

Aspen Education Group's Residential Therapeutic Schools and Programs: Proven Effective

New Study Provides Answers To Parents

Between August 2003 and March 2007, an independent research organization conducted a comprehensive study of parents and teens from Aspen Education Group residential therapeutic schools and programs. The purpose of the study was to measure the effectiveness of private residential programs for teens with emotional and behavioral issues and the impact upon the family.

The results are groundbreaking.

The study concentrated on providing answers for the two key questions that parents considering a private residential program would ask. They are:

- *Will my child improve while attending an Aspen residential school or program?*
- *Will the progress my child has made while attending an Aspen program continue upon returning home?*

Both of these questions were positively answered in this study. You will discover the answers and more in this study overview.



Key Facts

- Conducted by an independent research company
- Approved and audited by the Western Institutional Review Board
- Parent and teen responses were measured at distinct times including:
 - Admission to the program
 - 12 months post-discharge



Participant Background

- 1027 youths and 1027 parents participated in the study
- Youth ages range from 13-18 years
- 94% of the youths had received some form of prior treatment
- 82% had more than one presenting issue (behavior, substance, mood, learning, anxiety)

ASPEN'S PROGRAMS HELP TEENS FEEL BETTER ABOUT THEMSELVES

What Parents and Their Teens Told Researchers:

Upon Admission to the Program

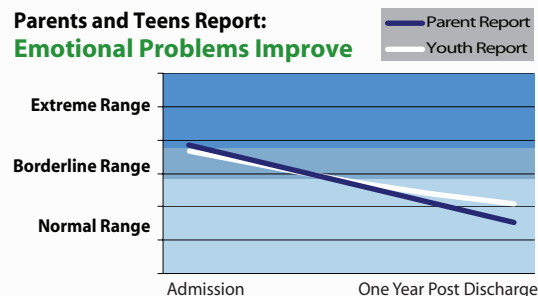
The majority of teens entering the program were experiencing emotional problems that minimized the individual's own control of their feelings. Teens were often experiencing high levels of:

- Anxiety
- Depression
- Attention Problems

One Year After Discharge

Teens and parents both reported that the emotional issues the teen experienced were normal. In other words, they were behaving just like any other typical teenager.

Parents and Teens Report: Emotional Problems Improve



Why This May Be Important To You: Aspen's programs helped teens to develop stronger **emotional well-being**. They **provided teens with the confidence** that can help **resist peer pressure** and other outside influences.

TEENS BEHAVE BETTER AS A RESULT OF ASPEN'S PROGRAMS

What Parents and Their Teens Told Researchers:

Upon Admission to the Program

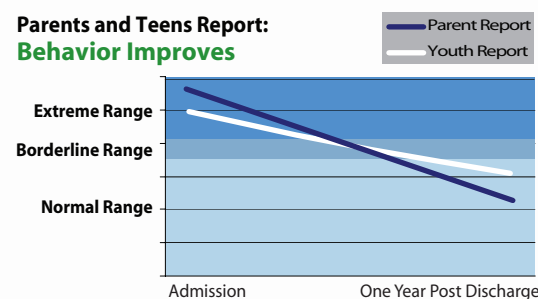
Teens were exhibiting common behaviors that included:

- Aggressiveness
- Withdrawal
- Rule breaking

One Year After Discharge

Student's behavior diminished to 'normal' levels reflecting that of a typical teenager.

Parents and Teens Report: Behavior Improves



Why This May Be Important To You: Most teens admitted to an Aspen program were demonstrating behaviors that were directly impacting both themselves and others. One year later, teens were **far more cooperative**, with their negative behaviors diminished to 'normal' levels.

ASPEN PROGRAMS HELP HEAL THE WHOLE FAMILY

What Parents and Their Teens Told Researchers:

Upon Admission to the Program

Teens and their families were showing signs of serious trouble:

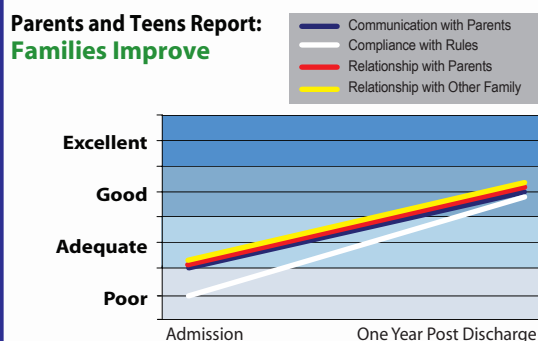
- Poor family relationships
- Noncompliance with family rules
- Ineffective family communications

One Year After Discharge

Positive changes occurred for the whole family:

- Improved family relationships
- Better compliance with rules
- Better communication

Parents and Teens Report: Families Improve



Why This May Be Important To You: There was significant improvement in family relationships and family communication as a result of Aspen's therapeutic schools and programs. Families are generally living better lives today because of their decision to enroll in an Aspen program.

Parents considering a residential program for their child often face a difficult and emotional decision. The results of this study strongly indicate for the majority of parents and teens who attended an Aspen residential program, it was the right decision, effectively providing both immediate and lasting benefits to the teens and families involved.

Will my child improve while attending an Aspen residential school or program?

Based on the results of this independently conducted study, Aspen's residential therapeutic schools and programs are effective for helping teens and families.

Will the progress my child has made while attending the program continue upon returning home?

Parents and teens indicated that Aspen's programs provide the high impact, positive results families need to create better lives and stronger family relationships and these results last.