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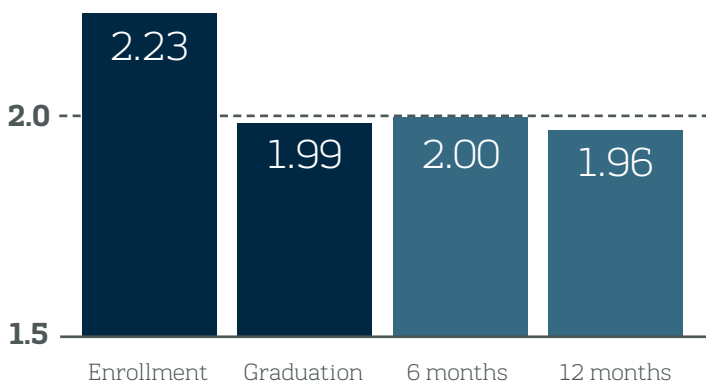
## Research Results: **Young Adults**

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.

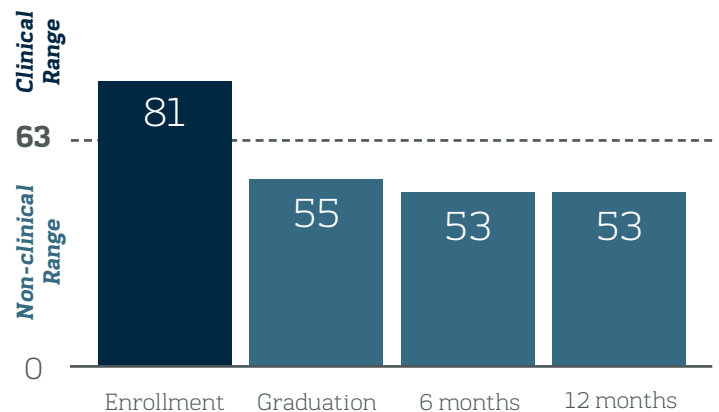
96%

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:



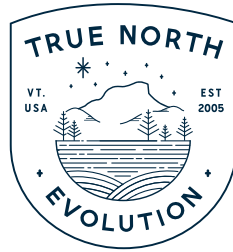
Note: If the difference in the pre-to-post-treatment score is greater than 13, and the post-test score has crossed the threshold between a clinical and non-clinical range, the client is said to have demonstrated clinically significant change.



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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