

2026 Clinical Impact Report

Student Profile & Treatment Outcomes

Partnering with your family to guide your teen toward a healthier, more hopeful future.



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AscentPrograms.com



Your Teen Is Growing Up in a Different World Than You Did

When your teen is struggling with his behavioral and mental health, for many families today, the struggle is less about parenting and more about the environment teens are growing up in.

Teens today have grown up in what has been described as a “phone-based childhood”, where constant digital stimulation replaces real-world experience. While technology offers some positive things like connection and entertainment, it can also make it harder for teens’ developing brains to regulate mood, motivation, and impulse control.



Creating the Conditions for Reset

Helping your teenage regain balance often requires a total environmental shift that goes far beyond the typical scope of household conversations or disciplinary consequences.

At Ascent, your teen steps away from constant digital stimulation and reconnects with relationships, responsibility, physical activity, and meaningful challenges. In this setting, many boys begin to stabilize, re-engage, and rediscover their capacity for growth.

When Stimulation Outpaces Balance

The teenage brain is highly sensitive to reward and stimulation. When much of a teen’s time is spent in fast-paced digital environments, everyday responsibilities and relationships can start to feel frustrating or overwhelming by comparison.

As a parent, you likely have seen the result of this in your teen as irritability, low motivation, anxiety, or intense mood swings, even while your teen has access to things they once enjoyed.



A Reason to Feel Hopeful

When your teen is struggling, it's natural to wonder whether a program will lead to lasting change. Many families arrive at Ascent feeling cautious and emotionally exhausted after trying other approaches that provided only temporary improvement

Our goal is not to promise a miracle. Instead, we focus on providing a highly structured clinical environment where meaningful change becomes possible.

Ascent is designed for adolescents who need more than occasional therapy or short-term intervention. The combination of clinical treatment, experiential learning, structure, and family involvement creates the conditions where deeper emotional and behavioral changes can occur.

2026 Enterprise Clinical Impact Report

Clinical Director Summary

The data confirms what we see in the milieu every day: our specialized, high-intensity model doesn't just 'stabilize' students, it moves them into the healthy range at nearly double the rate of the national average. We are effectively shortening the distance between crisis and long-term stability.

These outcomes reflect the combined efforts of students, families, and our clinical team working together throughout treatment. Because we track progress throughout the program, our therapists are able to monitor each student's response to treatment and make adjustments when needed.

92%

System-Wide Safety & Trust
Across all programs, 94% of parents reported that their child remained physically and emotionally safe, the foundational requirement for all therapeutic growth.

91%

Family Restoration Rate
94% of all students, regardless of their primary diagnosis, credited our programs with fundamentally helping their family unit heal.

+6.9 pts

Superiority vs. National Average
On average, a student graduating from our family of programs is 6.9 points healthier and more stable than the NATSAP national discharge average.

1.5 TIMES

GREATER THAN

Accelerated Depression Relief
Our combined PHQ-9 data shows our system delivers 1.5x the clinical impact of the national 5-point "Gold Standard" for depression recovery.

1.9 TIMES

GREATER THAN

Total Behavioral Transformation
Across the enterprise, our YOQ growth is 1.9x more effective than the industry's 13-point benchmark for significant life change.



My parents, family, and even myself would say that **Discovery Ranch was and is the most important event in my life**, and I would NOT be where I am without them.

Student Alumni

Student Profile & Treatment Outcomes

Parents Report A Safe and Supportive Environment

92% of Parents

Reported Feeling Their Child Was Physically and Emotionally Safe

A strong sense of safety allows students to engage more fully in the therapeutic process. When boys feel supported and protected, they are more capable of opening up, taking healthy risks, and beginning the work of meaningful change.

Active Therapeutic Engagement

91% of Students

Reported Putting Much Effort into Their Treatment Journey

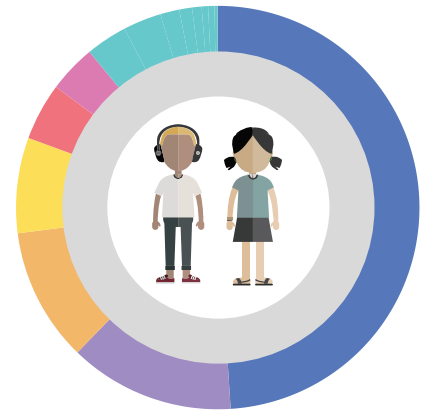
Real change requires more than just physical presence. It demands active participation and personal investment. This high level of student engagement shows that our students aren't just "going through the motions", they are taking ownership of their recovery. When a student commits to the hard work of self-discovery, they develop the resilience and grit necessary to maintain their progress long after they leave our care.



*Thank you for taking such a good care of him and helping him heal and get to a much better place. ... **Best decision I've ever made for him.***

Parent Alumni

Understanding Our Students' Needs



- 49% - Depressive Mood Disorders
- 13% - Anxiety Disorder
- 11% - Behavioral Disorders
- 8% - Trauma/Stress Disorder
- 5% - Autism Spectrum Disorder
- 4% - ADHD
- 10% - Other

Our students present with a range of primary diagnoses upon admission, reflecting the diverse needs we are equipped to support. Regardless of their primary diagnosis, each student at Ascent receives a comprehensive and unique treatment plan, tailored specifically to their personal strengths, challenges, and goals, this ensures a path to healing that is truly their own.

Reduced Depression and Withdrawal

9.5
POINT

1.9 Times Greater Than
the Gold Standard

5
POINT

Gold Standard

In daily life, this often means boys begin to re-engage with family, school, and activities they had previously withdrawn from. As mood improves, many regain the motivation and energy needed to participate more fully in their lives.

Depression scores of students at Ascent dropped from an average of moderately severe depression (16.6) at admission to mild depression (7.1) at discharge.

The Patient Health Questionnaire (PHQ-9) is a widely used clinical screening tool that measures the severity of depressive symptoms

Reduced Anxiety and Reactivity

6.6
POINT

1.6 Times Greater Than
the Gold Standard

4
POINT

Gold Standard

As anxiety decreases, many students become less reactive and better able to think through situations before responding. This growing ability to pause, reflect, and problem-solve is an important step toward long-term stability.

Average anxiety scores in students at Ascent dropped from moderate anxiety (10) at admission to minimal anxiety (3.4) at discharge.

The Generalized Anxiety Disorder assessment (GAD-7) is a widely used clinical screening tool that measures the severity of anxiety symptoms.

Improved Emotional and Behavioral Regulation

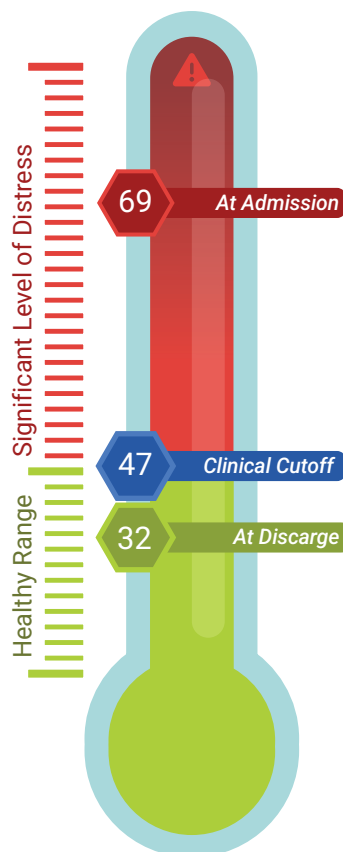
Students at Ascent showed a significant improvement on the YOQ-SR, moving from an average score of 69 at admission to 32 at discharge.

For families, this often looks like a shift from constant escalation to greater emotional control. Instead of reacting immediately with anger or shutting down, many teens begin to tolerate frustration, accept limits, and navigate conflict with greater stability.

The Youth Outcome Questionnaire Self Report (YOQ-SR) is a widely used clinical assessment that measures emotional and behavioral distress in adolescents. Higher scores indicate greater distress, while lower scores indicate improvement in emotional and behavioral functioning.

Beyond the Score: Interpreting Your Child's Mental Health Score (YOQ)

Think of the YOQ like a temperature reading for mental health. A high temperature signals a problem, and a lower temperature indicates improvement. Our goal is to help your child's 'mental health temperature' reach a healthy range.



The Experience of Overwhelm

For a teen entering our program with a YOQ score around 69, this signifies considerable internal struggle. Everyday tasks and relationships can feel overwhelming. They are likely experiencing considerable internal turmoil that impacts their daily functioning and relationships

Understanding Levels of Distress

A YOQ score above 47 indicates a level of distress that typically benefits from clinical support. This suggests a young person is facing significant challenges that can impact their daily life and ability to navigate typical adolescent experiences.

Moving Towards a Brighter Future

Our program aims to help teens move from higher YOQ scores into the healthy range (below 47). Achieving this lower score signifies meaningful progress, equipping them with improved coping skills for a more positive future.

Experiential Therapy: Learning Through Real Experience

Many parents worry their son has learned how to “say the right things” in talk therapy without real change showing up in daily life. At Ascent Family of Programs, growth doesn’t happen only in conversations; it happens through daily lived experiences as well.

While traditional talk therapy focuses primarily on discussion and reflection, the campus environment adds another powerful element: **hands-on responsibility and real-world feedback**. Through daily life, relationships, and experiential therapies, students practice new skills in real time rather than only talking about them.



Learning Through Honest Feedback

Animals and ranch responsibilities play an important role in this process. Working with horses and livestock provides immediate feedback that students cannot avoid or talk their way around.

For example, **horses are highly sensitive to tension and body language**. If a student approaches with frustration or agitation, the horse often becomes resistant or disengaged. When the student slows down and regulates his energy, the horse responds differently. These moments help students see how their internal state affects the world around them.

Responsibility That Matters

Students also participate in meaningful daily responsibilities that require follow-through and engagement. **Caring for animals and contributing to the community create natural opportunities to practice accountability.**

When a student feeds a calf or contributes to the campus, they see the direct impact of his effort. Over time, these experiences help build resilience, responsibility, and a stronger sense of personal ownership.

Moments That Build Lasting Change

For many students, meaningful breakthroughs happen during these real experiences. A teen who might normally react with anger or withdrawal may discover that slowing down, regulating his emotions, and approaching a challenge differently leads to success.

These moments of practice, repeated day after day, help students build the emotional regulation and problem-solving skills they will need when they return home.



Everything used to feel so incredibly out of reach and now it's all right in front of me at my fingertips. All the skills I have and the emotional maturity and strength all started at the ranch and I carried it with me and was the stepping stone to becoming the man I am today.

Student Alumni

From Crisis to Connection: The Ascent Journey

When a teenager is in crisis, it can feel like everything is happening at once, emotions escalating, behaviors becoming harder to manage, and answers feeling just out of reach.

At Ascent Family Of Programs, students are treated using a three-phase model designed to understand what is really going on, build the skills needed for change, and support lasting progress after your teen returns home.



Assess

The first step is moving beyond surface-level behaviors to uncover the "why" behind a teen's distress. Many adolescents arrive with overlapping challenges that mask the root cause of their crisis.

At Ascent Family Of Programs, assessment is an in-depth, collaborative process using continuous observation, clinical evaluations, and specialized testing.

This phase replaces months of uncertainty with a comprehensive clinical roadmap, providing families with a clear understanding of how their teen thinks, responds, and experiences the world.

Empower

Once the underlying challenges are identified, the focus shifts to building the practical tools needed to manage them.

Students engage in evidence-based therapies like DBT and CBT, practicing these skills in real-time within our highly structured environment. This is a family-centered process; parents are actively involved in therapy and communication, learning the same skills their teen is developing. This shared growth creates a bridge of consistency between the treatment environment and the home, fostering emotional awareness and personal responsibility.



Oxbow saved my sons life. ... My son walked away from this place with confidence and competency he did not have when he went, and furthermore, with relationships he genuinely hopes to continue throughout his whole life.

Parent Alumni

Thrive

As stability and skills take hold, we shift our focus to the whole person. Reintegrating academics, physical activity, and social relationships.

This phase is about moving forward with confidence and direction rather than just managing a crisis. Our clinical team works closely with each family to create a precise transition plan for life after Ascent.

Whether returning home or moving to another level of care, this planning ensures that the resilience and hope discovered during treatment are supported for the long term.

Why Family Involvement Matters

When your teen is struggling, it is normal to feel like you are carrying the weight of this situation alone. At Ascent Family of Programs, families are not expected to navigate this process by themselves. Lasting progress happens when students and families work together with the support of a clinical team.



Change Happens Within the Family System

Your teen is not being treated in isolation. Their progress is closely connected to the relationships and patterns within their immediate family.

For change to last, the growth happening at Ascent Family of Programs needs to be supported at home as well. As students learn new ways to regulate emotions, communicate, and take responsibility, families are also supported in strengthening the structure, communication, and expectations that help those changes continue after treatment.

Guidance and Support for Parents

Throughout treatment, parents receive guidance and practical tools to support their child's progress. This includes opportunities to better understand the challenges teens face today, strengthen boundaries, and develop healthier patterns of communication and accountability.

Rather than leaving families to figure things out on their own, Ascent Family Of Programs provides ongoing clinical support and education designed to help parents feel more confident navigating life after treatment.

Preparing Families for Life After Treatment

Preparing the entire family for the transition home is an important part of the therapeutic process.

94% of parents reported after treatment that they were satisfied with the treatment they received.

This preparation helps families move forward with clearer expectations, stronger communication, and a shared understanding of how to support continued growth.

When students and families make these changes together, the progress made during treatment is far more likely to continue long after a student leaves Ascent Family Of Programs.