

# 5 Year Outcomes

Data collected January 1st, 2016 through January 1st 2021

Sunrise uses feedback-informed treatment to ensure that not only each student's mental health and academic achievements improve, but the entire family system finds healing. Through the course of treatment, and for two years after she graduates, we are collecting data specific to each student because we believe success is measured by how effective she will be when she returns home.

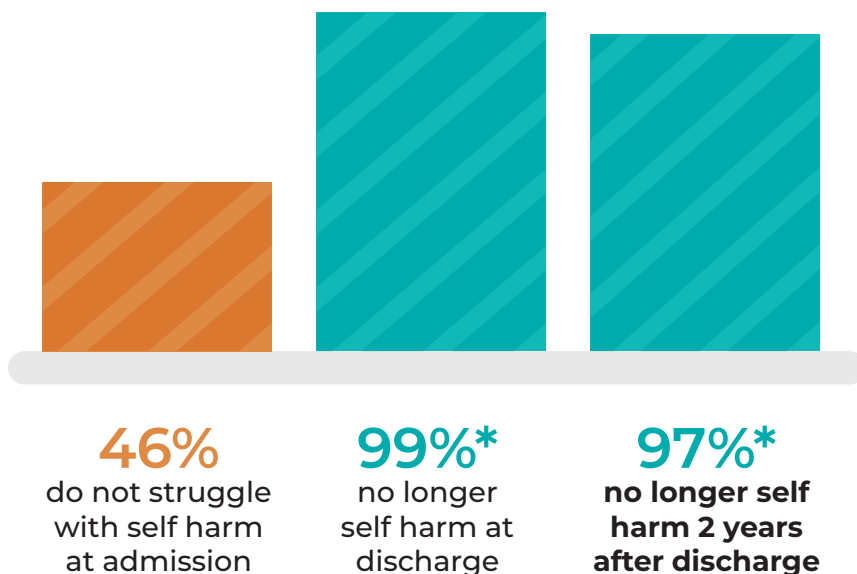


**48%**  
do not experience clinical levels of depression at admission.

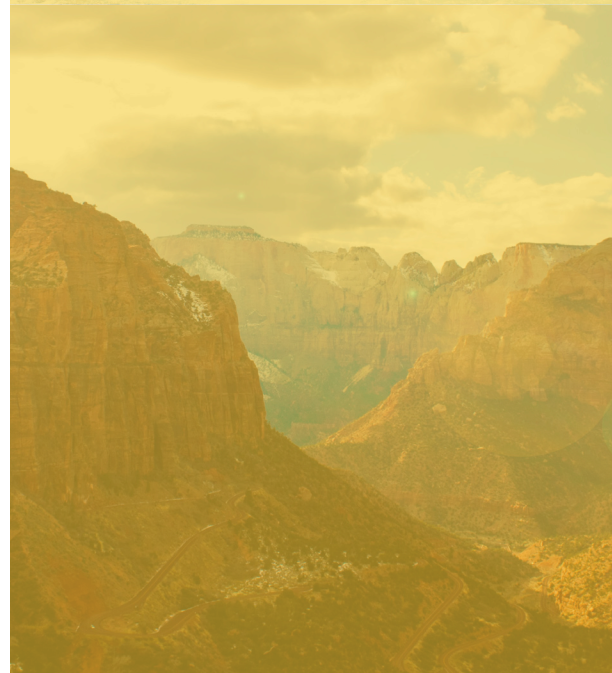
**88%\***  
do not experience clinical levels of depression at discharge.

9 Out of 10

## Students Who No Longer Struggle With Self Harm



SUNRISE  
REAL. LIFE. CHANGE.



## 6 months

after admission our students report **significant improvements** in impulse control difficulties, emotional awareness, and the ability to utilize emotion regulation strategies.



**62%**

of students do not struggle with suicidal thoughts at admission.

**95%**

of students do not struggle with suicidal thoughts at discharge.

9 Out of 10



**67%**

of clients report having a healthy relationship with friends and family at admission.

**93%\***

of clients report having a good relationship with friends and family at discharge.

9 Out of 10



**54%**

At admission, 54% report having control over their thoughts and behaviors.

**89%\***

At discharge, 89% report having control over their thoughts and behaviors.

9 Out of 10



**97%\***

Even though many students come to Sunrise years behind in school, **97%\* leave on track to graduate high school on time.**

**81%\***

**of students report achieving overall family health** (good communication, holding boundaries, healthy relationships) at discharge.

\* Percentages marked with asterisks indicate that only those who successfully completed the program were analyzed.