

EXECUTIVE SUMMARY

NATSAP Programs

Clients attended one of four treatment types: Wilderness Therapy (WT), Residential Treatment Center (RTC), Therapeutic Boarding School (TBS), or Young Adult Treatment (YAT).

Demographics

Clients were predominantly adolescents and young adults, just over half of whom identified as male, a third as female, and 10% as gender diverse.

Two-thirds of NATSAP clients reported as heterosexual, the remainder as one of a spectrum of sexual orientations. Adoption rates among NATSAP clients were 3 to 6 times that of the national average.

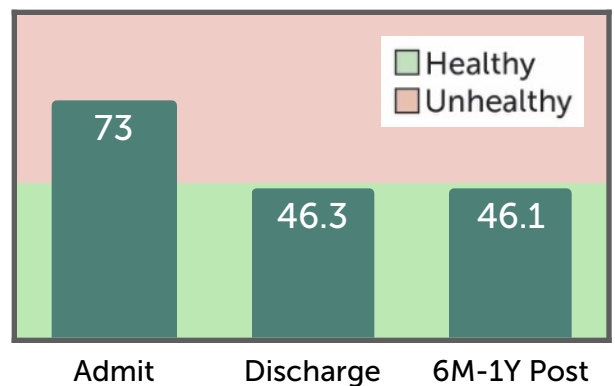
Client Presentation

The global health of clients was considerably acute at the time of program entry. Clients presented as unhealthy across relationship and behavioral health, but global health was driven predominantly by mental health severity.

Treatment Outcomes

For clients in WT and RTC programs, there was a significant and large improvement in client global health, and these improvements were sustained for up to one year. This can be observed by the average self-reported global health scores for all WT and RTC clients at admission, discharge, and post-treatment. Lower scores indicate fewer symptoms; averages in the red are in the unhealthy range of scores, those in the green are in the healthy range.

Adolescent YOQ-SR Total Score Averages at Each Time (WT & RTC)



Comprehensive trajectory analyses of WT and RTC program clients confirmed the large and significant health change, and found that some factors differentiated client outcomes. First, male-identifying clients improve more than female-identifying and gender-diverse clients. Clients of different ages experienced different health trajectories, depending on treatment type. Finally, clients who completed the most surveys also reported the most improved health. Notably, these trajectory findings could only be asserted after statistically accommodating bias due to low post-treatment response rates. There was not enough data to assess the trajectories of health for TBS or YAT clients.