



## Sustaining Success

Evoke Therapy's mission is to provide the highest level of personalized therapeutic care with a focus on the whole-health of clients and families with extensive family support and resources. Treatment success can be observed immediately, but lasting success and positive outcomes truly define great programs. To that end, Evoke Therapy Programs has committed itself to the most extensive research and outcome studies in its field. We believe that program evaluation and research are essential to providing optimal services.

Are our clients improving their lives and do the positive changes last?

The word 'evoke' is written in a large, lowercase, sans-serif font. The letters are filled with a collage of nature images, including green grass, brown soil, and trees, creating a textured, organic appearance.

evoke

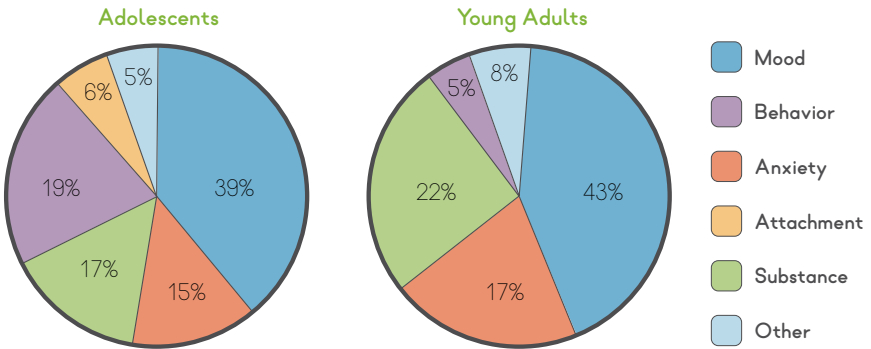




## Our Clients

Evoke serves adolescents ages 13–17 and young adults ages 18–30+ facing mood and anxiety disorders, substance-related issues, and behavioral problems. General treatment goals include crisis management, individualized treatment support, assessment in a natural substance-free environment, developing coping skills, increasing self-esteem through task accomplishment, family systems work, and socialization. Our clients enter treatment with a range of clinical issues:

## Primary Diagnosis



## Our Outcomes Research

Since 2008 we have conducted research to assess treatment outcomes for adolescent and young adult clients. In fact, our team is responsible for more published outcomes research in wilderness treatment than all other wilderness programs combined.

In addition to our independent research projects, we participate in research with the National Association of Therapeutic Schools and Programs (NATSAP) and the Outdoor Behavioral Health (OBH) Council, as well as collaborate with researchers at universities around North America. We have published our research in peer-reviewed, professional journals and presented at conferences for the American Psychological Association,



Association of Experiential Education, and NATSAP. **Our research results support that Evoke clients experience positive, lasting change in areas of behavioral problems, substance use, depressive symptoms, and a variety of other issues.**

The main instruments we use in our studies are the Youth Outcome Questionnaire (YOQ) and Outcome Questionnaire (OQ45.2). Both are simple but well-tested questionnaires designed to measure change over time with regard to behavioral difficulties, depression, anxiety, interpersonal relations, and other psychological difficulties.

Upon entering our program, adolescent clients, parents of adolescents, and young adult clients have reported acute levels of dysfunction, similar to clients at inpatient treatment settings. **At discharge, clients and their parents both reported healthy levels of functioning with fewer emotional struggles, increased hopefulness, and more success in their relationships.**

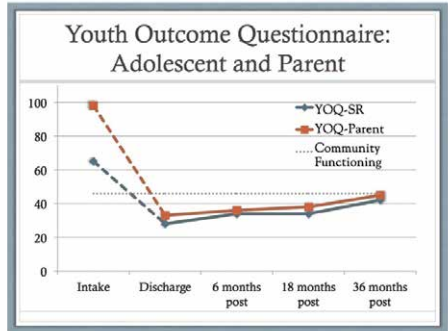
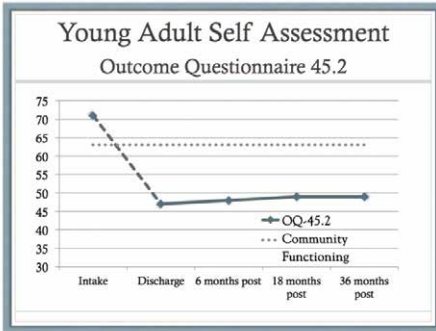
**Participants in our study also demonstrated significant improvement in overall motivation, life skills, interpersonal relationships, hope, self-confidence, and emotion control.**

Historically, data on wilderness therapy clients post-discharge has been lacking. To address this, Evoke Therapy Programs has poured enormous energy and resources into following up with families six and 18 months post-discharge. We saw strong response rates which allow us to conduct sophisticated analyses and provide evidence for the field regarding the long-term effectiveness of wilderness therapy.

**Our research concluded that clients are maintaining progress six and 18 months post-discharge, and are able to generalize the skills they learned during treatment at Evoke.** These exciting results validate the overwhelming positive anecdotal testimonials we have received over the years from parents and their children alike.



## YOQ & OQ-45.2 Questionnaire Results



Our clients entered treatment with clinically significant levels of emotional and behavioral dysfunction, made clinically significant change, and discharged within the “normal” range of functioning. Post-discharge scores indicated that on average clients remained in the normal range of functioning at six, 18 and 36 months post-discharge.

### Interpreting the Data

How does one best interpret this data and determine if wilderness therapy treatment is right for their family or client? Consider the following notable findings:

- **Less arguing and disrespectfulness:** 73% of parents reported their adolescent child argued or was verbally disrespectful always or often at the time of intake. Upon discharge, just 6% reported the same level, with an even smaller portion (5%) reporting arguing or verbal disrespect always or often at six months post-discharge.
- **More cooperation:** 74% of parents reported that their child always or often cooperated with rules and expectations upon discharge – with 68% still doing so at six months post-discharge.



- **Less complaining:** Over 78% of parents reported that their child complained or whined about things being unfair at the time of intake. 62% reported that their child rarely or never did so at discharge, with this level maintained through six months post-discharge.
- **Better coping skills:** 60% of parents reported that their child rarely or never handled frustration or boredom appropriately at intake. 81% reported that their child always, often or sometimes could at discharge, with this level again maintained through six months post-discharge.
- **More hope and optimism:** Upon discharge, more than half of parents (58%) said their child was always or often hopeful and optimistic, compared with less than 6% at the time of intake.

## Evoked's Young Adult Clients' Self-Reported Findings

- **Improved relationships:** After treatment, 94% said they always or frequently get along well with others.
- **Less irritability:** 44% reported at discharge that they rarely or never feel irritated, with 46% reporting the same at six months post-treatment. Upon admission 81% said they always, frequently or sometimes felt irritated.
- **Increased (emotional) strength:** Over 53% of young adults self-reported always, frequently or sometimes feeling weak at the time of intake. At discharge, more than 75% of them said they never or rarely felt this way, and 83% said this at six months post-discharge.
- **More happiness:** Almost 95% of young adults reported being a happy person always, frequently or sometimes at the time of discharge, with this level maintained at six months post-discharge.



- **Hope for the future:** Over 65% of young adults always, frequently or sometimes felt hopeless about the future upon intake. At discharge, almost 73% said they never or rarely felt this way, with 76% reporting never or rarely feeling hopeless at six months post-discharge.

- **Improved self-image:** Nearly 95% of clients reported that they liked themselves at the time of discharge and maintained this positive self-image at six months post-discharge.

Families and professionals considering treatment for their child or client may have questions about what type of program is right for them or what can help address specific dysfunctional behaviors. Fortunately, outcomes research indicates that wilderness therapy is an effective, high-impact intervention that provides immediate and long-lasting benefits.

For full outcomes research details, visit

[www.evoketherapy.com/research](http://www.evoketherapy.com/research)

## Admissions Information

Steve Kirk

T. 801.785.7933

M. 801.368.0120

[steve@evoketherapy.com](mailto:steve@evoketherapy.com)

Kaysha Sorenson

M. 801.318.7278

[kaysha@evoketherapy.com](mailto:kaysha@evoketherapy.com)

Cassidy Neuman

M. 616.566.2042

[cassidy@evoketherapy.com](mailto:cassidy@evoketherapy.com)

Please call for more information:

866.411.6600

[www.evoketherapy.com](http://www.evoketherapy.com)



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