



**RedCliff Ascent**

WILDERNESS THERAPY PROGRAM

# *Outcomes For 2021*

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# Data Informed Treatment

We don't just say we provide high quality treatment; we have the research to back it up. RedCliff Ascent is committed to providing the best treatment for teens and has the highest accreditations - including membership of the industry's leading organizations that regulate the wilderness therapy community.

Our therapy model is managed by an amazing team of professionally licensed therapists, field guides, and medical care staff. We not only make a specialized treatment plan for each teen, but are ready and able to adjust it at a moment's notice to ensure each teen receives the best care possible.

RedCliff Ascent has been successful in treating depression, anxiety, substance use disorder, PTSD, behavioral/parent relationship disorder, ADHD, and much more.

As the Industry leading Wilderness Therapy Program, RedCliff Ascent treatment resulted in excellent outcomes that are among the best in the industry in 2021.

# RedCliff Ascent is committed to the highest quality of service. We constantly strive to improve the program through accreditation, assessment, and research.

RedCliff Ascent was found to be **nearly 3 times more effective than traditional community-based treatments** for adolescents.



Evidence-Based Treatment



Real-time Monitoring System



Quality Accreditations



Top Safety Standards



Industry Leading Professionals



Founded In 1993

## Mental Health: Strengthening Our Response

There has been a growing concern of mental illness among teens in our society. 10-20% of teens meet the criteria for a diagnosable mental health disorder, making it imperative that they have a safe place to recognize, diagnose, and treat the symptoms of mental illness. Studies show that only  $\frac{1}{3}$  of teens with a mental health disorder actually receive treatment for their illnesses; only half of those with severe mental illness receive treatment.

In addition to disrupting the social, family, and mental dynamic of the teen, mental illness in adolescents also hinders normal development. This can lead to academic problems, dropping out of school, and involvement in the child welfare and juvenile justice system.

With these growing teen mental health concerns, we feel for both parents and teens alike. There are not adequate mental health services to successfully treat every teen with mental health issues. We know that parents want the best for their teens, and we know that most teens just want to get better but lack the understanding of how to do so. RedCliff Ascent provides a safe environment in the wilderness for teens to escape distractions, build healthy relationship models, and retain what they learn in treatment.



# Student's Demographics

## Student's Gender

Male



62%

Female



32%

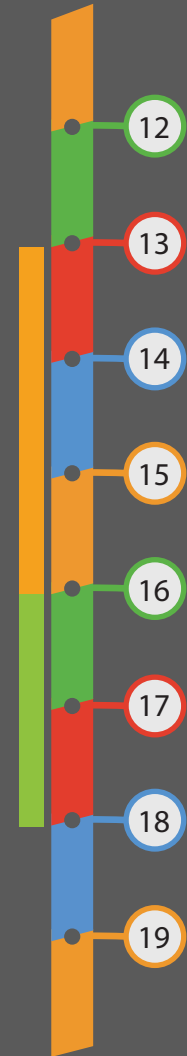
## Student's Age

48%

Students Aged 13-15

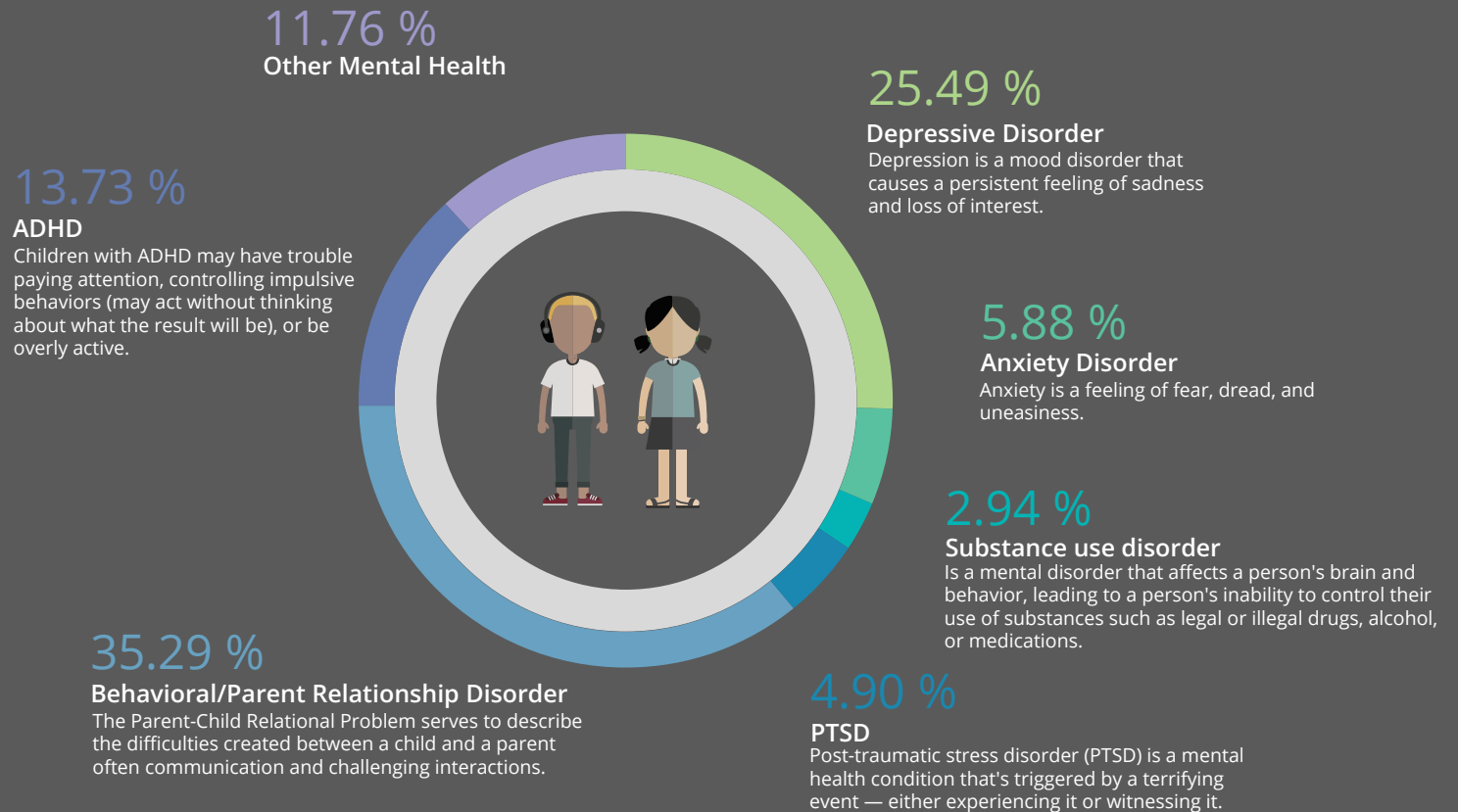
52%

Students Aged 16-17



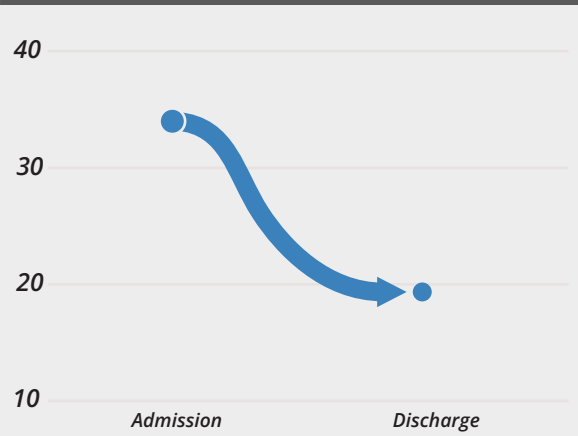
# Student's Primary Diagnosis

The primary diagnosis of students entering RedCliff Ascent



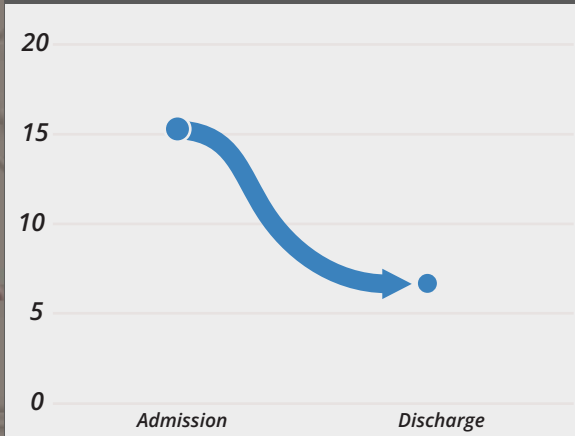
# Student's Range of Adolescent Functioning

## Depression and Anxiety Scale



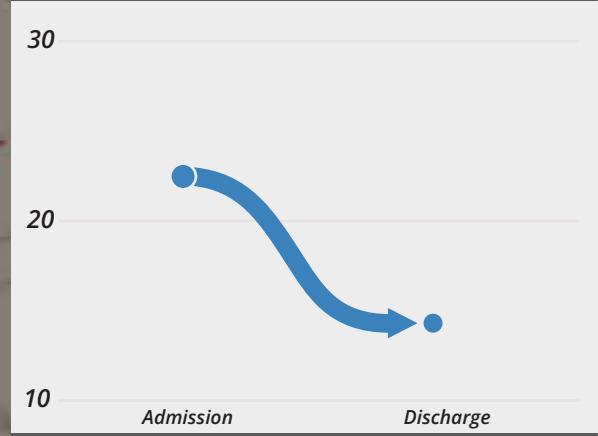
**43%**  
Decrease  
in Depression and  
Anxiety Distress

## Family Conflict Scale



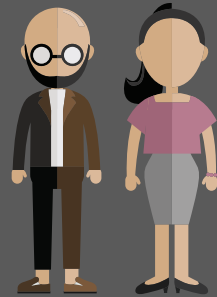
**49.5%**  
Decrease  
in Relationship Problems

## Academic Distress Scale



**35%**  
Decrease  
in Academic Distress

## Hear from the parents who have been in our program!



93%

of parents whose children participated in RedCliff Ascent felt that their kids were emotionally and physically safe.

The research is based on an automatic survey sent to every parent conducted every 30 days in 2021.

## Hear from the parents who have been in our program!

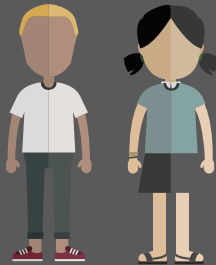


97%

of parents reported being satisfied with the quality of treatment they received at RedCliff Ascent.

The research is based on an automatic survey sent to every parent conducted every 30 days in 2021.

Hear from the students who have been in our program!

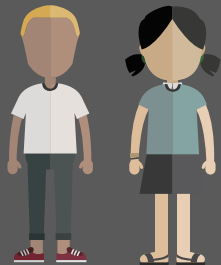


95%

of students reported being satisfied with the quality of treatment they received at RedCliff Ascent

The research is based on an automatic survey sent to every student conducted every 30 days in 2021.


Hear from the students who have been in our program!



93%

of students reported feeling emotionally and physically safe.

The research is based on an automatic survey sent to every student conducted every 30 days in 2021.

A person is seen from behind, sitting on a large, dark rock. They are wearing a dark, quilted jacket and a light-colored hood. The person is looking out over a vast landscape that includes a valley with a winding road, some trees, and distant mountains under a clear sky. The sun is low in the sky, creating a bright lens flare effect behind the person's head. The overall scene is peaceful and scenic.

*I'd like to let you know how delighted I am  
with the RedCliff program and how  
impressive the hard work and dedication  
of the staff is...We feel that your program  
has very probably saved this child's life  
and given us back our son...*

**Kathy - Parent**