

ThreePeaks Ascent: 2025 Data & Outcomes Review

Student Profile & Treatment Outcomes

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



435-272-1280



contact@threepeaksascent.com



709 E Main St Suite 102
Enterprise, UT 84725



ThreePeaksTreatment.com



THREEPEAKS
ASCENT

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

When your son or daughter is struggling with their 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 teen regain balance often requires a total environmental shift that goes far beyond the typical scope of household conversations or disciplinary consequences.

At ThreePeaks Ascent, your teen steps away from constant digital stimulation and reconnects with relationships, responsibility, physical activity, and meaningful challenge. In this setting, many teens 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 child 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 ThreePeaks 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.

ThreePeaks 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 change can occur.

The 2025 Clinical Snapshot

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.

While every student's journey is different, these outcomes provide encouraging evidence that meaningful progress is possible.

For many families, ThreePeaks Ascent becomes a turning point where a struggling teen begins rebuilding emotional stability, responsibility, and trust within the family.

90 Days

Rapid Life Reconnection

While the industry average for therapeutic residential care is 10 months, ThreePeaks Ascent achieves elite clinical results in a focused, intensive 90-day window.

1.44 TIMES GREATER THAN

Depression Recovery Velocity

ThreePeaks Ascent students achieve 1.44 times the progress of the national 5-point "Gold Standard" for depression relief.

91%

Sustained Success (6-Month Follow-Up) 91% of parents report continued satisfaction with their child's progress six months after returning home, proving that nature-based therapy creates lasting change.

1.5 TIMES GREATER THAN

Accelerated Clinical Growth In just three months, our students achieve 1.5 times the clinical impact of the industry's 13-point "Gold Standard" for overall behavioral improvement (YOQ).

98%

Student Family Buy-In An industry-leading 98% of students reported that the program was instrumental in helping them and their families heal and reconnect.

“

Thank you Three Peaks we are excited our son is back!

Parent Alumni

Student Profile & Treatment Outcomes

Parents Report A Safe and Supportive Environment

95% 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 teens feel supported and protected, they are more capable of opening up, taking healthy risks, and beginning the work of meaningful change.

Students Recognize the Impact

98% of Students

Reported That ThreePeaks Ascent Helped Them and Their Families.

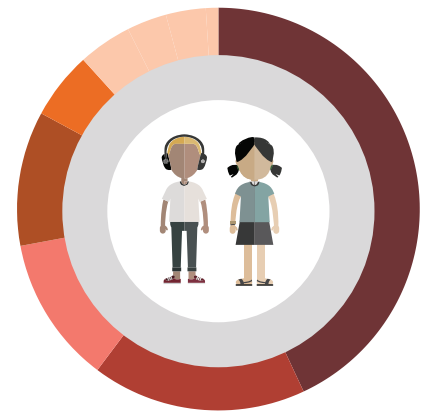
For many families, this reflects an important shift. As students gain insight and new skills, they often begin to recognize how their actions affect the people around them and feel more hopeful about rebuilding trust and strengthening family relationships.



Three Peaks has been amazing for our Son and our Family. Best decision ever made. ... His progress has been nothing short of amazing and we owe so much to the staff especially his therapist.

Parent Alumni

Understanding Our Students' Needs



- 43% - Depressive Mood Disorder
- 17% - Anxiety Disorder
- 12% - Behavioral Disorders
- 11% - Trauma/Stress Disorder
- 5% - Autism Spectrum Disorder
- 12% - 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 ThreePeaks 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

7.2
POINT

1.44 Times Greater Than
the Gold Standard

5
POINT

Gold Standard

In daily life, this often means teens 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 ThreePeaks Ascent **dropped from an average of moderately depression (14.9) at admission to mild depression (7.7) 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

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 ThreePeaks Ascent **dropped from mild anxiety (7.8) at admission to minimal anxiety (3.5) 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

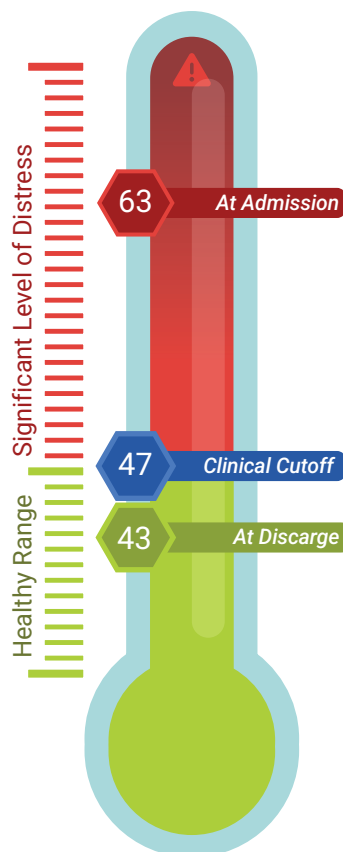
Students at TheePeaks Ascent showed a significant improvement on the YOQ-SR, moving from an **average score of 63 at admission to 43 at discharge.**

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 63, 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.

Climbing Toward Change: The Power of Nature-based Therapy

At ThreePeaks Ascent, treatment takes place in a natural, outdoor setting designed to support both clinical insight and meaningful behavioral change. By stepping away from the distractions of everyday life, including technology and social media, teens are able to focus more fully on themselves, their relationships, and the work of recovery.

The natural environment plays an active role in the therapeutic process. It introduces healthy challenge, encourages accountability, and provides opportunities for real-time growth. In this setting, patterns that may be difficult to identify at home often become clearer, allowing therapists to better understand each student and tailor treatment more effectively.

The experience is structured around three developmental stages known as the Three Peaks.



Peak 1: Assessment and Stabilization

In a structured, nature-based setting, students step away from digital distractions to find emotional and physical stability. By observing your teen in a new environment, our therapists gain a clear, accurate understanding of the underlying factors contributing to their struggles. As the crisis de-escalates, students begin to feel safe enough to engage in the real work of recovery.

Peak 2: Engage and Empower

Once stable, teens begin actively participating in their own growth. They don't just discuss concepts; they practice emotional regulation, communication, and problem-solving in real-time with staff and peers. This immersive environment breaks the cycle of isolation, helping students develop the self-awareness and coping skills necessary for lasting change.

Peak 3: Competence, Mastery, and Leadership

The final phase focuses on shifting a teen's mindset from self-doubt to confidence. Through hands-on challenges and daily responsibilities, students realize they are capable and resilient. As they take on leadership roles and support their peers, families begin to see a young person defined not by their past struggles, but by their accountability and a clear path forward.



*This program was really good for my son. ... **coming home I have seen a sweet side of him that I have not seen in years.** And he has been so respectful and seems to have found a better understanding of himself.*

Parent Alumni

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 ThreePeaks Ascent, 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 ThreePeaks Ascent 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, ThreePeaks Ascent 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.

91% 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 ThreePeaks Ascent.

