



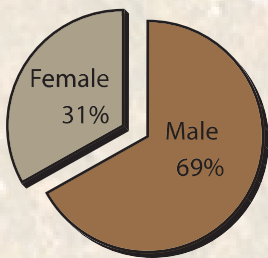
# Research Study Treatment Outcomes

Based on an independent study by Keith C. Russell, Ph.D., of the University of Idaho's Wilderness Research Center

Outdoor behavioral healthcare (OBH) is an emerging treatment that utilizes wilderness therapy to help adolescents struggling with behavioral and emotional problems. The approach involves immersion in wilderness or comparable lands, group living with wilderness leaders and peers, and individual and group therapy sessions facilitated by licensed therapists in the field. The study was designed to measure treatment effectiveness in outdoor behavioral healthcare using the Youth Outcome Quotient (Y-OQ). The Y-OQ is an industry accepted outcome instrument designed to measure symptom reduction in psychotherapy.

## Study included:

- 858 Participants
- 589 Males/ 269 Females



## Results

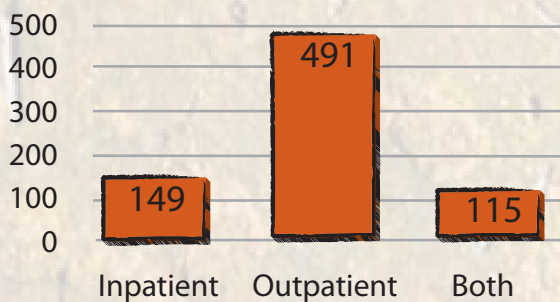
The study concluded that participation in outdoor behavioral healthcare resulted in clinically significant reductions in severity of behavioral and emotional symptoms.

- 83% of participants made clinically significant improvement
- \*Average score change was a 51.6 point reduction
- Almost half (46%) of participants returned to a NORMAL RANGE
- Parent assessment of 13 year olds was the highest reduction of all age groups

## Previous Treatment History:

(Indicating possible treatment resistance)

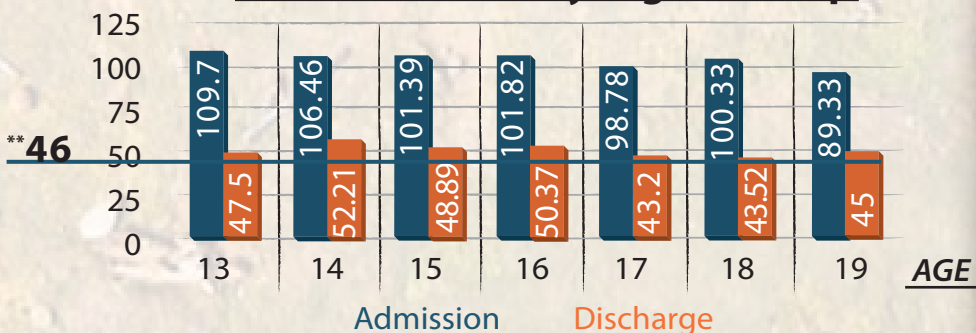
- 57% - Prior Outpatient Treatment
- 17% - Prior Inpatient Treatment
- 13% - Both Prior Inpatient and Outpatient



**12 Month Follow-Up:** Participants have not only maintained outcomes, but reported continued improvement.

**24 Month Follow-Up:** Over 80% of parents and 95% of participants believed that treatment was effective 24 months after the process.

## Y-OQ Scores by Age Group



\*The Y-OQ defines improvement as **clinically significant change** when the measure drops by 13 points.

\*\*Recovered, or within the normal range for adolescents, is when the total score is 46 or below.