

A photograph of four people (two adults and two teenagers) standing on a grassy hill, looking out over a valley at sunset. The scene is silhouetted against the warm, orange glow of the setting sun. The people are standing close together, with their arms around each other's shoulders, suggesting a supportive and caring environment.

ThreePeaks Ascent Student Profile & Treatment Outcomes

At ThreePeaks Ascent, our primary commitment is to provide the highest quality care for struggling teens



THREEPEAKS
A S C E N T

About ThreePeaks Ascent

At ThreePeaks Ascent, we offer a nature-based, short-term residential treatment program tailored to meet your teenager's unique needs. Our holistic and integrated approach combines evidence-based therapeutic modalities with personalized treatment plans to create lasting, positive change. Key components of our program include:

Nurturing Growth & Restoring Hope: We focus on building resilience, equipping teens with the skills and leadership abilities they need for a brighter future.

Comprehensive Support: The program includes thorough assessment and stabilization, ensuring that each teen receives the care they need at every stage of their healing process.

Active Engagement & Empowerment: Teens are actively involved in their healing journey, developing competence, mastery, and a sense of ownership over their progress.

Family Involvement: We ensure lasting change by integrating family support and involvement, promoting healthier relationships and long-term success.

Through our compassionate, evidence-based approach, we guide teens toward growth, healing, and lasting transformation, going beyond traditional methods.



How ThreePeaks Ascent Uses Outcomes Data for Continuous Improvement

At ThreePeaks Ascent, our primary commitment is to provide the highest quality care for struggling teens. To consistently meet and exceed the needs of our students and families, we continuously monitor a wide range of real-time data, including progress monitoring and outcomes. We also value feedback gathered through ongoing surveys from parents, students, and staff regarding their experiences and the services we provide.

This continuous review process equips our leadership team with crucial insights that drive immediate and iterative program enhancements. The analyzed data informs discussions focused on identifying areas for potential improvement, leading to ongoing adjustments within our program. These improvements are carefully tracked and evaluated to ensure successful implementation and a positive impact on our students' journeys.





Our Commitment to Quality Improvement

ThreePeaks Ascent is deeply dedicated to the continuous improvement of our therapeutic program. This necessitates the real-time measurement of key trends across all operational aspects. Data is continuously collected, compiled, and rigorously analyzed. Furthermore, our leadership team actively seeks feedback through surveys from parents, students, and staff. This vital feedback mechanism allows us to proactively identify areas for enhancement in safety, treatment effectiveness, and the cultivation of a supportive therapeutic environment. Our ongoing reviews cover critical program elements such as medical support, therapy (individual, group, and family), milieu, nutrition, facilities, academics, parent support, experiential activities, peer culture, psychiatric services, communication, recreation, life skills, and transitional planning.

The ThreePeaks Ascent leadership team continuously reviews this data and feedback, enabling real-time adjustments and program improvements. This dynamic approach ensures our responsiveness to our students' evolving needs and our consistent pursuit of optimal outcomes.

Impact on Your Family

To help you better understand the impact of the ThreePeaks Ascent program in 2025 and beyond, this document includes specific data points illustrating the positive outcomes and growth our students have achieved. These key indicators offer a clearer understanding of the transformative impact of our comprehensive and individualized treatment model, designed to support your child's healing and facilitate positive change within your family.





ThreePeaks Ascent: Proven Results for Healing and Growth

Choosing the right path for your struggling teen is one of the most difficult decisions a parent can make. You need confidence that a program not only provides a safe and caring environment but also delivers real, measurable, and lasting change. At ThreePeaks Ascent, we are committed to transparency and evidence-based care. Our outcomes are rigorously tracked using standardized tools managed by third-party university researchers.

This report shares key findings, comparing our results to national averages from 51 NATSAP programs where available, showing how ThreePeaks Ascent helps teens and families heal and thrive.



A close-up photograph of a person's hand gripping a rope, likely part of a zipline or climbing equipment. The background is blurred, showing a natural outdoor setting with trees and foliage.

Peace of Mind:

Your Child's Safety is Our Top Priority (Parent Survey)

What We Measure: Entrusting your child's care to others requires immense faith. Nothing is more important than their physical and emotional safety. We regularly and directly ask parents about their perception of safety within our program, their child's connection with staff, and the overall environment.

87% of Parents

Reported Feeling Their Child Was Physically and Emotionally Safe

ThreePeaks Ascent Results: Parents consistently affirm the secure, nurturing environment at ThreePeaks Ascent. **87% of parents reported feeling their child was physically safe**, and **87% felt their child was emotionally safe** during their time here. Furthermore, **91% of parents reported feeling that our staff genuinely cared for their child**. This fundamental foundation of safety, trust, and care is essential for therapeutic healing to occur.





Confidence in Your Choice: High Satisfaction and Proven Outcomes (Parent Survey)

What We Measure: Beyond clinical scores, it's crucial that families feel satisfied with the quality of treatment, see tangible improvements, feel prepared for the future, and would recommend the program. We survey parents on these vital aspects during and after treatment.

93% of Parents
Were Satisfied With the Quality of Treatment Received

ThreePeaks Ascent Results: ThreePeaks Ascent parents report exceptionally high satisfaction and confidence in the program's impact. **93% were satisfied with the quality of treatment received**, and this satisfaction remained incredibly high even 12 months after treatment. Critically, **85% of parents reported they would recommend ThreePeaks to a friend whose child needed this level of care**, and **91% of parents reported improvement in their child's problems when compared to when they entered**. This overwhelming confidence speaks volumes about the positive, life-changing impact experienced.





Feeling Seen and Heard: The Student Experience (Student Survey)

What We Measure: For therapy to truly work, teens need to feel safe, respected, connected, and understood. We ask students directly about their sense of physical and emotional safety, their connections with staff and peers, and whether they feel their therapeutic and other needs are being met.

98% of Students
*Reported Putting Much Effort Into Completing
ThreePeaks Ascent*

ThreePeaks Ascent Results: Our students report feeling secure and forming strong, healthy connections. **85% felt physically safe**, and **90% felt emotionally safe**. Strong relationships are key, with **90% feeling connected to staff members**. Importantly, **98% of students reported putting much effort into completing ThreePeaks Ascent**, showing they recognize and value the positive impact of their hard work and the support received here.





Your Teen's Voice: Measuring Real Progress and Lasting Change (Y-OQ)

What We Measure: The Youth Outcome Questionnaire (Y-OQ) is a standard tool where teens confidentially report on their own feelings, behaviors, and relationships. **Lower scores mean fewer problems and better functioning.** It helps us track improvement directly from their perspective – a vital measure of how they experience their healing journey during and after treatment.

Discharge Score Of 44

*Teens Report Significantly Greater Improvement, Achieving an **Average Discharge Score of 44** – Substantially Better Than the National Average Reported by NATSAP Programs*

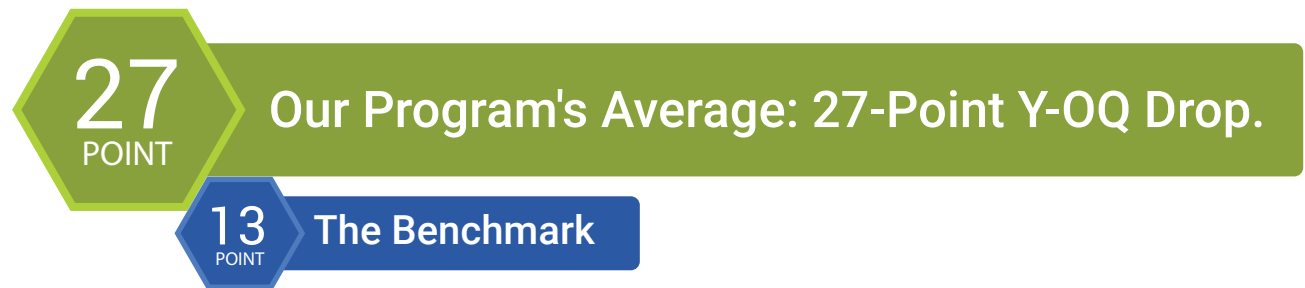
ThreePeaks Ascent Results: Teens arrive at ThreePeaks Ascent facing challenges similar to the national average reported by NATSAP programs. By the time they leave, **ThreePeaks Ascent teens report significantly greater improvement, achieving an average discharge score of 44 – better than the NATSAP average of 46.3.** This shows a more profound positive change experienced during treatment.





A Profound Drop in Distress: Real Change You Can See (Y-OQ)

What We Measure: The Y-OQ is a vital tool that helps us understand a young person's emotional and behavioral well-being directly from their perspective. It provides a score, where higher scores indicate greater distress and lower scores show improvement. A 13-point decrease is considered a clinically significant improvement.



On the Y-OQ, a decrease of just 13 points is considered a clinically significant improvement in a young person's mental health. Our program consistently achieves reductions far greater than this.

ThreePeaks Ascent Results: Our commitment to real, measurable progress is evident in our Y-OQ outcomes. On average, by the time they discharge, their average score drops to a remarkable 44. This isn't just a number; it's a profound 27-point reduction in distress, far exceeding the 13-point threshold considered clinically significant. This exceptional progress means teens leave our program equipped with significantly improved emotional regulation, coping skills, and a healthier perspective for their future.



Finding Hope: Effectively Addressing Depression (PHQ-9)

What We Measure: Depression can feel overwhelming, marked by persistent sadness, loss of interest, and hopelessness. The Patient Health Questionnaire (PHQ-9) is a specific tool used clinically to measure the severity of depression symptoms. We track this closely to ensure our therapeutic approach is making a real difference in lifting this burden.

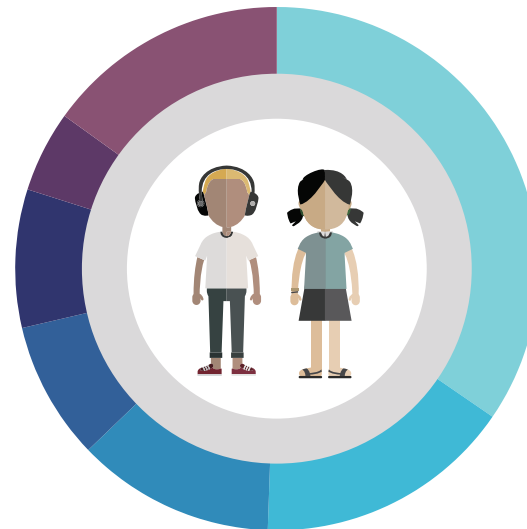


ThreePeaks Ascent Results: Many teens arrive struggling under the weight of depression. At ThreePeaks Ascent, our tailored approach yields clear results. We see average depression scores drop dramatically from the 'Mild' depression range (average 8.89) down into the 'Minimal' symptoms range (average 3.36) by discharge. This significant reduction shows how our program helps teens manage depressive symptoms, rediscover hope, and re-engage more fully with life.



Guiding Diverse Journeys: Understanding Our Students' Needs (Primary Diagnoses)

What We Measure: This section outlines the common primary diagnoses of students entering our program. While these diagnoses help us understand general challenges, we never base treatment on a label. Instead, we create a deeply personalized therapeutic plan for each unique student.



34% - Depressive Mood Disorder

16% - Behavioral Disorders

12% - Anxiety Disorder

9% - Trauma/Stress Disorder

9% - Autism Spectrum Disorder & SCD

5% - Substance Use Disorder

15% - Other

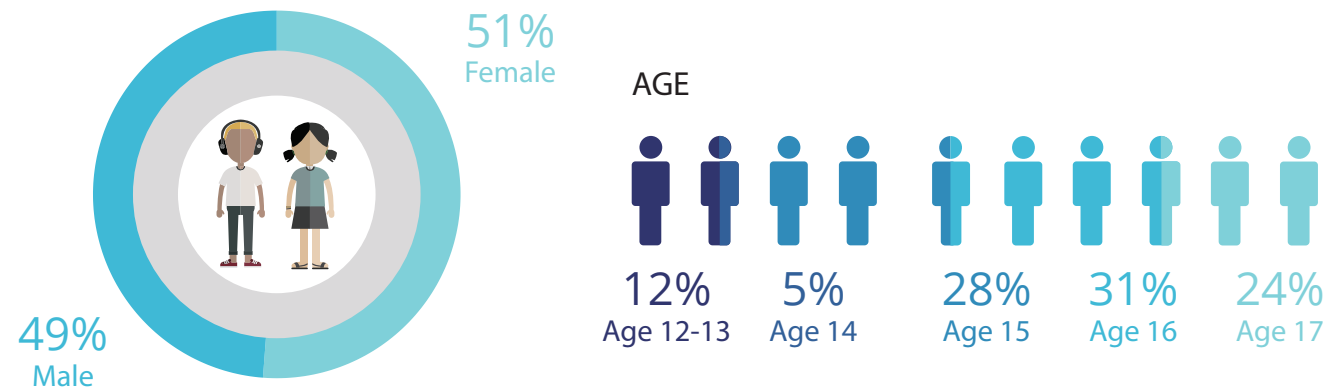
ThreePeaks Ascent Results: Our students present with a range of primary diagnoses upon admission, reflecting the diverse needs we are equipped to support. This diverse profile underscores our commitment to truly individualized care. Regardless of their primary diagnosis, each student at ThreePeaks Ascent receives a comprehensive and unique treatment plan, tailored specifically to their personal strengths, challenges, and goals, ensuring a path to healing that is truly their own.





A Place for Everyone: Our Diverse Student Community (Age & Gender Demographics)

What We Measure: We believe that healing can happen at any stage of adolescence and for every individual. To ensure we are creating a welcoming and effective environment for all, we track the age and gender of our students. This information helps us appreciate the diverse tapestry of young people who come to us for support and ensures our program remains responsive to the unique developmental needs of every teen we serve.



ThreePeaks Ascent Results: The variety of ages and genders at ThreePeaks Ascent enriches our community, fostering an environment where students can learn from one another's experiences and perspectives. This diversity allows us to create a dynamic and supportive milieu.



Data-Driven Care, Compassionately Delivered

At ThreePeaks Ascent, we believe in combining evidence-based practices with genuine, individualized care. Our commitment to rigorous outcome tracking, validated by third-party researchers and benchmarked against national standards, ensures we provide the most effective treatment possible for your teen. These results reflect the courage and hard work of our students, the dedication of our experienced staff, and the trust placed in us by families like yours. We are here to help your family find healing and hope.

