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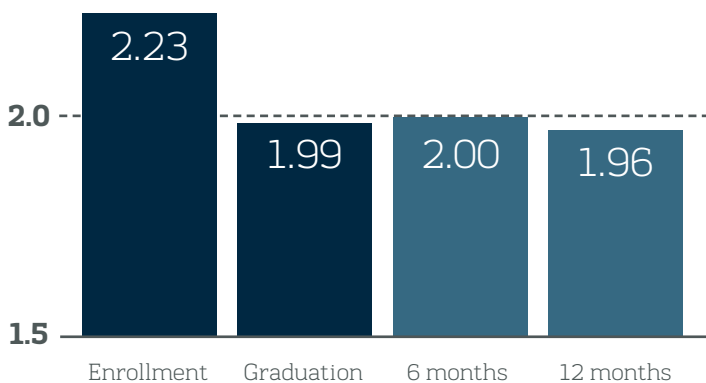
Research Results: **Young Adults**

True North has dedicated resources specifically to conducting research, both internally and as part of a broader national study on the efficacy of Wilderness Therapy. All students are invited to complete questionnaires upon enrollment, graduation, and 6 and 12 months post-discharge. These data were collected using normed and valid, scientifically robust tools.

Based on the results of data gathered from our young adult clients, **we see significant, objective improvement in a variety of areas.**

Family functioning improves

A Family Assessment Device score of 2.00 or above indicates problematic family functioning. The higher the score, the more problematic the family member perceives the family's overall functioning.



Young Adults see great benefit from their experience

95%

Adult clients surveyed at graduation report satisfaction with the quality of treatment at True North.

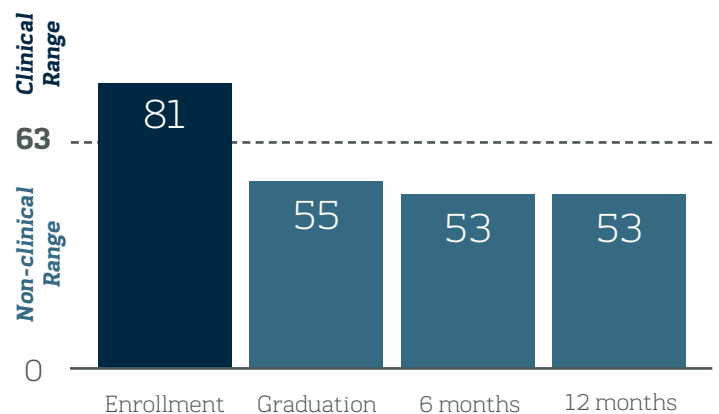
96%

Adult clients surveyed at graduation report that their problems are better than when they began the program.

Mental health functioning improves

The Outcome Questionnaire (OQ 45.2*) is a well-known, highly reliable self-report questionnaire which contains items that assess for a range of areas of mental health functioning. **A score of 63 or more indicates symptoms of clinical significance and a decrease in score is an improvement in mental health functioning.**

True North's average Y-OQ 45.2 composite scores as of 4/23/2023:



Note: If the difference in the pre-to-post-treatment score is greater than 13, and the post-test score has crossed the threshold between a clinical and non-clinical range, the client is said to have demonstrated clinically significant change.



True North is a NATSAP
Research Designated Program



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The overall shift in scores on the OQ 45.2 reveal **significant clinical improvement** for students both during and after their experience at True North. Further examination of the individual items on the scale gives a more robust picture of some of the specific gains. Results indicate that the significant improvements noted upon completion of True North are maintained and consistent **12 months after graduation**. The following is a sampling of those results.

Interest and satisfaction with life improves

Clients reported they frequently or always **feel no interest in things:**



Clients reported they frequently or always **find their work/school satisfying:**



Clients report they are frequently or always **satisfied with their life.**



Clients reported they are frequently or always **satisfied with their relationships with others:**



Stress level decreases

Clients reported they frequently or always **feel stressed at work/school:**



Young Adults report feeling happier and more hopeful

Clients reported they are frequently or always **a happy person:**



Clients reported they frequently or always **feel hopeless about the future:**



General sense of worth improves

Clients reported they sometimes, frequently or always **feel worthless:**



Clients reported they frequently or always **like themselves:**



* Developed by Michael J. Lambert, Ph.D. and Gary M. Burlingame, Ph.D.
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