

Yes We Can Clinics Fellow Study 2023

15 December 2023



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1. INTRODUCTION

Yes We Can Clinics (YWCC) treats youngsters between the ages of 13 and 27 years old, suffering from psychological problems and mental health issues, addictions and behavioural problems. Many of these youngsters end up at YWCC after other care appeared to no longer be effective. YWCC wishes to help these youngsters -fellows- and their families back on their feet, offer new perspective and tools to realise a change.

In order to be able to track the long-term effectiveness, the fellows who completed the programme, are monitored structurally. Once every three years, fellows are approached via email, as a group. Previous studies took place in 2013, 2017 and 2020. The present report shows the results of the survey in 2023.

Aim of the study

The aim of the study is to monitor the effectivity of the treatment.

Method

The study is conducted by means of an online questionnaire.

Target group

Former fellows of Yes We Can Clinics.

Field work period

From 28 September up to and including 15 October 2023

Response

A total of 1,899 former fellows received an invitation via email, to take part in the survey. 38 of these emails did not reach the recipient. A total of 752 fellows completed the questionnaire. This equals a response percentage of 40.4%. This can be considered a great response, showing a statistically reliable image.

Striking aspect is that the group of fellows who were among the first to be admitted, show the highest response.

The study makes a distinction between different groups of fellows, who underwent the treatment at another time. These are:

Group of former fellows	Treatment at YWCC in:	Number of people invited	Number of respondents	Response
Group 1	2020/2021	647	329	51%
Group 2	2022	744	352	47%
Group 3	2023	415	71	17%
Total		1,899	752	40.4%

The report continuously shows three year groups. In addition, it was studied whether the results deviate by type of treatment (10 weeks of admission in clinic, 7 weeks of admission in clinic, day treatment). In case of discrepancies, this is noted in the text.

Number of fellows in these sub-groups, who were interviewed:

Group of former fellows	Total	Treatment year 2023	Treatment year 2022	Treatment year 2020/2021
Day treatment	48	21	27	
10 weeks of admission	602	38	259	305
7 weeks of admission	101	12	65	24
unknown	1		1	
Total	752	71	352	329

Please find below the topics for each subject included in the study.

Features of target group:

- Year of treatment
- Gender and age
- Type treatment

Recovery situation:

- Activity after admission
- Recovery activities
- Current treatment
- Valuation of current life
- Relapse last period

Quality of life:

- Feeling safe and comfortable
- Love, friendship and support
- Being independent
- Performance and progress
- Having fun and enjoy life.

2. FEATURES OF INTERVIEWED GROUP

The average age at the time of the study is 21.0 years. For the group from 2020/2021, the average age is higher, being 21.4 years. It has been longest for this group since the YWCC-treatment. The average age of the group from 2022 is 20.7 years and it is 20.8 years for the group from 2023. First image below shows the distribution of age and gender.

The response group contains relatively more females than males, whereas the target group shows a ratio of approximately 50/50.

Below this, you will find an overview of the programme that was followed at YWCC: 80% underwent a treatment of 10 weeks in the clinic, 13% did 7 weeks and 6% followed a day treatment.

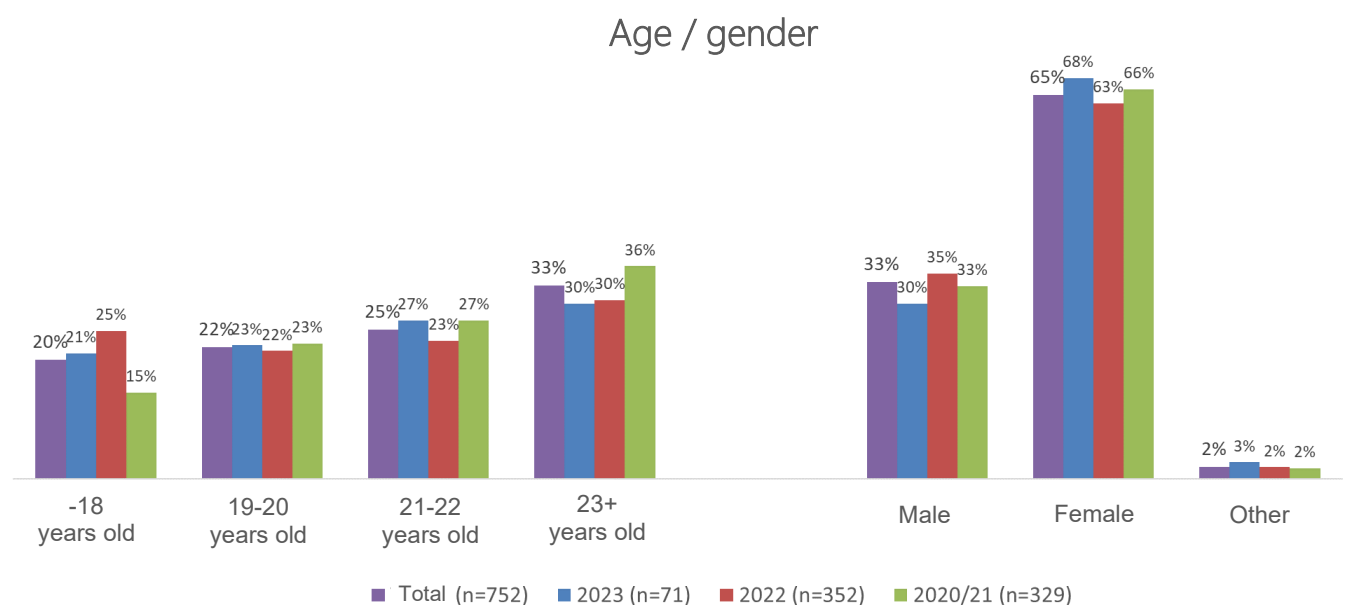


Image 1

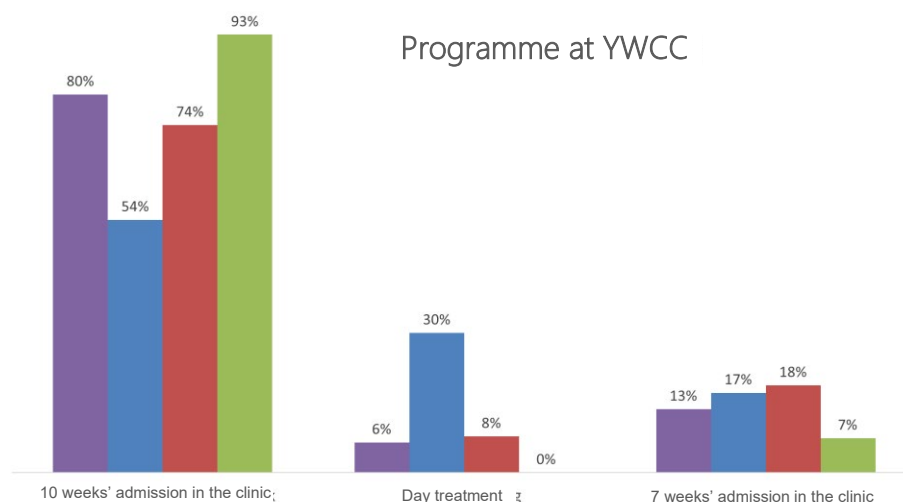


Image 2

3. RECOVERY-SITUATION

3.1 ACTIVITIES

A purpose of the programme is that fellows participate in society again. More than four out of five fellows meanwhile attend a school, perform voluntary work or have a job. In addition, 5% focus on school, work or voluntary work. 8% have no meaningful daytime activities like abovementioned.

No difference is showing between the three separate treatment years and neither does a significant difference show between the three different treatment programmes, in terms of the degree of participation (see table on the next page).

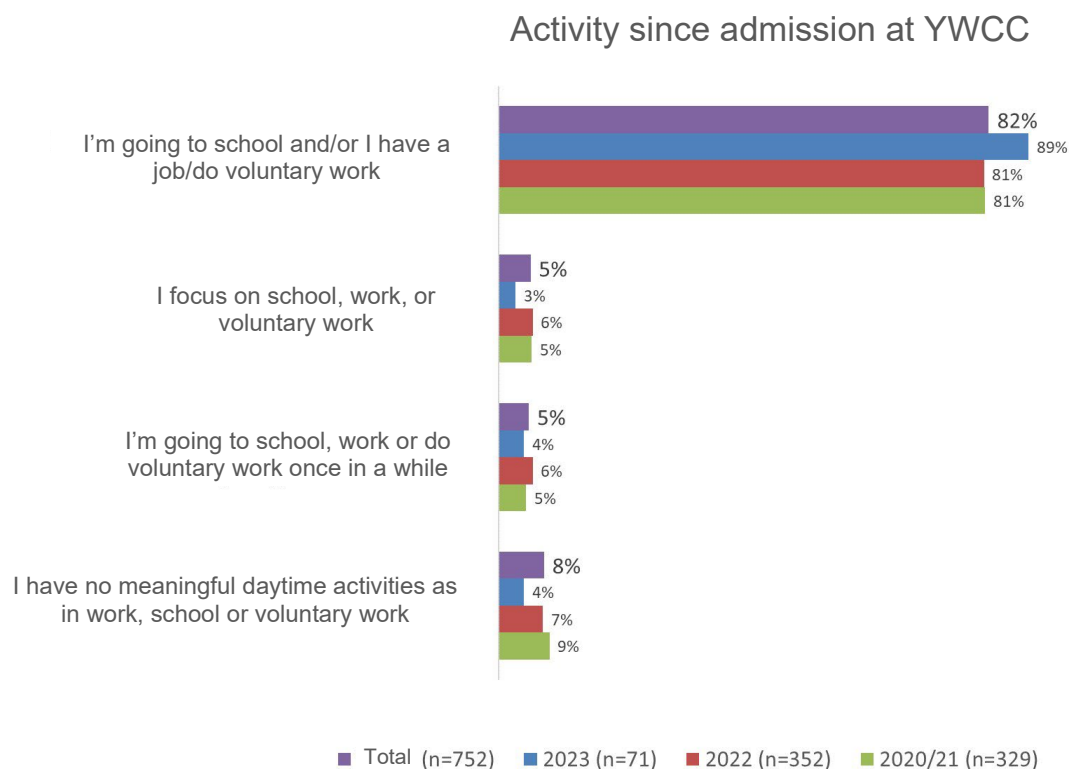


Image 3

Activity since admission at YWCC	Total (n=752)	Day treatment (n=48)	10 weeks of admission (n=602)	7 weeks of admission (n=101)
I go to school and/or I have a job/do voluntary work	82%	88%	82 %	82 %
I focus on school, work or voluntary work	5%	8%	5%	6%
I'm going to school, work or do voluntary work once in a while	5%	2%	5%	5%
I have no meaningful daytime activities as in work, school or voluntary work	8%	2%	8%	7%
Total	100%	100%	100	100

As part of the recovery, fellows undertake activities as shown in image 4. The recovery activities, using the own social network are mentioned most often. This concerns parents/carers as well as contact with former fellows (both 63%). Approximately 13% (no longer) undertakes any of the activities below, but do name other activities.

Approximately 3% no longer takes any action. Given the period after completion of the programme, this is highest in the group from 2020/21.

Activities as part of the recovery

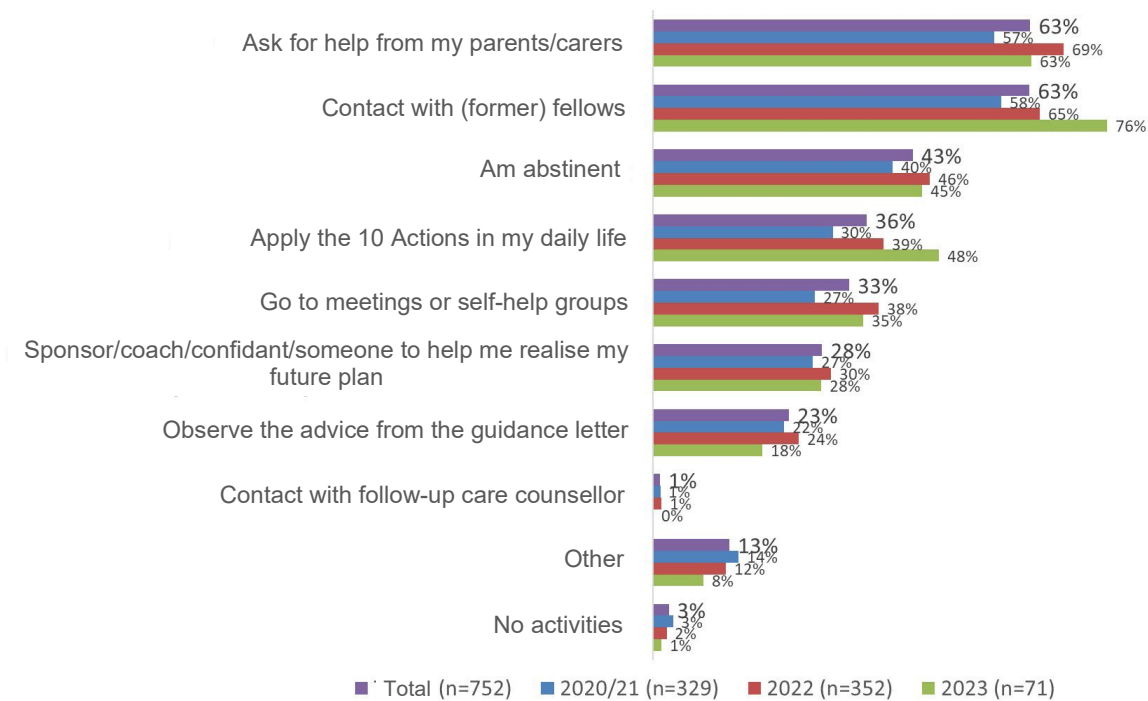


Image 4

Some differences by type of programme:

- The 10 actions are named relatively more often by the fellows who followed day treatment than by those who were admitted in the clinic for 10 or 7 weeks (56% vs. 34% vs. 38%).
- Meetings are attended relatively more often by fellows who followed the 7 weeks' programme than by those who followed the 10 weeks' programme or the day treatment (44% vs. 32% vs. 23%).
- A coach is approached relatively more often by the fellows who followed the 7 weeks' programme than by those who followed the 10 weeks or the day treatment (33% vs. 28% vs. 19%).

The number of activities indicated by the former fellows is as follows:

NUMBER OF ACTIVITIES	Number	%
0	20	3%
1	178	24%
2	159	21%
3	120	16%
4	104	14%
5	70	9%
6	52	7%
7	46	6%
8	3	0%
Total	752	100%

The number of activities undertaken reduces as more time has passed since the treatment. The type of treatment seems to have less impact on the number of activities.

Additionally, other activities are mentioned in the category 'other', which were not included in the image. A summary of these activities:

Fellows 2023:

Summarised:

- Receives relief effort
- Focusses on the right follow-up treatment
- Writing self-help book
- Undertake impact course

Fellows 2022:

Summarised:

- Receives relief effort
- Receives guidance
- In detox
- Contact with housemates safehouse
- Applying 'day wrap-up' in daily life
- Applying 'speaking out' in daily life
- Applying '12 steps'
- The faith
- Give attention to feelings and body, time for myself
- Working/studying/day activities, sports
- By own efforts
- Relapsed
- Setting goals and follow-up

Fellows 2020/21:

Summarised:

- Receives relief effort
- Receives guidance
- Focusses on the right follow-up treatment
- Facing fears
- Asking for help
- Introspection
- The faith/higher power/spirituality/meditation
- Give in to my feelings
- Relapse/clinic was for a reason
- Conduct meetings autonomously or be a sponsor
- Education/sports
- Applying '12 steps'
- Applying 'speaking out' in daily life
- Supporting friends(group) and family
- reading YWC-folder
- Reading book about addiction
- Keeping a diary
- Getting up every day.

3.2 Specialised treatment

The Yes We Can approach consists of an intensive 24/7 programme of 10 weeks, with 10 weeks of aftercare thereafter. It is basically the intention that the youngsters can autonomously deal with their recovery afterwards. In addition to this treatment, there is also a treatment of 7 weeks of admission at the clinic and another option is a day treatment.

The study shows that approximately 50% of the youngsters indicates to be no longer dependent on GGZ (mental health care / specialist relief effort, since they left Yes We Can Clinics. This is most significant for the former fellows who received treatment in 2023, at YWCC (59%).

The youngsters from before 2022 and earlier relatively more often still receive coaching or guidance.

Type of (specialised mental health care) treatment after YWCC

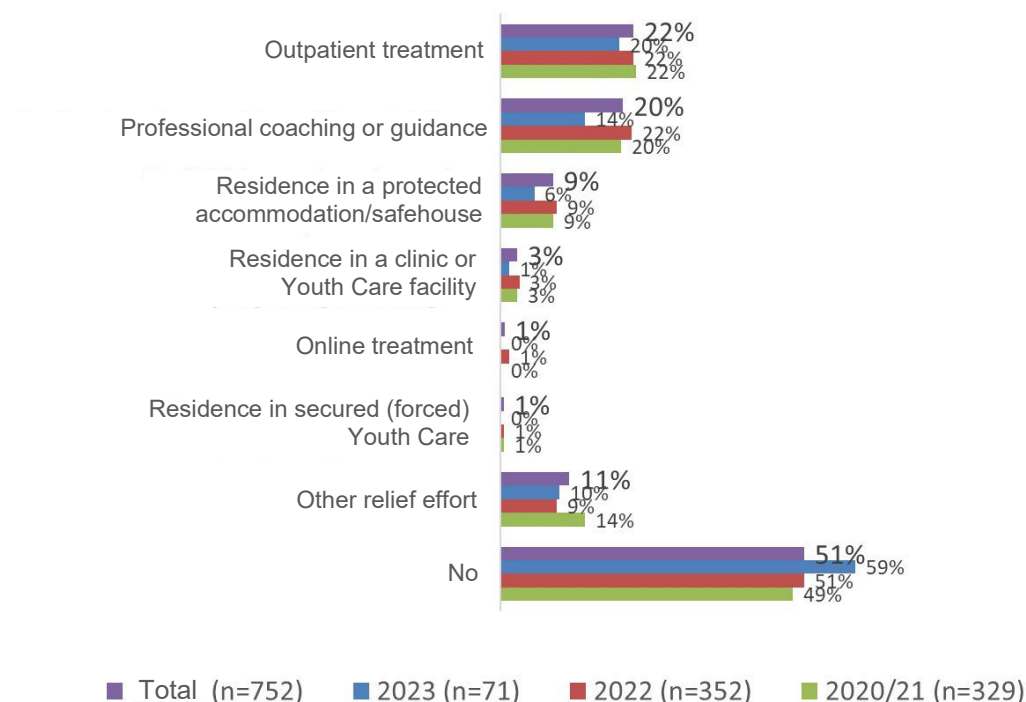


Image 5

The fellows who followed day treatment more often indicate that they do not make use (anymore) of specialised treatment than those who followed the 10 weeks' programme or the 7 weeks' programme (60% vs. 50% vs. 48%).

Different replies fall under the 'other relief effort' in the image regarding specialised treatment after YWCC. A summary of the answers given:

Fellows 2023:

- ☐ EMDR
- ☐ Relief effort
- ☐ Kien
- ☐ Lifecoach
- ☐ Oro
- ☐ Psyc Strec

Fellows 2022:

- ☐ GGZ
- ☐ Specialist GGZ
- ☐ POH
- ☐ Psychologist
- ☐ Treatment
- ☐ Treatment eating disorder
- ☐ Coaching
- ☐ Living guided/protected
- ☐ Therapy (trauma, EMDR, hypnotherapy)
- ☐ (trauma)sex therapist
- ☐ WMO (Social Support Act) guidance
- ☐ Social worker
- ☐ System therapy
- ☐ Connaction
- ☐ Daytime activities
- ☐ Meetings

Fellows 2020/21:

- ☐ Living guided/protected
- ☐ Therapy (trauma, EMDR, body oriented)
- ☐ Psychologist
- ☐ POH
- ☐ Psychiatrist
- ☐ GGnet
- ☐ SGGZ
- ☐ Treatment (ADHD/autism)
- ☐ (Outpatient) coaching
- ☐ Supporting group
- ☐ CJG
- ☐ De Waag
- ☐ Gom
- ☐ Phi
- ☐ Jij-huis (You-house)

- ☐ Obesity clinic
- ☐ Holistic approach, such as breathwork
- ☐ Homeopathy
- ☐ Imaginary rescripting therapy
- ☐ IHT voluntary admission
- ☐ Meetings
- ☐ Church
- ☐ Online ACT
- ☐ Horse coaching
- ☐ Personal guidance
- ☐ Psycho education
- ☐ PMT
- ☐ RTMS
- ☐ At home plus care outpatient guidance
- ☐ WMO (Social Support Act) guidance.

3.3 VALUATION OF CURRENT LIFE

The participants of the study were asked to indicate how they currently value the quality of their own life. They could choose a grade from 1 to 10. On average, the youngsters valued their lives with a 7.0.

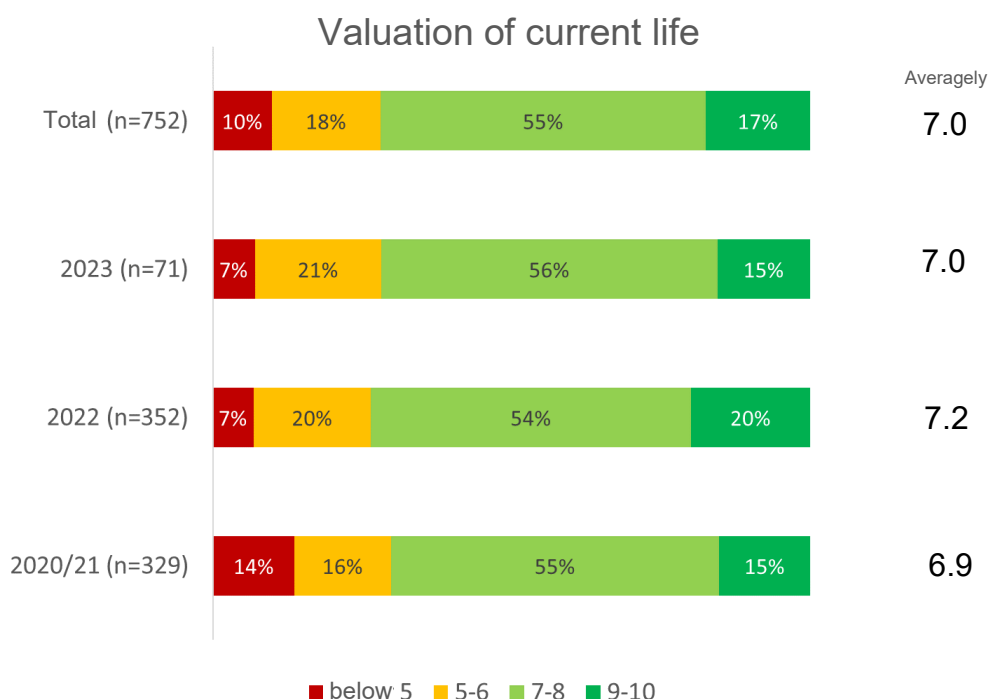


Image 6

Looking at the assessment of the quality of life of the different groups, it turns out that the differences are small. The youngsters who completed the treatment in 2022, averagely grant the highest score to the quality of their lives (7.2).

No differences can be identified between the three types of treatments: the average score for all three is 7.0.

Relapse and Recovery

An indication of the effectivity of the treatment is the presence of a relapse in terms of the old problems. Nearly six in ten fellows indicate not to have experienced relapse since their time at Yes We Can Clinics. 28% did experience a relapse, but picked up on recovery again and 14% is still in relapse at the time of the survey.

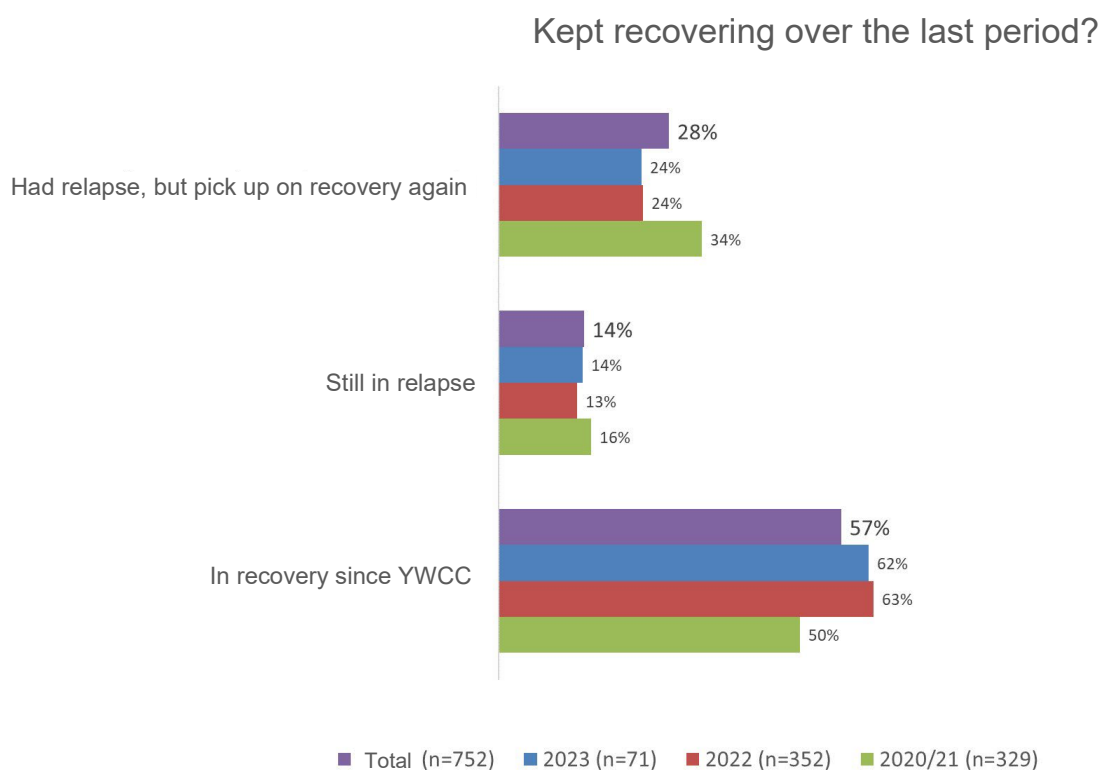


Image 7

Per type of treatment small differences can be noticed as to the degree of recovery and relapse, but it should be noted that the scope of the response varies regarding the different programmes.

Kept recovering over last period?	Total (n=752)	Day treatment (n=48)	10 weeks of admission in the clinic (n=602)	7 weeks of admission in the clinic (n=101)
Had relapse, but picking him/herself up again	28%	25%	30%	23%
Still experiencing relapse	14%	8%	15%	10%
In recovery since YWCC	57%	67%	55%	67%
	100%	100%	100%	100%

4. QUALITY OF LIFE

Finally, the former fellows were asked which statement currently best describes their quality of life. Most fellows are positive about all five statements. Around 2-3% do not agree per statement.

Below, the five statements regarding quality of life. On the following pages the results per statement, divided across the three year groups, as well as the three Yes We Can Clinics programmes.

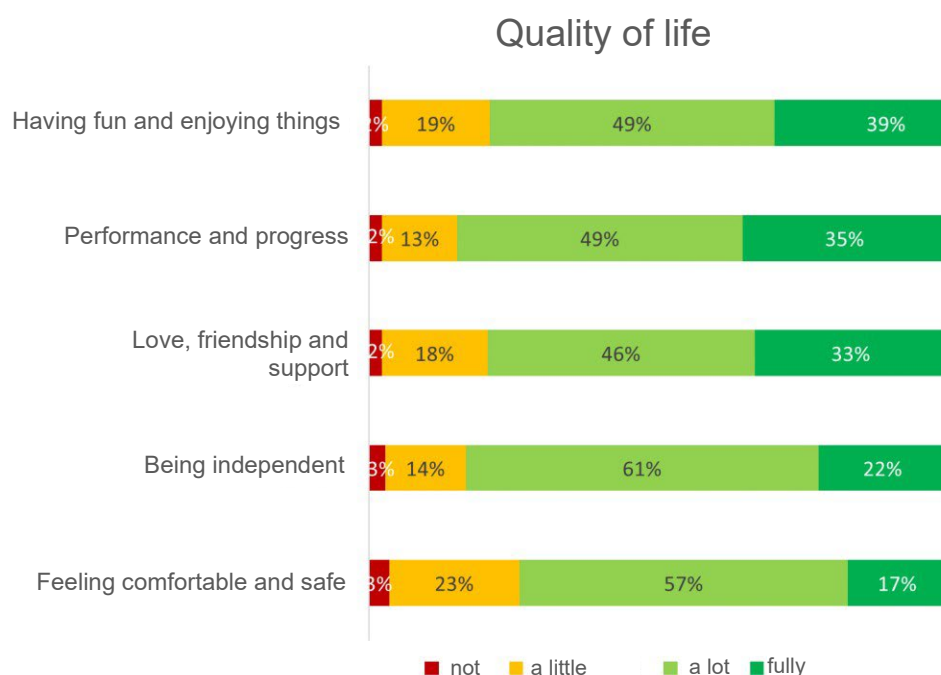


Image 8

The respondents of three treatment programmes show a different valuation. It is striking that the fellows who followed the day treatment, feel more independent, comfortable and safe than the fellows who were in clinical admission.

Quality of life: all + a lot	Total (n=752)	Day treatment (n=48)	10 weeks' admission in the clinic (n=602)	7 weeks' admission in the clinic (n=101)
Having fun and enjoying things	88%	79%	78%	74%
Performance and progress	85%	83%	85%	81%
Love, friendship and support	80%	81%	80%	77%
Being independent	83%	92%	83%	78%
Feeling comfortable and safe	74%	85%	73%	74%

Quality of life - having fun and enjoying things

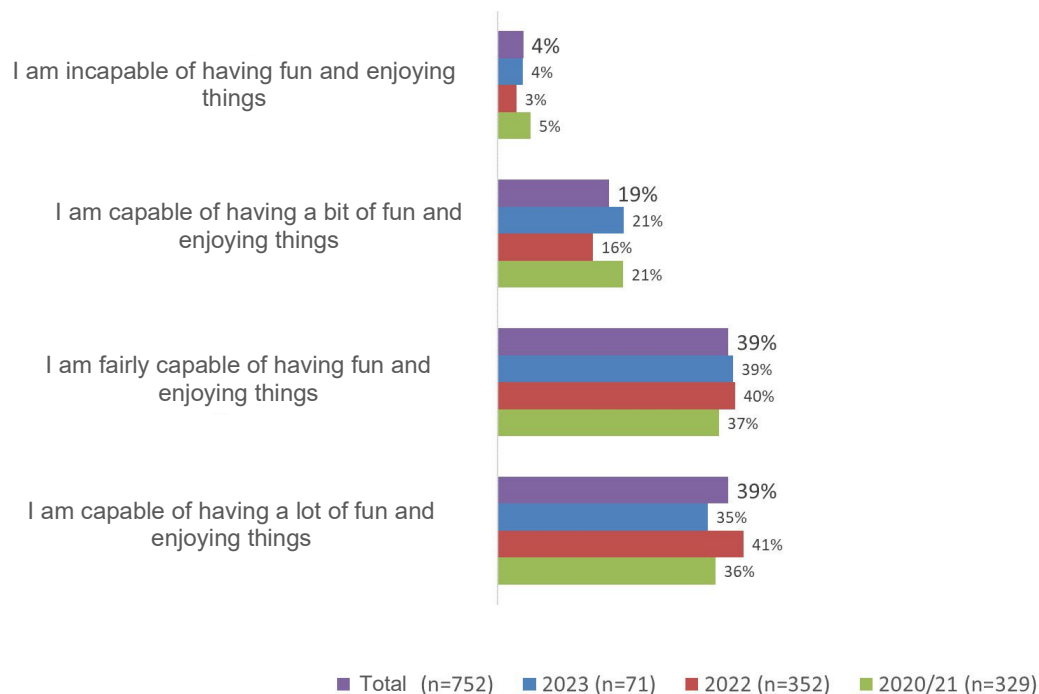


Image 9

Quality of life – performance and progress

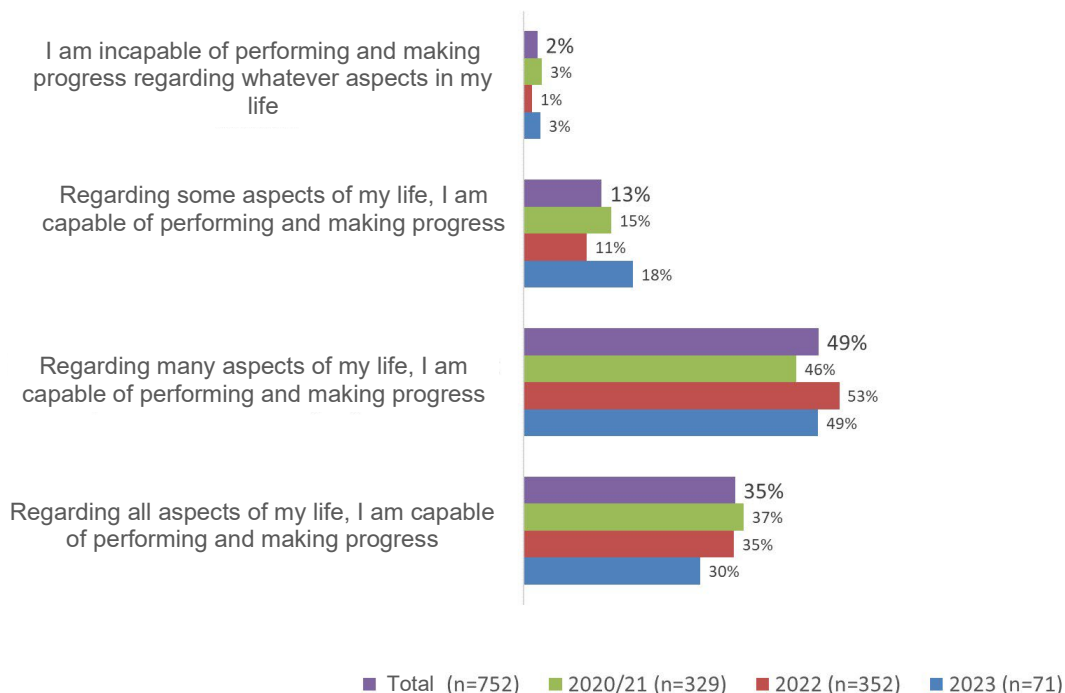


Image 10

Quality of life - love, friendship and support

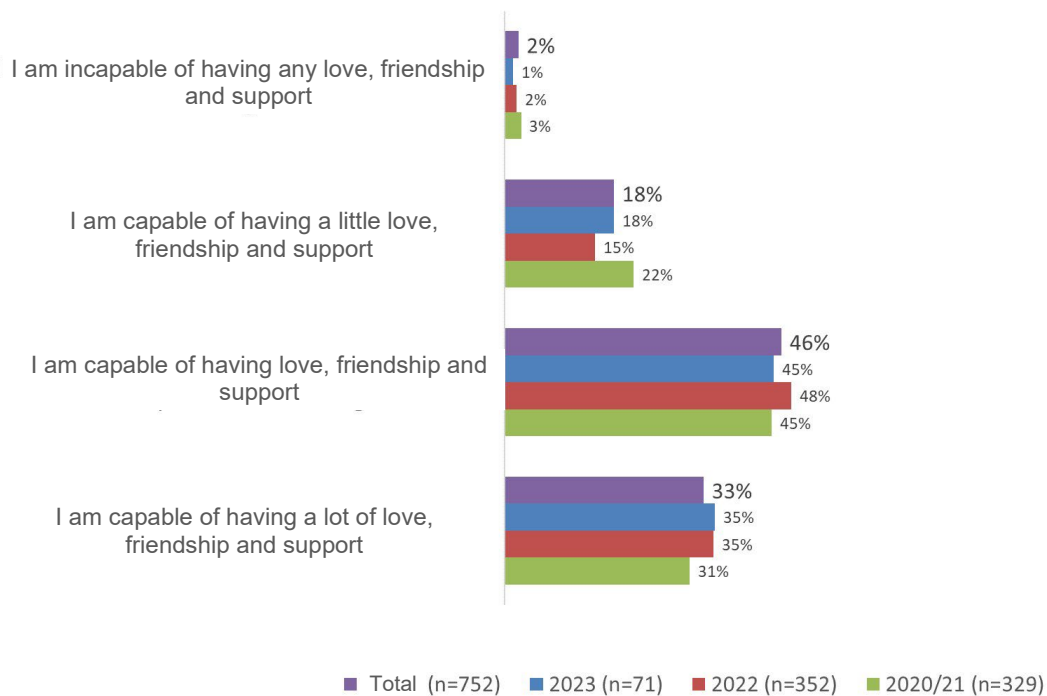


Image 11

Quality of life – being independent

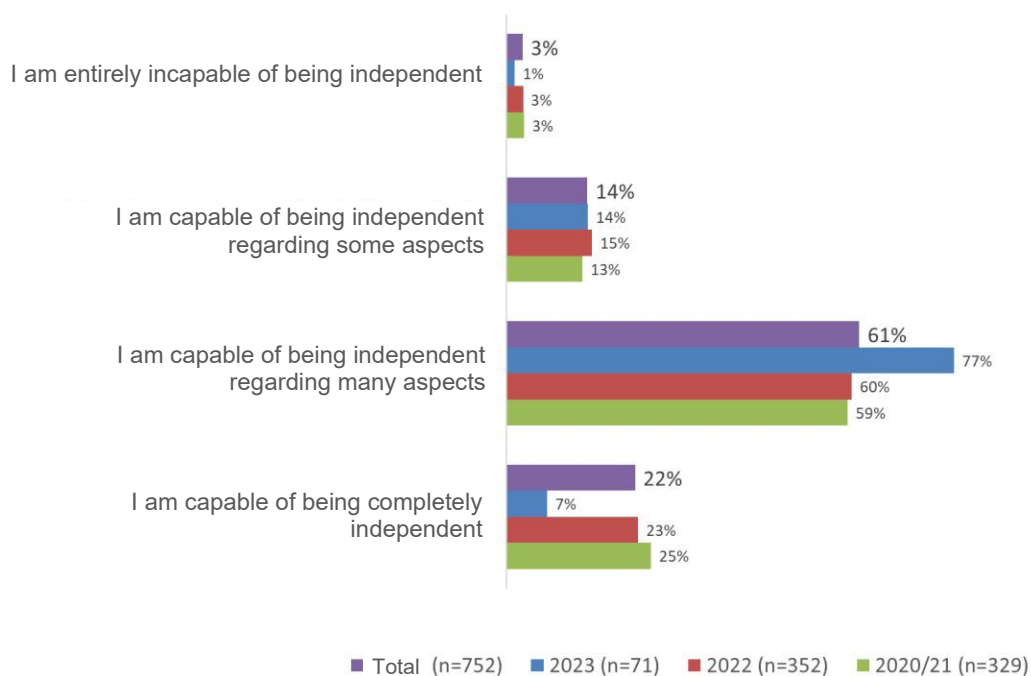


Image 12

Quality of life – feeling comfortable and safe

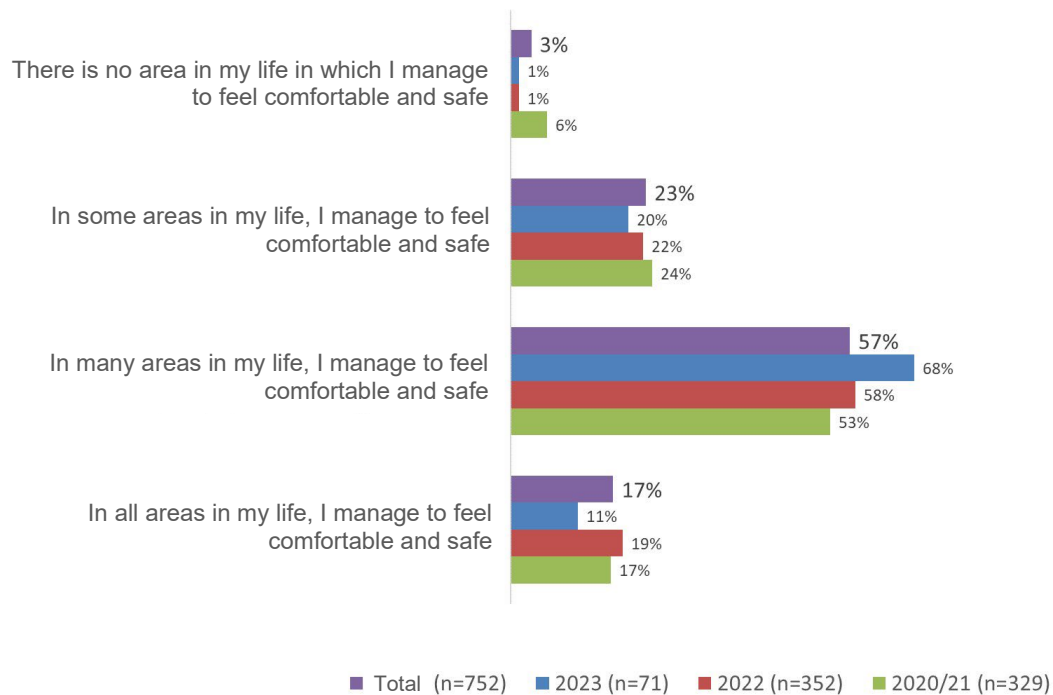


Image 13

CONCLUSIONS AND RECOMMENDATIONS

As ordered by Yes We Can Clinics (YWCC), a number of former fellows received an online questionnaire in the autumn of 2023, enabling them to give their opinion regarding a number of aspects in terms of the treatment.

In 2023, 752 former fellows completed the questionnaire. They were divided across three groups: 329 youngsters who attended YWCC in 2020/2021, 352 youngsters who attended YWCC in 2022 and 71 youngsters who attended YWCC in 2023. 80% of the total group followed a 10 weeks' treatment at the clinic, 13.5% followed a 7 weeks' programme and 6.5% followed a day treatment.

Recovery situation

Meanwhile, 82% of the youngsters is going to school, does voluntary work or has a job; approximately 8% does not fulfil meaningful daytime activities. About 50% of the youngsters no longer make use of specialised GGZ (mental health care) treatment. As part of the recovery, the majority ask help from parents/carers or (former) fellows (both 63%).

The average valuation of the current life, at the time of the study, is 7.0 averagely. Still one in ten youngsters deem their lives unsatisfactory.

Relapse

Almost six in ten participants indicate not to have had any relapses since their time at Yes We Can Clinics. 28% did have a relapse, but picked up on their recovery and 14% is still suffering from relapse at the time of the study.

Quality of life

The former fellows are generally positive about the different statements regarding quality of life:

- Having fun and enjoying life: 88% positive
- Performance and progress: 85% positive
- Love, friendship and support: 80% positive
- Being independent: 83% positive
- Feeling comfortable and safe where they are: 74% positive.

Recommendations

The results of the conducted study among the former fellows of Yes We Can Clinics offer a promising image of the impact of the treatment and the recovery process on their life quality. The results appear to show that YWCC is successful in providing support with respect to the recovery of the fellows.

It is encouraging to notice that the majority of the fellows no longer need specialised treatment, which suggests that they have made progress during their recovery. Another positive point is the commitment of the youngsters in the recovery process, during which they actively seek help from, for instance, parents/carers and peer fellows.

Although the average valuation of life is positive already, it is important to keep working on the well-being of the youngsters who value their lives as unsatisfactory.

In terms of relapse, the figures show that nearly six in ten youngsters have not experienced relapse since they left YWCC. There is however room for improvement, to support the other 14% of the youngsters, who still experience relapse, in their recovery process.

In the area of quality of life, it is encouraging to find that the youngsters are generally positive, with high percentages who appreciate joy, achievements, love, independence and safety. It stresses the positive influence of the treatment at different aspects of their lives.

In the light of these results, we recommend maintaining the current supporting programme and make improvements where possible, to reach an even more substantial impact. It is important to keep monitoring, evaluating and adjusting, in order to address the remaining challenges and further enhance the general life quality of the youngsters.

These positive findings reflect the effectivity of YWCC in supporting its fellows on their way to recovery and a better quality of life.