



Turnbridge

# OUTCOME STUDY RESULTS

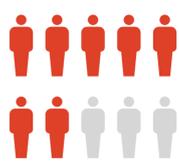
## QUANTIFYING TURNBRIDGE TREATMENT SUCCESS OUTCOMES AND OPPORTUNITIES

In an ongoing effort to measure the efficacy of our program, Turnbridge launched a comprehensive outcomes study that tracked every patient discharge from June 2014 through June 2016. In the summer of 2017, Turnbridge completed this study with the oversight of Buzzback\*, a 3rd party research firm. The results - encapsulated below - strongly support the ability of the Turnbridge three-phased Preparative Care model to successfully treat substance abuse and co-occurring mental health conditions in emerging adults and teens. These findings validate the efficacy of our current programs and the hard work being done by clients and families.

### TURNBRIDGE ALUMNI REMAINING SOBER

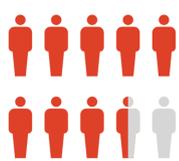
#### ONE YEAR SOBER

**70%**



70% of all Turnbridge clients achieved 1 year of sobriety

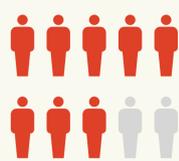
**95%**



However, 95% of the clients who stayed for at least 270 days achieved 1 year of sobriety

#### TWO YEARS SOBER

**80%**

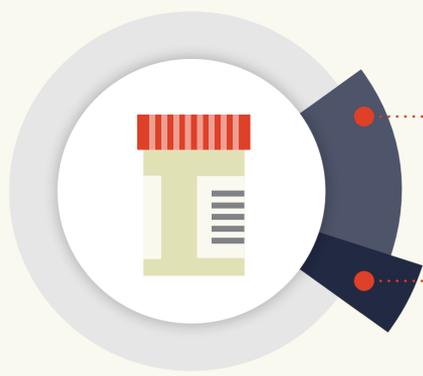


80% of Turnbridge clients who achieved 1 year of sobriety went on to achieve 2 years.

#### What We Learned

These statistics reinforce a founding Turnbridge principle - that achieving the deep personal change required for a lifetime of recovery takes time. Nine months of Turnbridge treatment gives clients the space, care, and practice they need to begin living the authentic and purposeful lives that empower lasting recovery.

### TURNBRIDGE CLIENTS NEEDING ADDITIONAL TREATMENT



Only **20%** of Turnbridge Alumni needed additional treatment.

However,

Only **5%** of Turnbridge Alumni who spent at least 270 days at Turnbridge needed additional treatment.

#### What We Learned

Staying the course and completing treatment works. A 270 day treatment commitment is a goal worth accomplishing. People who complete the full three-phased Turnbridge program are far less likely to require additional addiction treatment than those who leave before completing care.

### BEHAVIORAL IMPROVEMENTS



**95%**

of Turnbridge Clients with at least 270 days of Turnbridge treatment experienced behavioral improvements.

Of the 95%:



#### What We Learned

When your treatment goal is living a better life - not sobriety alone - the results can be felt and seen. Behavioral improvement measures provide powerful evidence of positive change. Turnbridge alumni who complete the program are actively pursuing rewarding lives full of reasons to remain in recovery.

### TREATMENT SATISFACTION



#### What We Learned

Our life's work is redefining the definition of addiction treatment success for our alumni and their families. We work to ensure that the ninety-five percent of alumni and families reporting satisfaction with Turnbridge are experiencing the true definition of success - richer and fuller lives, the experience of authentic joy, maintaining healthy and loving relationships, and aspiring to a truly limitless life.

\*Verified by Buzzback, a 3rd-party research firm. For more than seventeen years, Buzzback has helped major global companies and organizations with their research and techniques. They are recognized globally across numerous industries for research distinction, and have won several awards.