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**Teen Treatment Programs Can Have Long-Term Positive Effects,  
New Study Says**

***Study Shows Long-Term Personal and Behavioral Improvements Can be Achieved  
at Private Residential Treatment Schools***

(BOSTON, MASS – April 27, 2007) — Troubled teens with serious emotional and behavioral issues not only improve during treatment at a private residential treatment school but they maintain their healthier outlooks and functioning long after leaving the program, according to findings from the final phase of the nation’s first multi-year, multi-center study on the effectiveness of private residential treatment programs for troubled teens. The final phase of the study followed the outcomes of more than 1,000 adolescents for one year following their discharge from nine private residential treatment schools and programs across the United States.

The goal of the study was to measure the short- and long-term effectiveness of private residential treatment programs in treating adolescents with serious behavioral or emotional problems who had not responded to previous treatments, such as individual therapy, medications and psychiatric hospitalization.

“In our initial findings announced last year, teens with clinically impaired emotional and behavioral functioning were rated as ‘normal’ after a period of treatment at a private residential facility,” said Dr. Ellen Behrens, lead researcher at Canyon Research & Consulting, Salt Lake City, Utah, which conducted the study. “In this final phase of the study we found that those teens who showed ‘normal’ post-treatment results at the time of discharge continued to be ranked in the normal range a year later.” The study was audited and reviewed by the Western Institutional Review Board, an independent organization that provides research review services to institutions and independent researchers around the world.

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## **Behrens Teen Treatment Outcomes**

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The study followed 1,027 adolescents, ages 13 to 18, for one year after discharge from a participating treatment program. The study focused on changes in a broad range of behavioral and emotional issues, including depression, anxiety, somatic complaints, thought or obsession problems, attention problems, rule-breaking behaviors, aggression and withdrawn behaviors.

“This is a landmark study for our industry,” said Jan Moss, executive director of the National Association of Therapeutic Schools and Programs, an organization representing programs and professionals assisting adolescents with emotional and behavioral issues. “Our member programs previously had to rely on anecdotal evidence and individual success stories as proof that their programs work. By championing evidenced-based practices, our industry can offer a proven option for parents considering private residential treatment for a troubled teen.”

“This study provides extremely significant information for the thousands of families who are making tough decisions about how to help a struggling teen,” said Elliot Sainer, president of Aspen Education Group, which helped to provide study sites for the research at its private residential treatment schools. “The research demonstrates that clinically-driven, high quality programs can offer solutions for these families.”

Private residential treatment programs are defined as privately-paid boarding schools or programs that provide a highly structured campus environment with an academic component and group and individual therapy. Enrollments generally range from three to 18 months.

Canyon Research & Consulting ([www.canyonrc.com](http://www.canyonrc.com)) is a privately owned company comprised of a team of psychologists and researchers who provide outcome research services to mental health programs and providers. The Behrens final phase results were presented at the Independent Educational Consultants Association (IECA) conference in Boston on April 27.

The National Association of Therapeutic Schools and Programs represents more than 180 programs and professionals assisting young people with emotional and behavioral difficulties. According to NATSAP, parents considering placement of a child at a private residential treatment program should look for licensed and accredited facilities with a longstanding record of safety and a licensed and qualified staff of therapists, teachers and administrators. For information, visit [www.natsap.org](http://www.natsap.org).

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