



Residential Therapeutic Schools and Programs: A Foundation for Positive and Lasting Outcomes

New Study Provides Answers To Professionals

Between August 2003 and March 2007, Canyon Research and Consulting conducted a comprehensive study of parents and teens from NATSAP member residential therapeutic schools and programs. The purpose of the study was to measure the effectiveness of private residential programs for teens with emotional, behavioral, and familial issues.

The results are groundbreaking

The Western Institutional Review Board, an institutional review board for clinical research studies, issued Certificates of Approval for this study which sought to understand:

1) Do teens improve while attending a residential therapeutic school or program?

2) Has the progress teens made while attending a residential therapeutic school or program continued upon returning home?

Both of these questions were positively answered in this study, the key results of which are contained in this study overview.

Study Methodology

This study of private residential therapeutic schools and programs improves on previous research by using a multi-center design, with repeated and standardized measures, prospective data, a large sample, and two informant groups.

The study measured questionnaire responses from 1027 adolescents and their parents from 9 participating programs at distinct times including:

- Admission to the program
- 12-months post-discharge

The primary measures used in the study were the Child Behavior Check List (CBCL) and Youth Self Report (YSR), both “gold standard” outcome measures that are part of the Achenbach System of Empirically Based Assessment.

Participant Overview

Characteristics of Participating Youth

- 55% male
- 13-18 years old
- Mean grade point average: 2.0 on a 4.0 scale
- 97% were placed in treatment by their parents
- 94% had received some form of prior treatment
- 80% had received outpatient treatment in the prior year
- 70% had recently been prescribed psychotropic medications
- 82% were treated for multiple problems (behavior, substance, mood, learning, anxiety)



A Significant Reduction In Internalizing Problems

What Parents and Their Teens Told Researchers:

Upon Admission to the Program

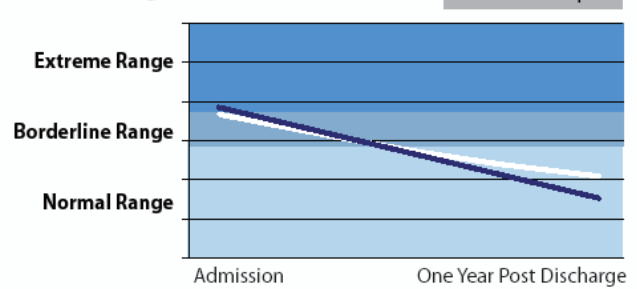
Teens were experiencing internalizing problems, including:

- Anxiety • Depression • Attention Problems

One Year After Discharge

Teens and parents reported total problems decrease to well within the normal range.

Parents and Teens Report: Internalizing Problems



Externalizing Problems Improve What Parents and Their Teens Told Researchers:

Upon Admission to the Program

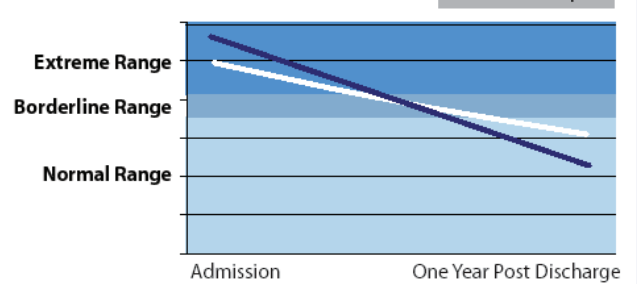
Teens were exhibiting externalizing behaviors that included:

- Aggressiveness • Withdrawal • Rule breaking

One Year After Discharge

Problems decreased during treatment and remained stable one year after discharge.

Parents and Teens Report: Externalizing Problems Improve



Youth Functioning in Family Improves What Parents and Their Teens Told Researchers:

Upon Admission to the Program

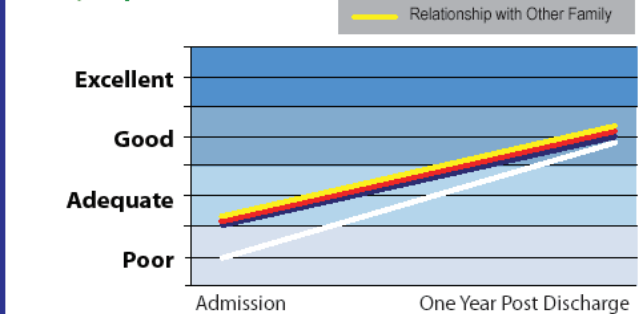
Teens and their families indicated that there were serious problems with the teens' family interactions:

- Teens and parents weren't communicating effectively
- The parent/child was suffering
- Teens weren't complying with family rules and expectations
- Family relationships were in need of improvement

One Year After Discharge

There was significant improvement on factors all factors relating to youth functioning in family.

Parents and Teens Report: Youth Functioning in Family Improves



Other Key Study Findings

Positive results were the same for*: • Both girls and boys • All ages • Any number of problems

*Based on the factors included in the study



For information about NATSAP, please call (928) 443-9505 or visit www.natsap.org

For more information about this Residential Outcome Study, please contact: jan@natsap.org

The results of this study indicate the majority of parents and teens who enrolled and participated in this study, experienced both immediate and lasting benefits on all psychological, social and familial outcomes measured.

Note: This groundbreaking study was conducted by an independent research company, Canyon Research and Consulting, with funding from Aspen Education Group and support from the National Association of Therapeutic Schools and Programs.