



# Yes We Can Clinics

2017



Addiction & Mental Healthcare

## **Main Outcomes**

Survey results show that treatment at Yes We Can Clinics (YWCC) works. Of those teenagers and young adults that have completed our programme:

- 72% no longer need intensive mental health care or additional assistance;
- 89% remain in recovery after treatment;
- 96% are better equipped to deal with personal problems and challenges;
- 83% manage to fill their days with meaningful activities such as (voluntary) work or school.

## **About**

YWCC treats young people aged 13 to 23, suffering from complex behavioural disorders, addictions and (related) behavioural problems. Fellows (we prefer this term over patient or client) follow an intensive residential treatment programme of 10 weeks and 4 to 12 weeks of (residential) aftercare. Parents/carers follow a mandatory family coaching & counselling programme. The entire concept is based on a unique, yet very effective and profoundly evidence based treatment method.

Our first research in 2013 showed that more than 70% of fellows no longer needed intensive mental health care or additional assistance after treatment at YWCC. To measure the long-term effectiveness of our treatment, we issued a follow-up survey amongst 349 fellows having completed the programme up to 24 months ago, amongst which 169 responded (48.4%).

## **The Respondents**

Respondents ranged from 14 to 24 years old (with an average age of 18.8). 49.4% of them were male and 50.6% female. Over 72% live with others, 16% on their own and 6% under supervision.

Fellows come to Yes We Can Youth Clinics with all sorts of issues, ranging from addiction to depression, from lack of confidence to low self-esteem and much more. The majority had 3 to 4 issues (comorbidity); only 11% of the fellows had 'just' one.

## **Mental Health Care/Assistance after staying at YWCC**

With an exception of 5.3%, all of the fellows had already dealt with many care- and treatment programmes before they came to YWCC. The study shows after YWCC, 72% indicated not to make use of specialist mental health care services or other forms of assistance any longer.

## **Relapse**

More than half of the participants indicated not to have relapsed since Yes We Can Clinics. Almost 35% did, yet also recovered. This means that 89% of our fellows were in recovery at the time of survey and 11% were not.

The results are from the survey held for YWCC. This is the Dutch clinic that treats young people age 13 to 23. The international clinic, named Yes We Can Youth Clinics, treats young people age 13 – 25 and started on August 16, 2017.

[yeswecanclinics.com](http://yeswecanclinics.com)



Addiction & Mental Healthcare

### **The YWCC Effect**

Nearly 80% indicated they always or often know how to deal with their problems and challenges after having left YWCC. Only 3.6% indicated their time at YWCC hardly helped them and none of the fellows felt YWCC did not help at all.

### **Meaningful Daily Activities**

One of the goals at YWCC is to engage fellows in meaningful daily activities and with great success: almost 96% goes to school or finds a (voluntary) job. Only 4.1% has no meaningful daily activities at all.

### **Quality of Life**

We asked fellows to indicate how they would rate the quality of their lives after YWCC. On a scale from one to 10 (very bad to very good), they on average marked their lives a 7.2.

The results are from the survey held for YWCC. This is the Dutch clinic that treats young people age 13 to 23. The international clinic, named Yes We Can Youth Clinics, treats young people age 13 – 25 and started on August 16, 2017.

[yeswecanclinics.com](http://yeswecanclinics.com)