



Patient Profile + Treatment Outcomes 2024 Edition

Adolescents Ages 12-18

Overview Of Ascent Programs

Over **10,400**
Families Served

32+ Years
in Business

We Have Helped Families In
28 Countries
&
48 States



redcliffascent.com

Teenage boys & girls
ages 13 - 17

RedCliff Ascent is a short-term wilderness therapy program that provides support to teenagers facing significant emotional and behavioral challenges, such as depression, anxiety, trauma, tech addictions, ADHD, and other conditions. The program typically lasts 8 to 12 weeks, and its high impact and effectiveness make it a popular first step to longer-term therapeutic treatment.


Darcy Holt
435-253-6047
DarcyH@RedCliffAscent.com



discoveryranch.net

Teenage boys
ages 13 -17

Discovery Ranch is a residential treatment center designed for teenage boys who are facing significant emotional and behavioral challenges such as depression, anxious attachment issues, ASD, ADHD, and more. The program typically lasts 8 to 12 months, providing ample time for long-lasting change and growth.


Greg McGary
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GregM@DiscoveryRanch.net



oxbowacademy.net

Pre-teen boys 10-13
Teenage boys
ages 13 -17

Oxbow Academy is a residential treatment center that specializes in helping teenage boys with sexual behavioral problems and other compulsive behavior issues. They offer a 90-day comprehensive psychological evaluation to determine if the student needs long term sex-specific treatment, which they can further provide with an average length of stay of 11-13 months, providing a specialized and supportive environment for young men to develop healthy habits and overcome their challenges.


Steve Schultz
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discoveryranchsouth.com

Teenage girls
ages 13 -17

Discovery Ranch South is a residential treatment center that specializes in supporting teenage girls and teens assigned female at birth who are struggling with severe emotional and behavioral issues such as depression, anxiety, trauma, school anxiety, ASD, ADHD, and more. With an average length of stay of 8 to 12 months, the program provides a nurturing and empowering environment for students to heal, learn, and grow.


Sarah Yardley
435-704-9594
SarahY@DiscoveryRanchForGirls.com



oasisascent.com

Teenage boys & girls
ages 13 - 17

At OASIS Ascent, we are committed to providing compassionate and holistic care for teens and their families as they face challenges like anxiety, depression, ADHD, trauma, suicidal ideations, and out-of-control behaviors. As a short-term (60-90 day) residential treatment center, we offer comprehensive mental health services, focusing on Observation and Assessment, Stabilization, and Intensive Therapeutic Support. Our holistic approach ensures that our assessments and personalized interventions are carefully designed to help teens heal and thrive, empowering them towards a brighter future.


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Haylee Mathews
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HayleeM@OasisAscent.com



threepeakstreatment.com

Teenage boys & girls
ages 13 - 17

Immersed in a serene natural setting, ThreePeaks Ascent is a short-term residential treatment center, where teens can disconnect from the noise and distractions of urban living, and instead focus on self-exploration, personal growth, and building a brighter future. Our specialized program is tailored for teenagers struggling with technology addictions, ADHD, trauma, depression, anxiety, social anxiety, panic disorders, and more. Through a holistic approach, we provide comprehensive mental health assessment and stabilization, engaging therapeutic interventions, and empowering skills training, all within a supportive and nurturing environment.

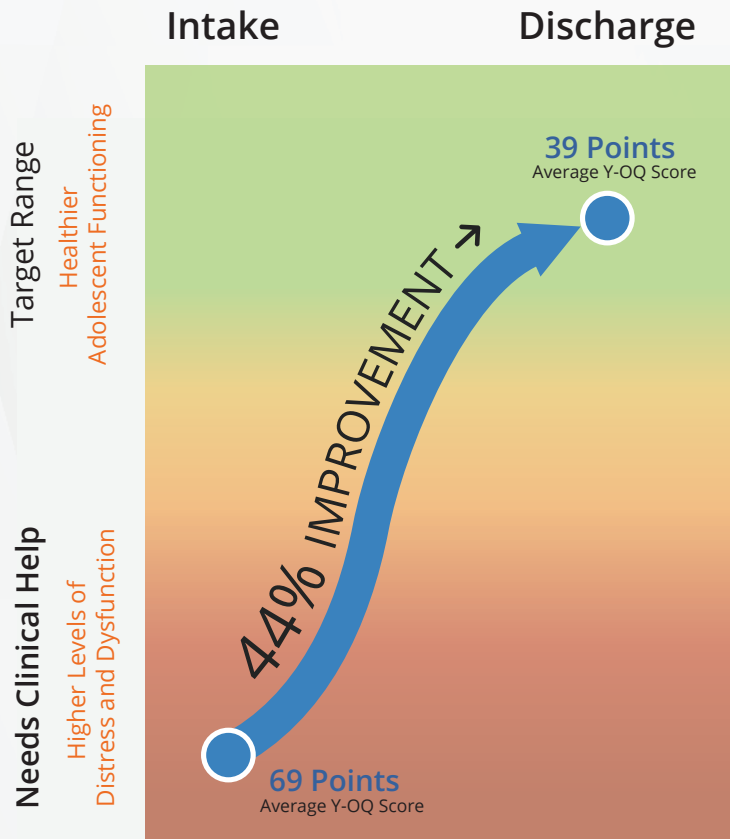

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Measurement of Overall Improvement

Youth Outcome Questionnaire (Y-OQ)

The Youth Outcome Questionnaire (Y-OQ) is a tool developed to measure adolescent functioning. The Y-OQ has been validated and normed and is considered useful in measuring the progress of teens who may require outpatient or inpatient treatment. Lower scores mean fewer problems and better functioning. The Y-OQ helps us track improvement directly from their perspective – a vital measure of how they experience their healing journey during and after treatment.



Student's Average Y-OQ Score **Demonstrates a 44% Improvement** From Admission to Discharge

Ascent teens report significantly greater improvement, achieving an average discharge score of 39 – substantially better than the NATSAP average of 46.3. This shows a more profound positive change experienced during treatment.

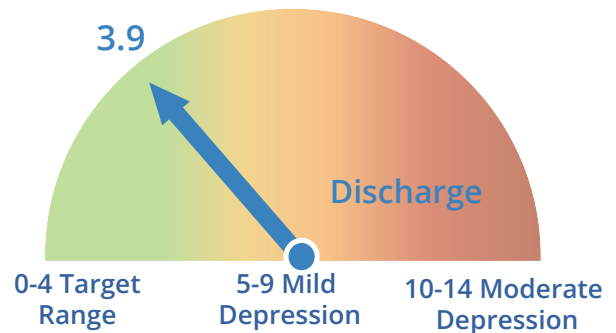
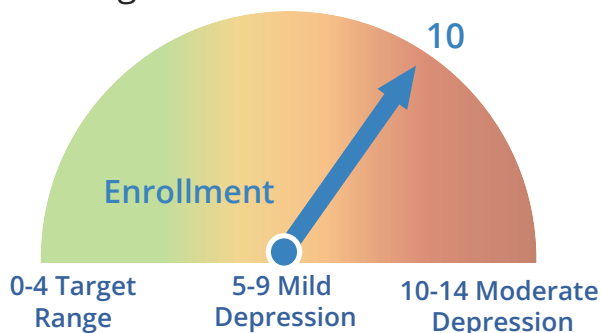
30

Point Improvement

Ascent Programs Surpasses Clinical Standard - A 13 Point Change Is Considered Clinically Significant. Ascent Programs more than doubles what is considered clinically significant

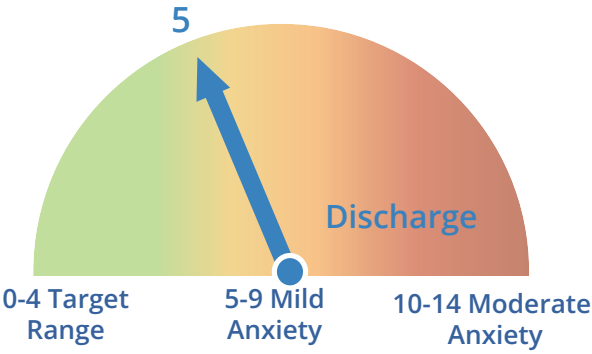
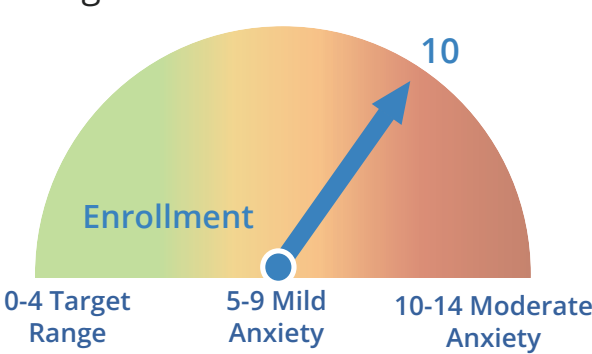
Depression Distress

Student's Average PHQ-9 Score Demonstrates a **61% Improvement** From Admission to Discharge.



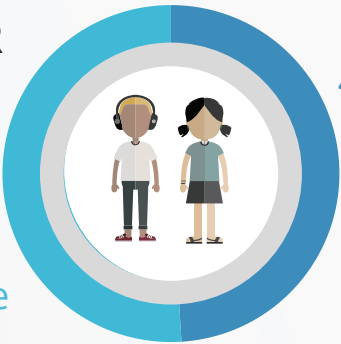
Anxiety Distress

Student's Average PHQ-9 Score Demonstrates a **50% Improvement** From Admission to Discharge.

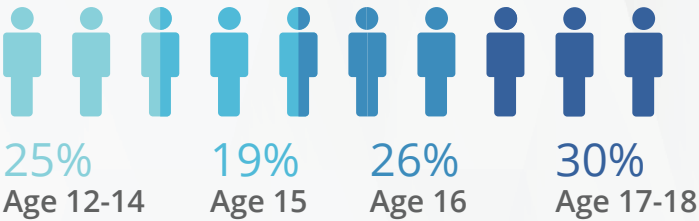


Student Profile

GENDER

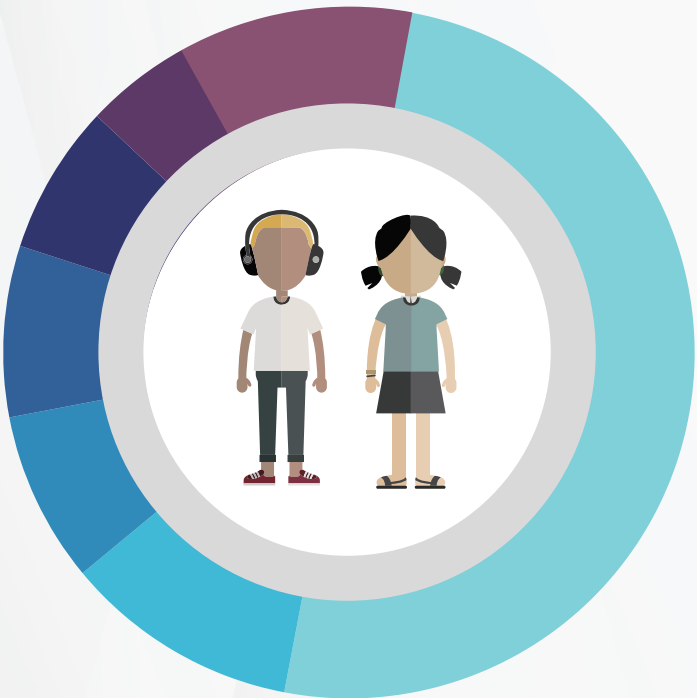


AGE



Student Diagnoses + Symptoms

Students At Ascent Programs Struggle With The Following Issues



- 52% - Depressive Mood Disorder
- 10% - Anxiety Disorder
- 8% - Behavioral Disorder
- 8% - Autism Spectrum Disorder
- 7% - Trauma/Stress Disorder
- 5% - ADHD
- 10% - Other

Hear **from the parents** who have been in our program!



92% of parents reported after treatment that they were **satisfied with the treatment they received.**

97%

of parents who's child participated in treatment at Discovery Ranch reported **feeling their child was emotionally safe in the program**

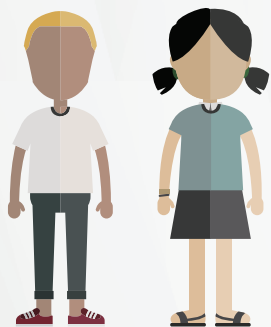
98%

of parents who's child participated in treatment at Discovery Ranch reported **feeling their child was physically safe in the program**

Hear **from the students** who have been in our programs!

92%

of adolescent reported **much improvement as a result of completing treatment at Ascent Programs.**



96%

of adolescents reported **feeling like Discovery Ranch helped them and their families.**

The research methodology includes the administration of an automated survey to all students at predetermined intervals during treatment for data gathering purposes.

