



Odyssey™

PSYCHIATRIC NETWORK



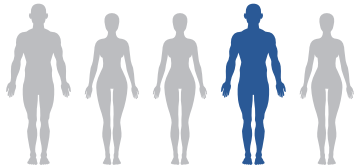
Clinical Outcomes Report
and Key Findings:

Mental Health and Addiction

2023 Edition

MENTAL HEALTH AND ADDICTIONS: HIGH PREVALENCE CONTINUES ACROSS AMERICA

According to the National Alliance on Mental Illness (NAMI)¹ and the National Institute of Mental Health (NIMH)², among adults in the U.S.:



1 in 5 experienced
a mental illness

12,000,000+

had serious thoughts
of suicide



1 in 20 experienced
a serious mental illness

57,800,000+

Americans currently
experiencing a mental
health condition

HELPING THOUSANDS ON THEIR RECOVERY JOURNEYS

Innovating and evolving to remain an industry leader of ethically sound and operationally astute mental health programs serving clients and their families with psychiatric, substance use, and eating disorders.

Odyssey has expanded services across the nation to become a diversified, responsive healthcare system comprised of nationally and internationally leading programs. Our programs adhere to the highest clinical standards and are led by dedicated, experienced operational and clinical leaders.

Odyssey provides a comprehensive continuum of treatment for adults and adolescents with complex mental health, eating disorders, addiction, and co-occurring conditions in 10 states.

Our licensed facilities are either CARF or Joint Commission Accredited. We also actively pursue additional certifications as available to demonstrate our commitment to accountable, ethical, safe, and clinically advanced care.

1 https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Adults-r.pdf

2 <https://www.nimh.nih.gov/health/statistics/mental-illness>

RESIDENTIAL SERVICES FOR MENTAL HEALTH AND SUBSTANCE USE DISORDERS

All of Odyssey's programs have strong reputations for providing inclusive, high quality, and differentiated clinical services for adults.



Founded in 2000, Clearview provides mental health and addiction treatment for adults through their residential and outpatient services.



California



All Genders, Ages 18+



clearviewtreatment.com



Established in 1991, Lifeskills offers tailored detoxification, intensive residential and outpatient programs for adults with complex psychiatric and substance use disorders.



Florida



All Genders, Ages 18+



lifeskillssouthflorida.com



Psychiatric Treatment Network

With over 25 years of clinical expertise, Pasadena Villa provides a full continuum of evidence-based residential and outpatient programs for adults with mental health, autism spectrum, and other co-occurring disorders.



Michigan, Tennessee,
& Virginia



All Genders, Ages 18+



pasadenavilla.com



Founded in 2013, STR Behavioral Health provides detoxification, residential, and outpatient treatment programs for adults with addiction and mental health disorders.



Pennsylvania



All Genders, Ages 18+



stepstorecovery.com

STR Behavioral Health - Silver Pines



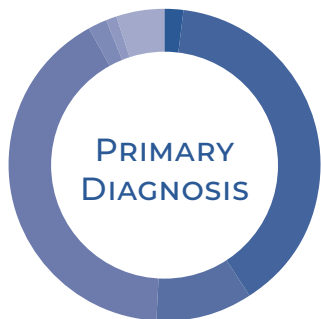
MENTAL HEALTH AND SUBSTANCE USE DISORDERS

DEMOGRAPHICS AND DIAGNOSES

Every client and family are vital partners with Odyssey's treatment teams to create tailored, responsive recovery plans. Our programs' staff lead with respect and compassion to set a successful path that optimizes resources, strengths, and capabilities, to achieve the best outcomes possible.

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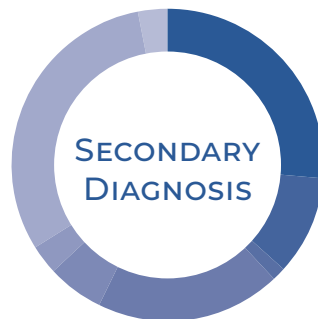
Total Discharges



- Anxiety Disorders: 5%
- Mood Disorders: 41%
- Thought Disorders: 9%
- Substance Use Disorders: 39%
- Trauma Related Disorders: 2%
- Personality Disorders: 1%
- Autism Spectrum Disorder: 1%
- Other: 3%

80%

clients had 2 or more co-occurring diagnoses confirmed at admission



- Anxiety Disorders: 30%
- Mood Disorders: 14%
- Thought Disorders: 1%
- Substance Use Disorders: 23%
- Trauma Related Disorders: 5%
- Personality Disorders: 2%
- Autism Spectrum Disorder: 1%
- Other: 3%

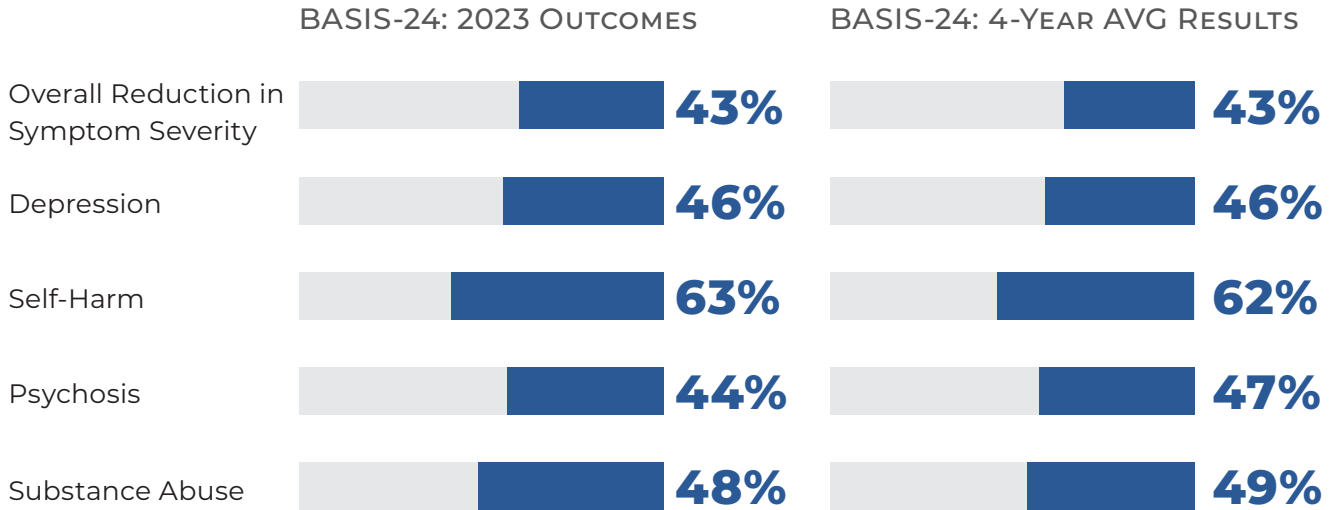
"Honestly this facility has been a fantastic experience. The staff is caring and actually listens to what you individually need. They build you your own personalized treatment plan and give you all the resources to not only get sober but to maintain your sobriety. Would recommend to anyone who is struggling. Also extremely LGBTQ+ friendly and supportive."

- Grateful STR Behavioral Health Silver Pines Alumnus



CLINICAL OUTCOMES

Measured using BASIS-24, Odyssey’s residential treatment program outcomes for mental health disorders and addictions include Clearview Treatment Programs, Lifeskills South Florida, Pasadena Villa, and STR Behavioral Health. Odyssey has added the Brief Psychiatric Rating Scale (BPRS) to expand measurement of program impact and look forward to sharing results in future reports. Additionally, Lifeskills also leverages a battery of other inventories to measure changes in behavior and functionality, along with multi-year longitudinal studies to evaluate client progress over time. Learn more by visiting lifeskillssouthflorida.com/outcomes.



“Coming here to Lifeskills was the best thing to happen to me. I was struggling with addiction and mental health, and they helped me regain control of my life. The staff here are wonderful as well as the nurses. Lifeskills will be the change you and your family need to get through any challenges.”

- Grateful Lifeskills South Florida Alumnus



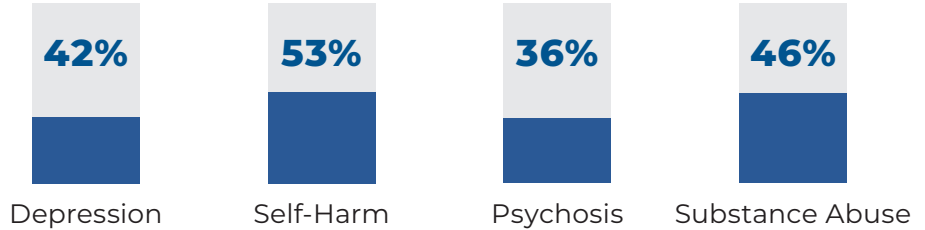
LONGITUDINAL CLINICAL RESULTS

Multi-year or longitudinal studies provide a unique insight into changes that happen over time. This longer view allows us to incorporate data across seasons and varying client populations to better understand the impact our clinical programs have towards impacting behavior and symptom change.

CLEARVIEW TREATMENT PROGRAMS (2-YEAR AVERAGE)

Overall Reduction in Symptom Severity

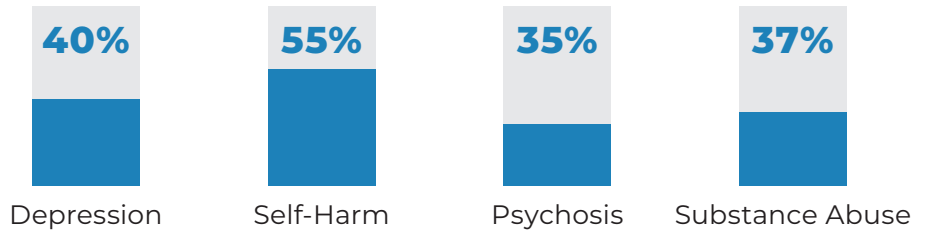
↓ **41%**



LIFESKILLS SOUTH FLORIDA (4-YEAR AVERAGE)*

Overall Reduction in Symptom Severity

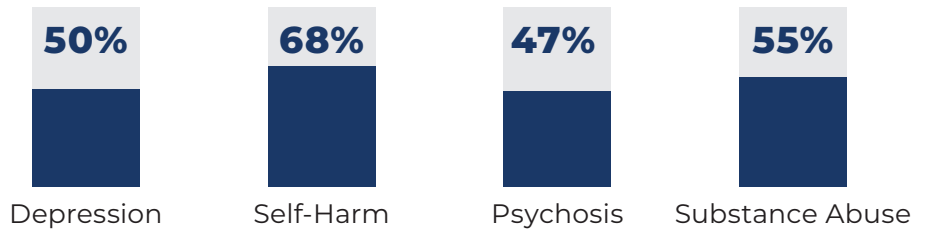
↓ **41%**



PASADENA VILLA (2-YEAR AVERAGE)

Overall Reduction in Symptom Severity

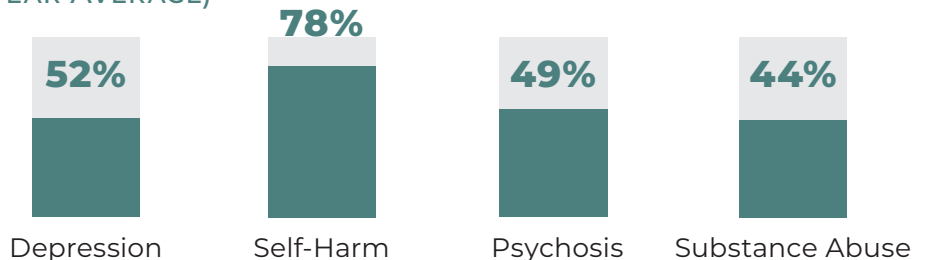
↓ **45%**



STR BEHAVIORAL HEALTH (2-YEAR AVERAGE)

Overall Reduction in Symptom Severity

↓ **49%**



* In addition to BASIS-24, Lifeskills leverages a battery of inventories to measure changes in behavior and functionality. Learn more by visiting lifeskillssouthflorida.com/outcomes.

METHODOLOGY AND ASSESSMENT TOOLS

MEASURES

Odyssey Behavioral Healthcare partners with Harvard and McLean Hospital to collect and analyze our treatment outcomes using the 24-item Behavior and Symptom Identification Scale (BASIS-24). Additionally, Lifeskills South Florida includes several additional assessments, including the Difficulties in Emotional Regulation Scale (DERS), Brief Psychiatric Rating Scale (BPRS), Drug Attitude Inventory (DAI), and the Short Post-Traumatic Stress Disorder Rating Interview (SPRINT) to better understand impact and guide program development.

BASIS-24 ASSESSMENT

Our facilities use BASIS-24, a leading behavioral assessment tool, to identify a wide range of symptoms and problems that occur across the diagnostic spectrum. Using a five-point Likert scale, the 24 questions are scored using a weighted average algorithm that gives an overall score and scores for six subscales. These subscales cover the following domains: depression, relationships, self-harm, emotional lability, psychosis, and substance abuse. The questionnaire was administered at admission, mid-treatment, or every 30 days, and again at discharge.

SAMPLE SIZES AND COMPLETION RATES

Program Type	BASIS-24	BASIS-24
	# of Intake Surveys Completed	# of Discharge Surveys Completed
Mental Health and Addiction	1669	1123

"Clearview literally changed my life! I came in an absolute wreck when it came to my mental health and in denial of any substance abuse issues. I just got out and I am now sober and doing the best I have in my entire life. I wouldn't be where I am without Clearview."

- Grateful Clearview Alumnus



"Pasadena Villa Smoky Mountain Lodge saved my life, and it will always have a special place in my heart. I was at a point in my life where I no longer could carry my traumas on my own. From the very first interaction with staff, I felt welcomed, respected and treated with kindness from everyone. I don't think I will ever need residential treatment again, because of what I learned there, but if I do I will return to SML."

- Grateful Pasadena Villa Alumnus



As a part of Odyssey Behavioral Healthcare, each treatment facility provides individualized, high-quality care for adults with psychiatric and substance use disorders, along with other co-occurring mental health conditions.

INSURANCE

Our facilities have agreements with most major insurance companies that provide benefits for mental health and substance use disorder treatment, with some programs that offer private pay and leverage out of network benefits. We work with each client to establish a financial plan that aligns with their financial and clinical needs.



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odysseybehavioralhealth.com