



ALIGN

adolescent recovery

2025 Comprehensive Outcomes Report



Youth Outcome Questionnaire (YOQ-2.0SR) | Substance Use | Mental Health

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Finding Balance for a Better Tomorrow

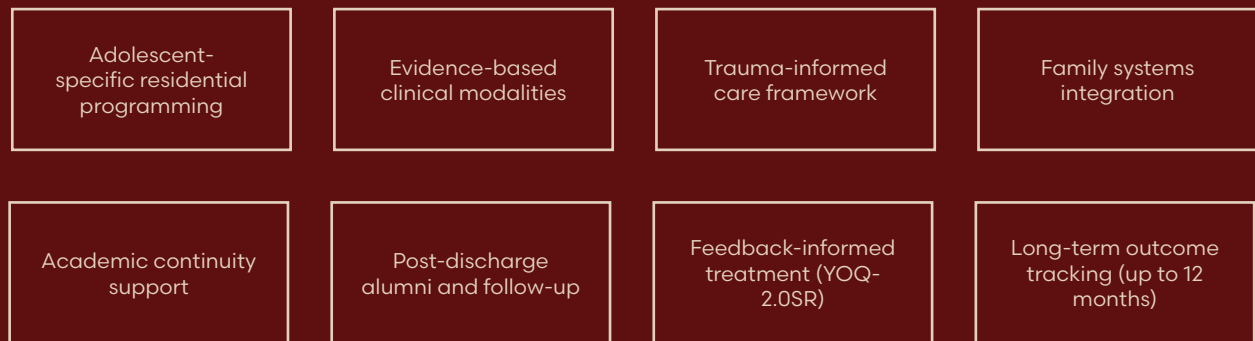


About Align Adolescent Recovery

Align Adolescent Recovery is comprehensive dual-diagnosis treatment for adolescent males in grades 9-12. Located on a 100-acre ranch outside Tucson, Arizona, Align was purpose-built to serve adolescents and their families find healing, connection, and direction. Our dual-diagnosis residential program and therapeutic boarding school provides immersive, clinically sophisticated care for young men facing mental health challenges, substance use, and trauma.

Whether experiencing mental health challenges, substance misuse, challenges in traditional academic settings, trauma, or is stepping down from another program, our recovery community offers the structure, compassion, and evidence-based support young men need to heal and grow.

Core Program Features



What We Measure & Why It Matters

Align is committed to providing more than anecdotal accounts of success. By systematically collecting validated outcome data at every stage of a young person's journey, from the first day of treatment through a full year after discharge, Align can demonstrate real, measurable change to families, referral partners, and the clinical community.

Why Measurement-Based Care Matters

Measurement-Based Care (MBC) means using validated data to guide every clinical decision. Rather than relying solely on clinical impression, MBC creates an objective record of change that keeps treatment responsive, accountable, and continuously improving.



Measuring progress in this way helps Align:

Identify what is working and what needs adjustment	Tailor treatment plans to each adolescent's specific profile	Catch early warning signs before they become setbacks
Demonstrate program effectiveness with transparent data	Support families with clear, data-driven progress updates	Contribute to the broader field of adolescent addiction science

Timepoint	Label	Description
Admission	A0	Baseline assessment at program entry
2 Weeks	A14	Early treatment progress check
Discharge	D0	Assessment at program completion
6 Months Post	D180	Post-discharge follow-up survey
12 Months Post	D365	One-year post-discharge follow-up

Align tracks outcomes not only at discharge, but at 6 and 12 months post-discharge, demonstrating that the changes young people make in treatment are durable and lasting.

Overall Mental Health Progress

The Youth Outcome Questionnaire (YOQ-2.0SR) captures a global measure of adolescent functioning across emotional, behavioral, social, and somatic domains. A higher composite score indicates greater symptom severity and impairment.

The clinical cutoff score is 46—scores above this threshold indicate clinically significant distress.

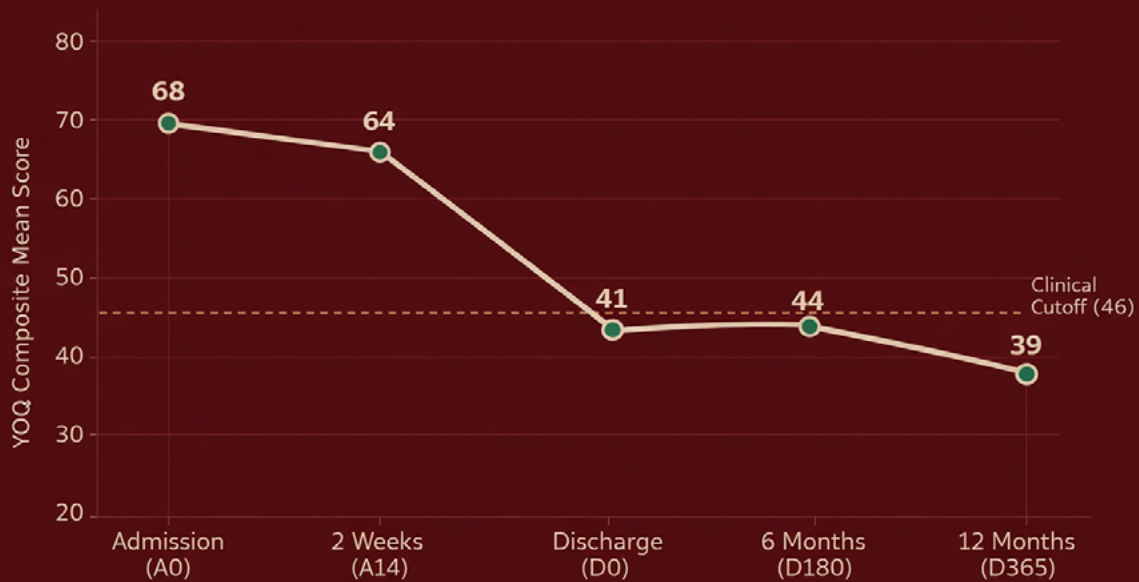


Figure 1. YOQ-2.0SR Composite Mean Score from Admission through 12-Month Post-Discharge Follow-Up.

Key Finding:

Composite YOQ scores decreased from a mean of 68 at admission, well within the clinically significant range, to 41 at discharge, falling below the clinical cutoff of 46.

Importantly, improvements were maintained and continued to strengthen at 6 months (44) and 12 months (39), demonstrating durable, lasting recovery beyond the treatment episode itself. At a glance:

- Composite score: 68 -> 39 (Admission to 12 Months)
- 43% overall score reduction
- Below clinical cutoff at discharge
- Emotional & Behavioral Domains Of Improvement

The YOQ-2.0SR measures six distinct subscales, each capturing a different dimension of adolescent wellbeing.

Tracking these domains individually allows clinicians to identify specific areas of strength and continued need both within treatment and across the months that follow.

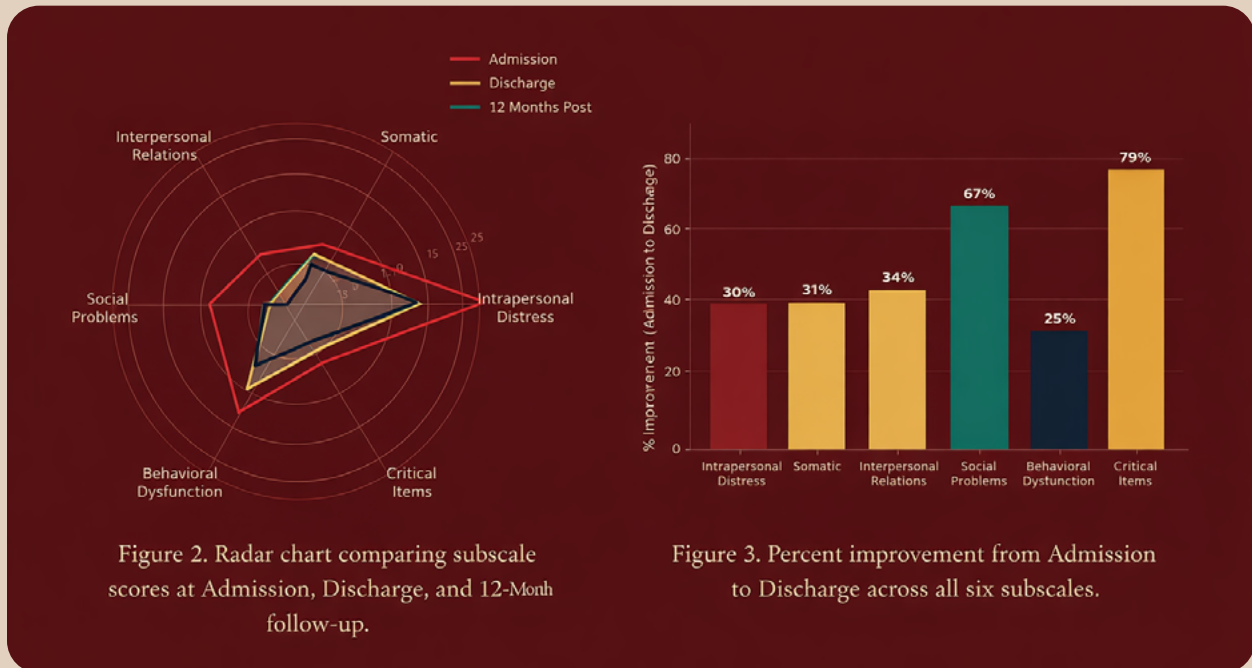


Figure 2. Radar chart comparing subscale scores at Admission, Discharge, and 12-Month follow-up.

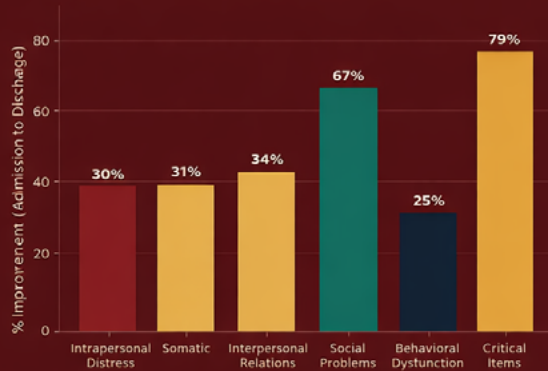


Figure 3. Percent improvement from Admission to Discharge across all six subscales.

Domain-Level Results

Domain	% Improvement (Ao to Do)	Clinical Significance
Intrapersonal Distress (depression, anxiety, self-criticism)	30%	Reflects reduction in core emotional pain driving substance use
Somatic Complaints	31%	Physical symptoms often co-occur with emotional dysregulation
Interpersonal Relations	34%	Improved capacity for trust and connection -central to sustained recovery
Social Problems	67%	Largest gains; peer relations and community integration markedly improved
Behavioral Dysfunction	25%	Improved impulse control and rule-governed behavior
Critical Items (self-harm, safety)	79%	Strongest gains -dramatic reduction in highest-severity risk indicators

Substance Use Outcomes

YOQ-2.0SR Question 22 (Q22) asks adolescents directly: "I use alcohol or drugs."

Response options range from Never or Almost Never to Almost Always or Always, providing a self-reported frequency measure at each assessment timepoint.

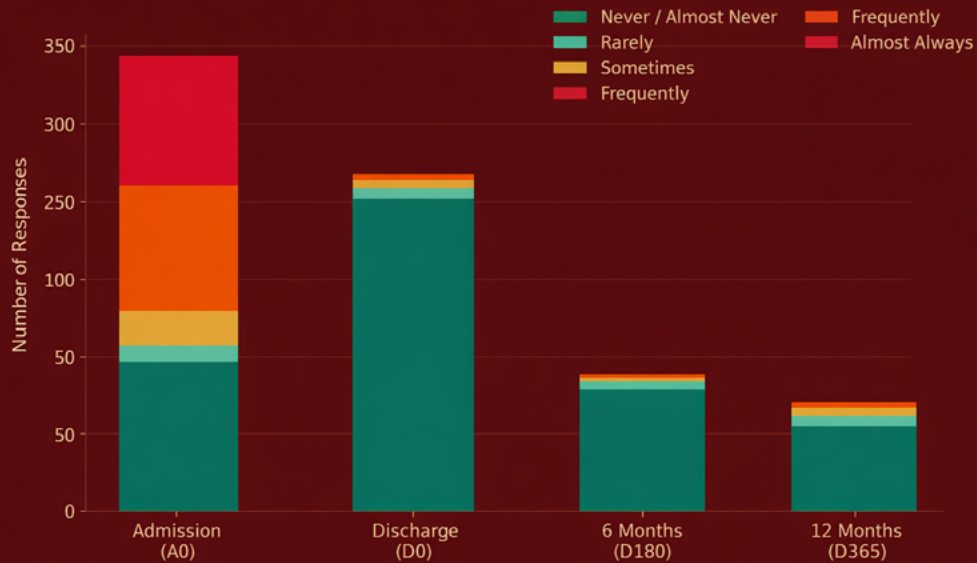


Figure 4. Self-reported substance use frequency (Q22) at Admission, Discharge, and 12 Months Post-Discharge.

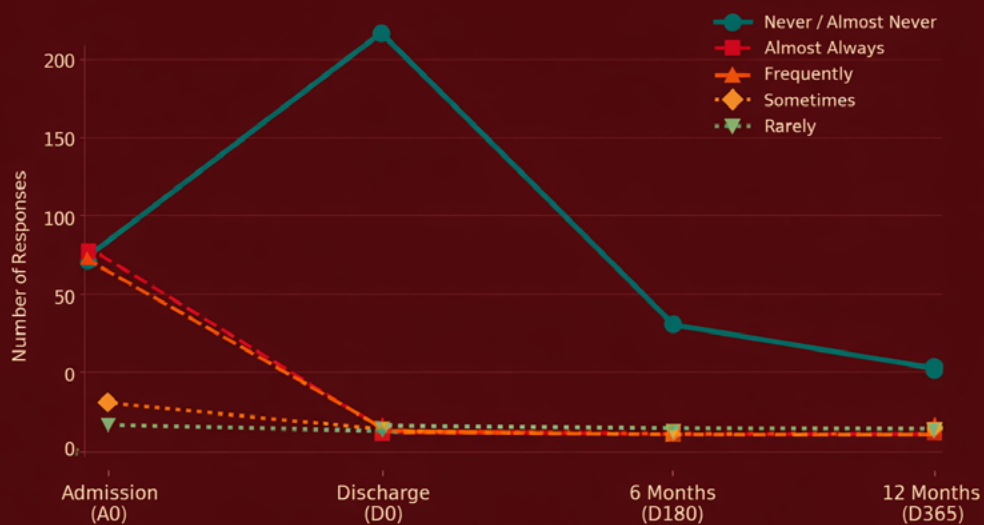


Figure 5. Response trend lines across timepoints. The dramatic rise in "Never / Almost Never" from admission to discharge reflects the program's core substance use outcomes.

Substance Use: Data Summary & Clinical Context

Q22 Response Data by Timepoint

Response	Admission (A0, n=342)	Discharge (D0, n=250)	6 Months (D180, n=69)	12 Months (D365, n=42)
Never / Almost Never	96 (28%)	233 (93%)	58 (84%)	30 (71%)
Rarely	11 (3%)	7 (3%)	5 (7%)	5 (12%)
Sometimes	26 (8%)	6 (2%)	2 (3%)	5 (12%)
Frequently	100 (29%)	3 (1%)	1 (1%)	1 (2%)
Almost Always	109 (32%)	1 (<1%)	3 (4%)	3 (4%)

At admission, 61% of youth reported using alcohol or drugs Frequently or Almost Always.

By discharge, 93% reported Never or Almost Never, a transformation that was maintained through 12-month post-discharge follow-up.

Important Clinical Context

A Note on Admission “Never” Responses: Align is a primary substance use treatment program. A portion of youth who endorse “Never or Almost Never” at admission have recently completed short-term treatment or medical detox, where access to substances was restricted. Their abstinence at intake does not indicate an absence of substance use disorder, it reflects restricted access immediately prior to arrival. This distinction is clinically important and should be considered when interpreting admission-timepoint data.

The follow-up data at 6 and 12 months are the most meaningful indicator of sustained recovery. These timepoints assess real-world functioning after young people have returned home, re-engaged with peers, and navigated the genuine challenges of daily life without the structure of a residential program.



About The YOQ-2.0SR

The Youth Outcome Questionnaire Self-Report is a nationally normed, psychometrically validated instrument designed to monitor treatment progress in adolescents aged 4 through 17. It is widely used across behavioral health and substance use treatment settings as the gold standard for adolescent outcome measurement.

What the YOQ-2.0SR Measures



Clinical Score Ranges

Score Range	Clinical Interpretation
< 46	Non-Clinical Range - functioning within normal limits
47 - 65	Least Severe - subclinical distress, monitoring recommended
66 - 84	Mild - clinical concern, early intervention indicated
85 - 103	Moderate significant impairment, structured support needed
104 - 122	Moderately Severe - intensive services indicated
123 - 141	Severe - highest level of care recommended

Align’s consistent use of the YOQ-2.0SR across all assessment timepoints allows families, referring clinicians, and community partners to see clear, data-driven evidence of change, not only at discharge, but in the months that follow.

This commitment to feedback-informed care drives continuous clinical quality improvement and ensures accountable, outcome-driven adolescent treatment.

Connect With Us

Align Adolescent Recovery is proud to share this outcome data with families, clinicians, educational consultants, and community partners.

Transparent, accountable reporting of treatment outcomes is central to Align's commitment to the young people it serves.

Admissions & Referrals

For admissions inquiries, clinical consultations, or to discuss a specific adolescent's needs, our team is available to speak with referring professionals and families.

520-390-4428

Questions About This Report

Our clinical team welcomes questions about methodology, outcome data, or program design from researchers, treatment professionals, and educational consultants.

Learn More



Committed to transparent, data-driven, feedback-informed care.

This report was produced using de-identified, aggregated data from the YOQ-2.0SR administered across all program participants. Data are presented to demonstrate overall program effectiveness and do not represent individual patient outcomes. Follow-up sample sizes vary by timepoint based on available data.