA FOR  
DEPRESSION

**82%** at intake  
**0%** at follow-up



MET STUDY  
CRITERIA FOR  
ANXIETY

**79%** at intake  
**0%** at follow-up



MET STUDY CRITERIA FOR  
COMORBID DEPRESSION  
AND ANXIETY

**70%** at intake  
**0%** at follow-up



REPORTED  
SUICIDAL IDEATION  
AND/OR ATTEMPTS

**30%** at intake  
**0%** at follow-up

### Significant reductions in past-6-month Economic Indicators



CURRENTLY  
HOMELESS

**43%** at intake  
**0%** at follow-up



REPORTED DIFFICULTY  
MEETING BASIC  
LIVING NEEDS

**33%** at intake  
**12%** at follow-up



REPORTED DIFFICULTY  
MEETING HEALTH  
CARE NEEDS

**18%** at intake  
**3%** at follow-up



REPORTED ATTENDING  
MUTUAL HELP  
RECOVERY MEETING IN  
THE PAST 30 DAYS

**39%** at intake  
**91%** at follow-up

### High levels of satisfaction with Recovery Center Services



**9.0**  
average rating

At follow-up, clients were asked about their experiences with recovery center services. They rated their experience on a scale from 1 = worst possible experience to 10 = best ever experience.

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

<sup>2</sup> Amphetamine, methamphetamine, Ecstasy, Ritalin.