



Restorative Health

Results that Matter

EMHS MEMBER

As Restorative Health completes its second year of delivering Results that Matter, we wanted to share the tangible differences that our mental health services have made in the lives of our clients. By receiving evidence-based mental health services, Restorative Health clients continue to demonstrate improvement quickly and at impressive rates.

In addition to measurable results, Restorative Health features:

- The expertise of highly-trained clinicians in a discreet setting.
- Evidence-based practices like Cognitive Behavioral Therapy.
- Early morning and evening appointment times to accommodate busy schedules of people wanting help.
- Appointments given within one week of referral.

Chart One reflects the percentage of clients who report an improvement by Sessions 2, 6 and 12 (as measured by the S-OQ/OQ-30.2. See back side for more information). By the twelfth session, 84% of Restorative Health clients report improvement in their symptoms, such as depression and anxiety.

Chart One – Percentage of Clients Reporting Improvement from Admission

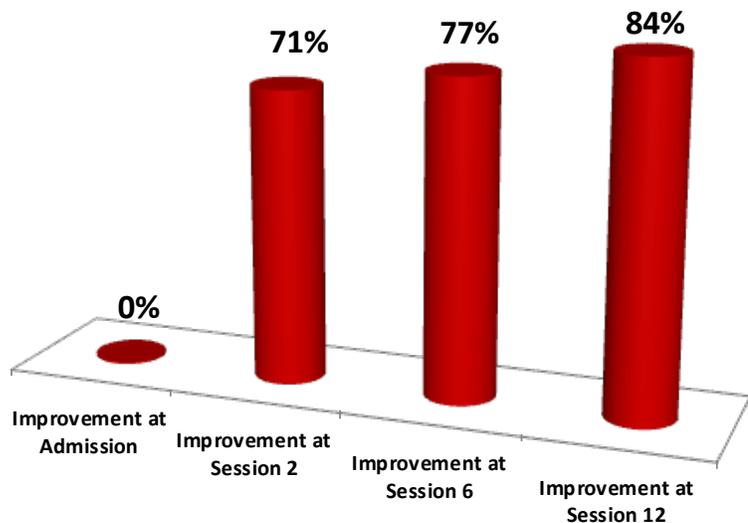
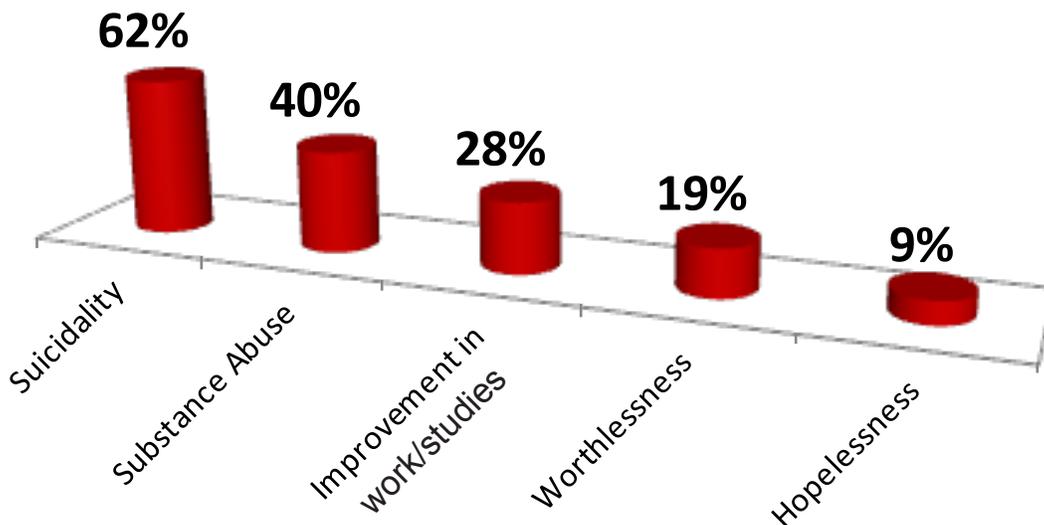


Chart Two depicts the average degree of client improvement from admission to Session 6 (as measured by the S-OQ/OQ-30.2). For example, by Session 6, the average client reports a 28% increase in improvement in their work and studies and a 62% reduction in suicidal thinking from their scores at admission.

Chart Two – Percentage Improved on S-OQ/OQ-30.2 Item Categories by Session Six



Details about Restorative Health's Evidence-Based Practices and Tools

The **S-OQ/OQ-30.2** are brief measures of adult client progress in treatment. They reflect how clients are feeling physically and emotionally, as well as their degree of satisfaction with their relationships within the context of their important life tasks. Because these instruments are highly sensitive to change, Restorative Health clients complete one of the questionnaires at each session so that their response to treatment can be closely monitored.

The **Y-OQ (Youth Outcome Questionnaire)** is a brief pediatric outcome instrument, which can be completed by youth, and/or their parent or caregiver to reflect the child's general functioning compared to normative populations and his or her progress in treatment. (The instrument also provides a more specific assessment of typical symptoms including social isolation, somatic and conduct problems, aggression, hyperactivity and distractibility, depression and anxiety).

Cognitive Behavioral Therapy (CBT) engages clients in understanding problems affecting their emotional well-being. Once understanding the connections among thoughts, actions and emotions, the client is taught new approaches for healthier outcomes. These solutions are reinforced through ongoing teaching, coaching and practice until a sense of comfort and mastery is achieved. Studies often show that people who participate in CBT stay well longer. CBT is effective in treating depression, anxiety, panic, phobias, obsessive compulsive disorder, post-traumatic stress, bulimia and substance abuse as well as improving self-esteem and interpersonal relationships.

Restorative Health also provides **Psychiatric Medication Management**. Because progress on symptom improvement is tracked at each session, timely adjustments are made to the plan of care for better results. Restorative Health's psychiatric nurse practitioners access the latest research and are supervised by an Acadia Hospital psychiatrist, ensuring that our clients receive the best care. Restorative Health receives referrals from dozens of primary care practitioners (PCP's) in the area. In a recent record review, our psychiatric nurse practitioners collaborated with client PCPs 100% of the time that client consent was given.

Testimonials:

"I've experienced a reduction in anxiety which has helped me to feel better and have more success in relationships at home and at work." – *Restorative Health client*

"Restorative Health is a wonderful resource for my patients in primary care. I have seen amazing results from structured cognitive behavioral therapy interventions, and patients have often commented that they are impressed with the real difference the intervention at Restorative Health has on their recovery. I have great confidence in the providers to give quality care and communicate effectively and consistently with the referral source." – *Referring Nurse Practitioner*

To make a referral, please call 973-6620