



ALIGN

adolescent recovery

2025 Outcomes Report



Finding Balance for a Better Tomorrow

What the data tells us about how our clients are doing during treatment and long after they come home.



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Finding Balance for a Better Tomorrow



Who We Are

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 your son is 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 he needs to heal and grow.

What that looks like in practice:

A residential program designed specifically for adolescents

Treatment grounded in research and clinical evidence

Care that takes trauma seriously and responds to it thoughtfully

Active involvement of the whole family, not just the teen

Support for staying on track with school during treatment

A relationship that doesn't end at discharge. We follow up with families for a full year after their son leaves



Why We Track Progress

We measure how our kids are doing using a validated clinical tool and we collect that data at multiple points: when a teenager arrives, two weeks in, when they leave, and then again at six months and one year after going home. That last part matters enormously. It's easy for a program to show improvement while a kid is inside a controlled environment. The real question is: does it last?

Our data shows that it does.

Here's why tracking this matters for your family:

You deserve to know whether a program actually works, not just whether it sounds good	Regular measurement helps our clinical team catch problems early and adjust treatment in real time	It holds us accountable to the young men and their families who trust us	It gives you something concrete to hold onto when progress feels slow or hard to see
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When we collect data:

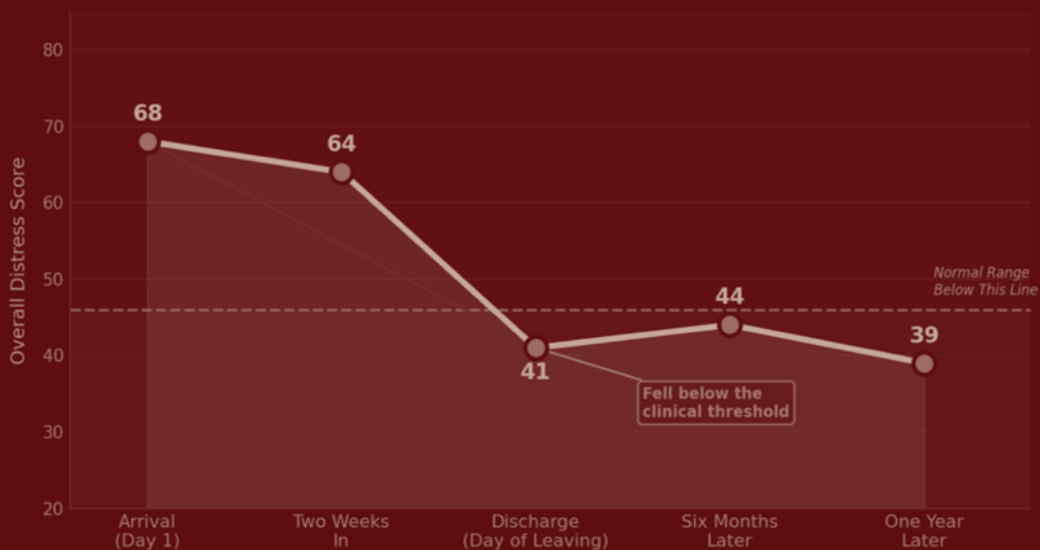
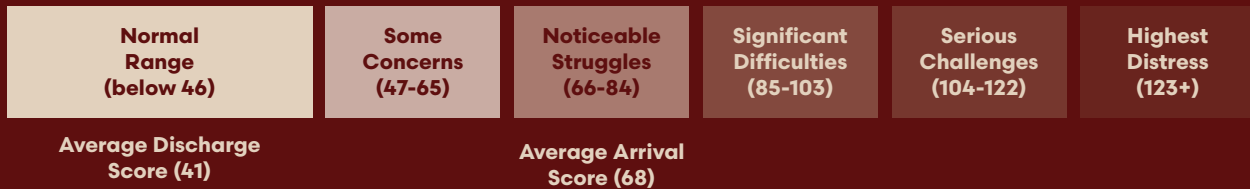
When	What It Tells Us
Day of Arrival	Where your child is starting from
Two Weeks In	Early signs of progress
Day of Discharge	Where your child is when they leave
Six Months After Leaving	How they're doing back in real life
One Year After Leaving	Whether the change is lasting

We don't just measure what happens inside our walls. We follow up at six months and one year because recovery happens out there: at home, at school, with friends. That's what we care about most.

How Our Kids Are Doing Overall

The assessment we use produces a composite score, think of it as a single number that captures how a teenager is doing emotionally and behaviorally. A higher score means more distress and more difficulty functioning. A lower score means things are going better.

The threshold that separates “within normal range” from “significant concern” is a score of 46. Most teenagers who arrive at Align are well above that line.



What the numbers show:

When teenagers arrive at Align, their average score is 68, well into the range that signals serious distress.

By the time they leave, that average has dropped to 41, which falls below the clinical threshold. That means most of our kids go from a place of significant struggle to a place of functioning within the normal range during theirtime in treatment at Align.

But here’s what we’re most proud of: at six months after discharge, scores average 44. At twelve months, they drop further to 39. The improvement doesn’t fade when kids go home. For most of them, it continues to grow.

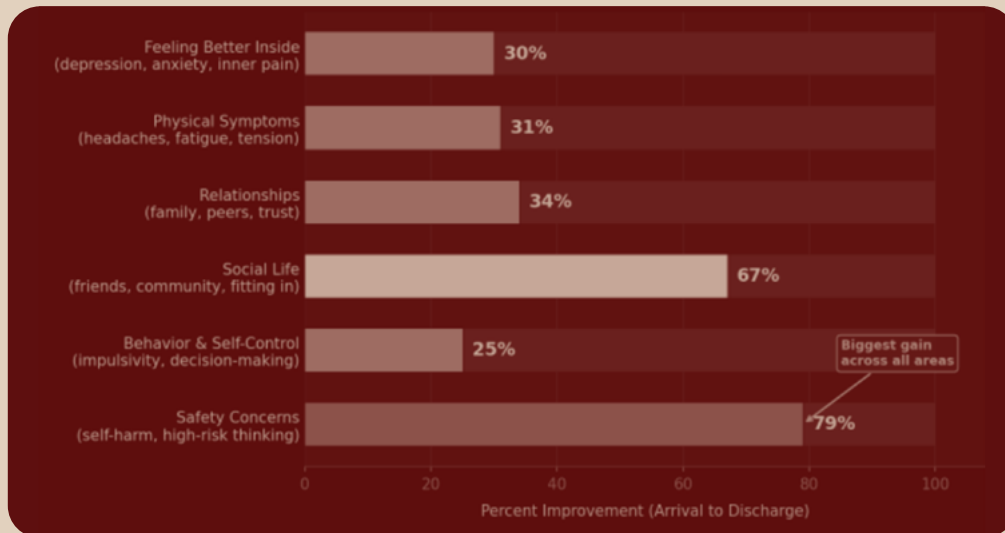
In plain terms:

- **Average score at arrival:** 68 (significant distress)
- **Average score at discharge:** 41 (below the concern threshold)
- **Average score one year later:** 39 (and still improving)
- **Overall reduction:** 43%

What's Actually Getting Better

It's one thing to say a kid's "overall score" improved. But as a parent, you probably want to know what that actually means in daily life. What does a teenager look like when they're getting better?

The assessment we use breaks things down into six specific areas. Here's what each one means, and what the data shows.



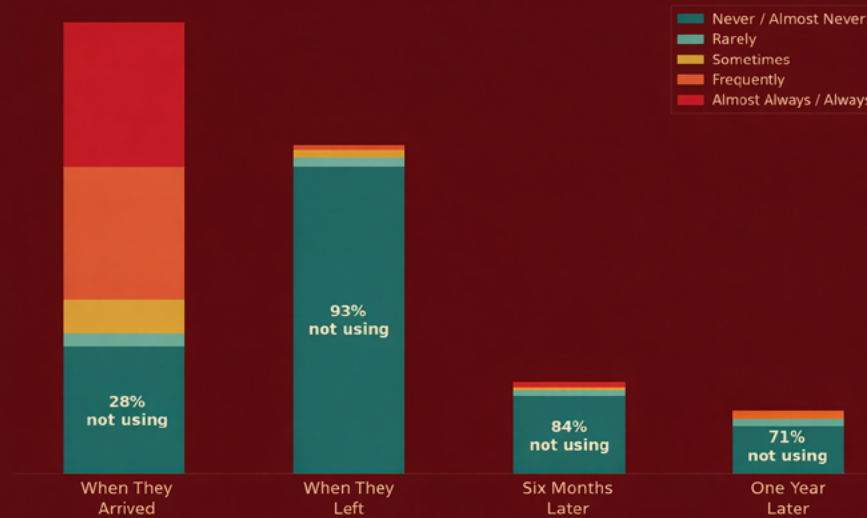
Area of Life	% Better	What This Means for Your Kid
Feeling Better Inside (depression, anxiety, inner pain)	30%	Less emotional pain driving them toward substances
Physical Symptoms (headaches, fatigue, tension)	31%	The body calms down as the mind begins to heal
Relationships (family, peers, trust)	34%	Real gains in ability to connect and rebuild trust at home
Social Life (friends, community)	67%	Strongest treatment gain - kids leave with stronger social footing
Behavior & Self-Control (impulse control, decisions)	25%	As inner pain decreases, behavior naturally improves
Safety Concerns (self-harm, high-risk thinking)	79%	As inner pain decreases, behavior naturally improves

Alcohol & Drug Use Over Time

One of the questions we're asked most often is simply: are kids actually stopping?

We track this directly. Our assessment includes a straightforward question: "I use alcohol or drugs." Teenagers respond on a scale from "Never or Almost Never" to "Almost Always or Always."

Here's what those responses look like across time.



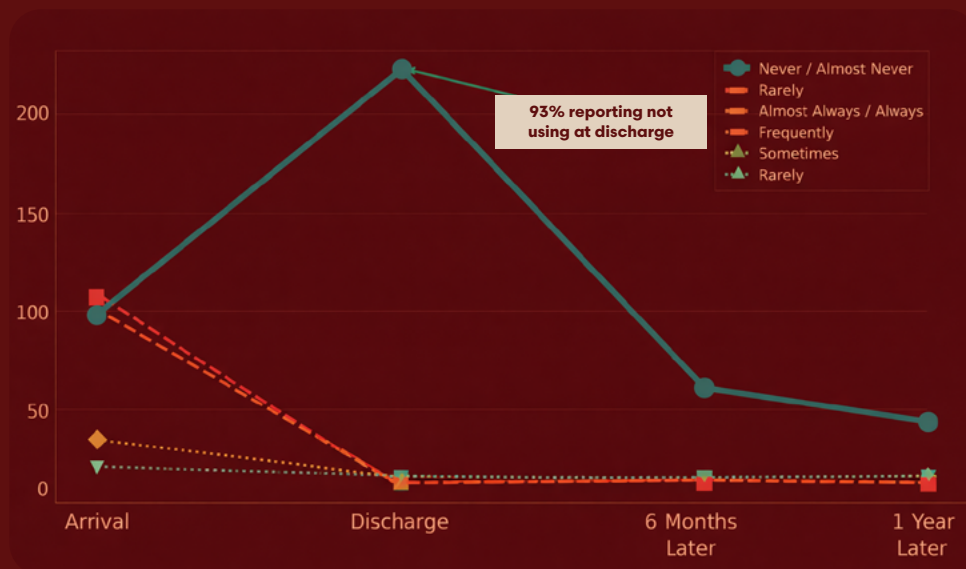
Each bar shows the full picture of how teenagers responded to "I use alcohol or drugs" at each timepoint. The teal section - "Never / Almost Never" - tells the story

The picture at admission:

When teenagers arrive, most are using heavily.

The picture one year later:

At the twelve-month follow-up, 71% of respondents continue to report never or almost never using. The remaining responses are spread across rarely and sometimes, with very few teens reporting frequent or heavy use.



Trend lines show how each response category changed across all for timepoints. The dramatic rise and sustained hold of "Never / Almost Never" is the core outcome.

Understanding The Numbers

A note about the admission data.

You may have noticed that 28% of teenagers reported “Never or Almost Never” using at the time of admission. That number might seem surprising for a primary addiction treatment program. Many teenagers arrive at Align shortly after completing a medical detox or a short-term stabilization program. During those programs, they didn’t have access to substances so by the time they arrive at Align, they technically haven’t been using. But that’s not the same as not having a problem. These young men are at Align because substance use disorder is very real for them. The admission response just reflects the circumstances of the days immediately before they arrived.

This is why the six-month and twelve-month follow-up data is the most meaningful. At those points, teenagers are living real lives, back at home, back at school, back with their friends. The data from those timepoints reflects genuine, sustained recovery in the real world, not recovery inside a controlled environment.

Why do follow-up numbers include fewer responses?

The sample size decreases at the six- and twelve-month timepoints. This is normal and expected as some families are harder to reach, and not everyone responds to follow-up outreach. It does not mean those teenagers are doing poorly. It simply reflects the practical challenge of tracking people after they’ve returned to their lives.

The most important thing these numbers tell us is this: for teenagers who complete treatment at Align, the gains are real and they endure. Recovery isn’t just something that happens here. It’s something that keeps happening after kids go home.



The Assessment We Use

The YOQ-2.0SR

The Youth Outcome Questionnaire, or YOQ-2.0SR, is a research-backed tool used specifically to track how teenagers are doing emotionally and behaviorally over time. It was developed by clinical researchers and has been validated across thousands of adolescents in treatment settings across the country.

It gives us an objective reading of how a young person is actually doing, not just how they say they feel on a good day, and not just what a clinician observes in a session. It captures the full picture, consistently, at every point along the way.

Teenagers complete the questionnaire themselves. It asks about things like mood, anxiety, relationships, physical symptoms, behavior, and safety. Their responses generate a score that tells us where they are now and when we track those scores over time, we can see clearly whether treatment is working.

What the scores mean:

Score	What It Suggests
< 46	Within the normal range - things are going reasonably well
47 - 65	Some concerns worth monitoring
66 - 84	Noticeable struggles - early support recommended
85 - 103	Significant difficulties - structured help is needed
104 - 122	Serious challenges - intensive treatment indicated
123 and above	Highest level of distress - immediate, comprehensive care needed

Most teenagers who arrive at Align score in the 66–85 range or higher. Most leave below 46. Using the same validated tool at every timepoint means our data is reliable and comparable. It's the same standard the research world uses to measure what works.

Get In Touch

If you're reading this report, you're probably someone who cares deeply about a young person and is trying to figure out next steps. That might mean you're a parent, a therapist, or a school counselor trying to figure out the treatment fit.

Whoever you are, we're glad you're here.

Our admissions team is available to answer questions, talk through what you're seeing with a specific teenager, and help you figure out whether Align is the right fit.

For families and parents:

We know this is one of the hardest things a family can go through. You don't have to figure it out alone. Call us and talk to a real person who understands what you're facing.

[**Learn More**](#)

For questions about this report:

If you have questions about our methodology, our outcome data, or how we measure progress, we're happy to walk you through it.

[**Learn More**](#)



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

Data presented in this report reflects de-identified, aggregated outcomes from the YOQ-2.0SR across all program participants. Individual outcomes vary. Follow-up sample sizes reflect available data at each timepoint.