



MEADOWS BEHAVIORAL HEALTHCARE

2022 Outcomes Study

MEADOWS[®]
Behavioral Healthcare



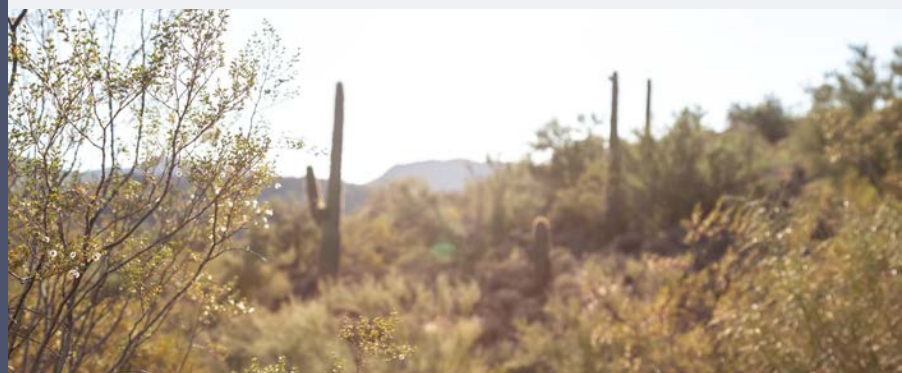
Jon G. Caldwell, PhD

Chief Medical Officer

Dr. Jon Caldwell is a board-certified psychiatrist and clinical research investigator who specializes in the treatment of adults who are healing from relational trauma and addictive behaviors. His theoretical perspectives were heavily influenced by his PhD training at the University of California at Davis where he researched how early childhood maltreatment and insecure attachment relationships affect cognitive, emotional, and social functioning. Dr. Caldwell is also a noted international speaker, trainer, and writer on topics that include child maltreatment, attachment theory, emotion regulation, and mindfulness.

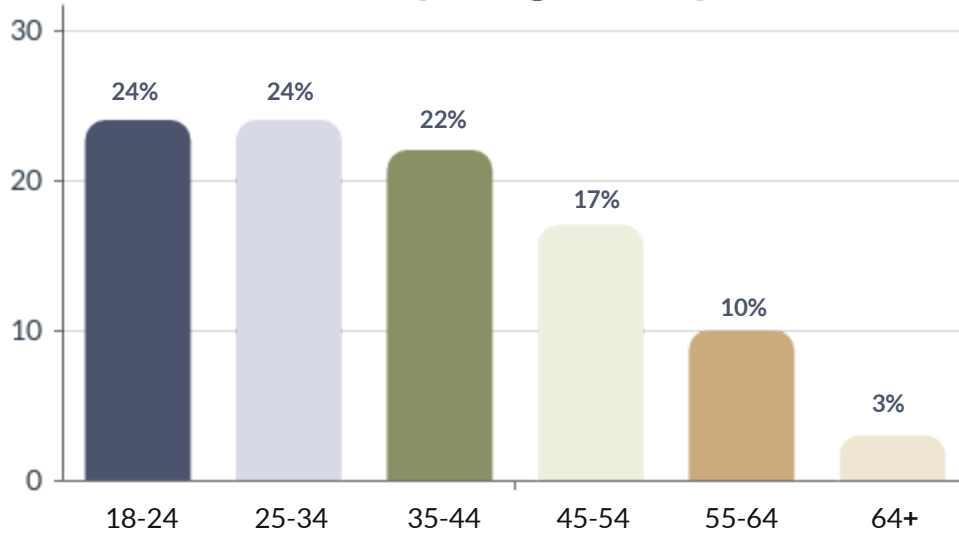
About This Research

Meadows Behavioral Healthcare has always been committed to not just offering lifechanging treatment but to tracking actual results from real patients. We use reliable and validated outcome measures, like the PHQ (depression) and GAD (anxiety), to look at a variety of areas across multiple time points post-treatment to create a well-rounded picture of how MBH alumni are doing once they leave our campuses. This allows us to confirm that our programs remain clinically effective, delivering on what they promise, but it also helps us see areas where we can continue to grow and improve. All of our outcomes research is overseen by MBH's Chief Medical Officer, Jon Caldwell, DO, PhD.



The following outcomes research is based on 2,000+ people who received treatment at Meadows Behavioral Healthcare treatment programs between 2018 and 2022.

Sample Age Group



52%
Female

48%
Male

37
Average Age

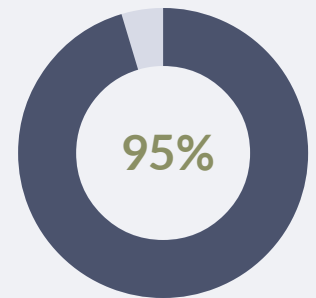
Sample From Across Our Treatment Facilities

Our research for this study represents patients from a variety of Meadows Behavioral Healthcare programs including The Meadows, Gentle Path, The Meadows Ranch, Claudia Black Young Adult Center, Willow House, The Meadows Texas, and The Meadows Outpatient Center.

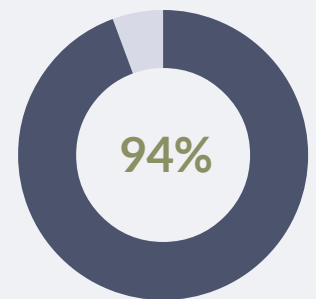
Average Length of Stay

42 Days
Inpatient

60 Days
Outpatient



Chose to complete treatment successfully



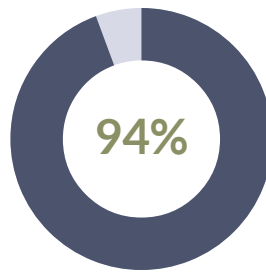
Reported receiving benefit from treatment



“I walked into CBC believing that I was worthless and unlovable, that I was broken beyond repair ... I started learning that I was enough, that what happened to me in my past was not my fault. I felt loved for the first time in my life.”

- Tiahna A.

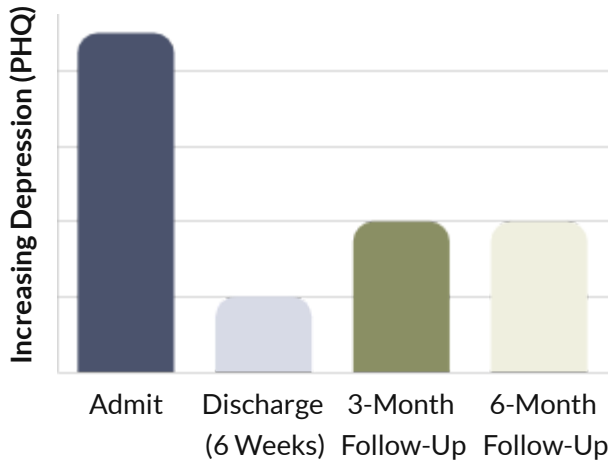
Mental Health



Reported being treated with dignity and respect

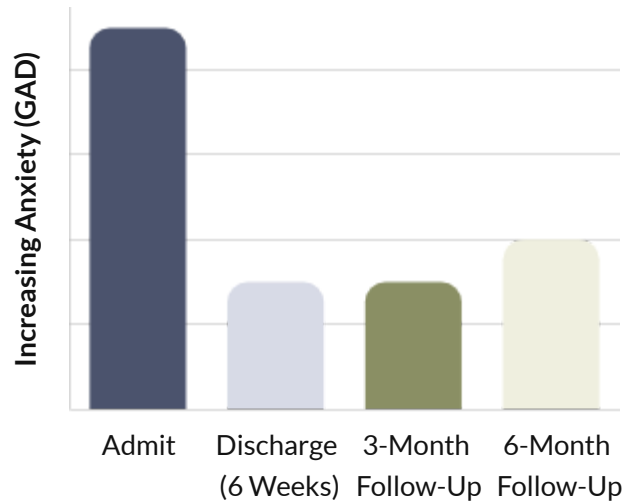
Depression

Treatment at MBH resulted in a **62% decrease** in symptoms of depression.



Anxiety

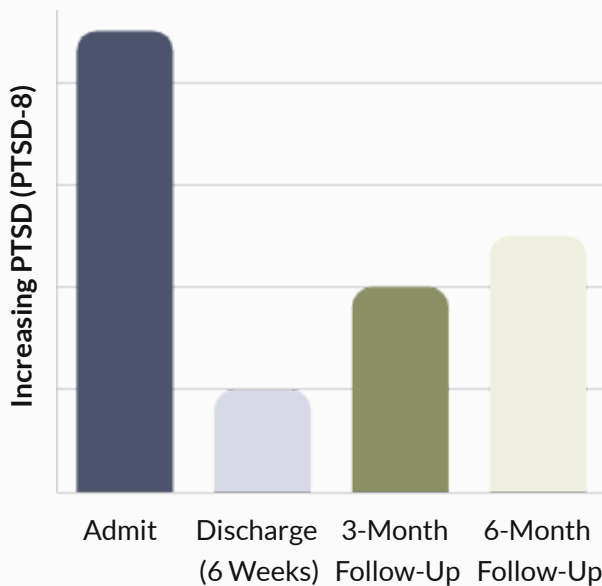
Treatment at MBH resulted in a **58% decrease** in symptoms of anxiety.



Trauma

PTSD Symptoms

Treatment at MBH resulted in a **60% decrease** in trauma-related symptoms.



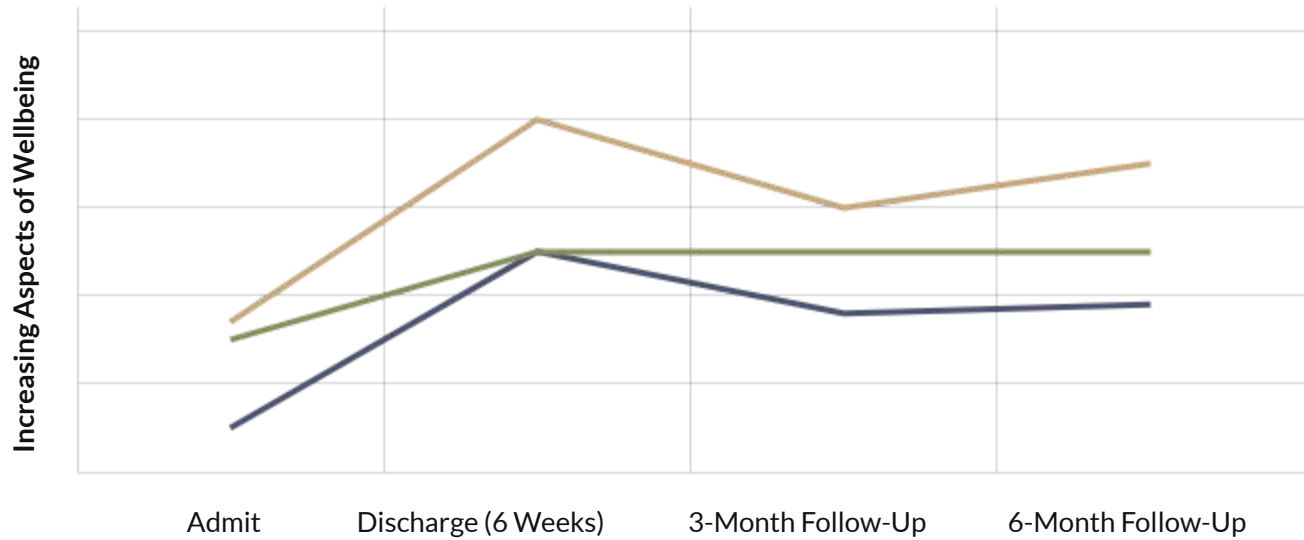
“I was 21 when I entered the IOP. I was extremely nervous and had just recently been diagnosed with borderline personality disorder on top of my already diagnosed bipolar disorder and anxiety. The program changed my life.”

- Emily A.

Aspects of Wellbeing

Specific aspects of wellbeing cultivated at MBH:

Self-Acceptance Positive Relations Autonomy



The Meadow's Model focuses not just on helping our patients achieve sobriety but on self-acceptance, autonomy, and positive relationships. All increased significantly and remained at higher levels six months after discharge.

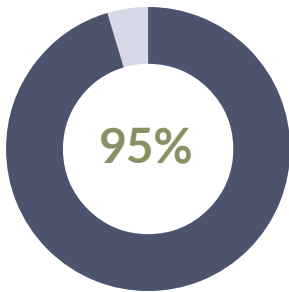




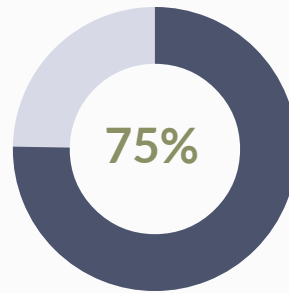
“I gained tools to live a life I've always dreamed of but never thought was possible ... Thank you for giving me my life back!” - Sora F.

Addiction

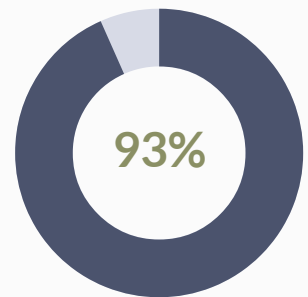
Among those struggling with alcohol and drug addiction



Reported receiving needed info to reduce chance of relapse



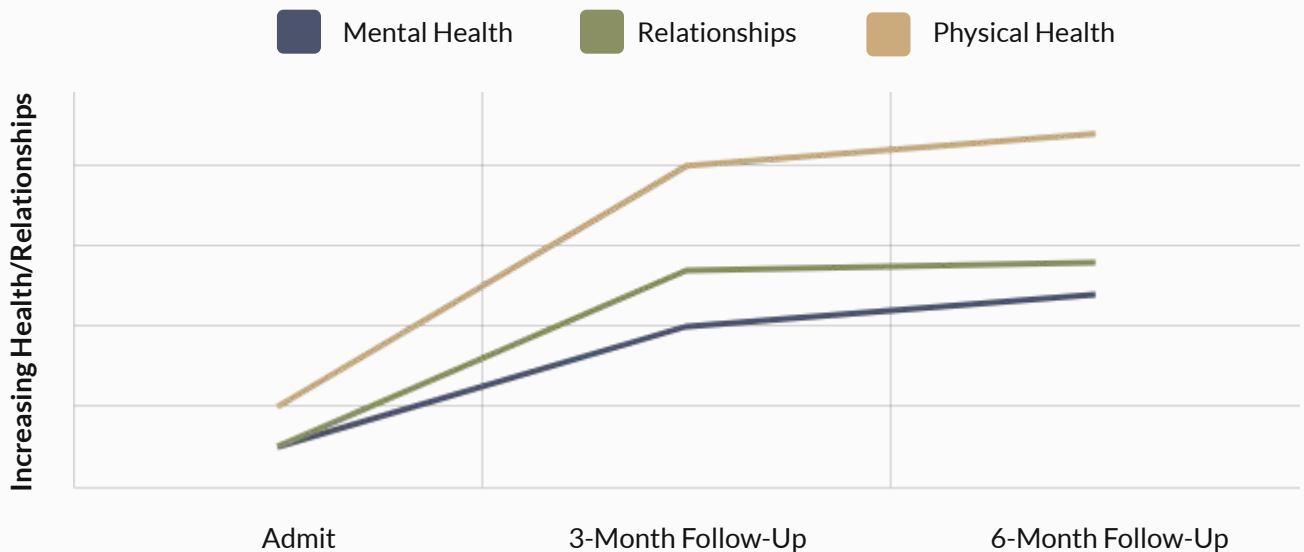
Reported using substances fewer than 5 of the past 90 days



Reported active participation* in recovery activities

Benefit to Health & Relationships

As addiction recovery continues, our former patients see increased benefits in the following three areas of health.



*Active recovery activities include 12-Step meetings, online support groups, Alumni group participation, recovery events, as well as the use of recovery apps or other resources.

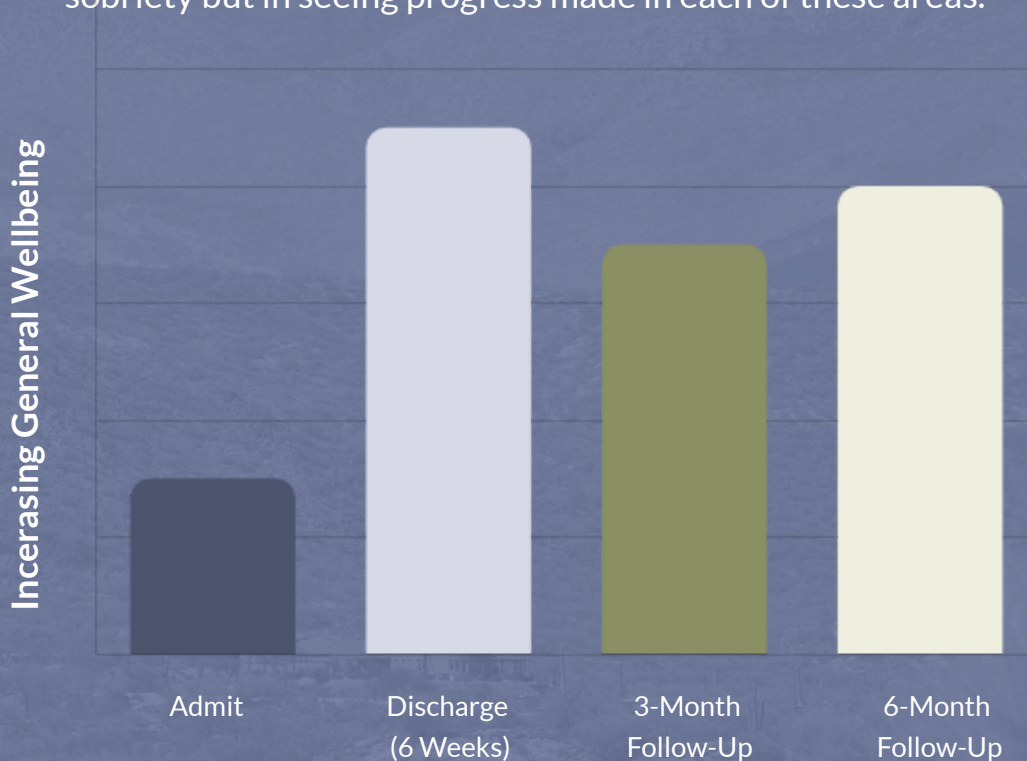
Summary




Rating of entire treatment experience on a scale of 1-10

General Wellbeing

General wellbeing is a key component of all MBH treatment programs, which we break down into the following six subcategories: self-acceptance, relationships, autonomy, mastery, purpose, and growth. Success for us is based not just on sobriety but in seeing progress made in each of these areas.





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