

Long-Term Residential Outcomes Summary (2023)

Introduction

Embark Behavioral Health is a leading network of outpatient centers and residential programs offering premier [mental health treatment](#) for preteens, teens, and young adults.

One of Embark’s core values is Results – achieving long-lasting, sustainable outcomes for clients and families. The stakes are simply too high for Embark to fail to deliver. Treatment in long term residential programs at Embark is generally 6 to 18 months. This includes more hours of treatment each day (as needed) and school, allowing for comprehensive care. During treatment, clients are removed from stressors and situations that created mental health challenges in their daily lives and can focus on healing.

Outcomes Protocol

Outcomes are integrated into the Embark treatment approach – they’re core to what we do. We use results for decision making, personalized treatment planning, safety evaluation, quality improvement, and clinical research. This summary includes results for clients under the age of 18 years.

Note: The term “parent” is used in this report to refer to all caregivers, but not all caregivers are biological parents.

Surveys Used at Embark

Instrument ¹	What it Measures
Youth Outcome Questionnaire (Y-OQ)/ Outcome Questionnaire (OQ-45)	Social and emotional health
Youth Outcome Questionnaire 2.01 (Y-OQ 2.01)	Parent/Guardian perceptions of child’s current functioning and social and emotional health
Patient Health Questionnaire-9 (PHQ-9)	Depression severity
Generalized Anxiety Disorder-7 (GAD-7)	Anxiety severity
World Health Organization Well-Being Index (WHO-5)	Well-being
Family Assessment Device, General Functioning (FAD-GF)	Family health

¹ Instrument and source: Y-OQ, Y-OQ 2.01 (Burlingame et al., 2001); OQ-45 (Lambert et al., 2004); PHQ-9 (Kroenke et al., 2001); GAD-7 (Spitzer et al., 2006); WHO-5 (World Health Organization, 1998); FAD-GF (Epstein et al., 1983).

Whole-Person Health

Because our biology, behavior, and social networks interact to influence health and well-being, we consider multiple factors that reflect the relationship between the client's body, mind, and environment. Embark aims to treat the whole person and diverse needs of the communities served.

The body

Physical ailments are associated with mental illness. We measure them with the Y-OQ-SR Somatic Subscale, which measures muscle and body aches, stomach pains/nausea, dizziness, and poor sleep hygiene. 70% of Embark long term residential clients struggled with these symptoms at admission.

Data from the Y-OQ-SR Somatic Subscale. Average admission score = 9.47, SD = 5.94. Scores < 6 indicate healthy functioning.

The environment

Many families come to Embark in need of relational support. At admission, 64% Embark of clients struggled with interpersonal relationships. This subscale assesses the quality of trusting relationships, disputes between friends and family, and relational fulfillment.

Note: Data from the Y-OQ Interpersonal Relationships Subscale. Average admission score = 5.11, SD = 6.11. Scores < 3 indicate healthy functioning.

The mind

At admission 38% of Embark long term residential clients reported some thoughts or feelings of suicide. Suicidal thoughts and behaviors were based on a score greater than 0 on Item 9 of the Patient Health Questionnaire-9 (PHQ-9). Any response other than "not at all" indicates suicidality. At discharge, 84% reported 0 thoughts of suicidality.

Data from Item #9 of the PHQ-9. Average admission score = .63, SD = .97. Average discharge score = 0.22, SD =.61. Scores > 0 indicate suicidality.

Family functioning

Embark treats the entire family. One of our measures, the Family Assessment Device, assesses family functioning. 71% of clients and parents struggled with family functioning at admission.

Note: Data from the Family Assessment Device. Average client admission score = 2.31, SD = .63. Average parent admission score = 2.19, SD =.49. Scores at and below 1 indicate healthy functioning.

Distress (Y-OQ)

The Y-OQ measures distress and behavioral functioning; lower scores indicate less distress. Both clients and parents complete the Y-OQ. Scores at or below the clinical line of 47 indicate healthy functioning.

Clients and parents reported a 39- and 49- point average decrease in distress from admission to discharge (Figure 1). Scores neared or remained below the clinical line after discharge (Figure 2).

At discharge, 90% of clients reported 0 thoughts of self-harm, and 78% reported 0 thoughts of suicide.

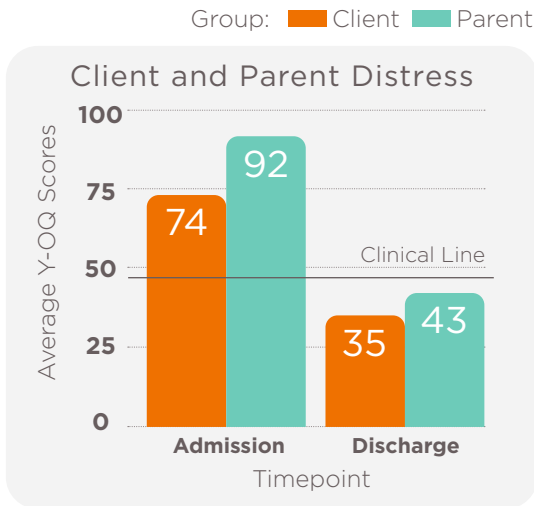


Figure 1. Sample size is 604 clients and 1,123 parents.

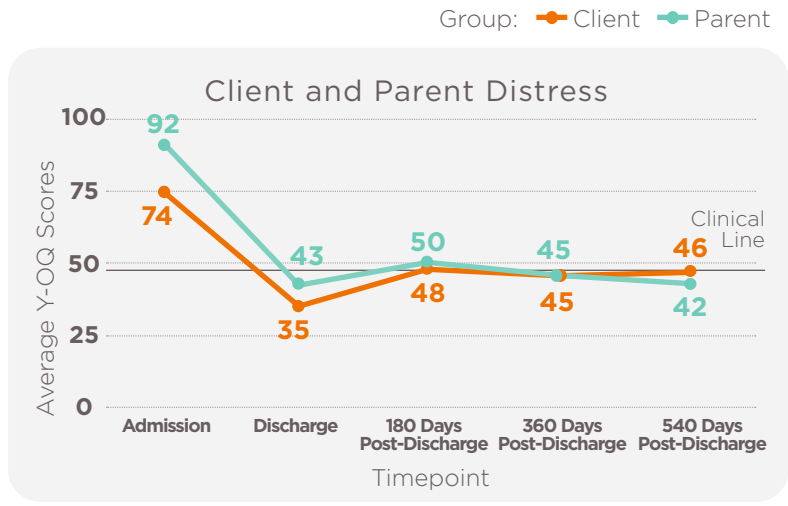


Figure 2. Sample size is 604 clients and 1,127 parents. Paired sample t-tests from families who completed tests at both admission and discharge found a significant decrease at the $p < .001$ level. Large effect size (Cohen's d) for both clients and parents from admission to discharge.

Depression (PHQ-9)

The PHQ-9 measures depression; lower scores indicating fewer depressive symptoms. Clients complete the PHQ-9, parents do not. Scores at or below the clinical line of 9 indicate healthy functioning.

Clients reported a 5- point average decrease in depression scores from admission to discharge (Figure 3).

Average PHQ-9 scores at admission, discharge, and post discharge are shown in Figure 4. PHQ-9 scores remained below clinical cutoff after discharge.

Item 9 on the PHQ-9 asks about suicidal thoughts. **At discharge, 84% of long term residential clients reported 0 thoughts of suicidality.**

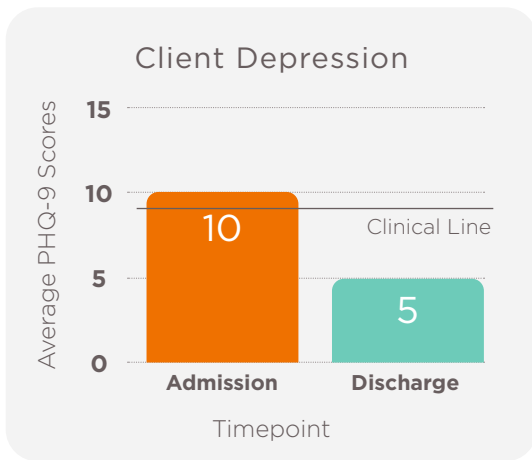


Figure 3. Sample size is 593 clients.

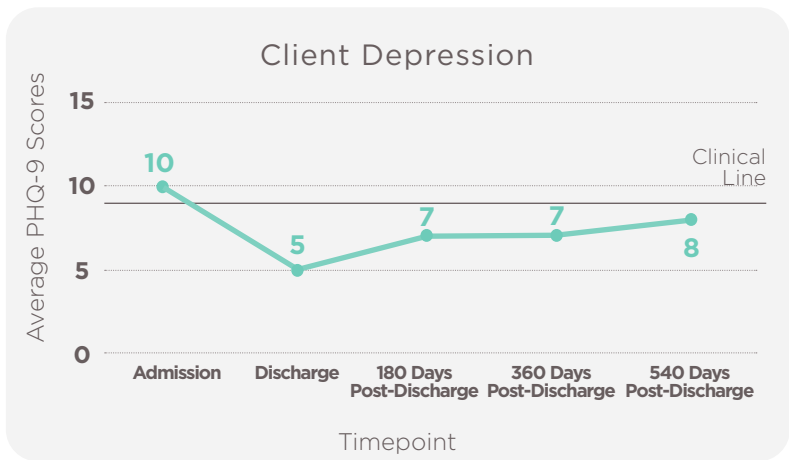


Figure 4. Sample size is 593 clients. Paired sample t-tests from families who completed tests at both admission and discharge found a significant decrease at the $p < .001$ level. Moderate effect size (Cohen's d) for clients from admission to discharge.

Anxiety (GAD-7)

The GAD-7 measures anxiety; lower scores indicating fewer anxiety symptoms. Clients complete the GAD-7, parents do not. Scores at or below the clinical line of 9 indicate healthy functioning.

Clients reported a 4-point average decrease in anxiety scores from admission to discharge (Figure 5). Scores at or below the clinical line of 9 indicate healthy functioning.

Average GAD-7 scores at admission, discharge, and post discharge are shown in Figure 6. GAD-7 scores remained below clinical cutoff after discharge.



Figure 5. Sample size is 534 clients.

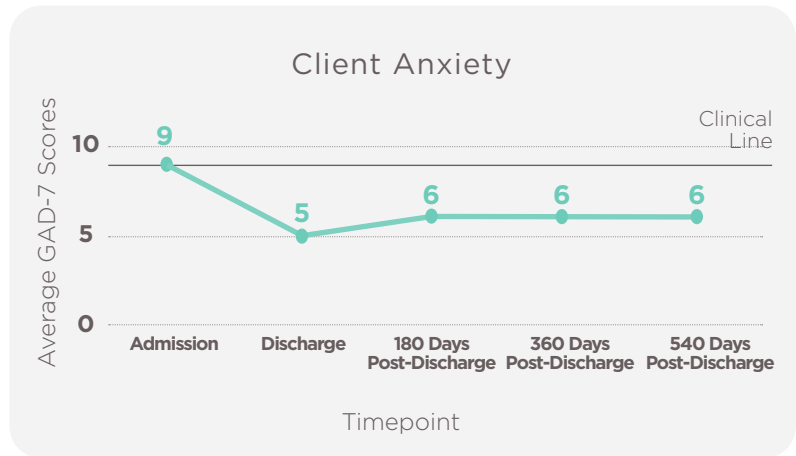


Figure 6. Sample size is 567 clients. Paired sample t-tests from families who completed tests at both admission and discharge found a significant decrease at the $p < .001$ level. Moderate effect size (Cohen's d) for clients from admission to discharge.

WHO-5

The WHO-5 measures well-being; higher scores indicating greater well-being. Clients complete the WHO-5, parents do not. Scores at or above the clinical line of 50 indicate healthy functioning.

Clients reported a 13- point average increase in anxiety scores from admission to discharge (Figure 7).

Average WHO-5 scores at admission, discharge, and post discharge are shown in Figure 8. WHO-5 scores remained above clinical cutoff (healthy) after discharge.

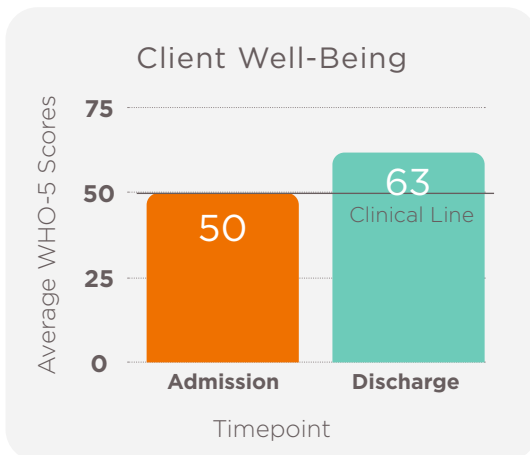


Figure 7. Sample size is 535 clients.

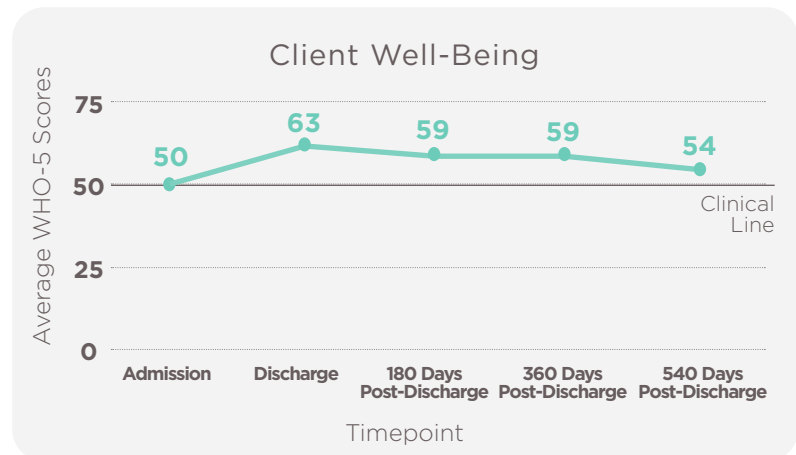


Figure 8. Sample size is 572 clients. Paired sample t-tests from families who completed tests at both admission and discharge found a significant increase at the $p < .001$ level. Small effect size (Cohen's d) for clients from admission to discharge.

Experience of Care

A positive experience is top priority for all Embark staff. Clients and parents are regularly asked to assess their level of satisfaction with treatment and progress. At discharge, 76% of clients and 85% of caregivers reported their level of satisfaction towards goals and needs to be at least a 7 out of 10 on a 11-point scale.

The Embark Impact: A Closer Look

Keeping whole person health in mind, outcome assessments do not end at discharge at Embark Behavioral Health. Following services, regular electronic assessments continue to measure mental health over time. Clinics and short-term residential programs receive outcome assessments up to one year. All other programs receive assessments up to two years. This section talks about outcomes two-years post discharge where data were available using the Outcome of Treatment survey.

Return to homelife

Embark's Outcome of Treatment survey began in 2023. The survey measure focuses on the impact of treatment and services provided. Two items ask about educational and vocational status, as return to homelife is a vital outcome of functional improvement. One year after discharging from Embark, 95% of parents reported that their child has either returned to school or been employed. Two years after treatment, 91% of parents reported the same.

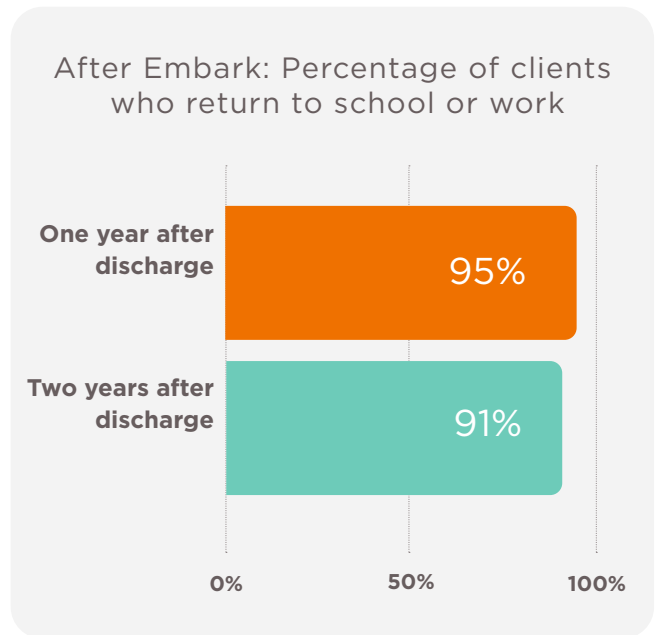


Figure 9. Sample size for parents one year after treatment is 144 and two years after treatment is 91 parents.

Return to stabilization

Embark's goal is to provide families with an improved and stable quality of life after discharge. The Outcome of Treatment Surveys assess inpatient psychiatric stays after discharge. One year after discharging from Embark, 87% of parents reported 0 psychiatric hospitalization visits. Two years after treatment, 85% of parents reported the same.

After discharging from Embark, **87% of parents reported 0 psychiatric hospitalization visits.**



Embark Locations

West Outpatient

1. Phoenix, AZ
2. Scottsdale, AZ
3. Campbell, CA
4. Newport Beach, CA
5. West LA, CA
6. Woodland Hills, CA
7. Walnut Creek, CA
8. Greenwood Village, CA

East Outpatient

1. Alpharetta, GA
2. Atlanta, GA
3. Cabin John, MD
4. Rockville, MD
5. Ashburn, VA
6. Vienna, VA
7. Berwyn, PA
8. Coming soon Livingston, NJ

Residential Treatment

1. Embark at San Martin, CA
2. Embark at Independence, MO
3. Embark at Marion, MT
4. Embark at Benton, TN
5. Embark at Springville, UT
6. Embark at Klamath Falls, OR
7. Embark at White Haven, PA
8. Embark at Greeley, CO
9. Embark at Coming Soon, VA
10. Embark at Coming Soon, AZ
11. Embark at Coming Soon, MN

Long Term Residential

1. New Haven: Spanish Fork and Saratoga Springs, UT
2. New Haven Stabilization & Assessment: Spanish Fork, UT
3. Calo: Lake Ozark, MO
4. Sunrise: Washington, UT
5. Chrysalis: Eureka, MT
6. OPI Residential: Woodland Hills, CA
7. Fulshear PHP: Stafford, TX
8. Fulshear RTC: Needville, TX
9. Lake House: Flat Rock, NC
10. Embark at Bend, OR
11. Embark at Coming Soon, GA
12. Embark Stabilization & Assessment: Hurricane, UT

Virtual Intensive Outpatient Program

- | | |
|-----------------|--------------|
| 1. Georgia | 11. Utah |
| 2. Maryland | 12. Illinois |
| 3. Virginia | 13. Montana |
| 4. DC | 14. Kansas |
| 5. Colorado | 15. Florida |
| 6. Texas | 16. Michigan |
| 7. Arizona | 17. Oregon |
| 8. California | 18. Nevada |
| 9. Pennsylvania | 19. Idaho |
| 10. Missouri | |

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