

Adolescent Transitional Living Program Treatment Outcomes

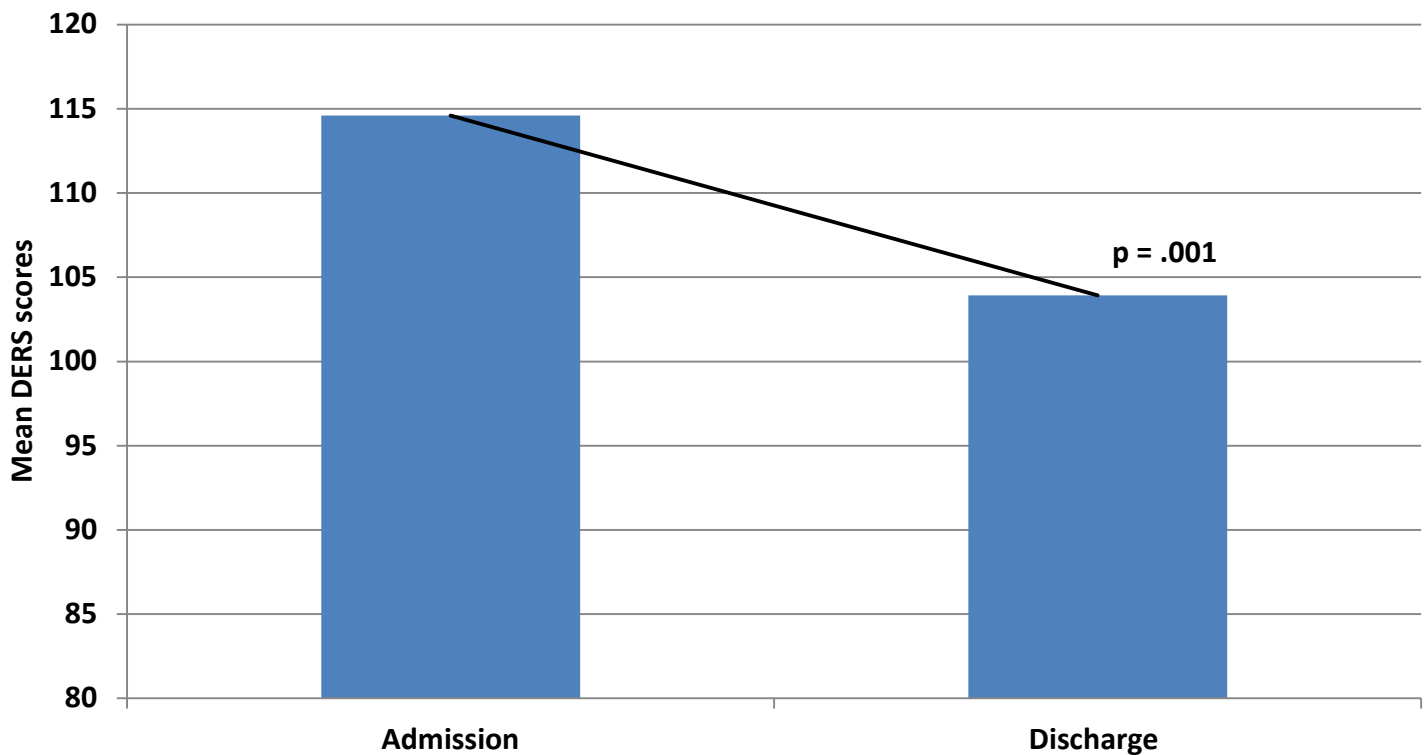
Patients completing the Adolescent Transitional Living Program showed the following:

- Were significantly better able to regulate their emotions compared to when they entered the program, as measured by the Difficulties in Emotion Regulation Scale (DERS)
- Had significantly improved understanding of directness and openness, as measured by the Dominance, Influencing, Steadiness and Compliance evaluation (DISC)
- Reported significantly less anxiety as measured by the Screen for Child Anxiety Related Disorders (SCARED)

These measures correlated in a way such that improvements in one dimension matched improvements in the others. These correlations of different validated assessment tools suggest very strongly that this high-intensity DBT treatment for adolescents has robust, clinically significant effects.

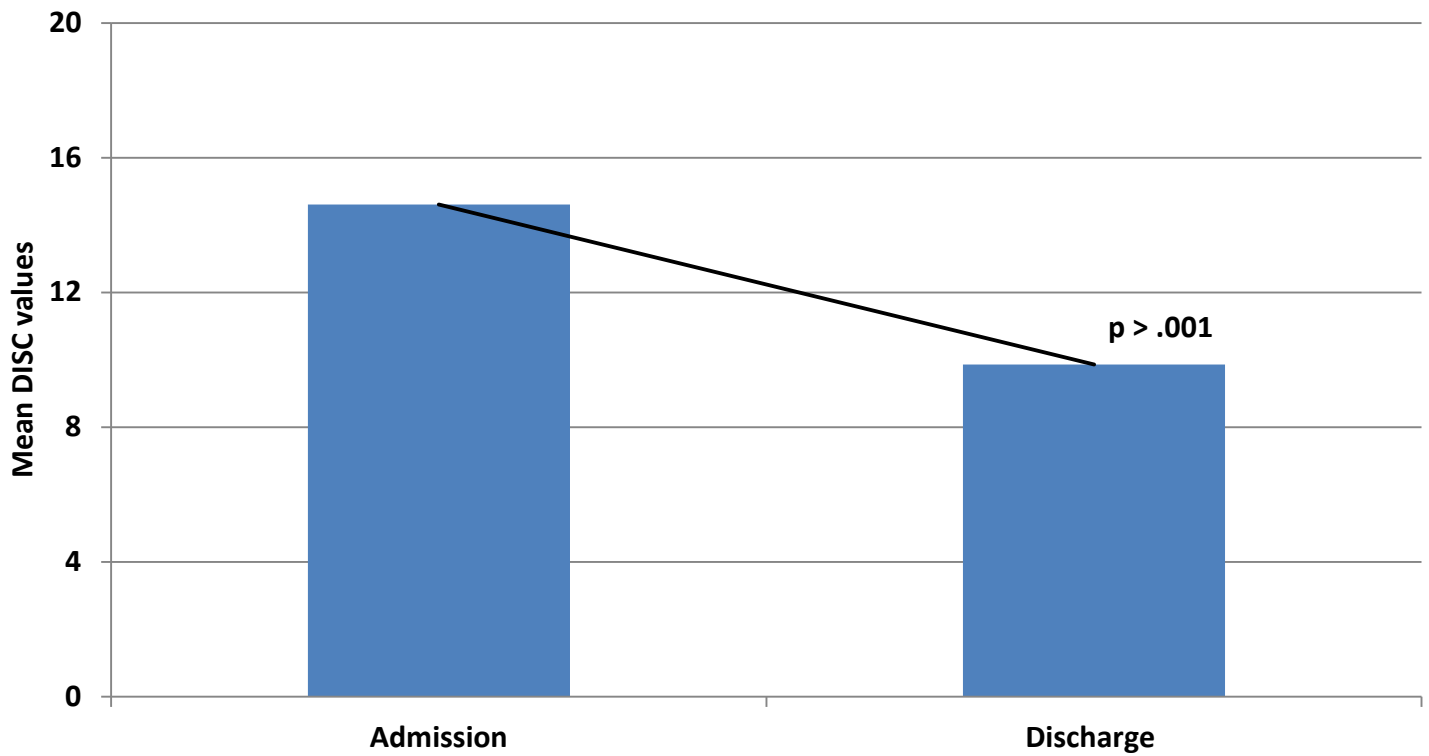
DERS Values

n = 44



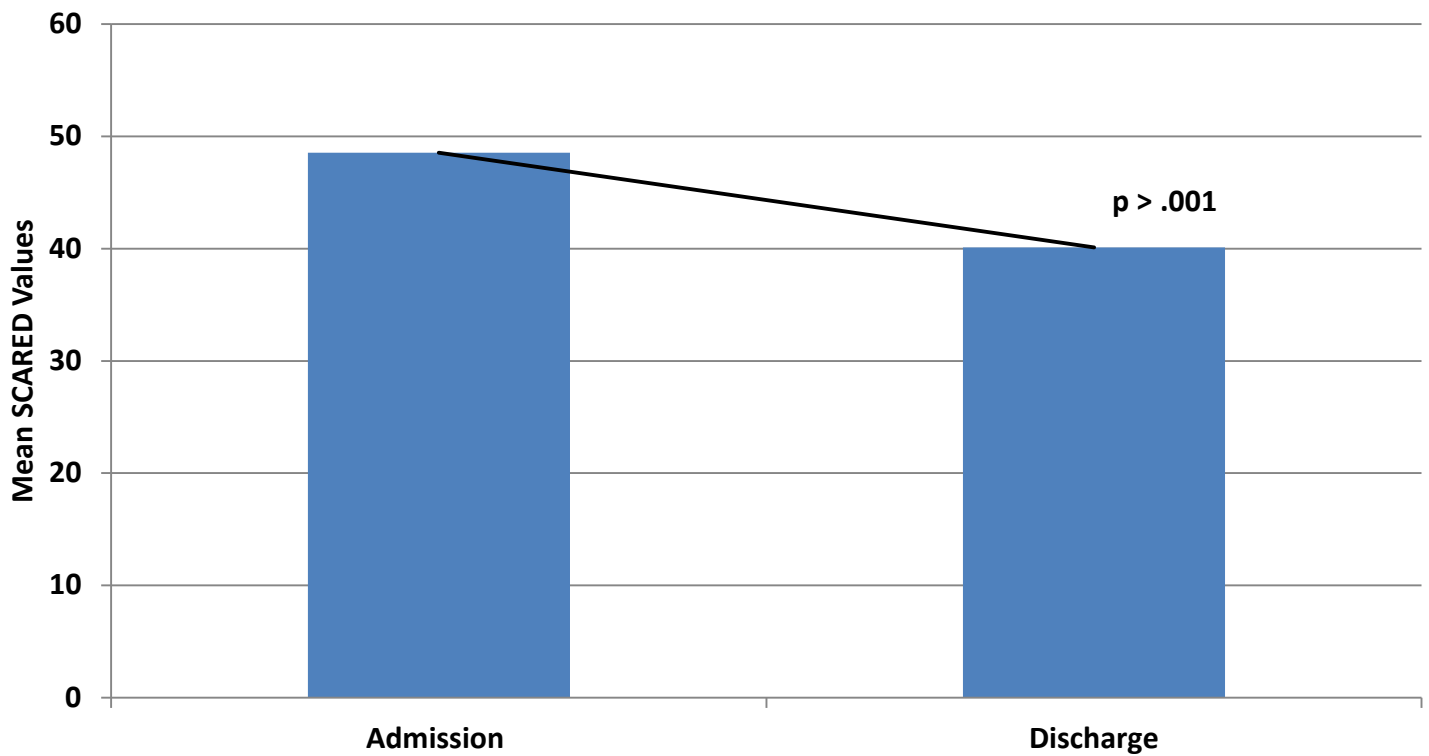
DISC Values

n= 44



Scared Assessment

n= 44



Reference:

DERS: Gratz, K. L., & Roemer, L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale. *Journal of Psychopathology & Behavioral Assessment*, 26(1), 41-54.

DISC: Rohm, R.A. (2013). A powerful way to understand people using the DISC concept. Retrieved from: <http://www.discoveryreport.com/downloads/understanding-people-disc-personality-traits.pdf/>

SCARED: Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the Screen for Child Anxiety Related Emotional Disorders (SCARED): a replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230-6.