

2026

MOUNTAIN VALLEY

# OUTCOMES REPORT



MOUNTAIN VALLEY





# FEARLESS

## OUR MISSION

Our mission is to equip young people with the courage and skill to transcend anxiety and re-engage the world, each other, and life with confidence and passion.

## ABOUT US

Mountain Valley is a residential treatment center serving adolescents and young adults (ages 13-20) whose lives have been severely impacted by anxiety and related disorders such as Obsessive Compulsive Disorder.

We provide sophisticated, evidence-based clinical treatment for anxiety and related disorders in a supportive, warm, and family-like environment. We are led by a team of anxiety specialists—experienced, innovative clinicians who are experts at translating clinical theory into pragmatic solutions.

## DATA MATTERS.

Our goal is not to make our residents fearless. Instead, it's to make their fear less—less controlling, less limiting, and less scary. But how do we measure that outcome?

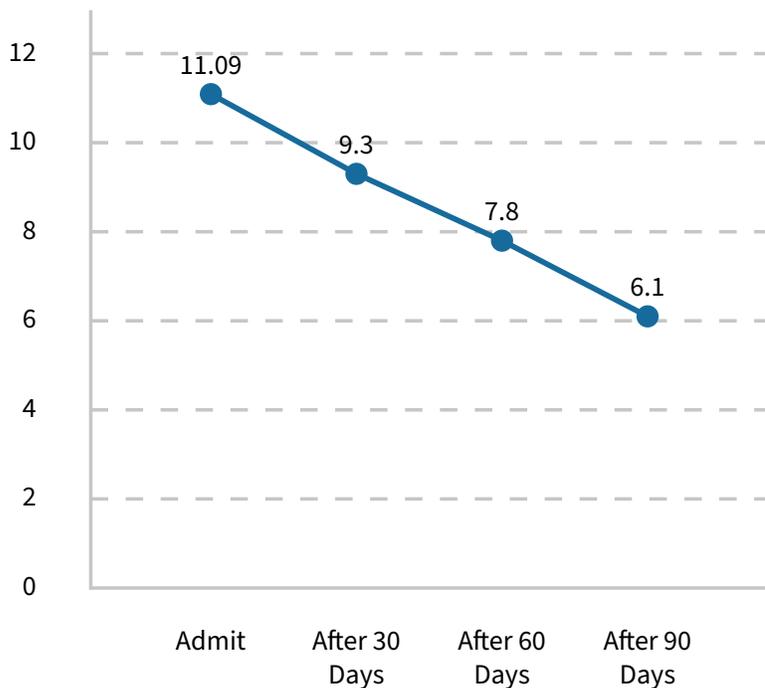
At Mountain Valley, we're dedicated to accountability with residents, families, staff, and stakeholders. Part of that accountability means we assess the health of residents before, during, and at the end of treatment. We use the resulting data to ensure that our program is accomplishing its goals. The results are clear—Mountain Valley is worth it for our residents, and the hard work across our entire program is paying off.

“ Since Mountain Valley I've been able to make choices that are creating the life I want. I'm now living a life aligned with my values instead of my anxiety.”

-MV, former resident

# ANXIETY OUTCOMES

## General Anxiety Disorder-7



### How We Measure

The Generalized Anxiety Disorder 7-item (GAD-7) is an initial screening tool based on the generalized anxiety disorder (GAD) diagnostic criteria described in the Diagnostic and Statistical Manual of Mental Disorders (DSM). The screening is a seven-item instrument that is used to measure or assess the severity of generalized anxiety disorder.

### Results

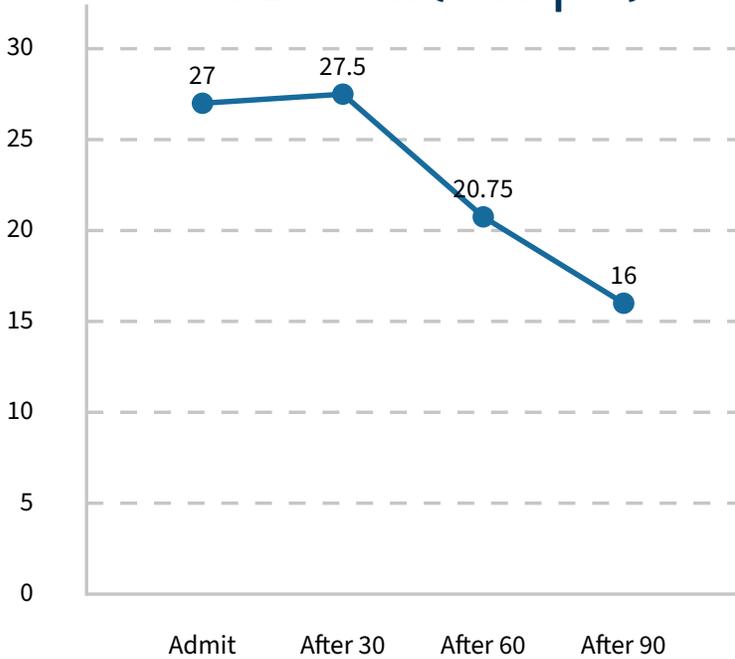
Residents admit with an average total score of 11.09 (moderate anxiety). By Day 90, residents experience a statistically significant decrease in anxiety symptoms to an average total score of 6.11 (mild anxiety).



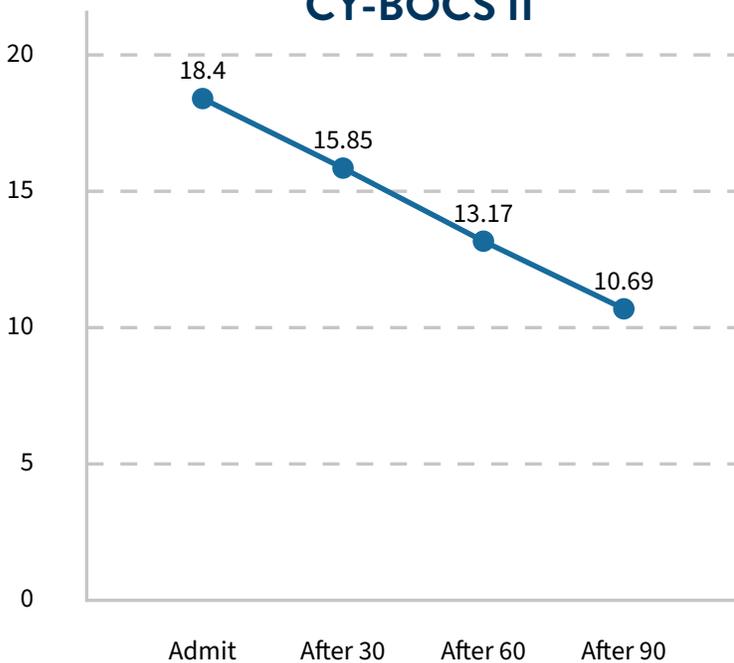
“Mountain Valley gave me my life back. It changed my perspective on anxiety 100%. It gave me the confidence, tools and knowledge to face everything and move forward.”

-LM, former resident

## Y-BOCS II (self report)



## CY-BOCS II



## How We Measure

The Yale-Brown Obsessive-Compulsive Scale (Y-BOCS) is the most commonly used instrument to assess the clinical severity of obsessive-compulsive symptoms. The children's scale (CY-BOCS) is designed to rate the severity of obsessive and compulsive symptoms in children and adolescents, ages 6 to 17 years.

## Results

On the Y-BOCS-II-SR, adults admit with an average total score of 27 (moderate OCD severity). By Day 90, adults experience a reliable improvement (more than 8 points) in symptom severity to an average total score of 16 (mild OCD severity).

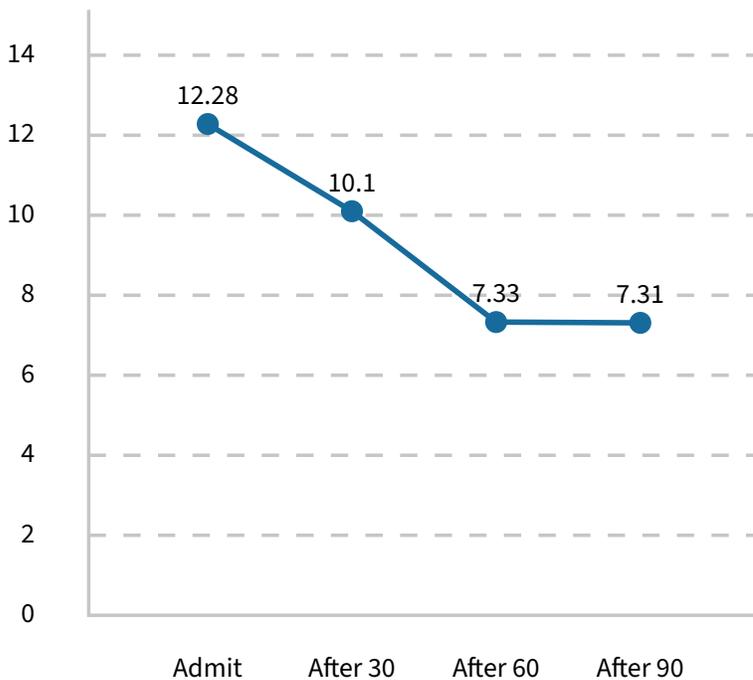
On the CY-BOCS-II, adolescents admit with an average total score of 18.4. By Day 90, adolescents experience a statistically significant decrease in symptom severity with an average total score at 10.69



**OBSESSIVE  
COMPULSIVE  
DISORDER  
OUTCOMES**

# DEPRESSION OUTCOMES

Patient Health Questionnaire-9

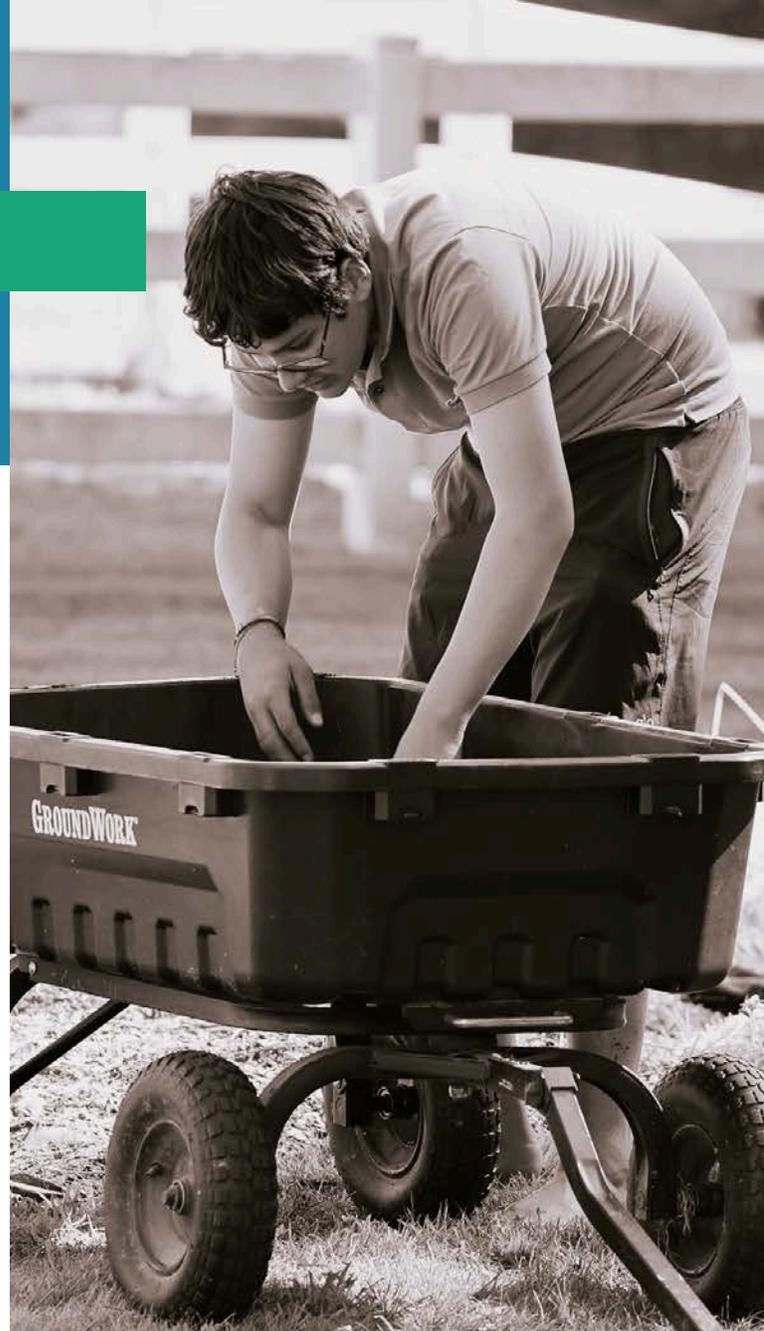


## How We Measure

The PHQ-9 (Patient Health Questionnaire-9) is a widely used 9-question self-report tool for screening, diagnosing, and monitoring depression severity by assessing symptoms over the past two weeks, covering mood, interest, sleep, energy, appetite, concentration, self-worth, and suicidal thoughts.

## Results

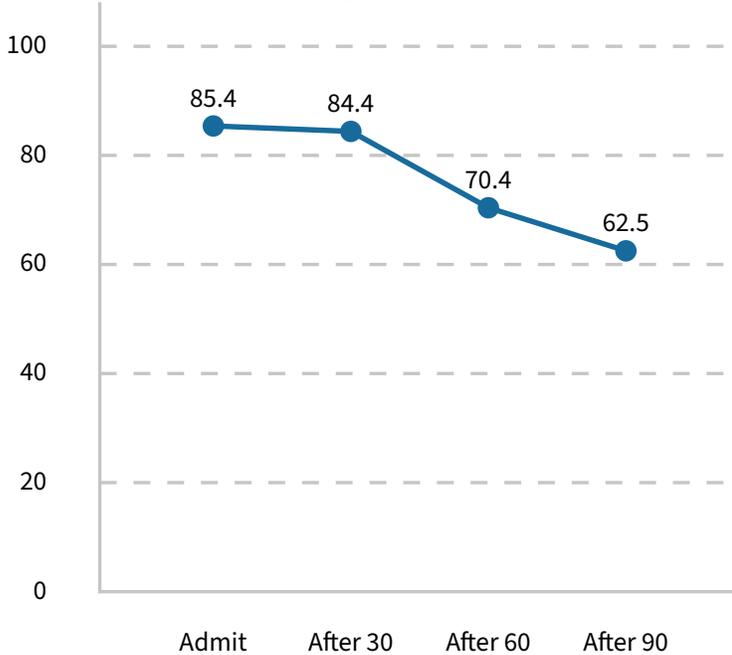
On the PHQ-9, residents admit with an average total score of 12.29 (moderate depressive symptoms). By Day 60, residents experience a statistically significant decrease in depression symptoms to an average total score of 7.3 (mild depressive symptoms). These gains are maintained through Day 90.



“At my son’s high school graduation, he won so many awards a parent commented that he should’ve left some for others. He won the school award for community service, and he volunteered for the Red Cross over 400 hours. He was also elected VP of the student body. It was phenomenal!”

-LM, parent of former resident

## Outcome Questionnaire-45



## How We Measure

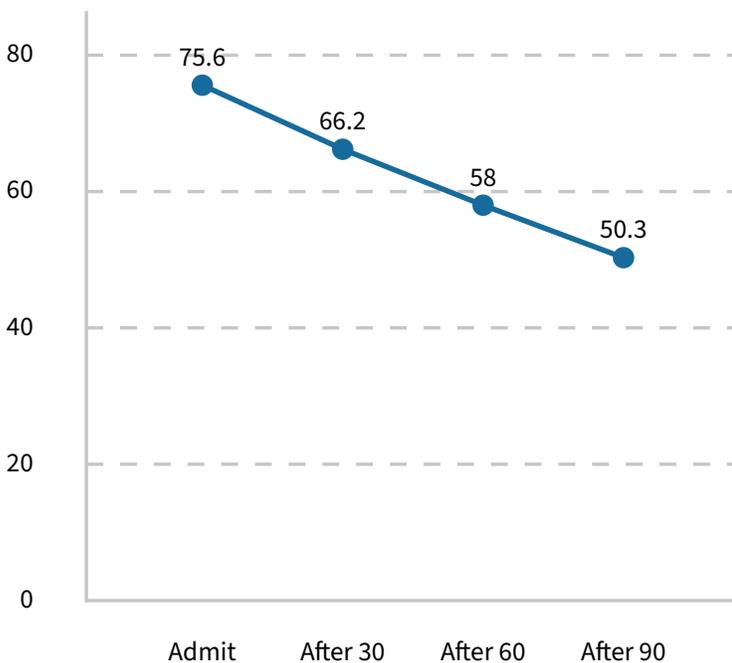
The Outcome Questionnaire 45 (OQ-45), is a 45-item multiple-choice self-report inventory used to measure psychotherapy progress in adult patients. It is the most peer-reviewed patient-reported outcome measure in the world. The Y-OQ SR 2.0 provides a quick but comprehensive snapshot of a child's current functioning from their perspective.

## Results

On the OQ-45, adult residents admit with an average total score of 85.4 (moderately high range). By Day 90, adult residents experience a reliable improvement (more than 14 points) in symptom reduction with an average total score of 62.5. This score also falls below the OQ-45 clinical cut-off score of 64, indicating adult residents leave in the "healthy range."

On the YOQ-2.0 SR, adolescent residents admit with an average total score of 75.6. By Day 90, adolescent residents experience a reliable improvement (more than 17 points) in symptom reduction with an average total score of 50.3. This score is just above the YOQ-2.0 SR clinical cut-off score of 48.

## Youth Outcome Questionnaire SR 2.0



OVERALL  
MENTAL  
HEALTH



“ Ultimately, the most significant part of our experience has come after Mountain Valley.

Our daughter is in charge of her life in a way she never has been before. She is now in a competitive boarding school and excelling academically and socially. She has robust tools to address her anxiety, but she rarely uses them because her anxiety is no longer a big factor in her life."

-RB, parent of former resident

## SUMMARY

We use trusted, clinically standard assessments to clearly measure the overall mental health of our residents. In every measure, residents improve over the course of a standard 90-day stay at Mountain Valley:

- Anxiety scores decrease from moderate to mild
- Obsessive-compulsive disorder scores decrease from moderate to mild
- Depression scores decrease from moderate to mild.

By providing advanced clinical treatment in a supportive, non-hospital setting, Mountain Valley created a community-based alternative that redefined how anxiety can be addressed for young people. Today, we remain the leader in applied exposure and response prevention and related therapies.

Fear doesn't need to dictate life's choices. At Mountain Valley, our residents take pivotal steps to overcome anxiety and start living life on their terms. We know it works—and we can prove it.



**MOUNTAIN VALLEY**

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