

# Virtual Intensive Outpatient Program 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. Some people may prefer or need treatment at home. The virtual program at Embark connects families to a care team for IOP through a secure portal. Like clinic based IOP, the virtual intensive outpatient program (VIOP) offers treatment during the day or evening to accommodate school and work schedules. VIOP is structured the same as IOP offered in the clinic setting.

## 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.

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 <sup>1</sup>	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

<sup>1</sup> 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. 74% of Embark VIOP clients struggled with these symptoms at admission.

*Data from the Y-OQ-SR Somatic Subscale. Average admission score = 8.91, SD = 5.21. Scores < 6 indicate healthy functioning.*

## The environment

Many families come to Embark in need of relational support. At admission, 55% of Embark 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 = 3.53, SD = 4.98. Scores < 3 mean healthy functioning.*

## The mind

At admission 41% of Embark VIOP 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, 72% of VIOP clients reported 0 thoughts of suicidality.

*Data from Item 9 of the PHQ-9. Average admission score = .61, SD = .86. Average discharge score = 0.30. SD = .50. Scores > 0 indicate suicidality.*

## Family functioning

Embark treats the entire family. One of our measures, the Family Assessment Device, assesses family functioning. 63% of clients and 56% of parents struggled with family functioning at admission.

*Note: Data from the Family Assessment Device. Average client admission score = 2.17, SD = .66. Average parent admission score = 2.00, SD = .55. Scores at and below 1 indicate healthy functioning.*

## Virtual Intensive Outpatient Program

Some people may prefer or need treatment at home. The virtual program at Embark connects families to a care team for IOP through a secure portal. Like clinic based IOP, the virtual intensive outpatient program (VIOP) offers treatment during the day or evening to accommodate school and work schedules. VIOP is structured the same as IOP offered in the clinic setting.

### 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 28- and 21- point average decrease in distress from admission to discharge (Figure 1).

2 items on the YOQ ask about self-harm and suicidal thoughts.

**At discharge, 84% of clients reported 0 thoughts of self-harm, and 74% reported 0 thoughts of suicide.**

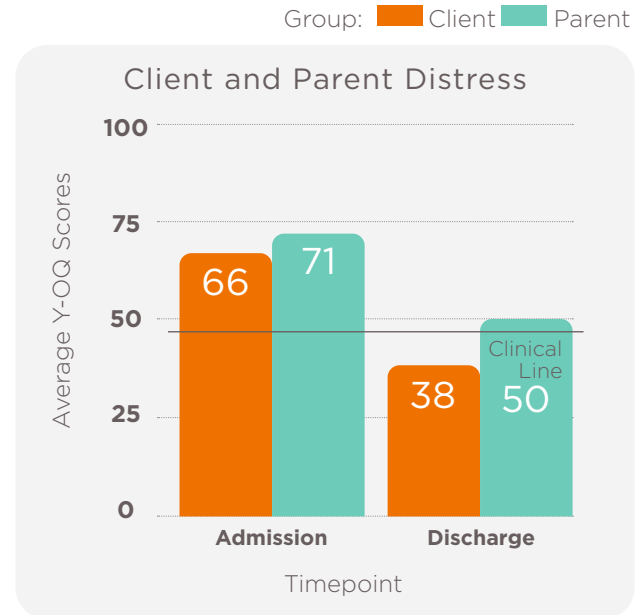


Figure 1. Sample size is 76 clients and 65 parents. Paired sample t-tests from families who completed tests at both admission and discharge found a significant decrease at the  $p < .001$  level. Large effect size (Cohen's  $d$ ) for clients, moderate for parents.

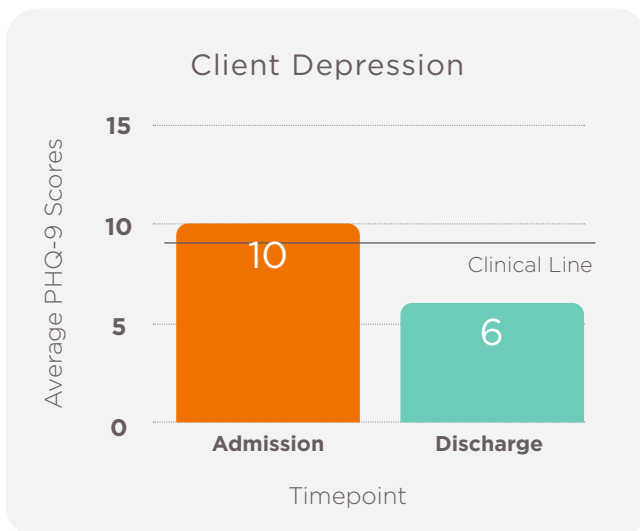


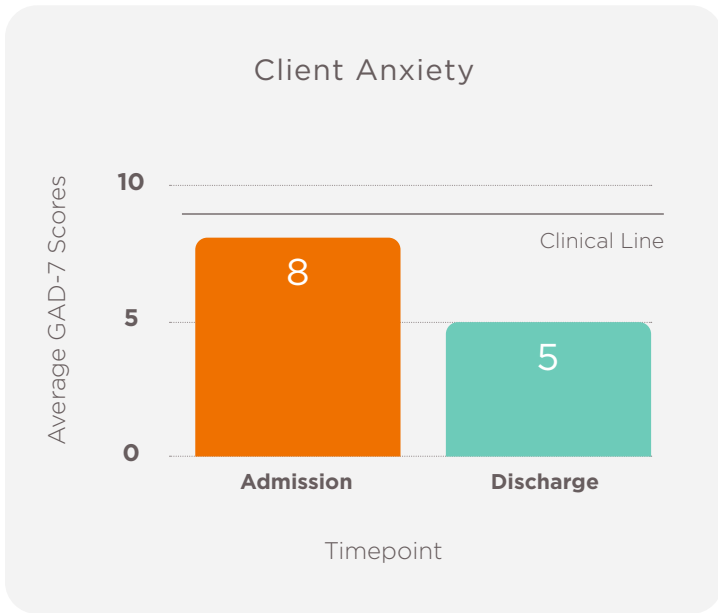
Figure 2. Sample size is 93 clients. Paired sample t-tests from families who completed tests at both admission and discharge found a significant decrease at the  $p < .001$  level. Large effect size (Cohen's  $d$ ) for clients from admission to discharge.

### 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 4- point average decrease in depression scores from admission to discharge (Figure 2).

Item 9 on the PHQ-9 asks about suicidal thoughts. **At discharge, 72% of virtual clients reported 0 thoughts of suicidality.**

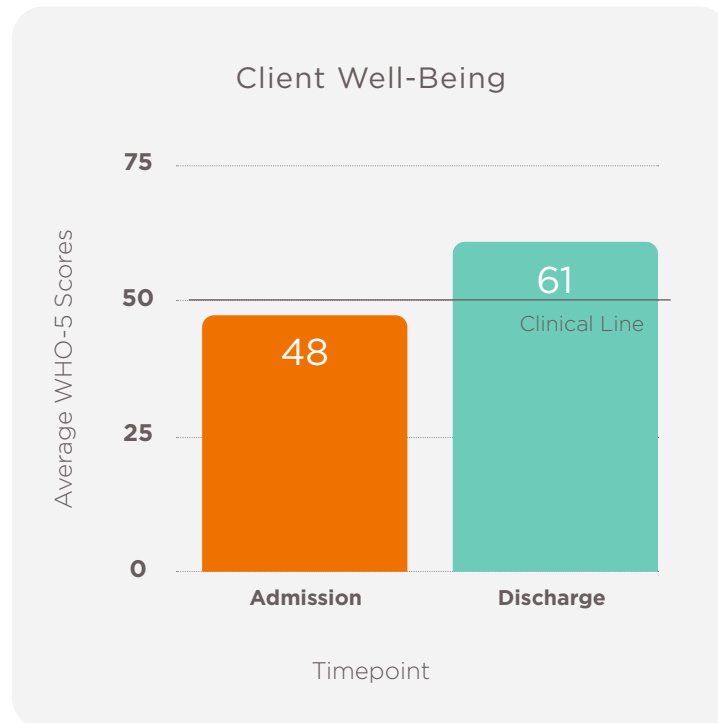


## Anxiety (GAD-7)

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 3- point average decrease in anxiety scores from admission to discharge (Figure 3).

Figure 3. Sample size is 92 clients. 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 clients from admission to discharge.



## Well-Being (WHO-5)

The WHO-5 measures well-being; higher scores indicate 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 well-being scores from admission to discharge (Figure 4).

Figure 4. Sample size is 90 clients. Paired sample t-tests from families who completed tests at both admission and discharge found a significant increase at the  $p < .001$  level. Large effect size (Cohen's  $d$ ) for clients from admission to discharge.



## 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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