

Bridging the Gaps

Post-Treatment Outcomes Report



Providing insightful data to help treatment programs improve their outcomes

**For Patients Discharged Between
November 17, 2023 and November 30, 2025**

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BACKGROUND

About Bridging the Gaps

Bridging the Gaps ("BTG"), located in Winchester, Virginia, is dedicated to guiding individuals toward lasting sobriety and fulfilling lives free from addiction. Beyond traditional approaches, which solely focus on the psychological and spiritual facets of addiction, Bridging the Gaps offers alternative therapies that address the physiological aspects. By addressing the root causes of an individual's addiction and working to heal neurochemical imbalances, Bridging the Gaps fosters sustainable growth and resilience.

Bridging the Gaps offers a wide range of services, including residential, partial hospitalization (PHP), intensive outpatient (IOP), and outpatient (OP) programs. Their clinical team adopts a trauma-informed approach and employs evidence-based modalities like dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), motivational interviewing (MI), and eye movement desensitization and reprocessing (EMDR). Acknowledging the significance of family support, they also offer a dedicated program to promote healing and reconciliation within familial relationships.

Bridging the Gaps started using INSIGHT Addiction™ to monitor patients on November 2, 2023. This report summarizes outcomes data for BTG patients who discharged between November 17, 2023 and November 30, 2025.

This report was released on April 20, 2026.

Research Design

All patients participated in Vista's INSIGHT Addiction™ progress monitoring research in which they were screened for depression, anxiety, trauma, eating disorders, suicidal ideation, and self-harming behavior shortly after intake. Every week or two thereafter, their clinicians received reports tracking the severity of the symptoms of the various disorders they were struggling with, as well as the strength and frequency of any cravings they were feeling, their satisfaction with treatment, and the quality of their relationships with their closest family members.

Vista Research Group has been contacting all patients who spent at least seven days in treatment at one month, six months, and twelve months after treatment. Vista researchers made at least seven attempts to contact them at each time period via text, email, and phone. To encourage complete honesty, patients participating in the post-treatment research were promised confidentiality, and only aggregated results are provided to BTG.

Survey Submissions

Vista received the following post-treatment survey responses:

Bridging the Gaps
Outcomes Survey Submissions
(among surveys due no later than December 31, 2025)

	One Month F/U	Six Month F/U	Twelve Month F/U
# of Patients Selected for Outcomes	103	80	55
# of Complete Responses Received	61 (59%)	35 (44%)	28 (51%)
# of Incomplete Responses Received	1 (1%)		
# of Reputable Responses Received	1 (1%)	1 (1%)	
Total Responses	63 (61%)	36 (45%)	28 (51%)

Vista received one month surveys from 61% of the patients from whom they were requested, six month surveys from 45% of the patients, and twelve month surveys from 51% of the patients.

POST-TREATMENT ABSTINENCE

A crucial measure of success for an abstinence-based addiction treatment program is how many patients can abstain from drugs and alcohol after treatment. We are thrilled to announce the following tremendous achievement:

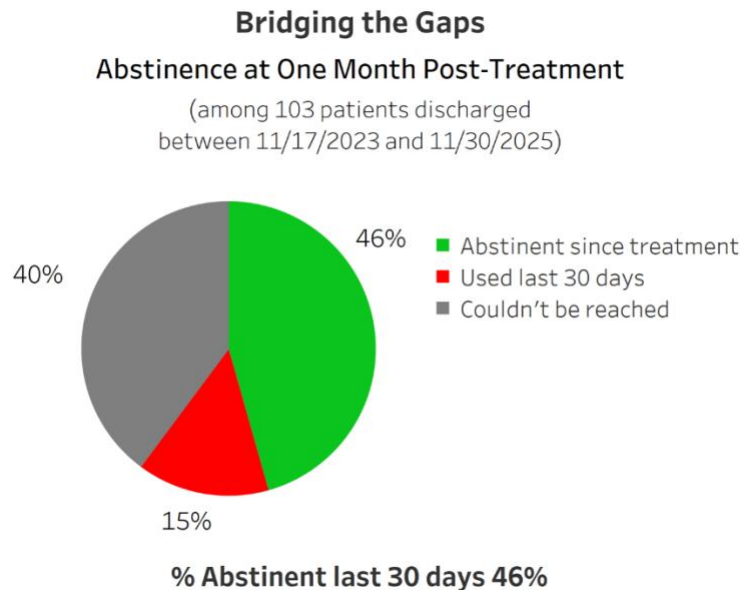
27 BTG Patients in Recovery One Year Later!

Vista's independent research has confirmed that **at least 27 patients** who discharged from BTG between November 17, 2023 and December 31, 2024 were in recovery (defined as abstaining from alcohol and all non-prescribed drugs for at least the previous 30 days) one year after discharge.

Everyone at BTG should feel incredibly proud of the role they played in helping so many patients recover from addiction and regain control of their lives!

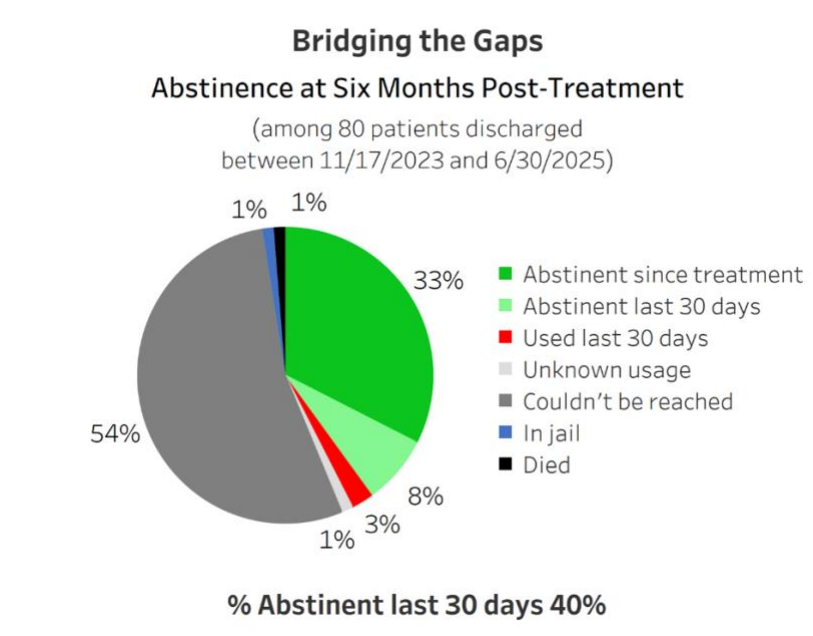
One Month Post-Treatment Abstinence

Among 103 patients discharged on or before November 30, 2025, 46% were reachable at one month post-treatment and said they had abstained from alcohol and all non-prescribed drugs since leaving treatment. Another 15% reported having used drugs and/or alcohol during this first month:



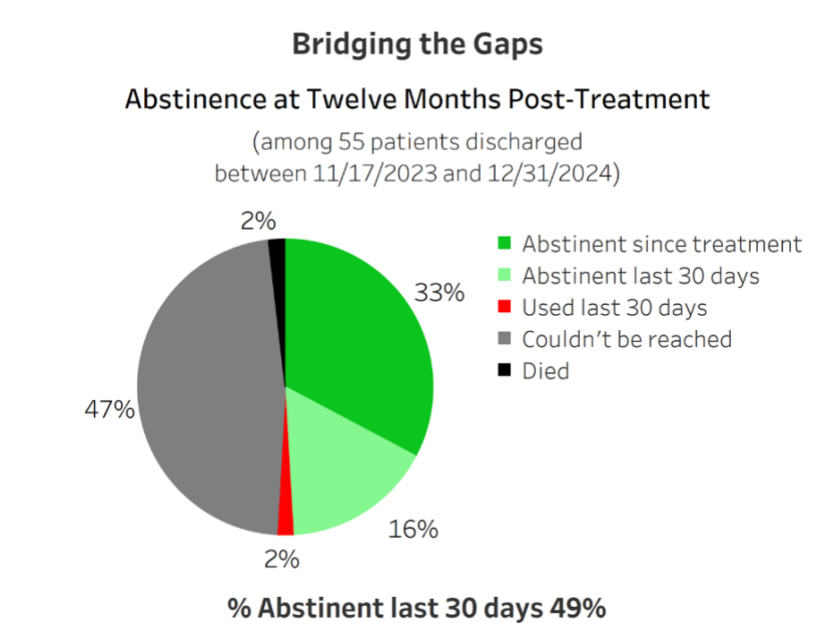
Six Month Post-Treatment Abstinence

Among 80 patients discharged on or before June 30, 2025, 40% were reachable at six months post-treatment and said they had abstained from alcohol and all non-prescribed drugs for at least the previous 30 days. Another 3% reported having used drugs and/or alcohol during the last 30 days:



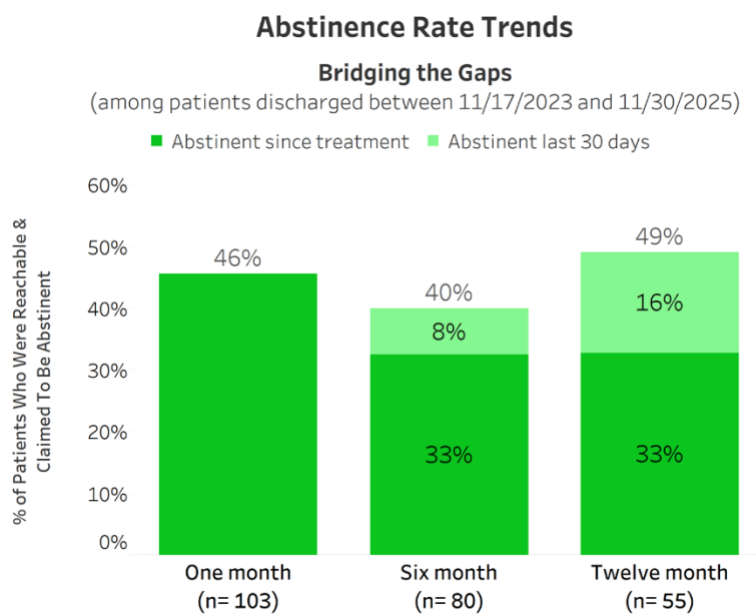
Twelve Month Post-Treatment Abstinence

Among 55 patients discharged on or before December 31, 2024, 49% were reachable at twelve months post-treatment and said they had abstained from all drugs or alcohol for at least the past 30 days. Another 2% reported having used drugs or alcohol within the last 30 days:



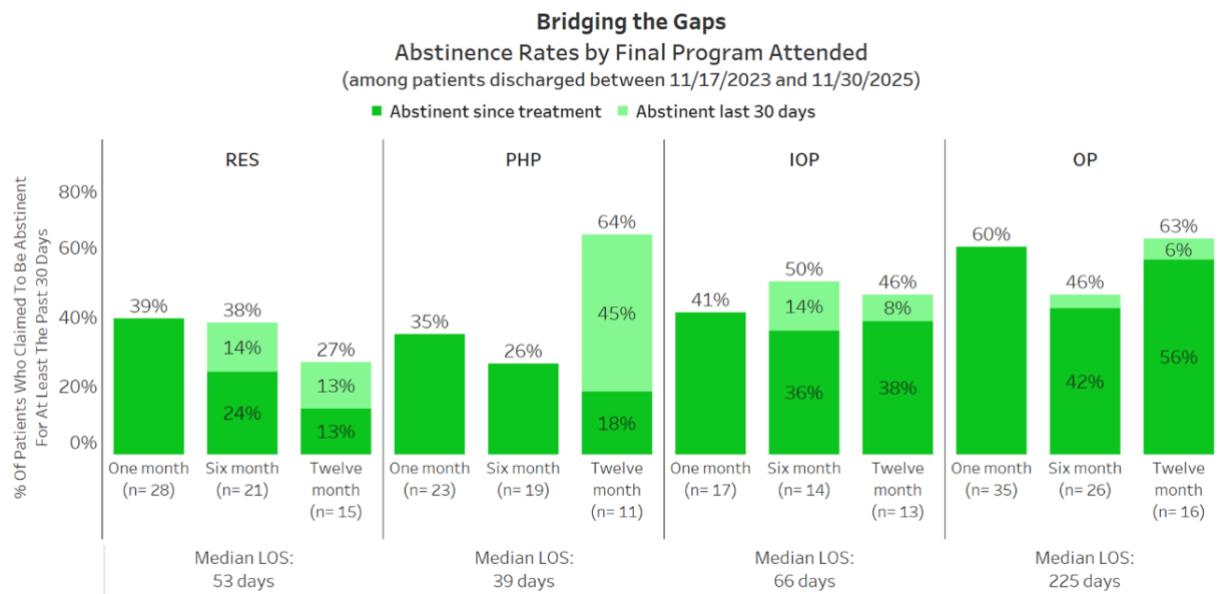
Abstinence Rates By Time Since Discharge

Because addiction is a chronic disease and relapse a common occurrence, Vista considers the percentage of patients who have been abstinent for at least the last 30 days to be the most important measure of success. The percentage of BTG patients who were abstinent for at least the last 30 days increased from 46% at one month post-treatment to 49% at twelve months post-treatment:



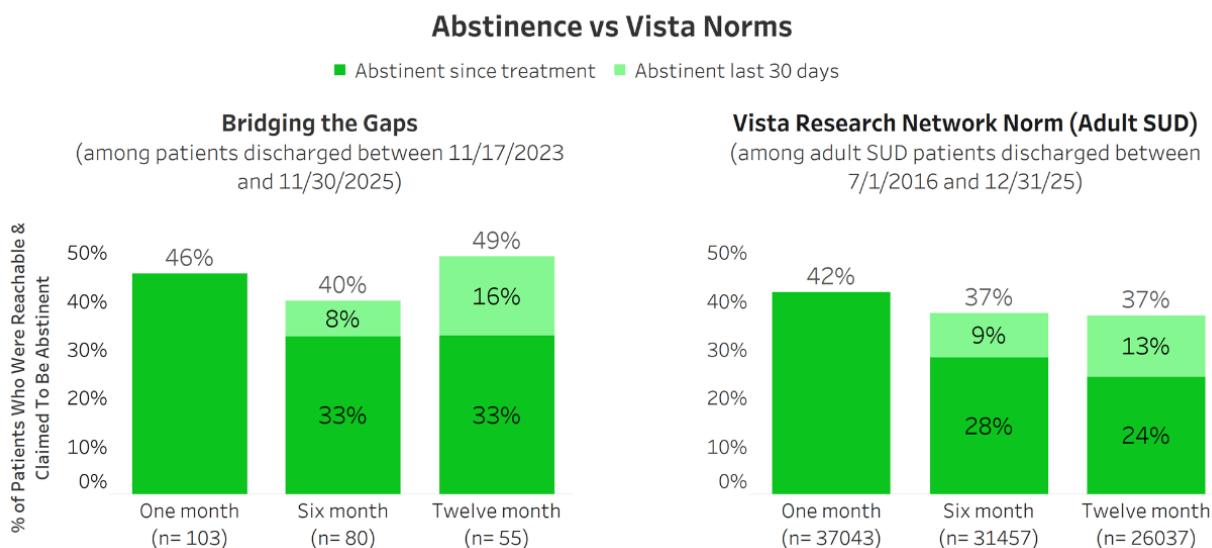
Abstinence Rates By Last Program Attended

The one month abstinence rate was highest for patients discharging from OP, who had a median length of stay of 225 days. Despite having a much shorter median length of stay, patients discharging from PHP had a similar twelve month abstinence rate compared to those discharging from OP, although the sample sizes were small:



Comparison to National Norms

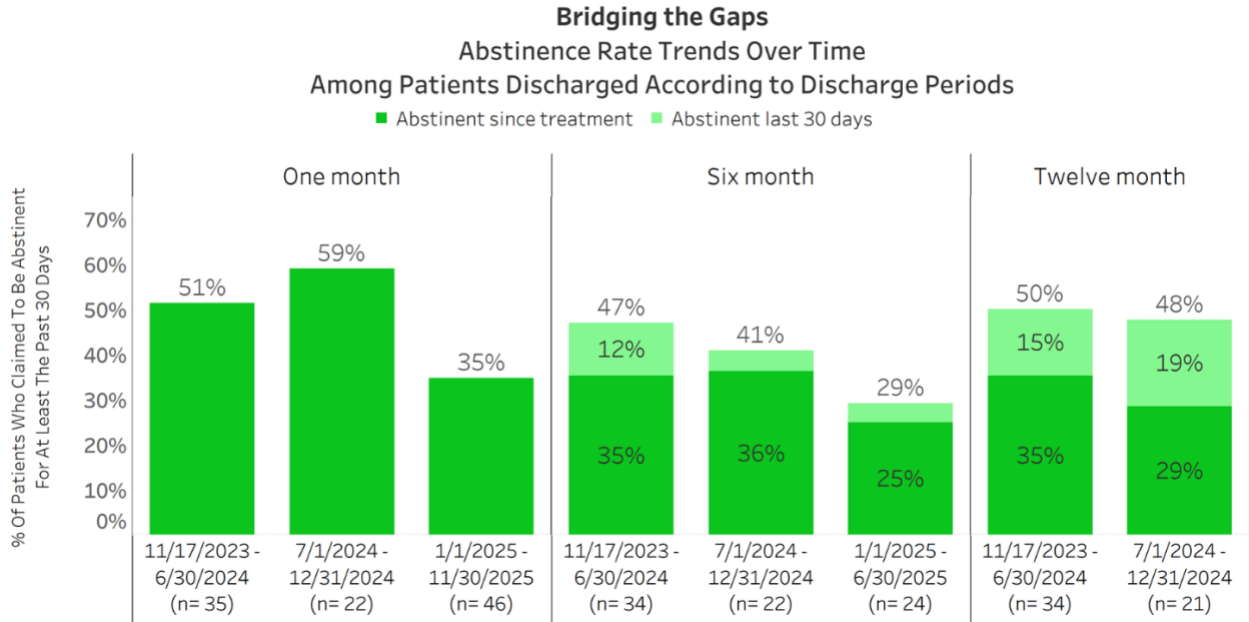
BTG's abstinence rates at one, six, and twelve months post-treatment are higher than the Vista norms at each of those time periods:



It is important for context to note that Vista's norms are probably well above the average for the entire addiction treatment industry today. The reason for this is that the only treatment centers which are likely to make the significant investment in tracking their post-treatment outcomes are top-quality programs that are confident their outcomes are very good.

Abstinence Rate Progression Over Time

BTG's one month abstinence rate increased from 51% for patients discharged between 11/17/23 and 6/30/24 to 59% for patients discharged between 7/1/24 and 12/31/24 before decreasing to 35% for patients discharged in 2025. BTG's six month abstinence rate has decreased over time. BTG's twelve month abstinence rate remained fairly stable from 50% for patients discharged between 11/17/23 and 6/30/24 to 48% for patients discharged between 7/1/24 and 12/31/24:



FACTORS FAVORING ABSTINENCE SUCCESS

Several critical factors improved abstinence success rates, the most crucial of which was whether patients successfully completed treatment or not.

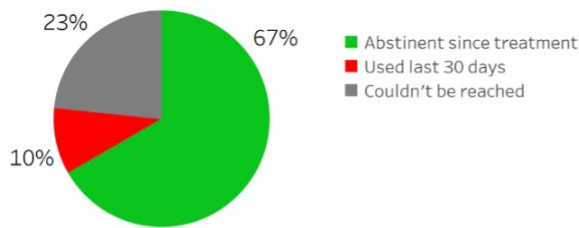
Successfully Completing Treatment

At one month post-treatment, 67% of the patients who successfully completed all recommended treatment reported having been abstinent since discharge. In comparison, only 37% of the patients who did not complete treatment reported being abstinent:

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Abstinence at One Month - Completed Recommended Treatment

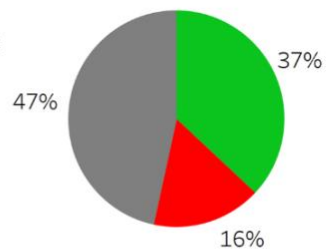
(among 30 patients discharged between 11/17/2023 and 11/30/2025)



% Abstinent last 30 days 67%

Abstinence at One Month - Did Not Complete Recommended Treatment

(among 73 patients discharged between 11/17/2023 and 11/30/2025)



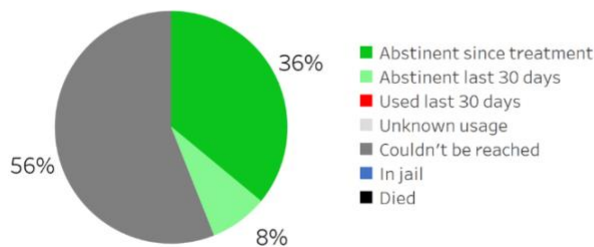
% Abstinent last 30 days 37%

Forty-four percent (44%) of the patients who completed treatment reported being abstinent six months after discharge for at least the last 30 days compared to only 38% of the patients who left without completing treatment:

Bridging the Gaps

Abstinence at Six Month - Completed Recommended Treatment

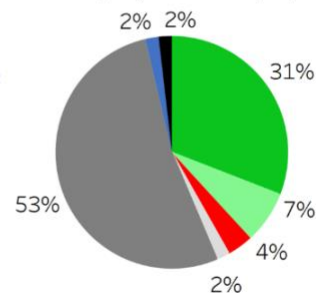
(among 25 patients discharged between 11/17/2023 and 6/30/2025)



% Abstinent last 30 days 44%

Abstinence at Six Month - Did Not Complete Recommended Treatment

(among 55 patients discharged between 11/17/2023 and 6/30/2025)



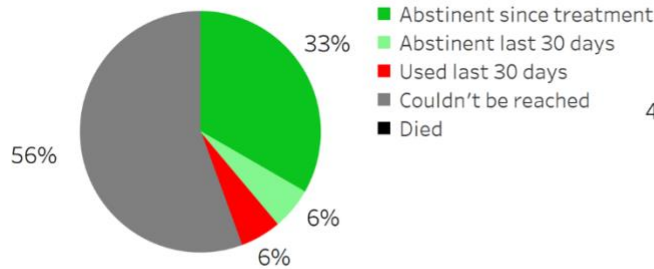
% Abstinent last 30 days 38%

The twelve month post-treatment abstinence rate was 39% among patients who completed treatment, compared to 54% for those who did not complete treatment. Note, the sample size was small at twelve months, particularly for those who completed all recommended treatment:

Bridging the Gaps

Abstinence at Twelve Month - Completed Recommended Treatment

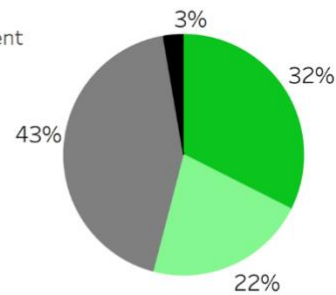
(among 18 patients discharged between 11/17/2023 and 12/31/2024)



% Abstinent last 30 days 39%

Abstinence at Twelve Month - Did Not Complete Recommended Treatment

(among 37 patients discharged between 11/17/2023 and 12/31/2024)



% Abstinent last 30 days 54%

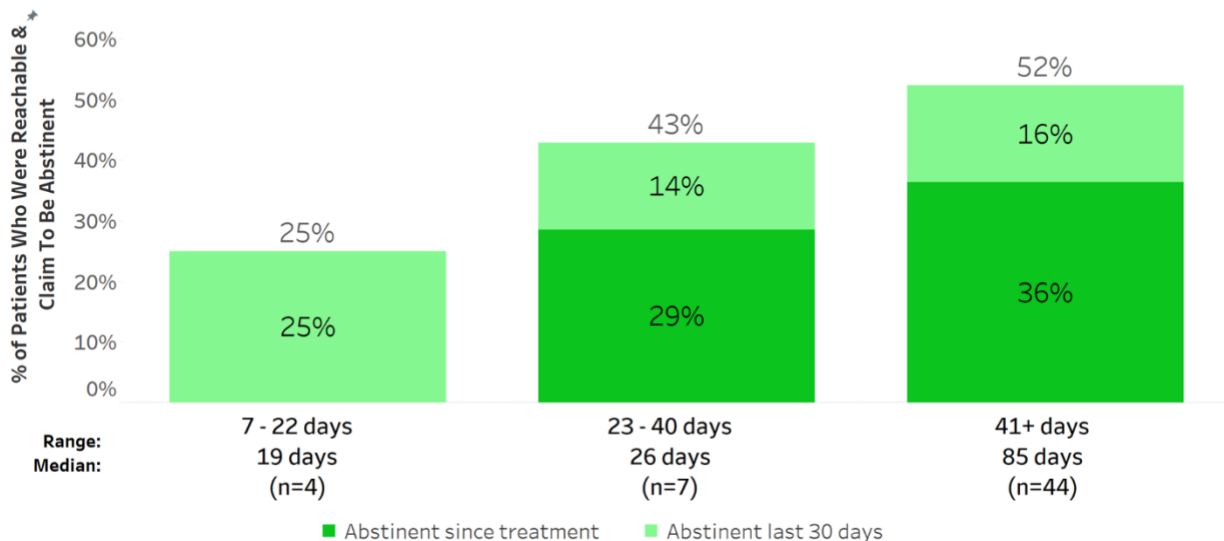
Length of Treatment

A second critical factor improving abstinence success rates was the length of a patient's treatment. The percentage of BTG patients who reported being abstinent for at least the last 30 days at twelve months post-treatment increased with length of stay. Only 25% of patients in treatment for 22 days or less were abstinent twelve months later compared to 52% for those who stayed in treatment for more than 40 days:

Bridging the Gaps

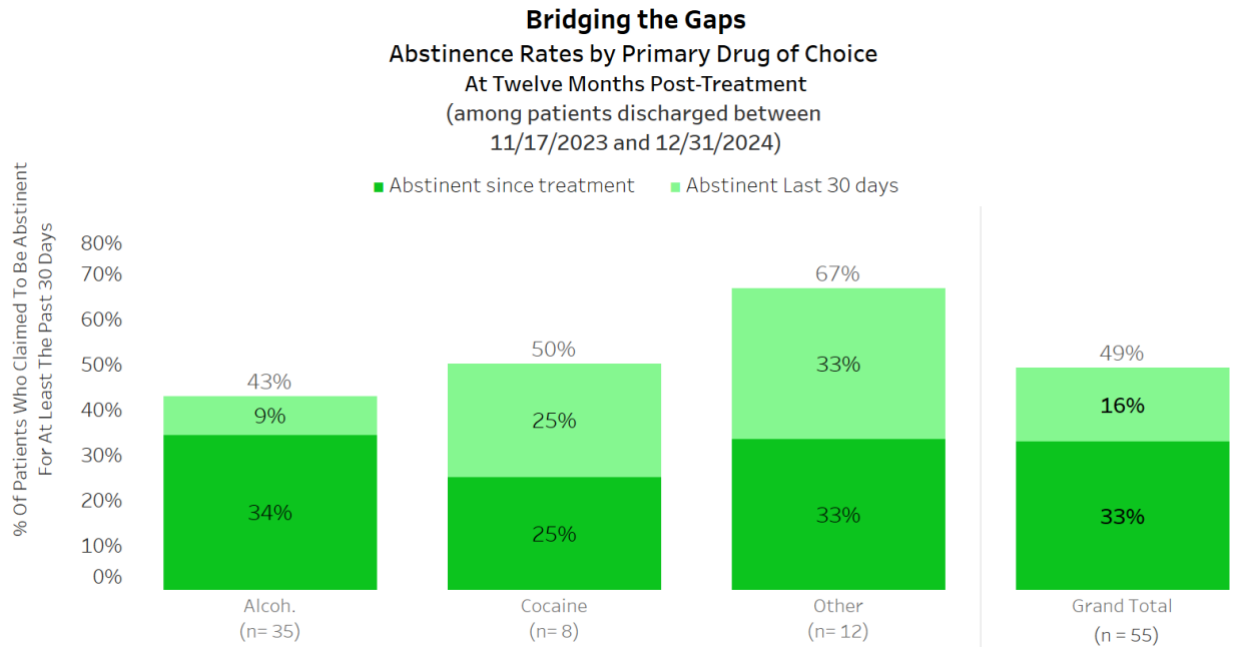
Outcomes by Length of Stay At Twelve Months Post-Treatment

(among patients discharged between 11/17/2023 and 12/31/2024)

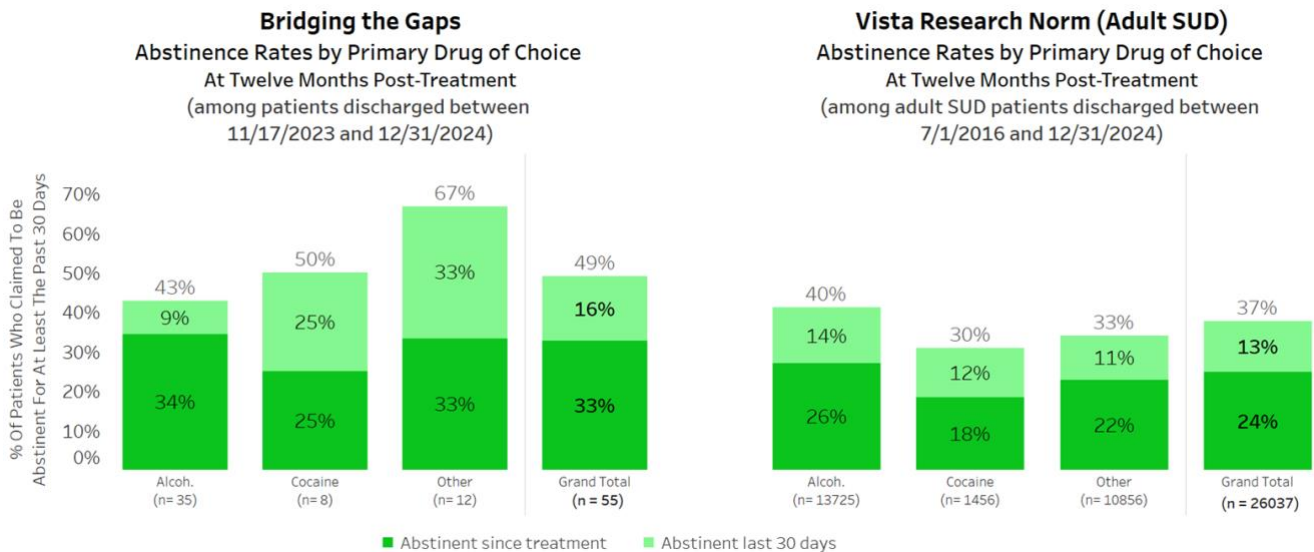


Drug of Choice

Another critical factor was a patient's primary drug of choice. BTG's twelve month abstinence rates varied by this factor. Patients whose drug of choice was alcohol had the lowest abstinence rate at 43%, while those in treatment for cocaine addiction had a higher abstinence rate of 50%:



BTG's abstinence rates for patients in treatment for alcohol, cocaine, and "other" substances are higher than the Vista norms for those drugs:



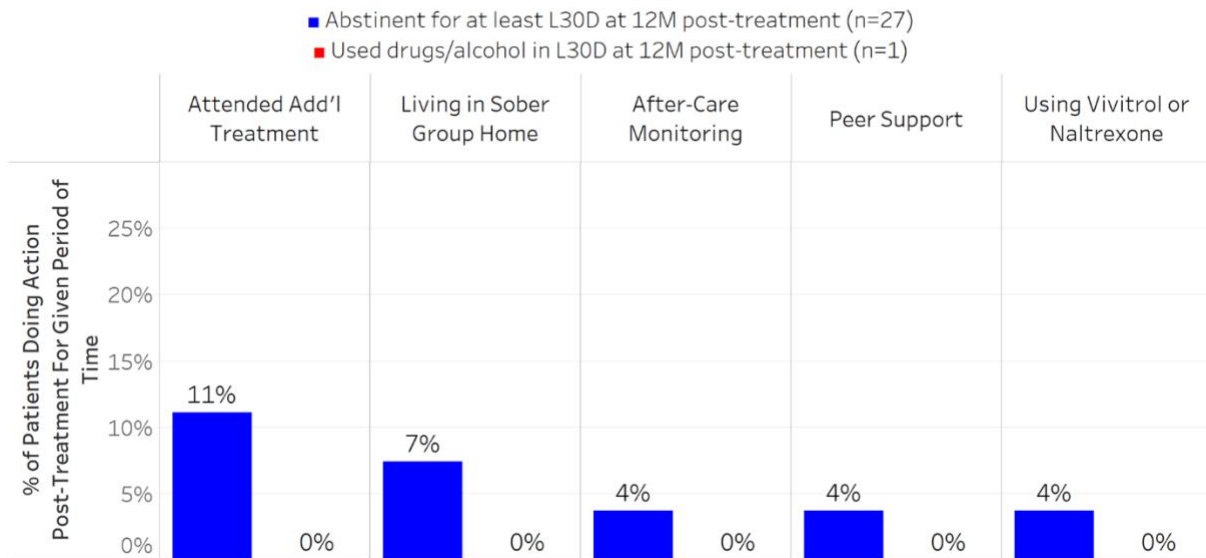
After-Care Choices

A fourth critical factor in whether patients were able to maintain their sobriety after treatment was the actions they took.

The following graph shows the percentages of patients who participated in different after-care activities for at least six months after leaving treatment as a function of whether they reported being abstinent for the last 30 days at twelve months post-treatment. All the actions in the chart below, such as attending additional treatment or living in a sober group home, appear to have helped patients remain abstinent:

Actions Taken For At Least Six Months Post-Treatment That May Have Helped Patients Remain Abstinent at Twelve Months

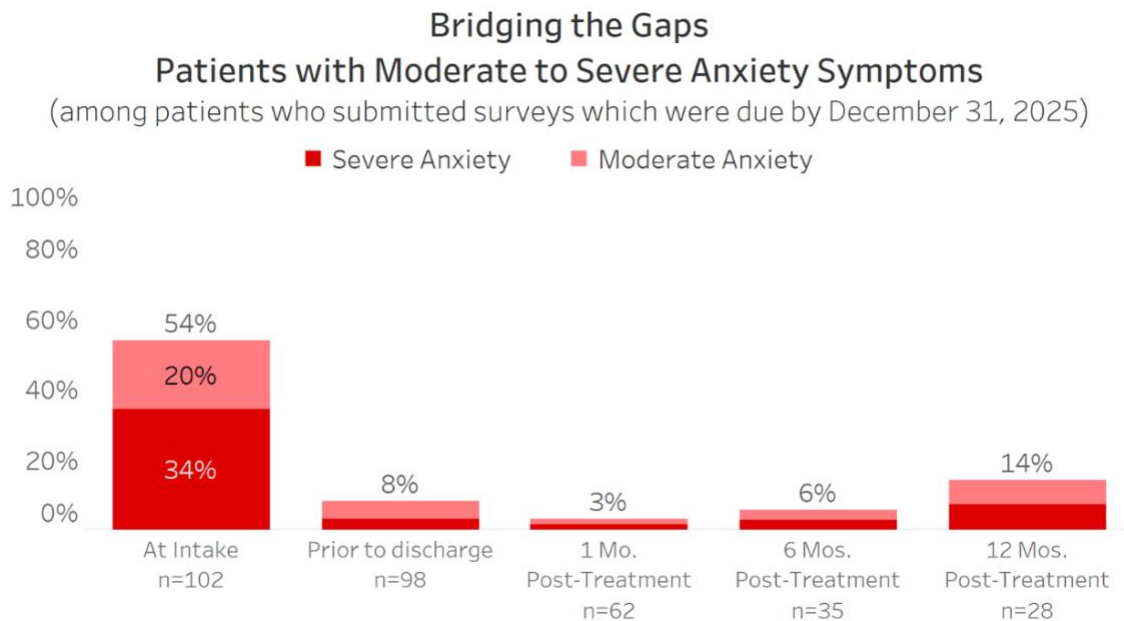
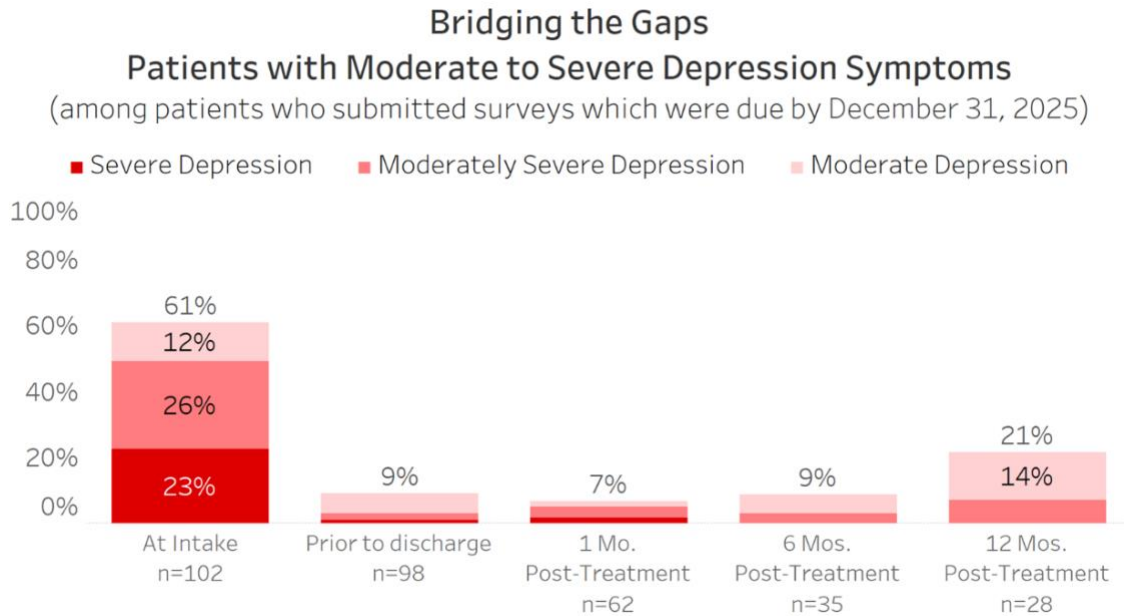
(among patients discharged between 11/17/2023 & 12/31/2024)



IMPACT OF TREATMENT

Reduction in Severity of Co-Occurring Disorders

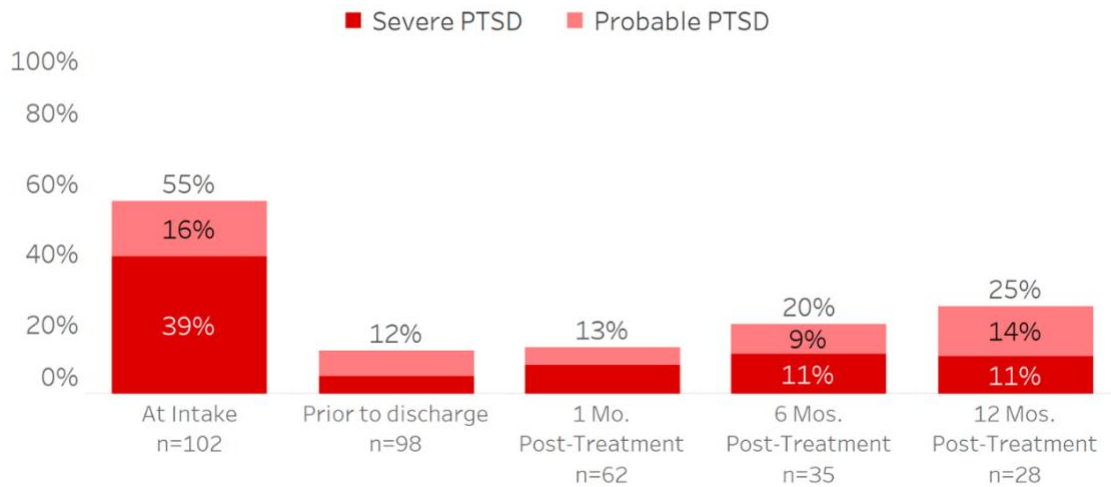
The percentages of patients reporting moderate to severe symptoms of co-occurring disorders decreased dramatically during treatment and remained improved throughout the post-treatment year:



Bridging the Gaps

Patients with Moderate to Severe Trauma Symptoms

(among patients who submitted surveys which were due by December 31, 2025)



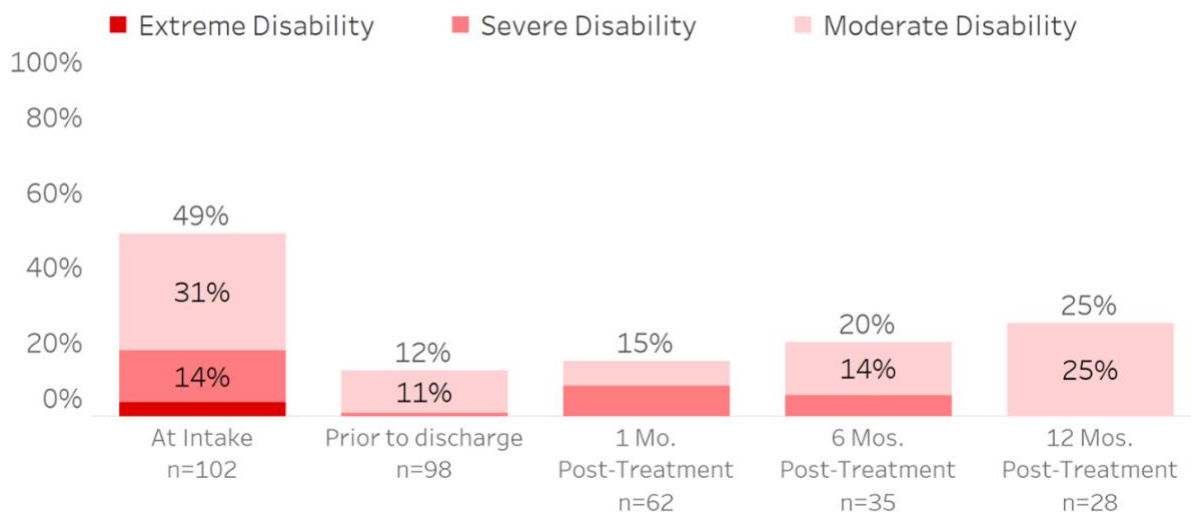
Progress on Functioning

At intake, 49% of BTG patients reported having issues that impacted their ability to function normally in their everyday lives, but the percentage reporting such issues decreased dramatically during treatment. At the last survey before discharge, only 12% of patients reported challenges impacting their daily functioning. The percentage of patients reporting issues with daily functioning remained relatively low throughout the post-treatment year:

Bridging the Gaps

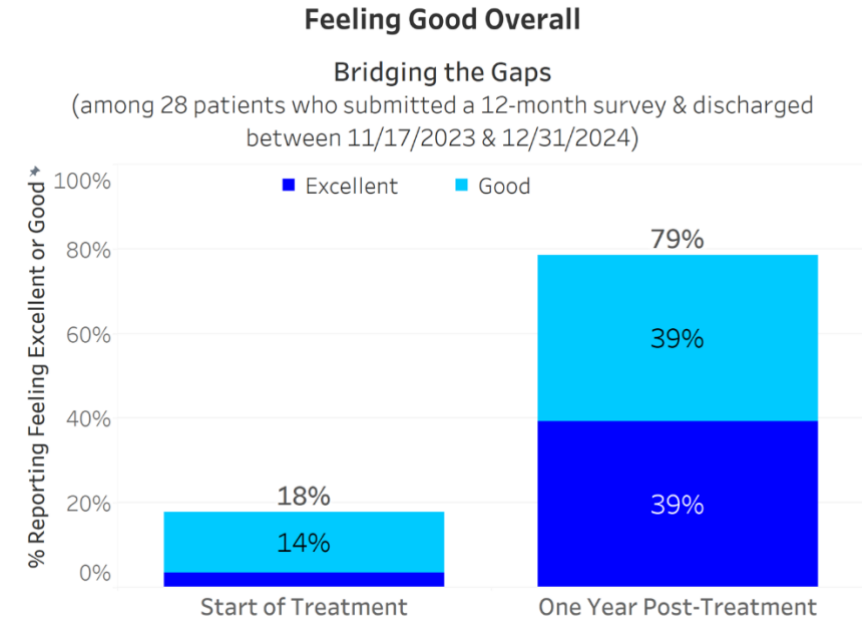
Patients with Moderate to Extreme Functioning Symptoms

(among patients who submitted surveys which were due by December 31, 2025)

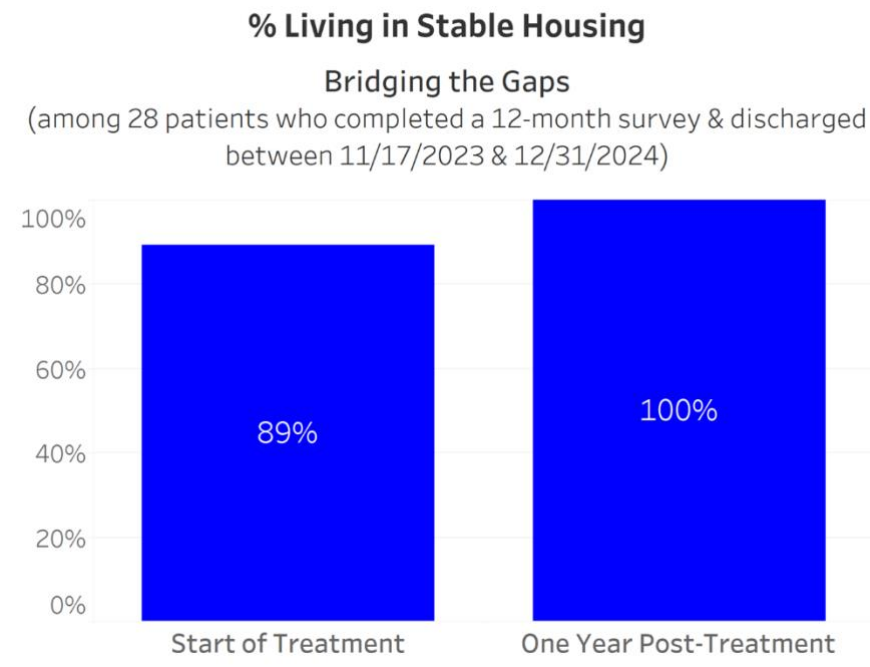


Improvement in Quality of Life

More than three-quarters (79%) of patients who completed the twelve month post-treatment survey reported feeling excellent or good during the last 30 days. By comparison, only 18% had reported feeling excellent or good in the 30 days prior to entering treatment:



Among 28 patients who completed the twelve month survey, 100% said they were living in stable housing at twelve months post-treatment compared to 89% at intake:

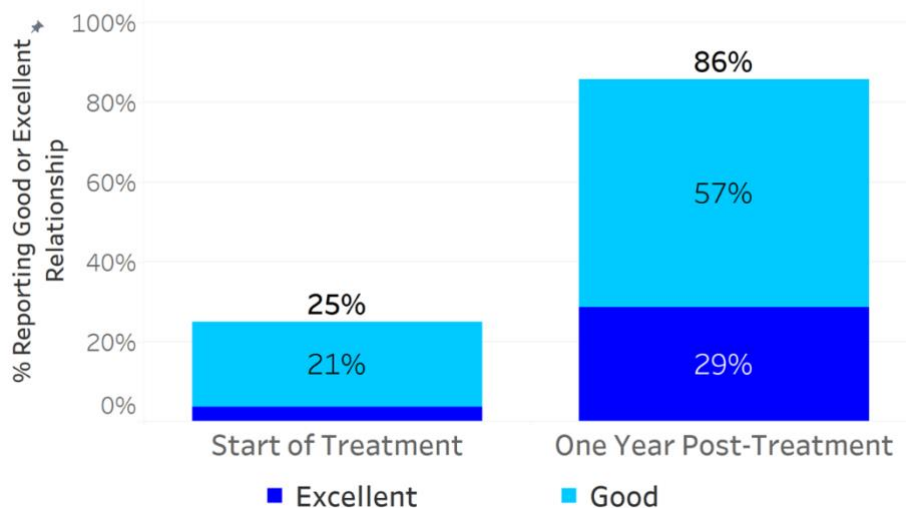


Among patients who completed the twelve month survey, 86% reported having an excellent or good relationship with their closest family members at twelve months post-treatment. This is more than triple the 25% who reported having good family relationships at the start of treatment:

Good Relationship with Closest Family Members

Bridging the Gaps

(among 28 patients who completed a 12-month survey & discharged between 11/17/2023 & 12/31/2024)



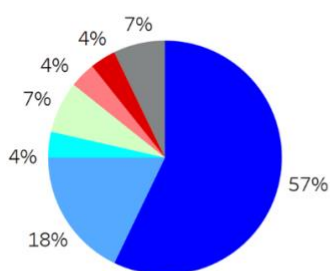
The percentage of patients who were working, going to school, or working in the home increased from 79% at intake to 82% one year after discharge among patients submitting the twelve month survey:

Impact of Treatment on Employment

Bridging the Gaps

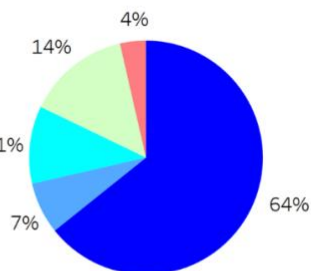
(among 28 patients who completed a 12-month survey & discharged between 11/17/2023 & 12/31/2024)

Employment (Start of Treatment)



Working or Going to School: 79%

Employment (One Year Post-Treatment)



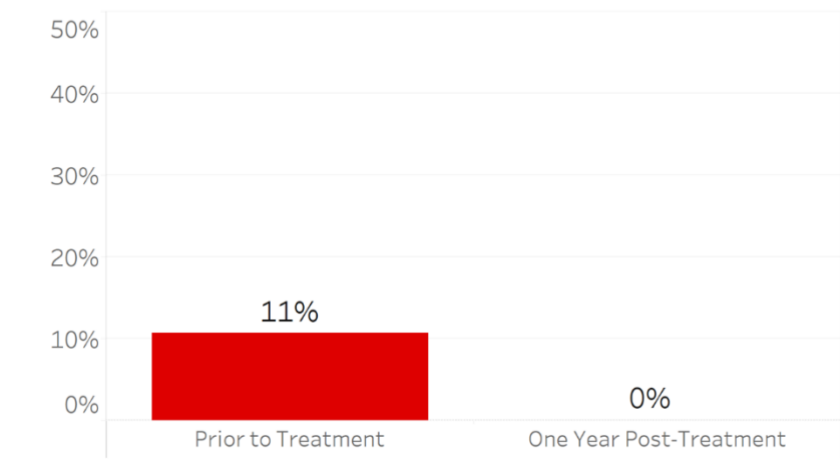
Working or Going to School: 82%

Among patients who completed the twelve month survey, 11% had been charged with a serious criminal offense in the year prior to entering treatment compared to 0% in their post-treatment year:

% Charged with Serious Criminal Justice Offense

Bridging the Gaps

(among 28 patients who completed a 12-month survey & discharged between 11/17/2023 & 12/31/2024)

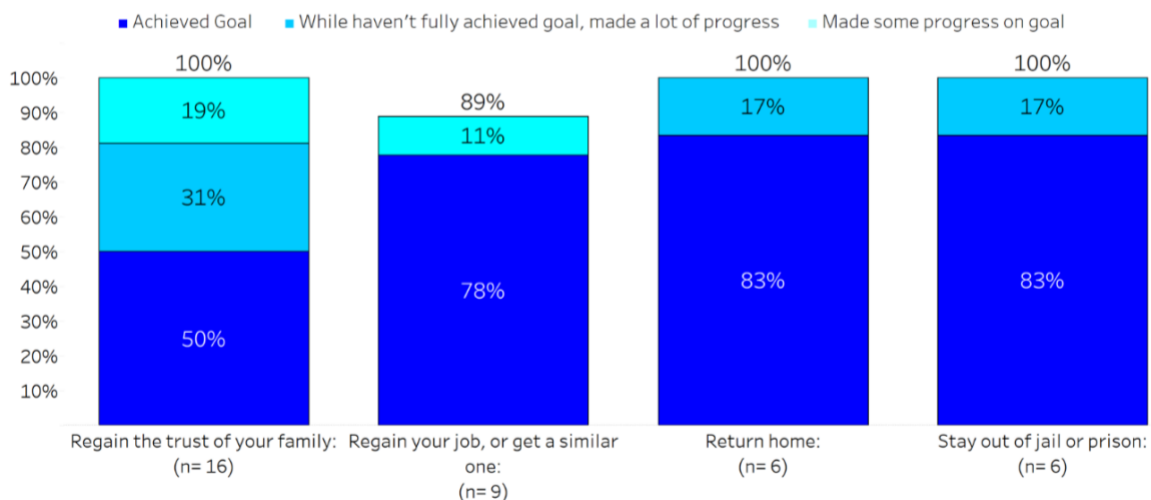


Progress on Non-Usage-Related Treatment Goals

At the start of treatment, BTG patients were asked to choose up to three personal goals they were hoping that they would be able to accomplish as they stopped abusing drugs and alcohol. The majority of patients who were reachable at 12 months post-treatment reported having made extensive progress on meeting these goals:

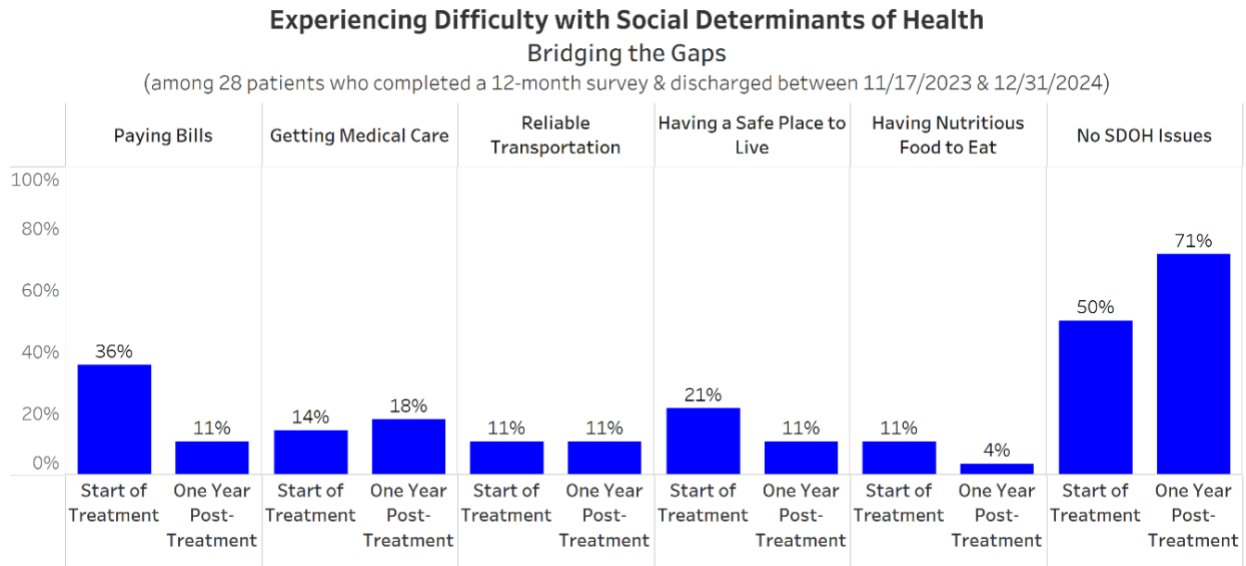
Bridging the Gaps

Progress on Achieving Non-Usage-Related Goals by One Year Post-Treatment
(among 28 patients discharged between 11/17/2023 & 12/31/2024 who submitted a 12-month survey)



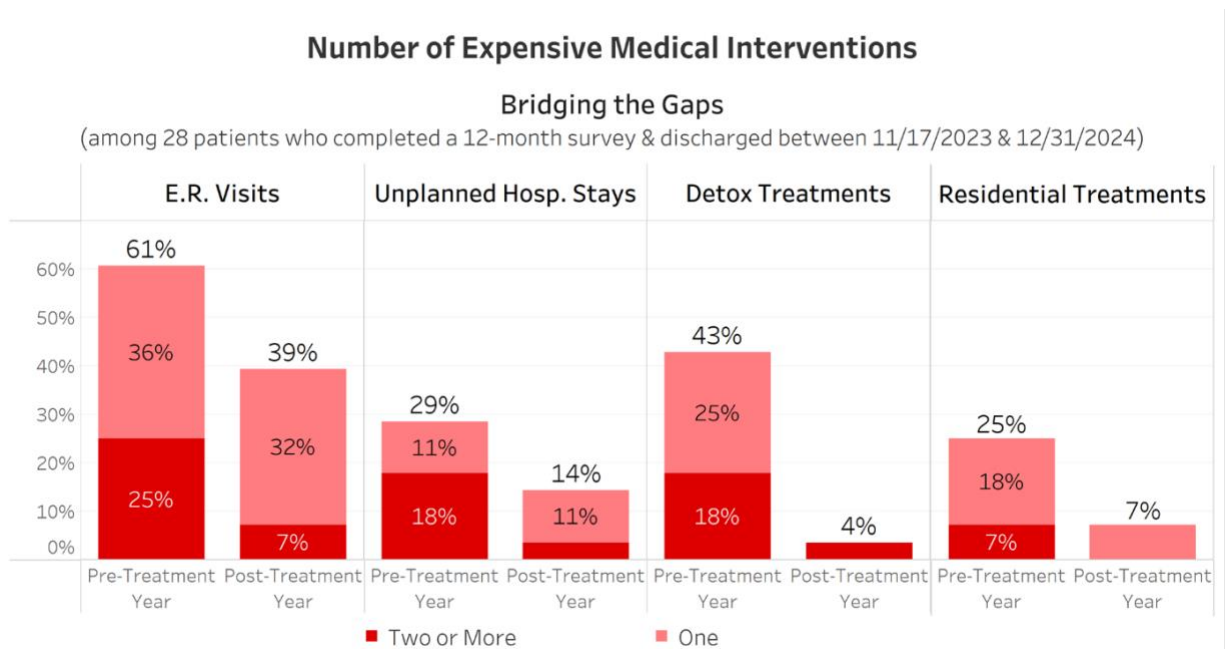
Improvement in Social Determinants of Health

There was a dramatic reduction in the number of patients experiencing difficulty with one or more social determinants of health between the start of treatment and one year post-discharge. In fact, the percentage of patients who were not experiencing difficulty with any key social determinants of health increased from 50% at the start of treatment to 71% one year post-discharge among patients submitting a twelve month survey:



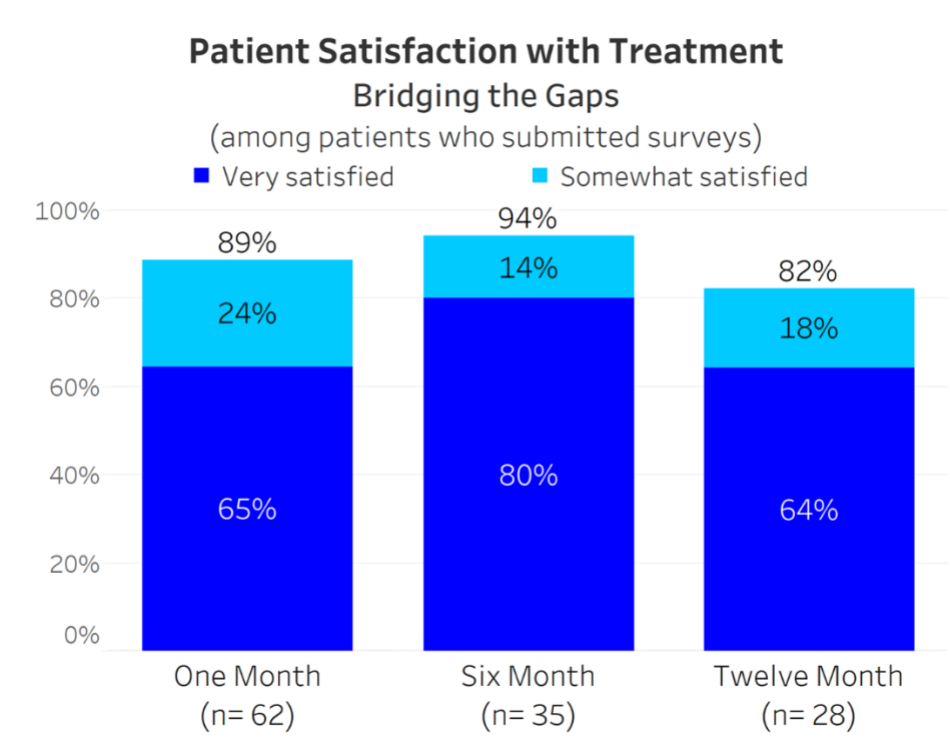
Expensive Medical Interventions

BTG patients who completed the twelve month post-treatment survey have had far fewer expensive medical interventions than would have been predicted based on their pre-treatment year. For example, 43% of patients attended detox treatment at least once in the year prior to treatment compared to only 4% in the post-treatment year:



SATISFACTION WITH TREATMENT

When reached post-treatment, most patients reported being quite satisfied with the treatment they had received at BTG:



Sample patient comments are included in the Appendix.