The Role of Transport Use in Wilderness Treatment: Its Relationship to Readiness to Change and Outcomes

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Research Questions

1. Do transported/escorted youth present differently than non-transported youth?

2. How do transported youth improve in a wilderness program compared to non-transported youth?
Study Details

350 adolescents from one OBH program
52% were transported
50% males/females
Mostly Caucasian

Pre-test – Post-test Data
• URICA Readiness to Change
• YOQ 2.0 Youth & Parent
Comparisons at Intake

- Y-OQ Total Parent*
- Y-OQ Total Youth

Transported
Non-Transported

Clinical Cut-Off
Youth Self Report at Discharge

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<thead>
<tr>
<th>Syndrome</th>
<th>Transported Post</th>
<th>Non-Transported Post</th>
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<tbody>
<tr>
<td>URICA</td>
<td>9</td>
<td>7</td>
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<tr>
<td>Critical Items</td>
<td>5</td>
<td>4</td>
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<td>Beh. Dysf.</td>
<td>10</td>
<td>7</td>
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<tr>
<td>Social Problems</td>
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<td>3</td>
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<td>Interpersonal</td>
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<td>Somatic</td>
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<td>Intrapersonal</td>
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<td>16</td>
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</tbody>
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Y-OQ Subscale Clinical Cut Offs
Parent Report at Discharge

- Critical Items
- Beh. Dysf.
- Social Problems
- Interpersonal Problems
- Somatic
- Intrapersonal Distress

Y-OQ Subscale Clinical Cut Offs

Transported Post
Non-Transported Post
Implications

- Transported youth were not negatively affected by their transport.
- Possible reasons for transport choice by parents reflected in data.

However, these findings reflect the pairing of transport and one quality OBH program.

Future research needed looking qualitatively into this experience as well as with more OBH & RTCs.