

Pressley Ridge ASCEND

Annual impact report—October 2022

Since Fiscal Year 2020, there have been 33 youth served in the Level III Specialized Residential/ASCEND program; 21 of those youth have been discharged. One of those youth was not included in the report due to their length of stay being less than 30 days, leaving a total number for analysis of 20 youth.

PROGRAM HIGHLIGHTS

80% of clients are living with family, independently, or stepped-down in intensity of service

Experienced an improvement in functioning **80%**

100% of youth and families are satisfied with the services they received

Discharged youth reported an increase in well-being **100%**

Opportunity for Social Impact

Pressley Ridge's Residential Treatment Program, ASCEND, is a specialized program located at the Grant Gardens, Ona, West Virginia campus. This Specialized Residential Treatment program was designed to serve male youth with high-acuity emotional and behavior challenges that are unable to be successfully served in traditional residential treatment programs and are at highest risk for referral to more restrictive levels of care. The program is considered an intensive, short-term, treatment option with focus upon youth crisis stabilization, addressing underlying trauma contributing to intensive emotional and behavior issues, and prioritizing family/adult connection and permanency.

Pressley Ridge has a long history of tracking performance outcomes and using data to ensure that we deliver high-quality programming that enables the individuals and families we serve to live well, learn well and do well as a result of our therapeutic interventions. As a result, they are included in the process of treatment. Progress through treatment, permanency and connection to the community and family (as defined by the individual) are ultimate measures of success.

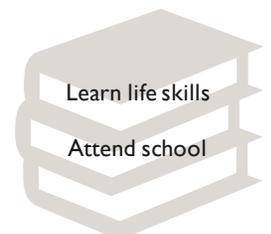
LIVE Well...



DO Well...



LEARN Well...



Youth Served Demographics

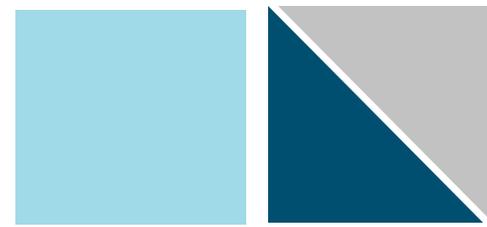
20 Youth Discharged*

78% White
3% Black/African American
19% Bi- or Multi-Racial

15.5 years
Average Age at Intake

299 days
Average Length of Stay*

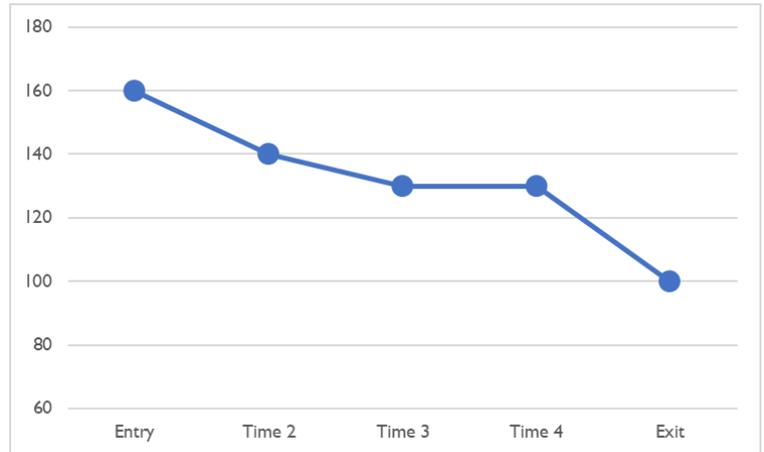
Positive Change and Growth



Child and Adolescent Functional Assessment Scale (CAFAS)

The Child and Adolescent Functional Assessment Scale (CAFAS) assesses the degree of impairment in youth. Functioning in eight life domains is measured: At School, At Home, in the Community, Behavior Towards Others, Moods/Emotions, Self-harm, Substance Use, and Thinking. Scores range from 0 - 240. Scores of 140 or above indicate **intensive treatment needs**. The CAFAS is sensitive to change over time, allowing for comparison of time points. As treatment progresses, lower CAFAS totals and subscale scores indicate improvement for the youth. A 20 point decrease indicates a clinically significant change.

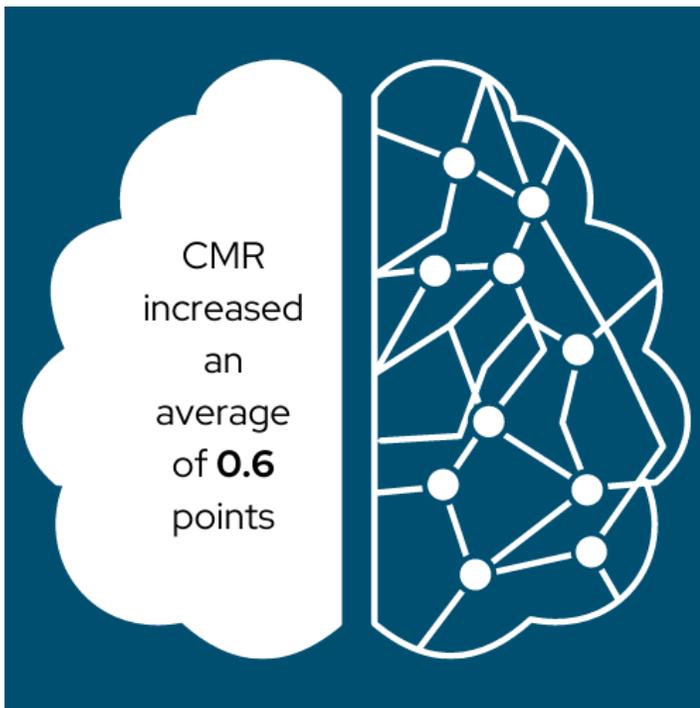
Decreasing CAFAS Score Averages During Treatment*



*Youth successfully discharged. Not all youth are represented at each time point due to differing LOS

Youth experience, on average, a 40 to 60 point decrease in CAFAS scores while in the program.

Neurosequential Model of Therapeutics (NMT)



The Neurosequential Model is a developmentally-informed, biologically-respectful approach to working with at-risk children. It is not a specific therapeutic technique or intervention; it is a way to organize a child's history and current functioning. The goal of this approach is to structure assessment of a child, the articulation of the primary problems, identification of key strengths and the application of interventions (educational, enrichment and therapeutic) in a way that will help family, educators, therapists and related professionals best meet the needs of the child.

All youth in the ASCEND program receive a NMT metric at intake; if the youth is in the program for six months or longer, a second NMT metric will be done in order to gauge the youth's progress. The cortical modulation ratio (CMR) is part of this assessment. The CMR reflects both cortical "strength" and over-reactivity in lower neural systems involved in the stress response; CMR is related to two commonly used concepts: self-regulation and executive functioning. As the brain organizes and matures, this capacity (CMR) increases.

What Our Youth and Families are Saying at Discharge

"People talked to me and helped me get through things that no other place was able to do."

"The staff helped me when I was feeling down (sad, mad, nervous, etc.)."

"[Pressley Ridge] helped me with a lot of life skills. And it helped me more than a lot of other placements have."

"The most helpful thing was [learning] life skills and [having] support."

"I learned how to control my behaviors."



"I appreciate you helping me get my son after all these years."

"Open and timely communication between myself and staff."

100%
Satisfied with services

Social Impact Achieved

Below are summaries of key measures that Pressley Ridge tracks to demonstrate progress and document effectiveness of services



At Discharge



- 80%** Live with family, independently, or stepped-down
- 100%** Get along with others
- 100%** Have a support system

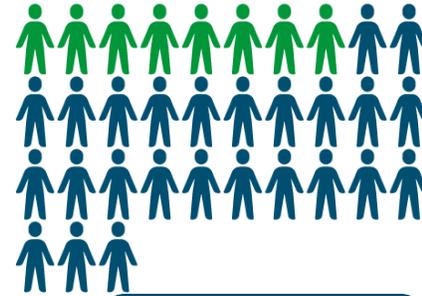


- 80%** Show positive change and growth
- 100%** Achieve their goals
- 100%** Sense of well-being increased

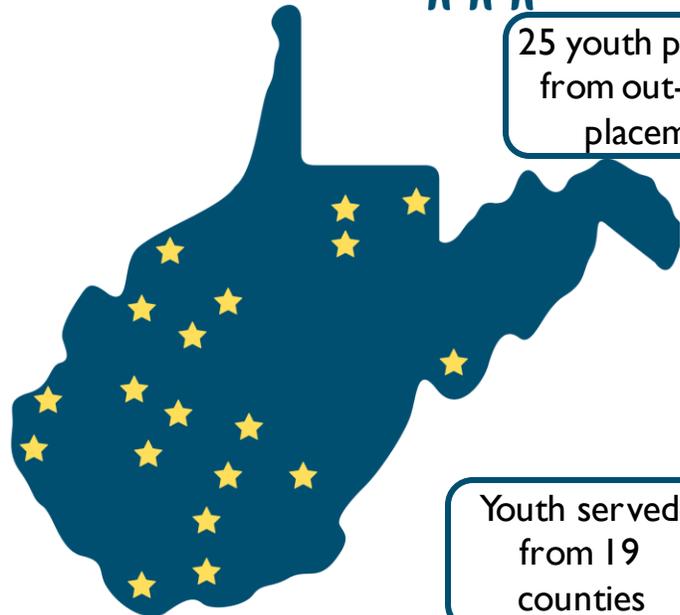


- 100%** Attending school or graduated
- 100%** Learned life skills

8 youth served from out-of-state placements



25 youth prevented from out-of-state placements



Youth served from 19 counties