

# SEE Purpose Treatment Center Treatment Effectiveness Report



Providing insightful data to help treatment programs improve their outcomes

**March 1, 2025 - February 28, 2026**

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# BACKGROUND

SEE Purpose Treatment Center ("SEE Purpose"), located in Bloomfield, Indiana, is committed to alleviating the suffering caused by substance use and alcoholism. Their comprehensive approach to recovery acknowledges the importance of a supportive community, which includes family and loved ones, the treatment environment, a skilled clinical team, and additional support networks. SEE Purpose also engages in community outreach and preventative programs, aiming to extend its positive impact beyond those directly receiving treatment.

Their detox and residential programs are designed with a focus on evidence-based therapies, particularly emphasizing the connections between trauma, adverse life experiences, and substance use. SEE Purpose clinicians are proficient in Eye Movement Desensitization and Reprocessing (EMDR) and mindfulness techniques, bringing extensive training and experience to their roles. This expertise allows them to assist individuals in addressing their underlying issues and breaking free from destructive cycles.

SEE Purpose started using INSIGHT Addiction™ to monitor patients on February 8, 2024. This report summarizes patient-reported data received from 70 patients while they were in treatment between March 1, 2025 and February 28, 2026.

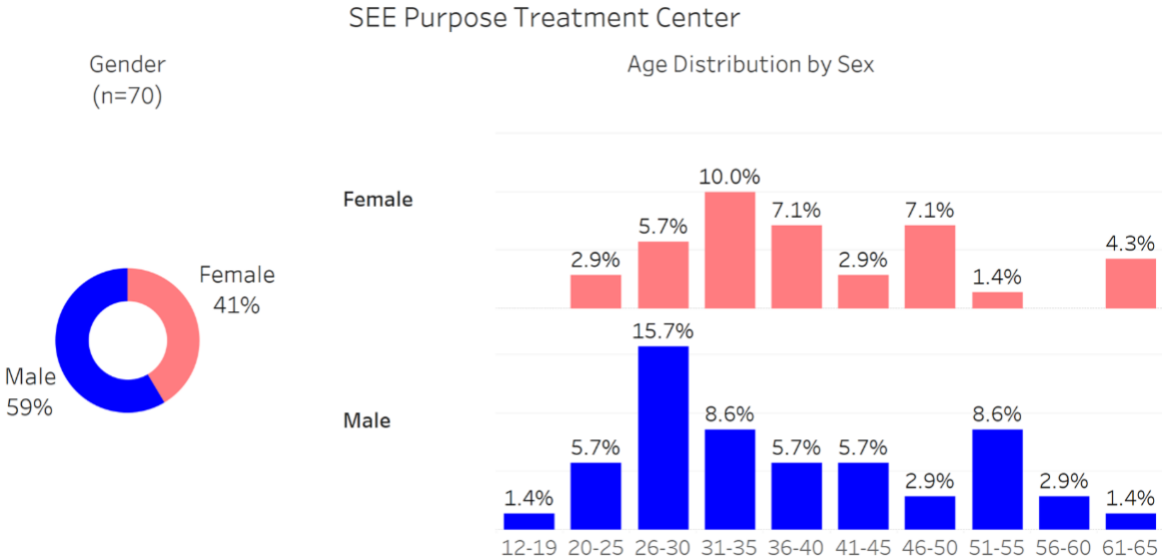
This report was released on May 13, 2026.

# PATIENT CHARACTERISTICS AT INTAKE

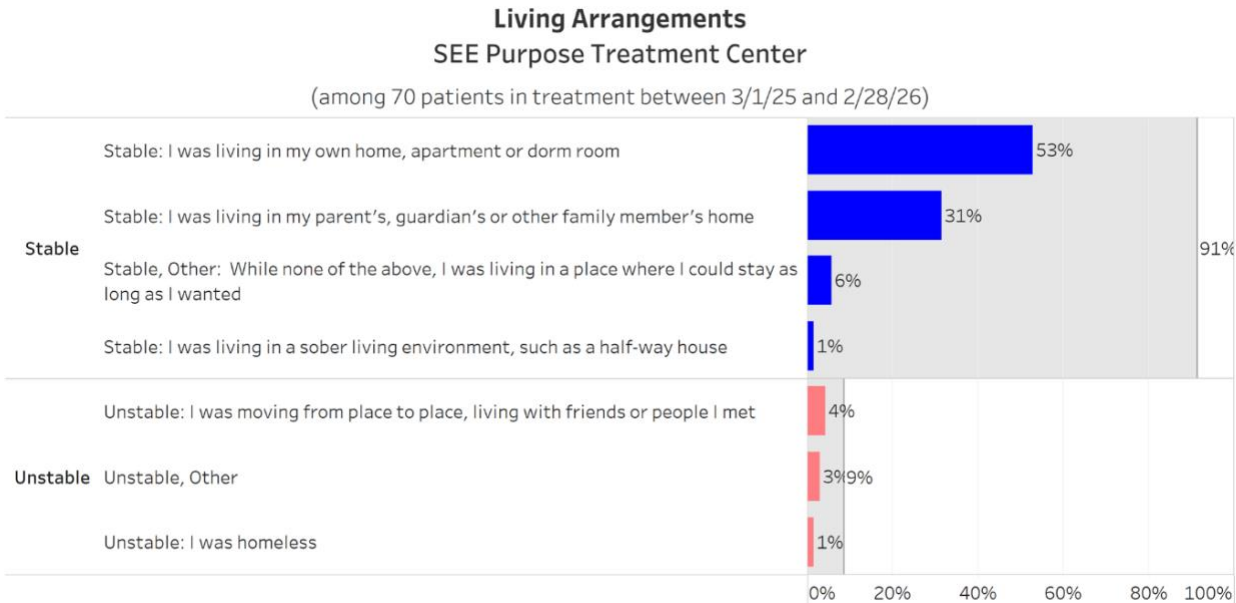
Vista received intake data from 70 patients who attended treatment at SEE Purpose between March 1, 2025 and February 28, 2026.

## Demographics

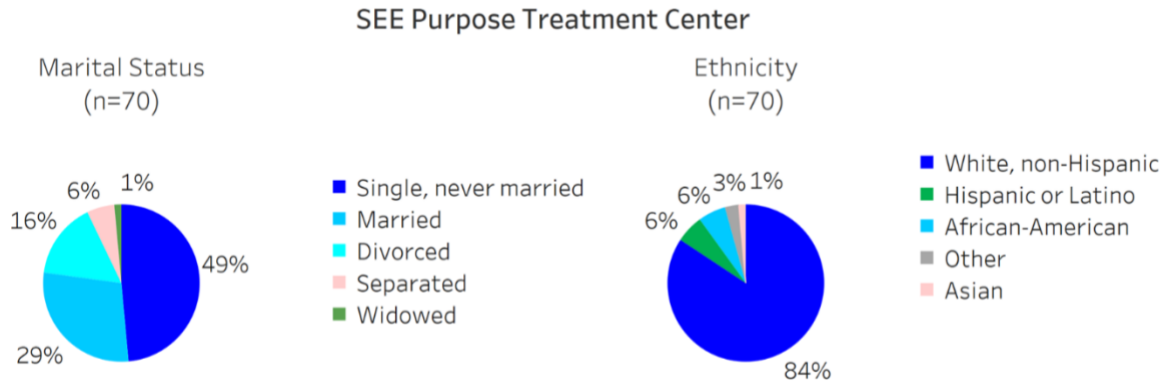
Fifty-nine percent of patients (59%) identified as male, and the median age was 36:



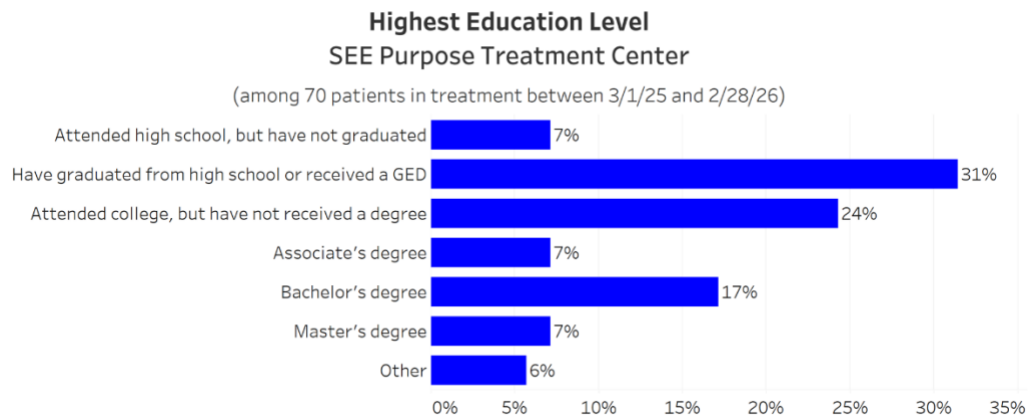
The majority (91%) of patients were in a stable living arrangement prior to entering treatment:



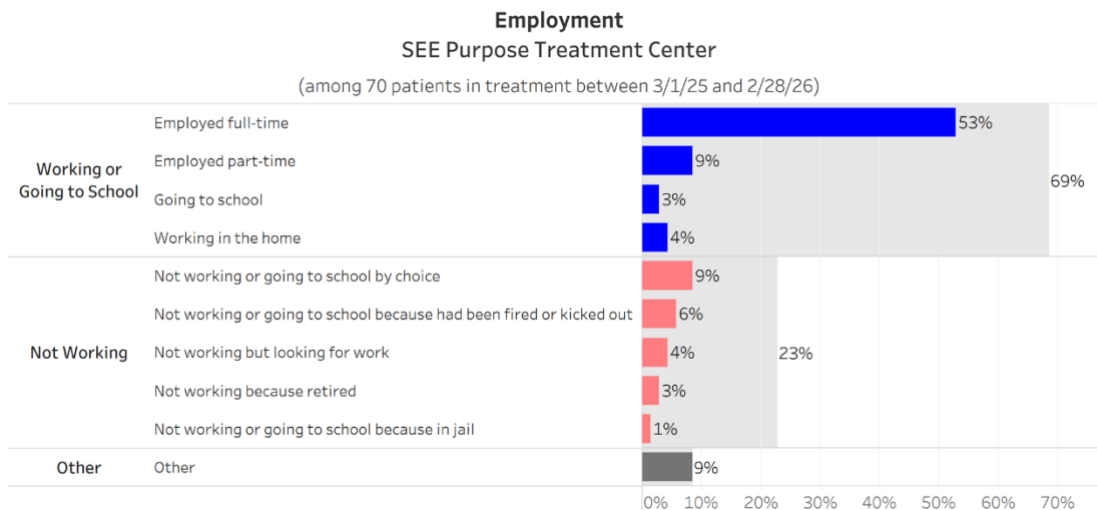
About half (49%) of the patients were single and had never been married, while 29% were married. The majority of patients (84%) were White, 6% were Hispanic or Latino, and another 6% were African-American:



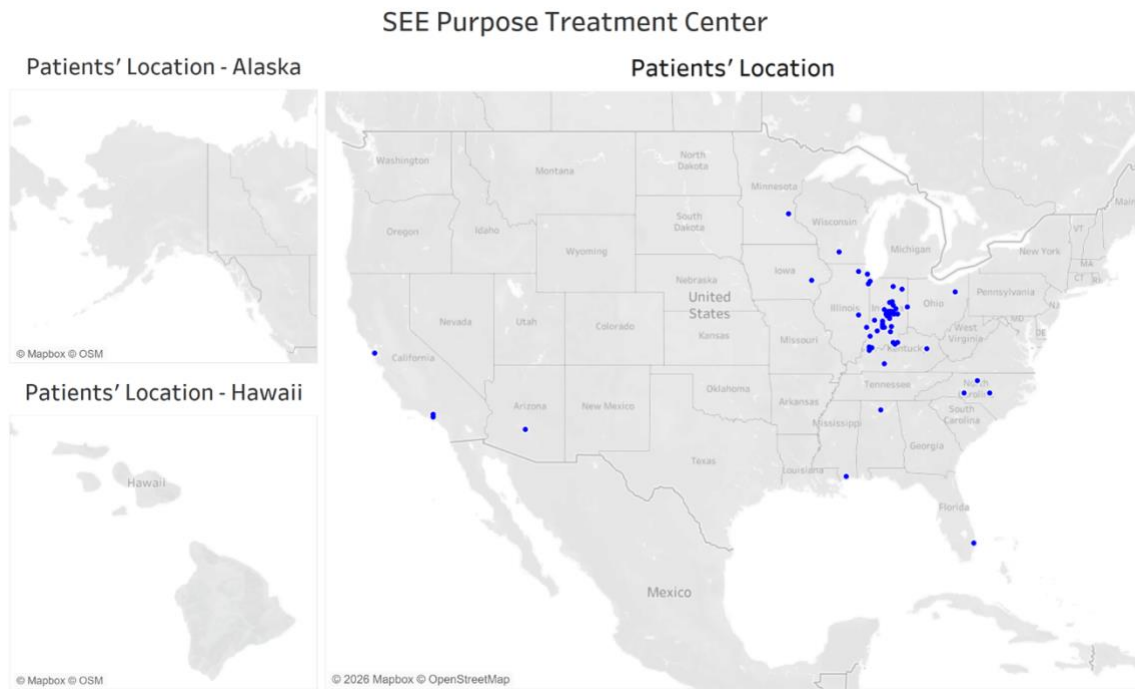
Most SEE Purpose patients had graduated from high school or received a GED. Twenty-four percent (24%) had earned a bachelor's degree or higher:



The majority of patients (69%) were employed or going to school prior to treatment:

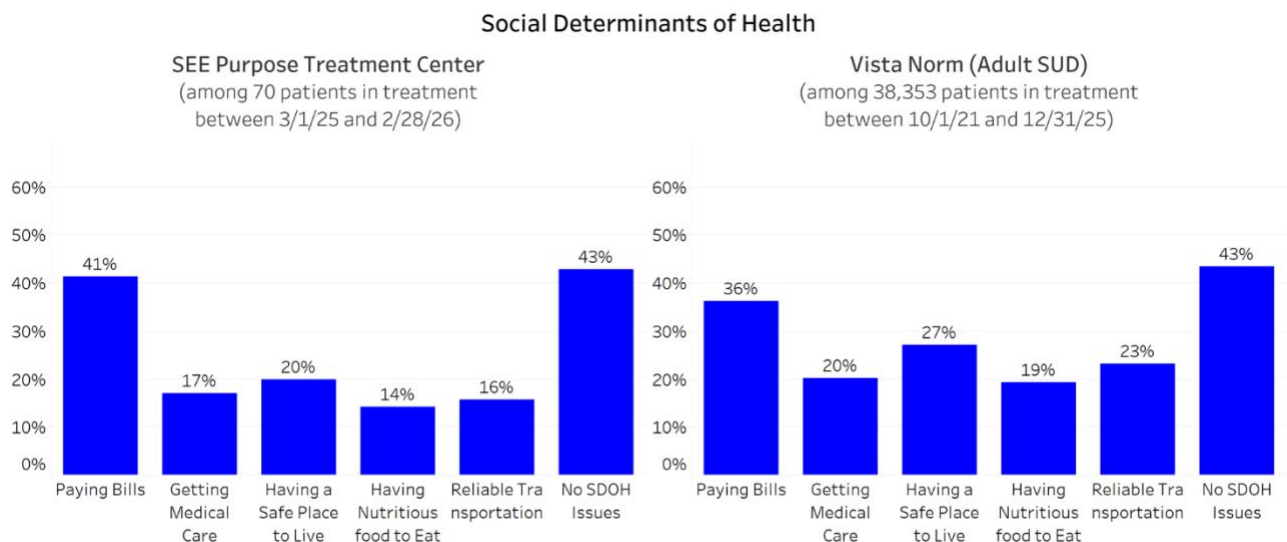


While patients came to treatment from across the country, most patients were from Indiana:



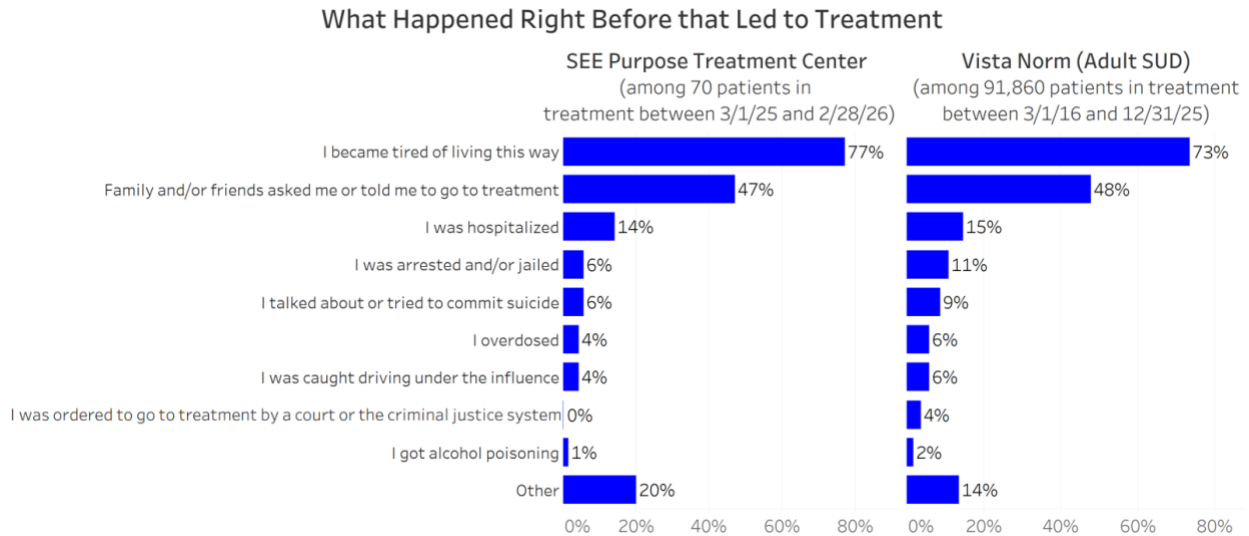
## Social Determinants of Health

At the start of treatment, patients are asked whether they've experienced challenges related to one or more social determinants of health in the past year. Forty-one percent (41%) of SEE Purpose patients reported having difficulties paying bills and 20% reported challenges with having a safe place to live:

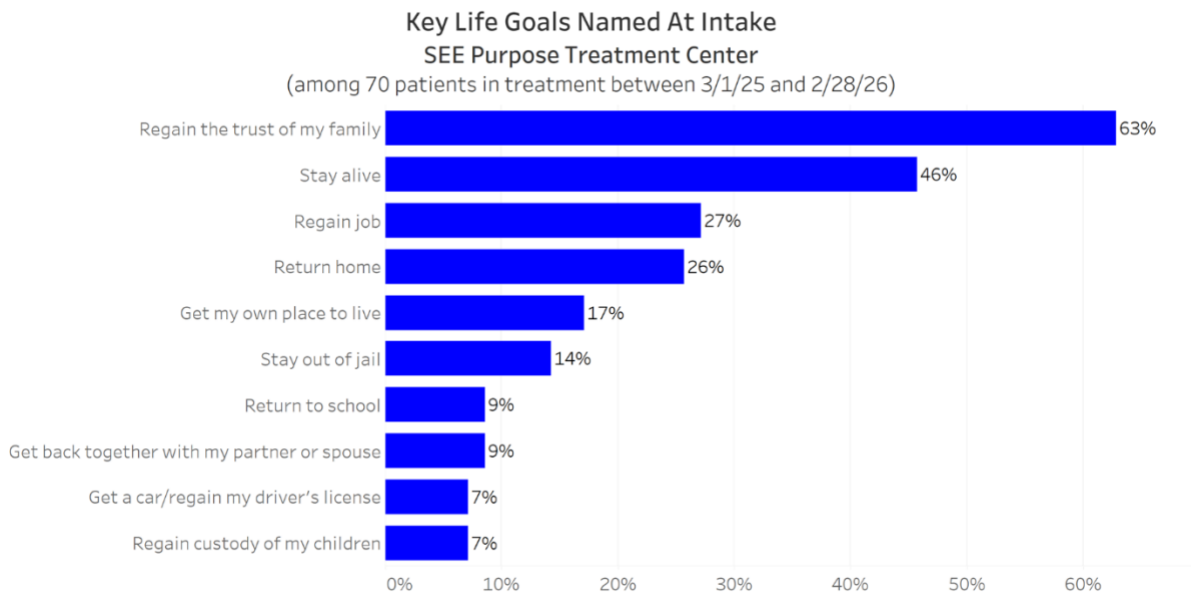


## Why Patients Entered Treatment

**What Led to Treatment:** The majority of SEE Purpose patients (77%) said they entered treatment because they "became tired of living this way," slightly higher than the norm for patients treated in the Vista Research Network since 2016. Another 47% said they were asked by family and/or friends to go into treatment, which was similar to the 48% Vista norm. Fourteen percent (14%) of SEE Purpose patients reported having been hospitalized prior to treatment, which is comparable to the Vista norm of 15%:



**Life Goals:** Most SEE Purpose patients entering treatment had either experienced consequences of their drug or alcohol use or were afraid for the future. When patients were asked to pick up to three specific life goals they hoped treatment would help them achieve, 63% said they wanted to regain the trust of family, while another 46% wanted to overcome their addiction to "stay alive:"

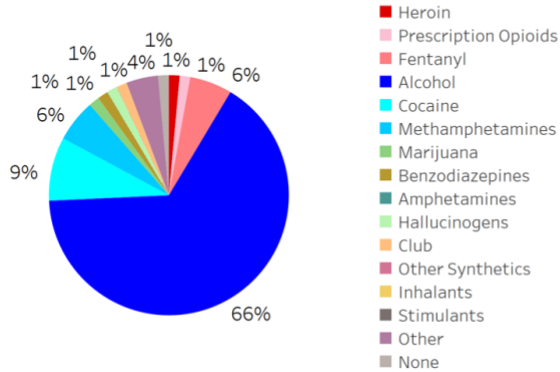


## Substance Use

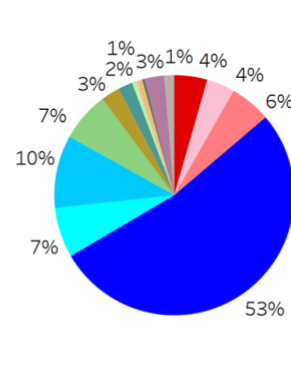
**Primary Drug of Choice:** Alcohol was the primary drug of choice for 66% of SEE Purpose patients, and cocaine for 9% of the patients. The other drugs were each preferred by 6% or less of patients:

### Primary Drug of Choice

**SEE Purpose Treatment Center**  
(among 70 patients in treatment between 3/1/25 and 2/28/26)



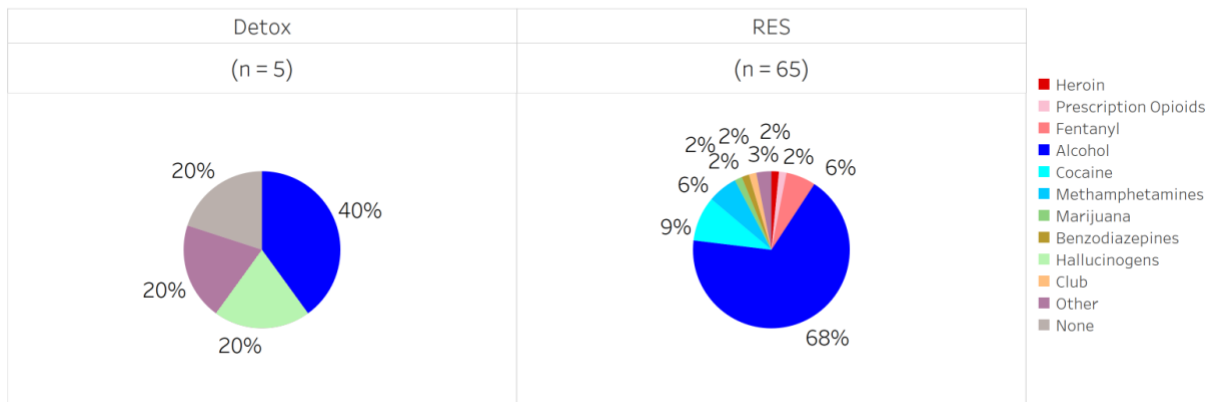
**Vista Norm: (Adult SUD)**  
(among 32,196 patients in treatment between 1/1/23 and 12/31/25)



Alcohol was the primary drug of choice of 68% of patients who began treatment in residential compared to 40% of the patients who started in detox. However, the sample sizes varied substantially between levels of care:

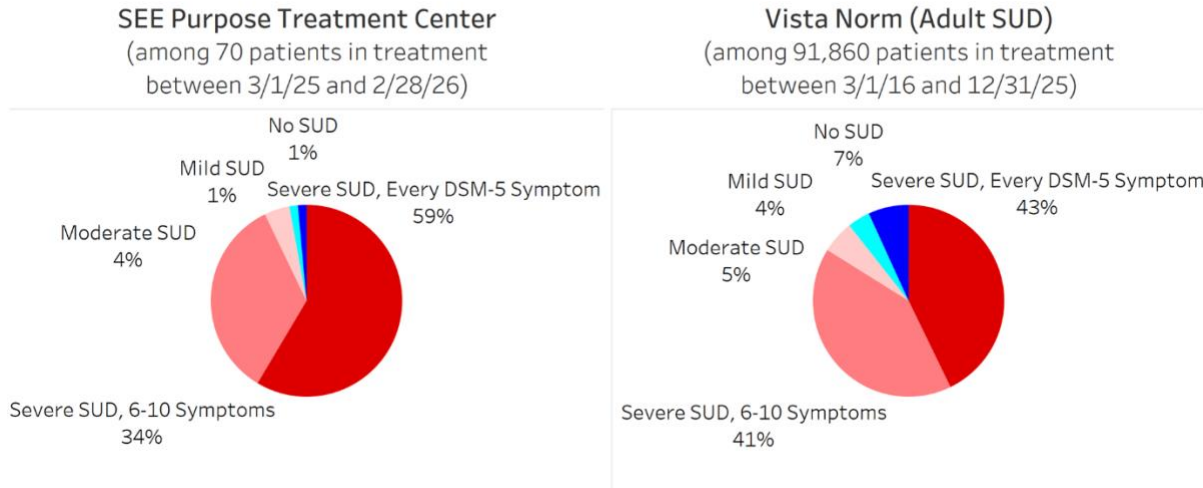
### Primary Drug of Choice by Program

**SEE Purpose Treatment Center**  
(among patients in treatment between 3/1/25 and 2/28/26)



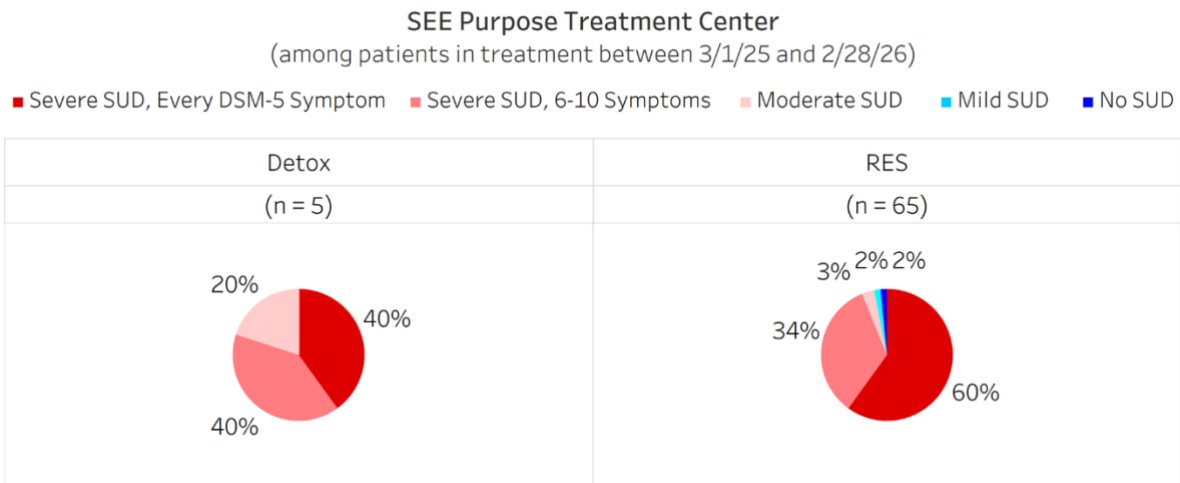
**Addiction Severity:** The majority (93%) of SEE Purpose patients reported symptoms consistent with the DSM-5 criteria for severe substance use disorder (SUD), higher than Vista's norm of 84%. A higher percentage of SEE Purpose patients (59%) reported experiencing all 11 of the DSM-5 SUD criteria in the year prior to treatment compared to the Vista norm of 43%:

### Addiction Severity at Intake



Eighty percent (80%) of the five patients starting treatment in the detox program met the criteria for having a severe SUD. By comparison, 94% of the residential patients had a severe SUD:

### Addiction Severity by Program



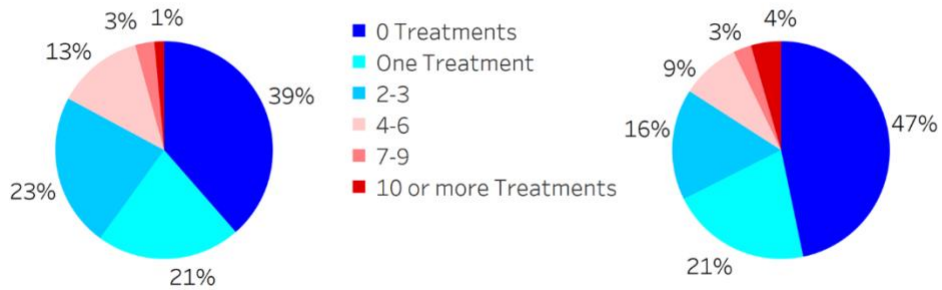
## Previous SUD Treatment Episodes

Thirty-nine percent (39%) of SEE Purpose's patients were in treatment for the first time, lower than the Vista norm of 47%. A similar percentage of SEE Purpose patients (17%) had been in treatment four or more times previously compared to the Vista norm of 16%:

### Number of Previous Treatments

**SEE Purpose Treatment Center**  
(among 70 patients in treatment between 3/1/25 and 2/28/26)

**Vista Norm (Adult SUD)**  
(among 91,860 patients in treatment between 3/1/16 and 12/31/25)



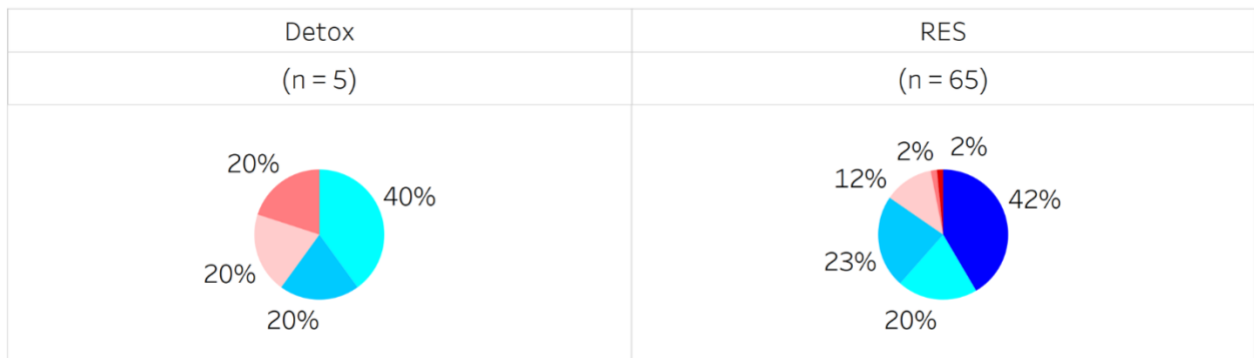
Detox had the lowest percentage (0%) of patients in treatment for the first time. Note the differences in sample size:

### Number of Previous Treatments by Program

#### SEE Purpose Treatment Center

(among patients in treatment between 3/1/25 and 2/28/26)

■ 0 Treatments ■ One Treatment ■ 2-3 ■ 4-6 ■ 7-9 ■ 10 or more Treatments



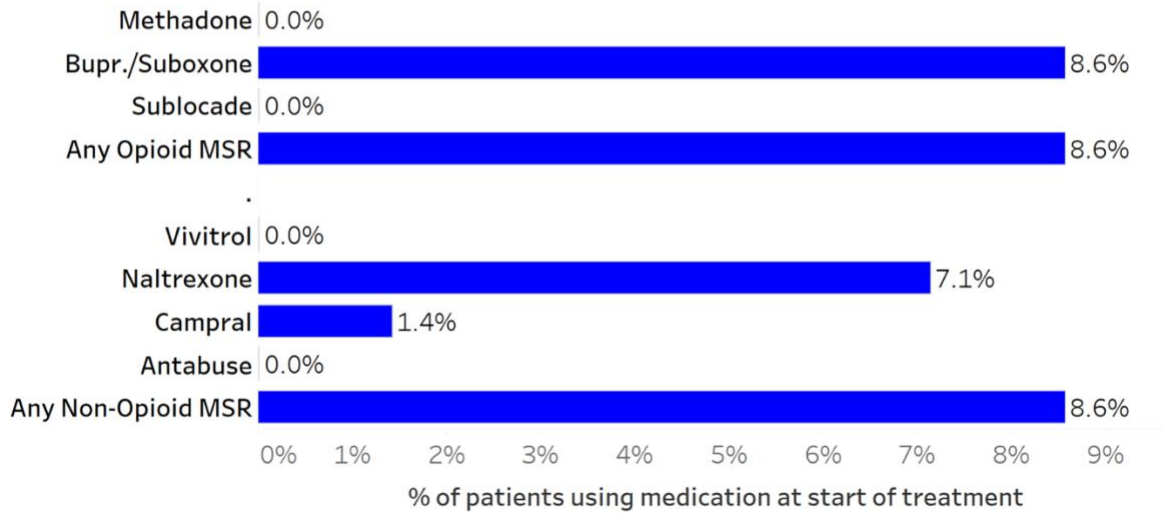
## Medication Supported Recovery

Among all SEE Purpose patients, 8.6% reported taking an opioid replacement medication at the start of treatment, and 8.6% reported taking a non-opioid anti-craving medication. Buprenorphine/Suboxone (8.6%) and Naltrexone (7.1%) were the most commonly used medications:

### Percent of Medication Supported Recovery Patients at Intake

#### SEE Purpose Treatment Center

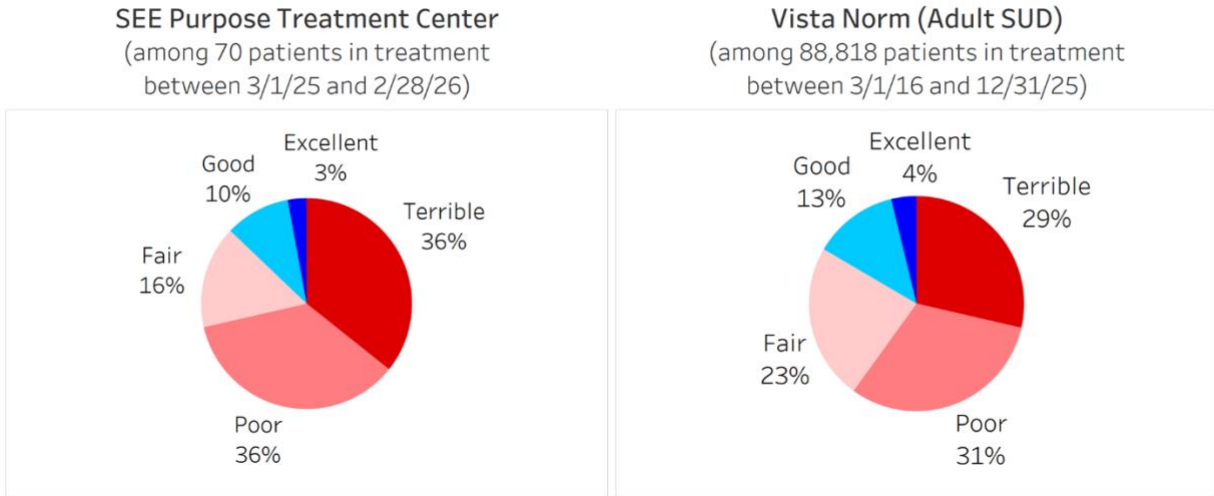
(among 70 patients in treatment between 3/1/25 and 2/28/26)



## How Patients Were Feeling Prior to Treatment

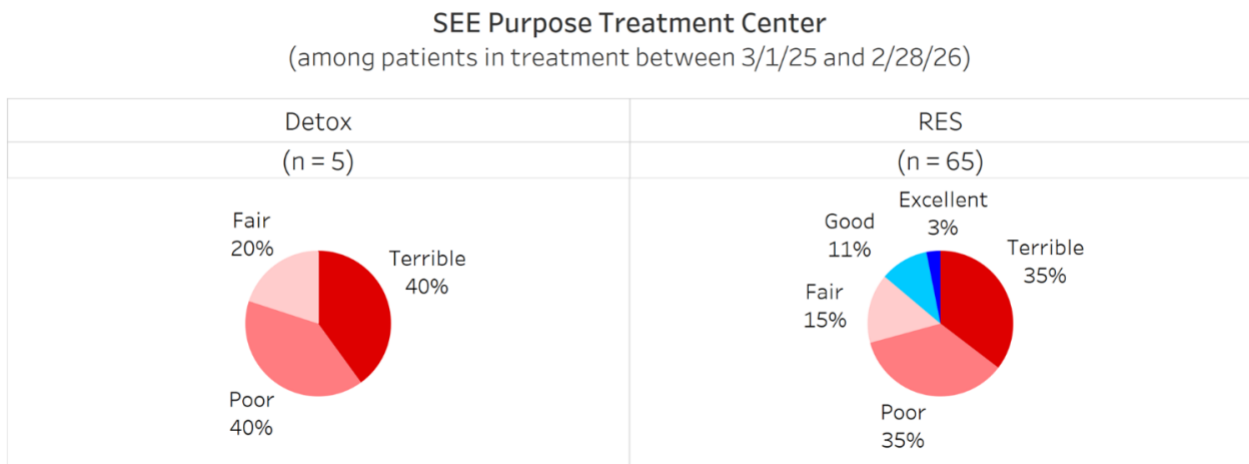
Nearly three-quarters (72%) of SEE Purpose patients reported feeling poor or terrible during the 30 days prior to entering treatment, higher than the Vista norm of 60%. Conversely, 13% of SEE Purpose patients reported feeling good or excellent, which is lower than the 17% Vista norm:

### Overall Feeling at Intake



A higher percentage of detox patients (80%) reported feeling terrible or poor in the 30 days prior to starting treatment, compared to those entering residential (70%):

### Overall Feeling at Intake by Program



## Presence of Co-Occurring Disorders

As part of their intake questionnaire, patients were asked a series of screening questions that referred to the 30 days before starting treatment. If they answered one or more of the screening questions for a particular co-occurring disorder positively, they were then taken to a complete academically validated assessment to measure the severity of their symptoms of that disorder. If a patient answered the screening questions negatively for a specific disorder, they were classified as "symptom unlikely" on the following charts.

The majority of patients (84%) entering SEE Purpose reported experiencing moderate or severe symptoms of one or more co-occurring disorders in the 30 days prior to entering treatment. Overall, a higher percentage of SEE Purpose patients reported symptoms of co-occurring disorders compared to Vista norms. Fifty-three percent (53%) of SEE Purpose patients reported disordered eating behaviors in the month before treatment, which was substantially higher than the 35% Vista norm:

### Patients with Moderate or Severe Symptoms at Intake

SEE Purpose Treatment Center				
	Detox	RES	Total	Vista Norm (Adult SUD)
	(n = 5)	(n = 65)	3/1/25-2/28/26 (n=70)	3/1/16 - 12/31/25 (n=88,818)
Depression	60%	69%	69%	64%
Anxiety	60%	68%	67%	61%
Trauma	60%	65%	64%	58%
Eating Disorder	60%	52%	53%	35%

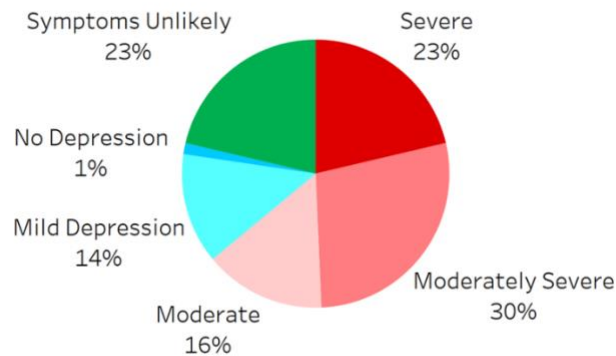
	Detox	RES	Total	Vista Norm (Adult SUD)
	(n = 5)	(n = 65)	3/1/25-2/28/26 (n=70)	12/1/17 - 12/31/25 Mania: (n=29,823)
Mania	20%	18%	19%	19%
Psychosis	20%	18%	19%	Psychosis: (n=30,322) 22%

**Depression:** The majority (69%) of SEE Purpose patients reported experiencing symptoms indicative of moderate to severe depression in the 30 days prior to starting treatment:

### Depression Symptoms at Intake (PHQ-9)

#### SEE Purpose Treatment Center

(among 70 patients in treatment  
between 3/1/25 and 2/28/26)

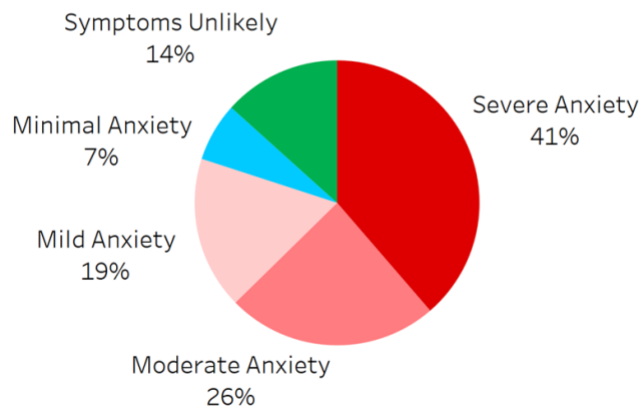


**Anxiety:** About two-thirds (67%) of SEE Purpose patients reported experiencing symptoms indicative of moderate to severe anxiety in the 30 days prior to starting treatment:

### Anxiety Symptoms at Intake (GAD-7)

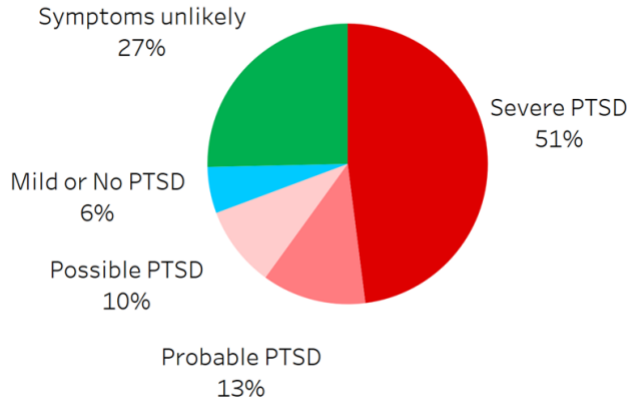
#### SEE Purpose Treatment Center

(among 70 patients in treatment  
between 3/1/25 and 2/28/26)



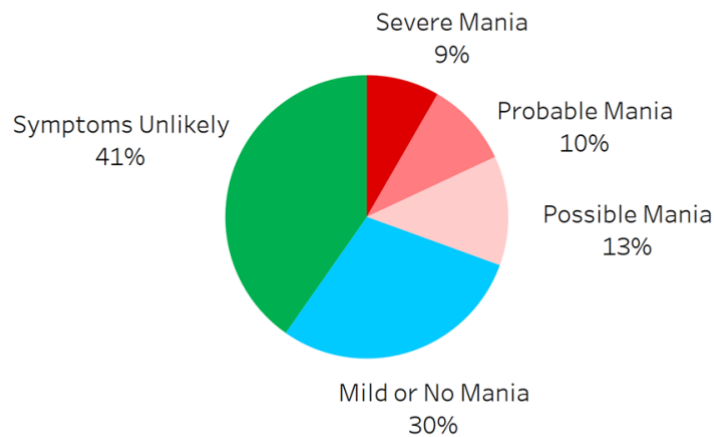
**Trauma:** Sixty-four percent (64%) of SEE Purpose patients reported experiencing symptoms indicative of PTSD in the 30 days prior to starting treatment:

**Trauma Symptoms at Intake (PCL-6)**  
**SEE Purpose Treatment Center**  
(among 70 patients in treatment  
between 3/1/25 and 2/28/26)



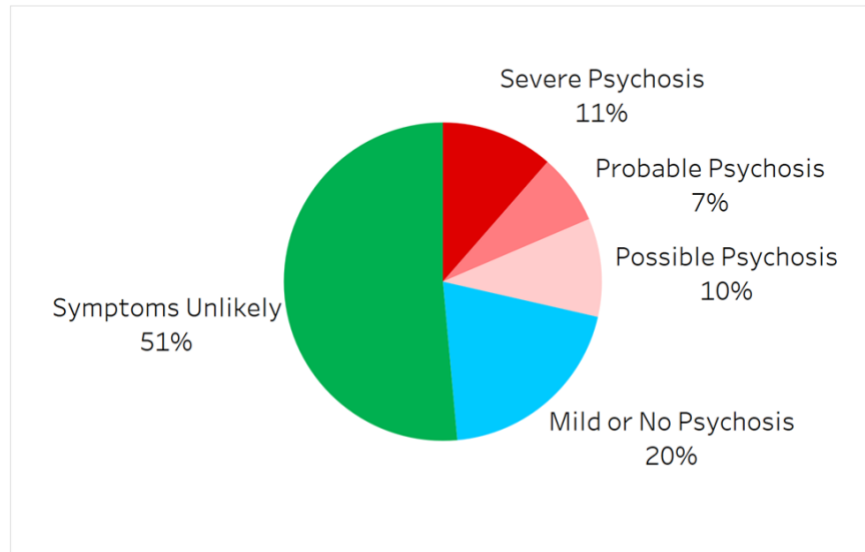
**Mania:** Nineteen percent (19%) of SEE Purpose patients reported experiencing symptoms indicative of mania in the 30 days prior to starting treatment:

**Mania Symptoms at Intake**  
**SEE Purpose Treatment Center**  
(among 70 patients in treatment  
between 3/1/25 and 2/28/26)

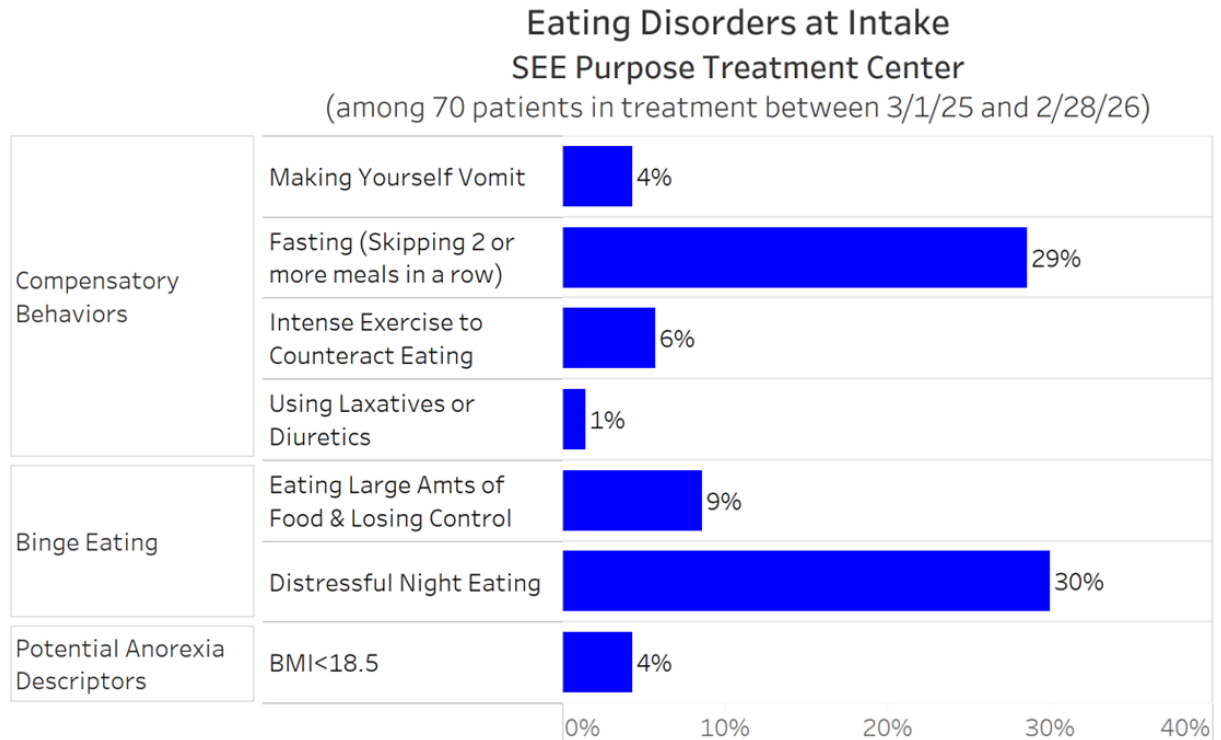


**Psychosis:** About nineteen percent (19%) of SEE Purpose patients reported experiencing symptoms indicative of psychosis in the 30 days prior to starting treatment:

**Psychosis Symptoms at Intake**  
**SEE Purpose Treatment Center**  
(among 70 patients in treatment  
between 3/1/25 and 2/28/26)

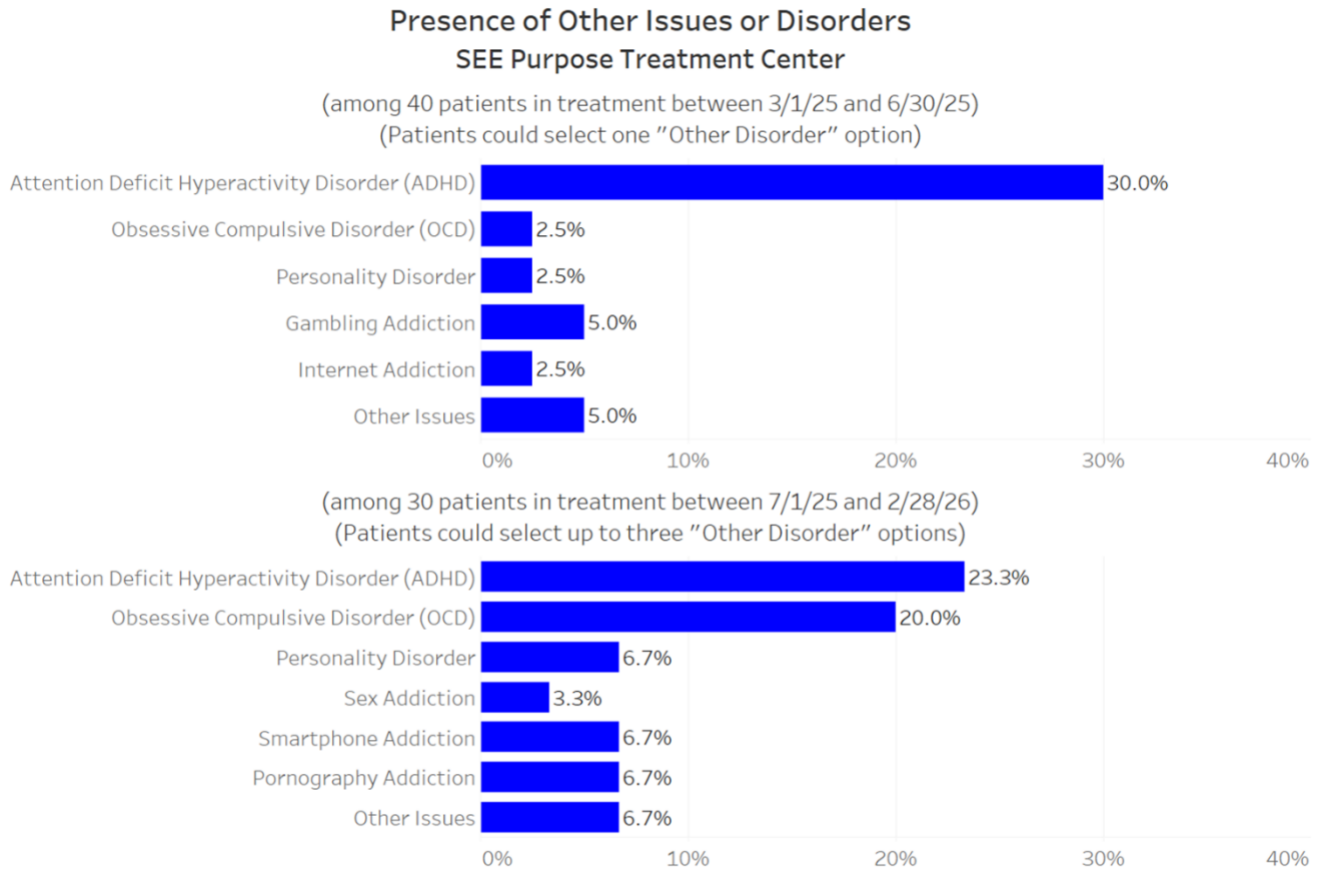


**Eating Disorders:** Fifty-three percent (53%) of SEE Purpose patients reported behaviors typically associated with eating disorders in the 30 days before starting treatment. Thirty percent (30%) of patients reported eating during the night after awakening from sleep or eating an unusually large amount of food after the evening meal and being distressed by the night eating. The next most common behavior was fasting, defined as skipping two or more meals in a row, which was reported by 29% of patients:



## Other Disorders

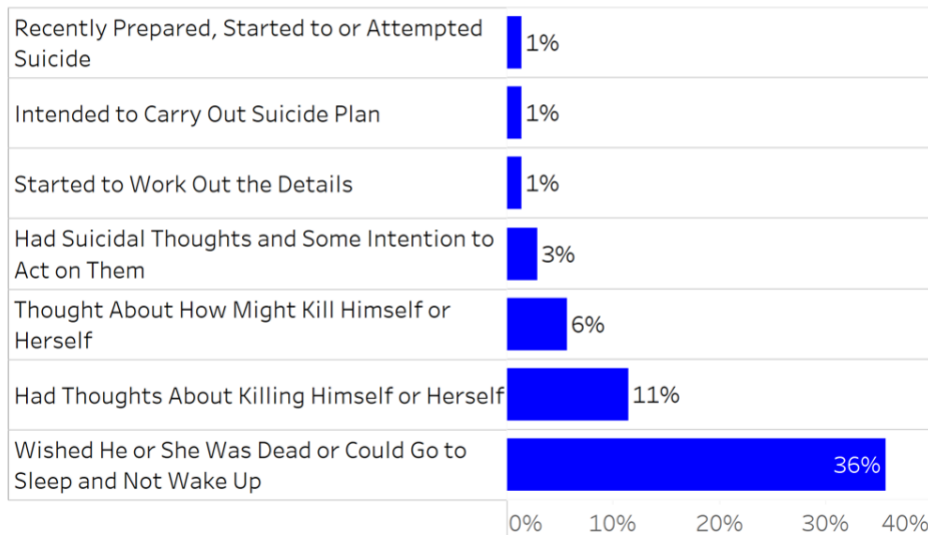
Additionally, some SEE Purpose patients reported other issues or disorders at intake that played a role in their attending treatment. Prior to July 1, 2025, patients could select only one such option; those starting treatment on or after that date could select up to three. Among patients who began treatment between July 2025 and February 2026, 23.3% reported having ADHD and 20% reported having OCD:



## Suicidal Thoughts

Thirty-six percent (36%) of SEE Purpose patients reported having wished they were dead or "could go to sleep and not wake up" in the month prior to treatment, while 11% reported having had thoughts about killing themselves. One percent (1%) reported having recently prepared, started, or attempted suicide:

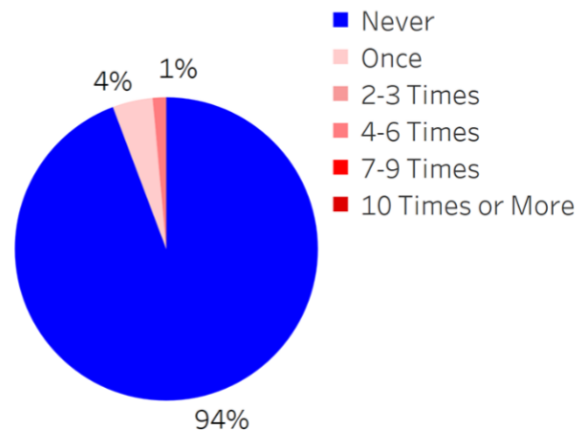
**Suicidal Thoughts and Intentions at Intake**  
**SEE Purpose Treatment Center**  
 (among 70 patients in treatment between 3/1/25 and 2/28/26)



## Self-Harming Behaviors

About six percent (6%) of SEE Purpose patients said they had harmed themselves on purpose, such as by cutting themselves, at least once in the month before starting treatment:

**Self Harm Symptoms at Intake**  
**SEE Purpose Treatment Center**  
 (among 70 patients in treatment between 3/1/25 and 2/28/26)



# Medication Adherence

At intake, 37% of patients reported having been prescribed one or more medications to help with emotional issues such as depression or anxiety that a physician was expecting them to take. Of these 26 patients, 58% reported having taken all of their prescribed medication in the last 30 days. Among the remaining 11 patients, 2 patients (18%) had taken "a little" of the medication, typically reporting that they didn't think it was necessary or didn't like how it was making them feel. Another 64% had not taken any of the medication, usually because they never filled the prescription:

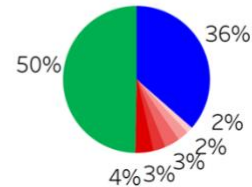
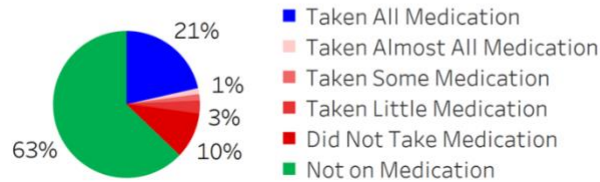
## Medication Adherence at Intake

**SEE Purpose Treatment Center**  
(among 70 patients in treatment between 3/1/25 and 2/28/26)

**Vista Norm: (Adult SUD)**  
(among 29,030 patients in treatment between 3/1/16 and 12/31/25)

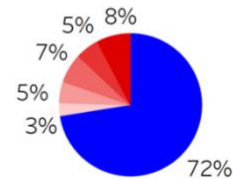
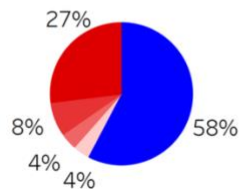
37% prescribed psychotropic medication at intake

50% prescribed psychotropic medication at intake



**SEE Purpose Treatment Center**  
(among 26 patients in treatment between 3/1/25 and 2/28/26 who were prescribed psychotropic medication)

**Vista Norm: (Adult SUD)**  
(among 14,290 patients in treatment between 3/1/16 and 12/31/25 who were prescribed psychotropic medication)



# PROGRESS DURING TREATMENT

## Improvement in Co-Occurring Disorders

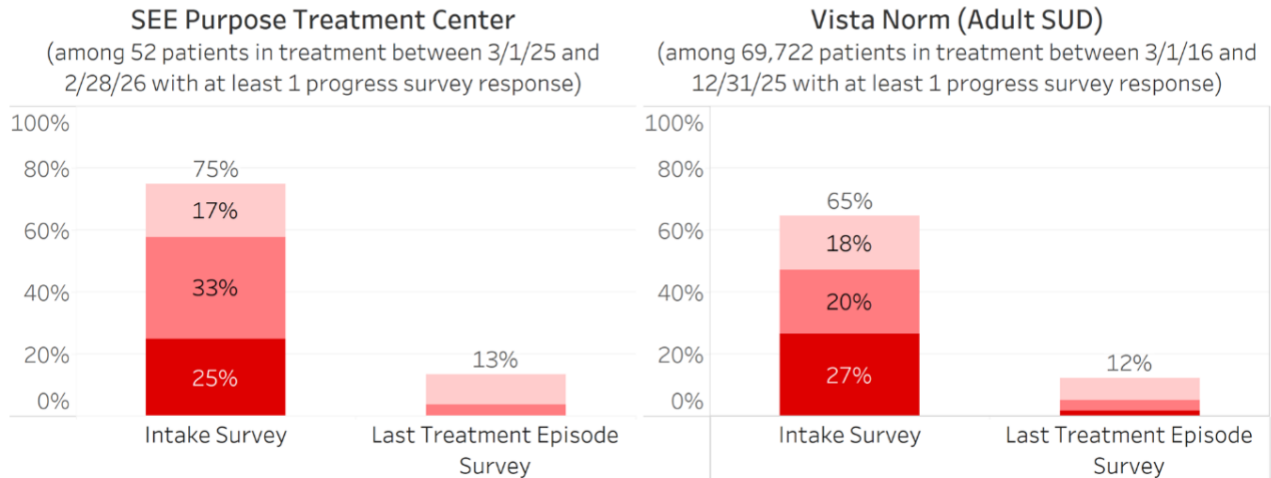
During the time they were in treatment, the percentage of SEE Purpose patients who reported experiencing co-occurring disorder symptoms declined dramatically. The following graphs illustrate how the percentage of patients reporting symptoms declined between intake and the last progress monitoring survey they submitted.

These graphs only include patients who submitted at least one follow-up survey. Because not all patients submitted update surveys, the following intake percentages may differ from those shown in the table in the previous section.

**Depression:** On the last progress monitoring survey they completed, 13% of SEE Purpose patients reported experiencing moderate to severe depression symptoms, which is similar to the Vista norm of 12%:

### Patient Progress on Depression Symptoms (PHQ-9)

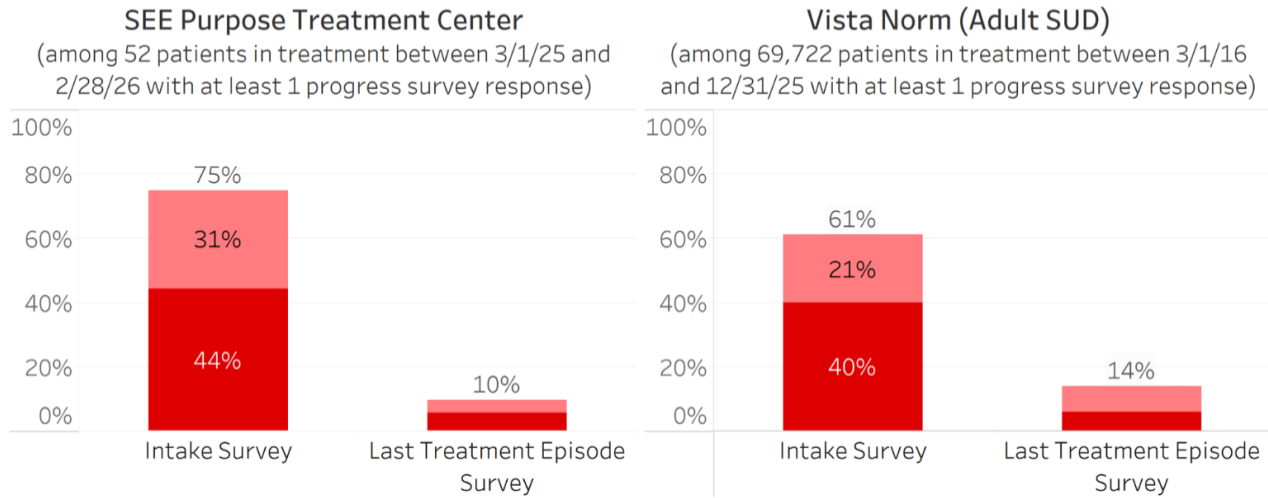
■ Severe Depression ■ Moderately Severe Depression ■ Moderate Depression



**Anxiety:** Ten percent (10%) of SEE Purpose patients reported moderate to severe anxiety symptoms on their last progress monitoring survey, which is slightly lower than the Vista norm of 14%:

### Patient Progress on Anxiety Symptoms (GAD-7)

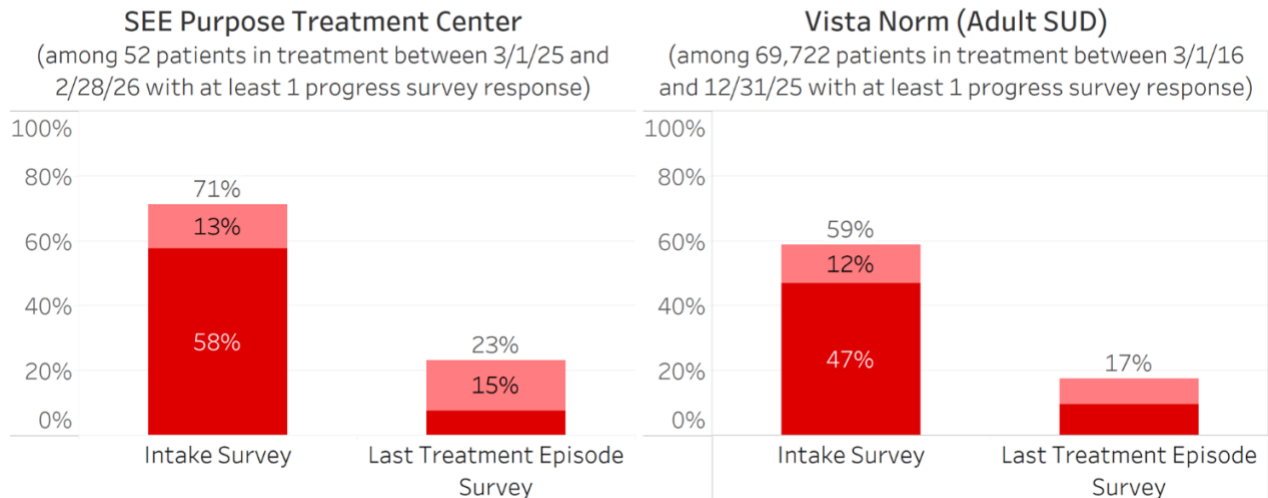
■ Severe Anxiety ■ Moderate Anxiety



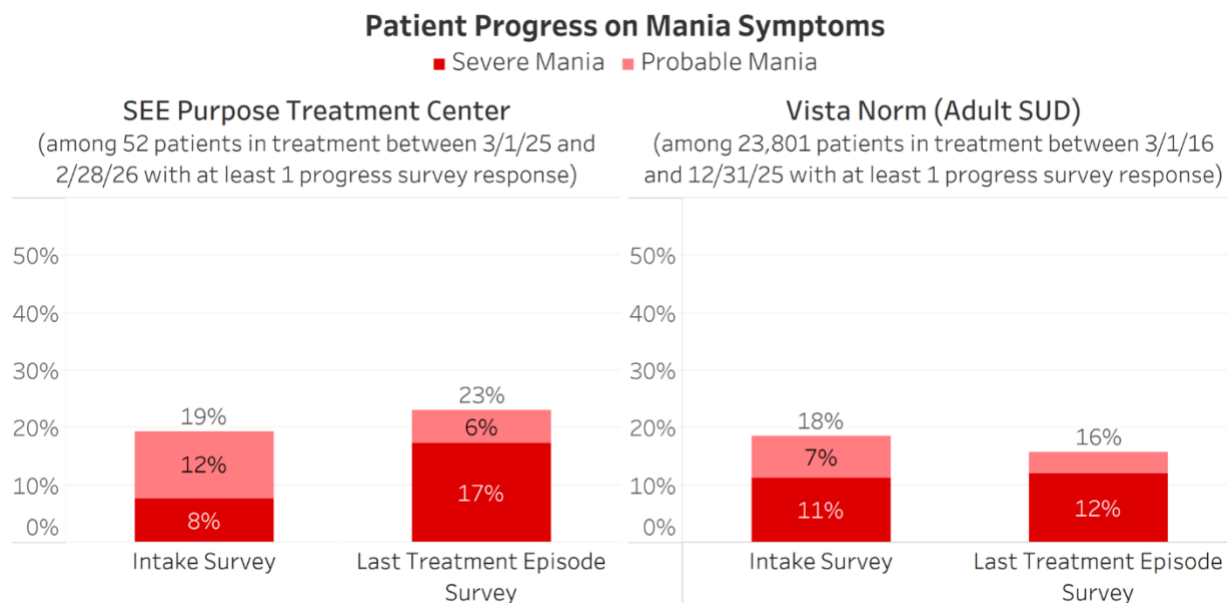
**Trauma:** Twenty-three percent (23%) of SEE Purpose patients reported probable or severe symptoms of PTSD on their last progress monitoring survey, which is higher than the Vista norm of 17%:

### Patient Progress on Trauma Symptoms (PCL-6)

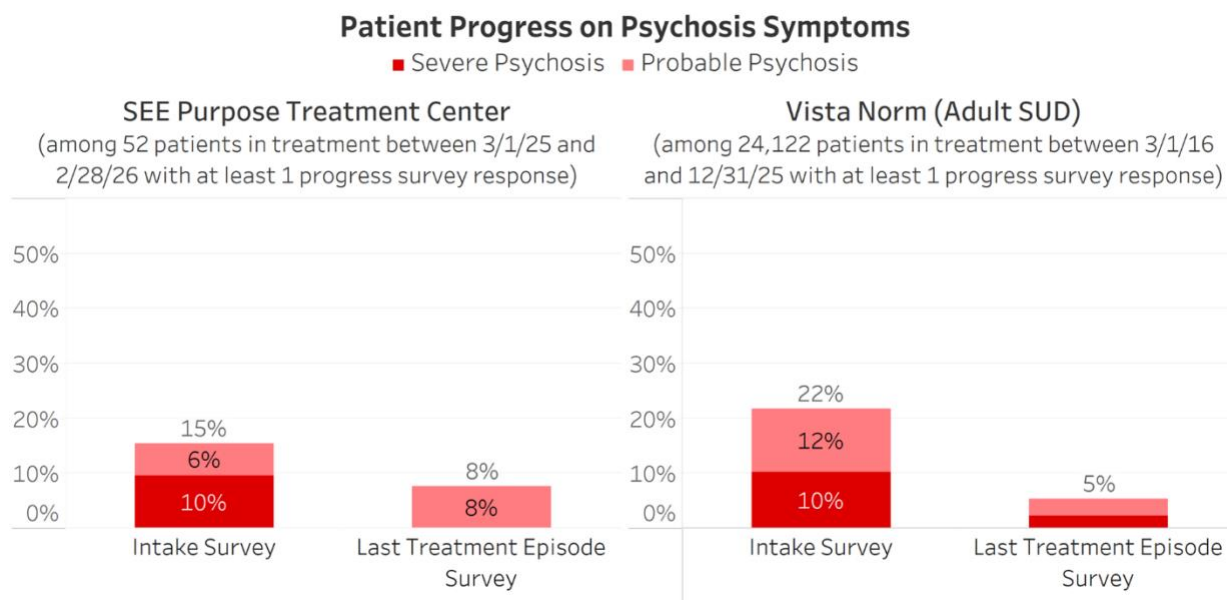
■ Severe PTSD ■ Probable PTSD



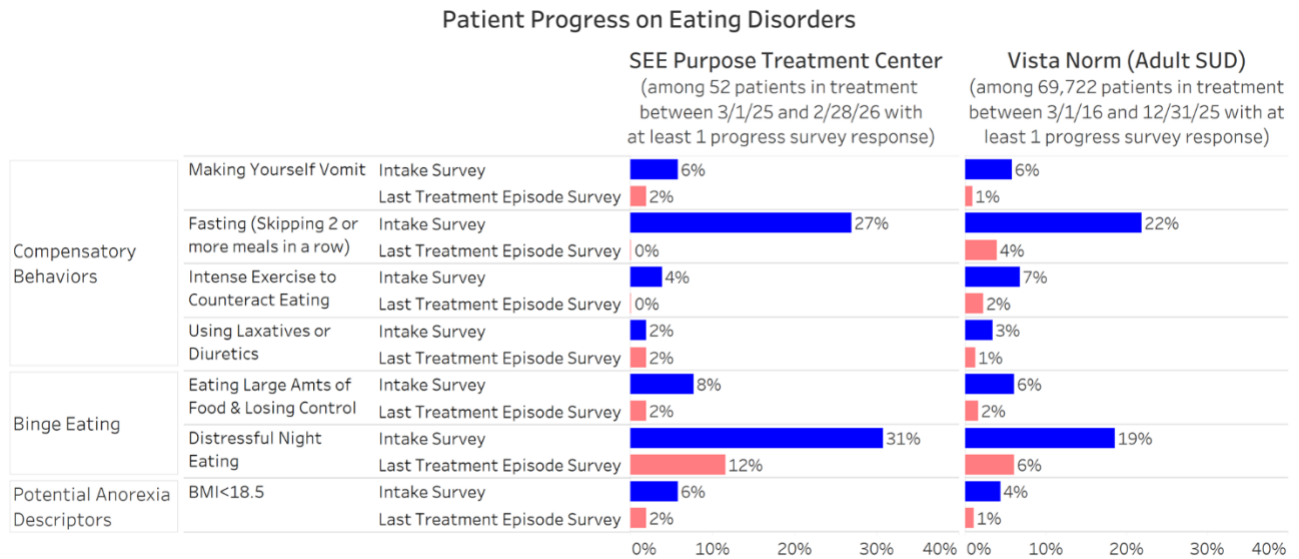
**Mania:** Twenty-three percent (23%) of SEE Purpose patients reported probable or severe symptoms of mania on their last progress monitoring survey, which is higher than the Vista norm of 16%:



**Psychosis:** Eight percent (8%) of SEE Purpose patients reported probable or severe symptoms of psychosis on their last progress monitoring survey, which is slightly higher than the Vista norm of 5%:

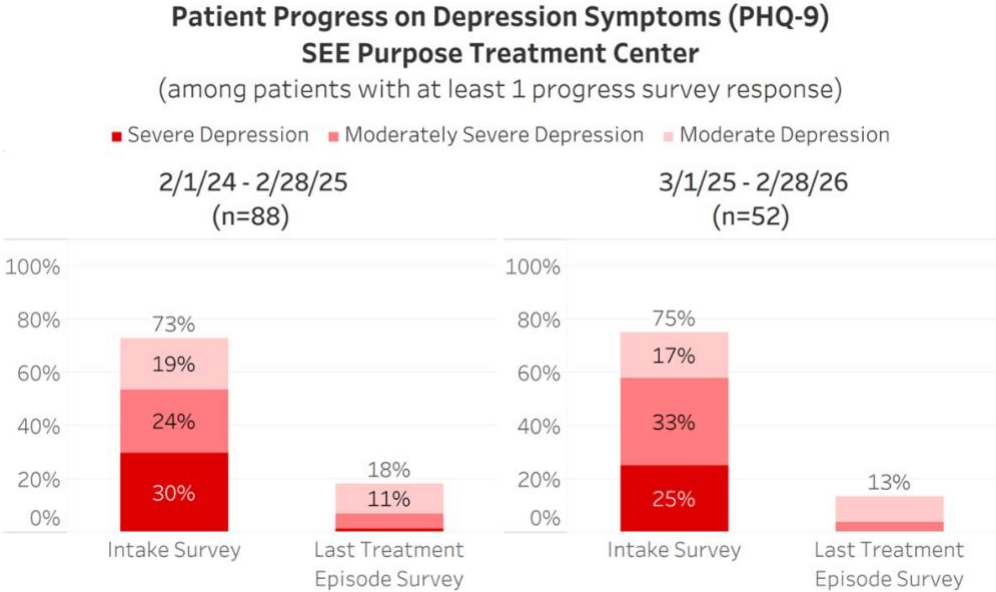


**Eating Disorders:** The percentage of SEE Purpose patients reporting disordered eating behaviors declined substantially during treatment. The percentages of SEE Purpose patients reporting eating disorder behaviors on their last treatment survey were fairly similar to the Vista norms, with the exception of distressful night eating:

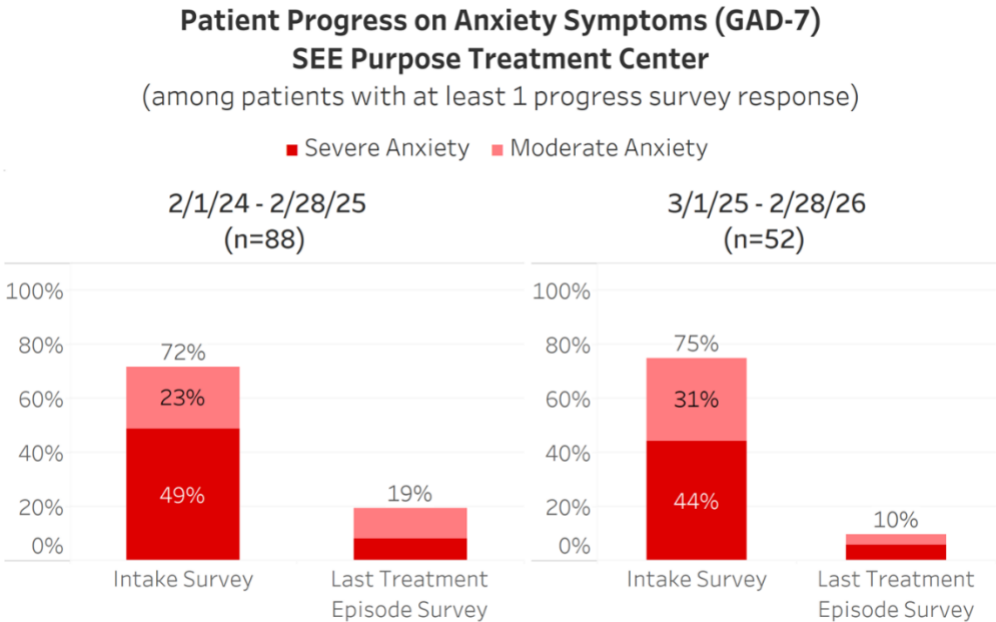


# Improvement in Co-Occurring Disorders – Trends

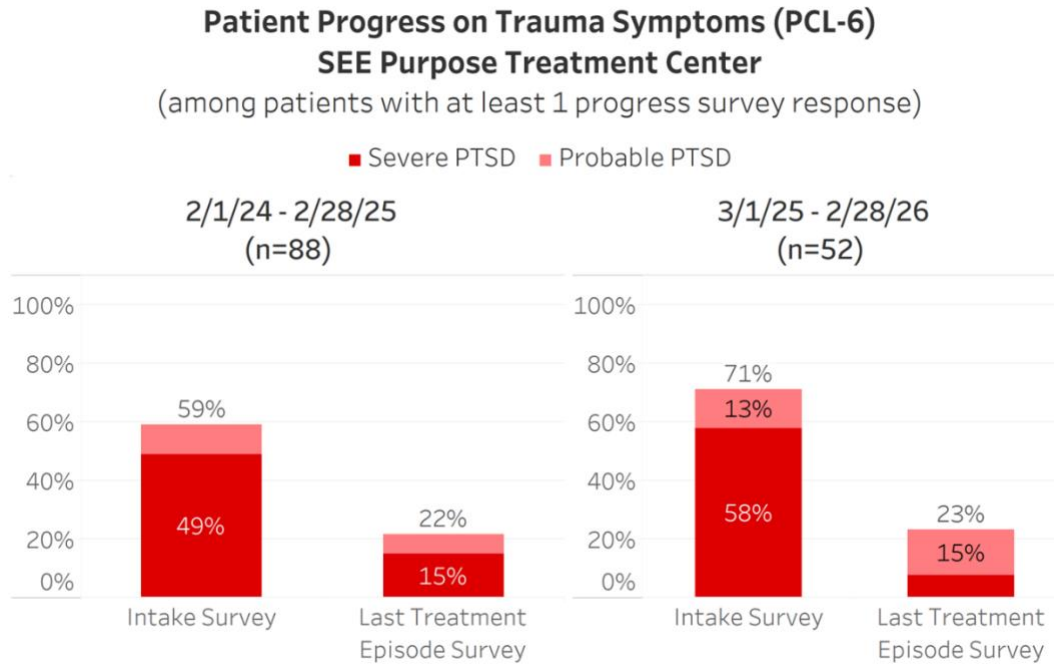
**Depression:** The percentage of SEE Purpose patients reporting moderate to severe depression symptoms at intake increased marginally from 73% to 75%, between 2024/2025 and 2025/2026. On their last monitoring survey, the percentage of patients reporting depression symptoms decreased from 18% to 13%:



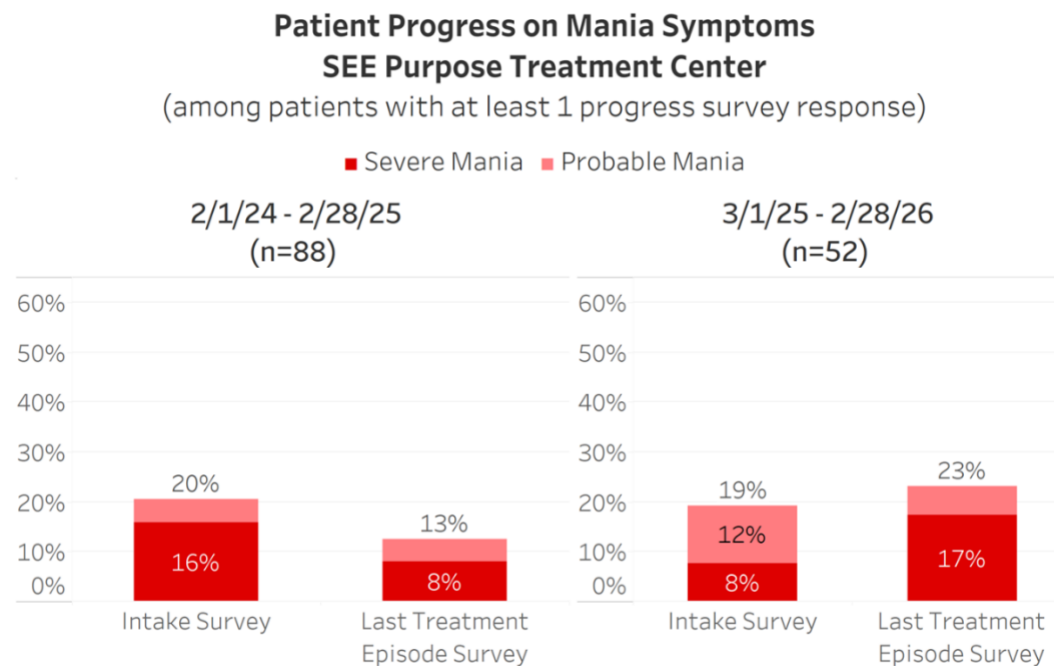
**Anxiety:** The percentage of SEE Purpose patients reporting anxiety symptoms on the last treatment update survey decreased from 19% to 10% during the most recent reporting period:



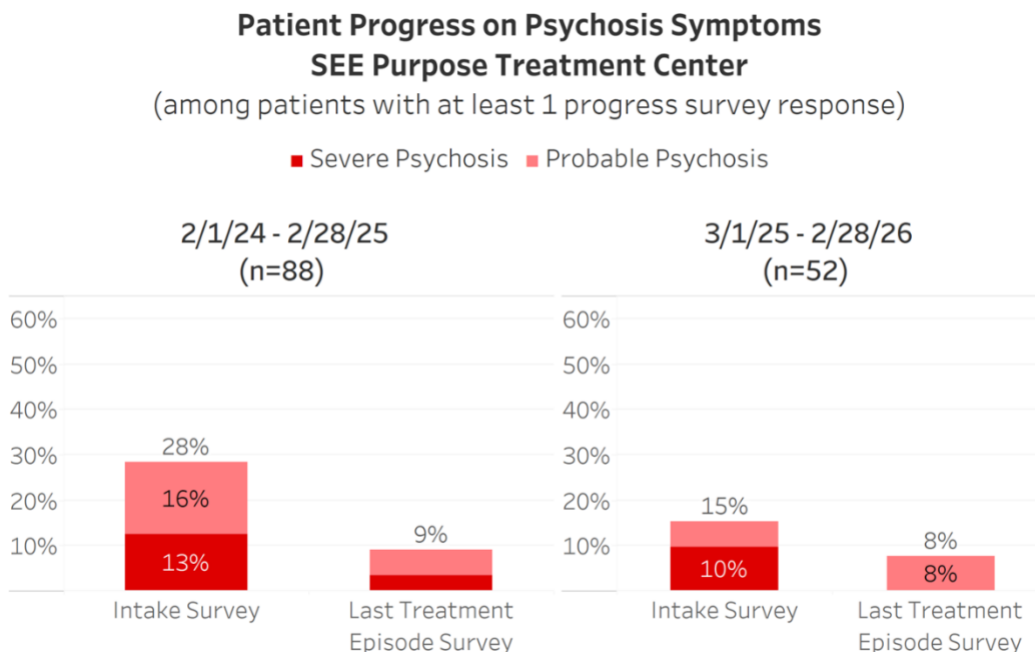
**Trauma:** The percentage of SEE Purpose patients reporting PTSD symptoms at intake increased over time, while the percentage remained fairly consistent on the last treatment survey:



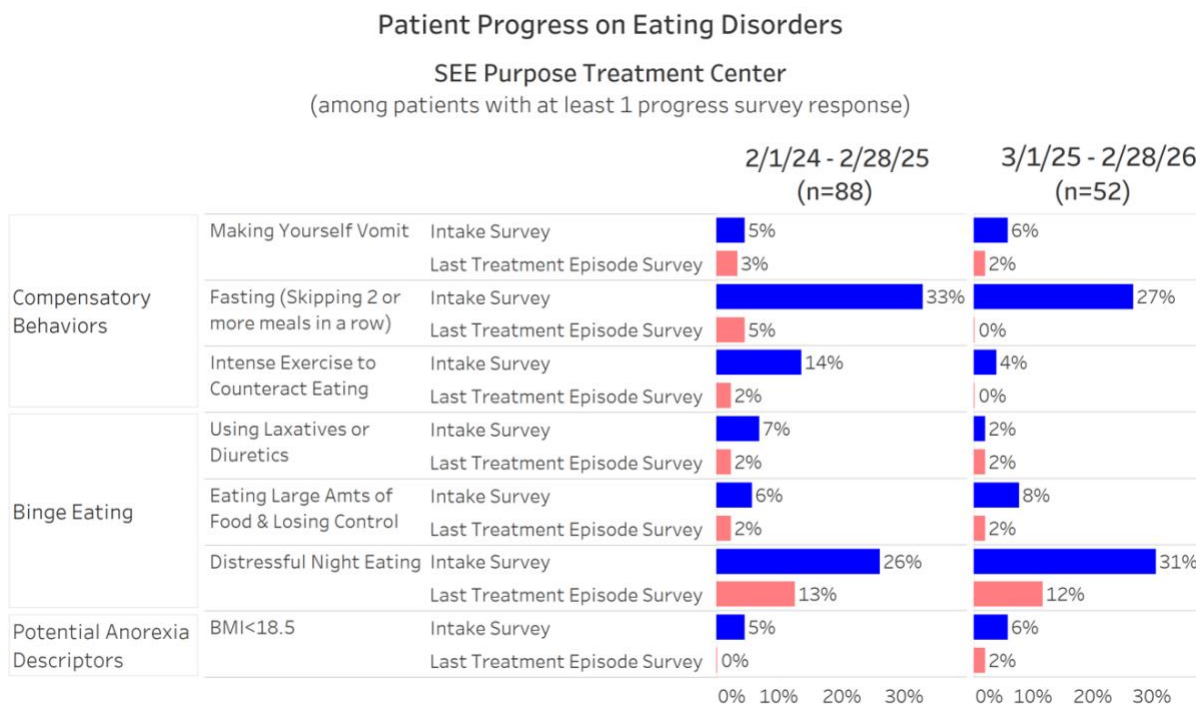
**Mania:** The percentage of SEE Purpose patients reporting mania symptoms at intake remained fairly stable, while the percentage reporting mania symptoms on the last treatment survey has increased over time:



**Psychosis:** The percentage of SEE Purpose patients reporting psychosis symptoms at intake has decreased over time, while the percentage remained relatively consistent on the last treatment survey:

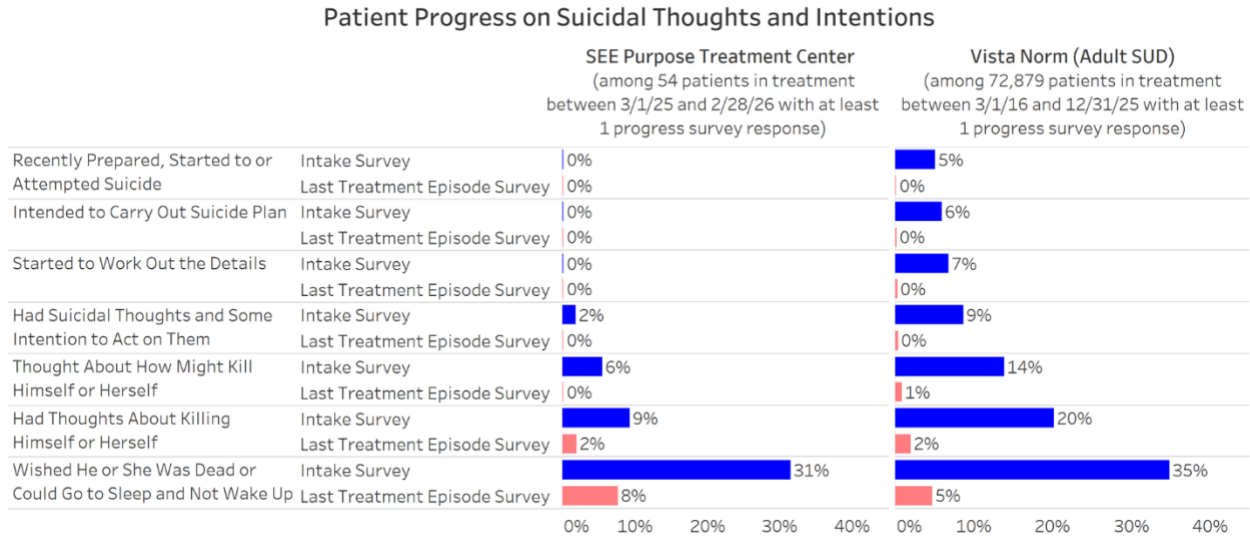


**Eating Disorders:** Higher percentages of patients reported fasting, both at intake and on the last treatment survey, during the first reporting period. Fairly similar percentages of patients reported binge eating behaviors on their last treatment surveys across both periods:



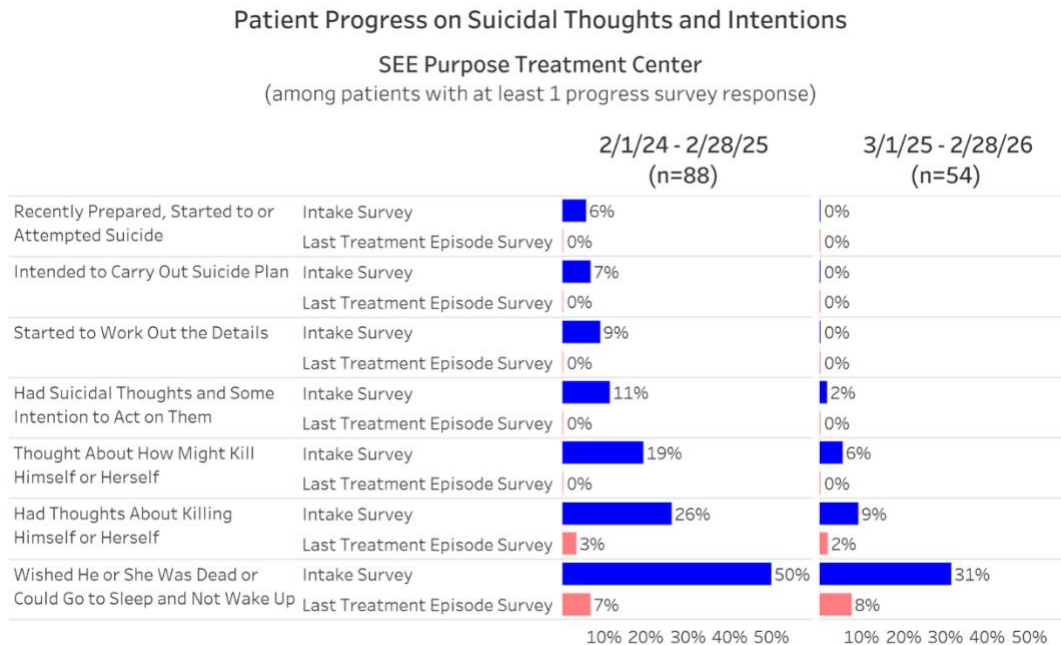
## Reduced Suicidal Thoughts

The percentage of SEE Purpose patients reporting suicidal thoughts decreased dramatically during treatment. Lower percentages of SEE Purpose patients reported specific suicidal thoughts at intake compared to the Vista norms. On their last survey, 8% of SEE Purpose patients still reported having wished they were dead or could go to sleep and not wake up, compared to the Vista norm of 5%:



## Reduced Suicidal Thoughts – Trends

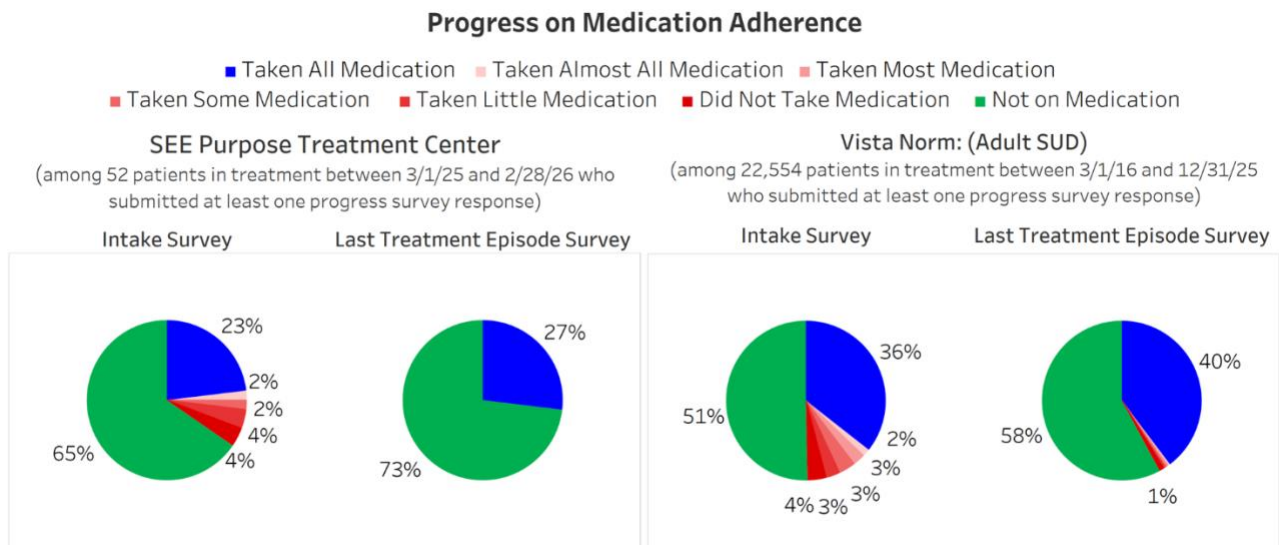
Higher percentages of SEE Purpose patients reported having suicidal thoughts or intentions at intake in 2024/2025 than in 2025/2026. Suicidal thoughts on patients' last survey before discharge were fairly consistent over time:



## Progress on Medication Adherence

Patients are asked at intake and on each progress monitoring survey whether they have been prescribed medications for emotional issues, since prescriptions can start or change at any time during treatment. Among SEE Purpose patients who submitted at least one progress monitoring survey, 35% reported being prescribed psychotropic medications in the 30 days before starting treatment. Of the 18 patients reporting a prescription at intake, 66% (12 patients) said they were taking all their medication.

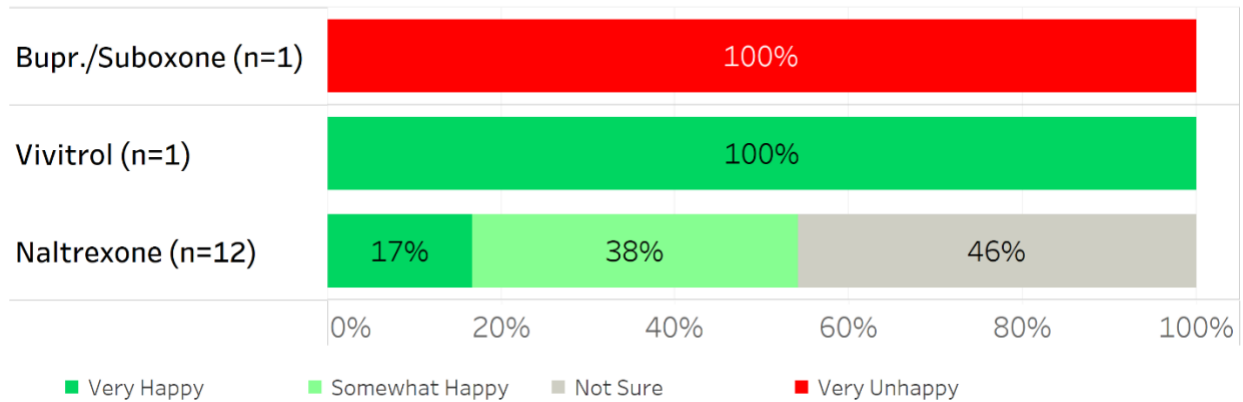
On the last survey, 27% of patients reported being prescribed psychotropic medications. Among the 14 patients reporting prescriptions at that time, 100% (14 patients) said they were taking all their medication, higher than the Vista norm (95%). The percentage of patients taking all their prescribed psychotropic medication improved substantially from 66% at intake to 100% on the last survey:



## Anti-Craving Medication Usage During Treatment

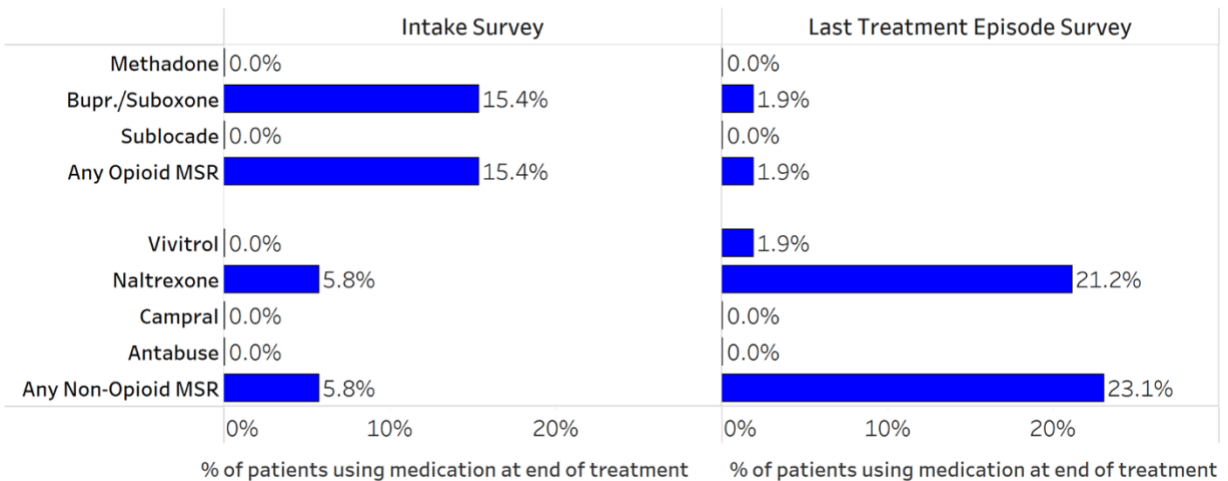
Patients who were using an opioid or non-opioid anti-craving medication at the time they completed a monitoring survey were asked how happy they were to be taking this medication. About fifty-five percent (55%) of patients reported being somewhat or very happy to be taking Naltrexone. The other two medications, Buprenorphine/Suboxone and Vivitrol, were each only being taken by one patient:

**SEE Purpose Treatment Center**  
**How Happy Patients Are To Be Taking Medication**  
 (averaged rating of 14 SUD patients in treatment between 3/1/25 & 2/28/26)



The percentage of patients using an opioid-based medication to control cravings decreased during treatment; however, the percentage of patients using non-opioid medications increased. For example, 21.2% of patients were using Naltrexone on their last survey prior to discharge, up from 5.8% at the start of treatment:

**Medication Usage Differences Between Intake and Last Survey**  
**SEE Purpose Treatment Center**  
 (among 52 patients in treatment between 3/1/25 and 2/28/26 with at least 1 progress survey response)



# TREATMENT SUCCESS

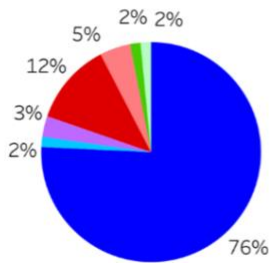
## Treatment Completion Rate vs. Vista Norm

Among 66 patients who were discharged from SEE Purpose between March 1, 2025 and February 28, 2026, 76% completed all recommended treatment. Twelve percent (12%) left treatment against medical advice, and another 5% were asked to leave treatment. The median length of stay for patients successfully completing all recommended treatment was 30 days.

The percentage of SEE Purpose patients successfully completing all recommended treatment (76%) is higher than the Vista norm of 64%:

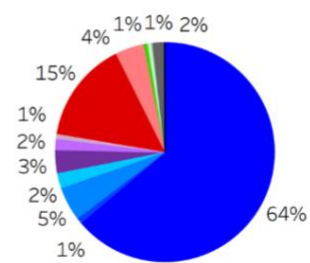
### Treatment Completion

SEE Purpose Treatment Center  
(among 66 patients discharged between 3/1/25 and 2/28/26)



- Completed All Recommended Treatment
- Completed Mandated Treatment
- Completed At Least One Level of Care
- Completed Detox Only
- Referred to higher level of care
- Transferred (without completion)
- Patient left for reasons out of their control
- Left AMA
- Terminated
- Insurance refused to pay
- Patient couldn't pay
- Incarcerated
- Other
- Died

Vista Norm (Adult SUD)  
(among 86,179 patients discharged between 3/1/16 and 12/31/25)



## Treatment Completion Rate vs. National Norms

Because SEE Purpose offers a continuum of care, there are no directly comparable national norms. The closest comparable national data is for patients completing either detox or a short-term residential program in the 2023 TEDS-D dataset. In this case, the 77% of SEE Purpose patients who successfully completed treatment compares very positively to the 62% of TEDS-D patients who completed detox and the 53% who completed short-term residential treatment:

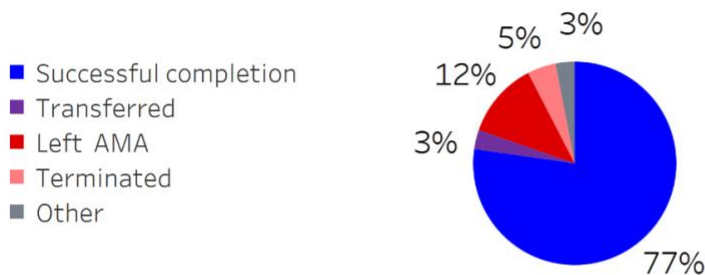
### Treatment Completion Rate vs. National Average

#### SEE Purpose Treatment Center

(among 66 patients discharged between 3/1/25 and 2/28/26)

**Successful Completion: 77%**

Median LOS of Successful Treatment: 30 Days

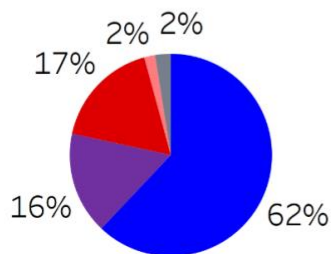


#### TEDS-D Detox

(among 199,442 SUD discharges in 2023)

**Detox National Avg: Successful Completion 62%**

Median LOS of Successful Treatment: 5 Days

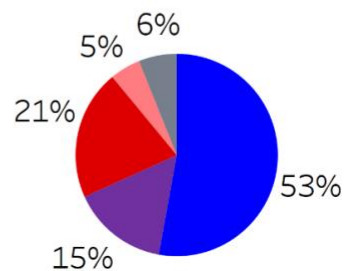


#### TEDS-D Short-Term Residential (< 30 days)

(among 145,059 SUD discharges in 2023)

**RES ST National Avg: Successful Completion 53%**

Median LOS of Successful Treatment: 27 Days

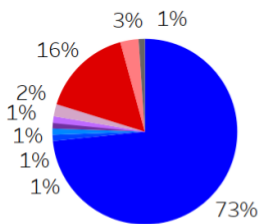


## Treatment Completion Rate – Trends

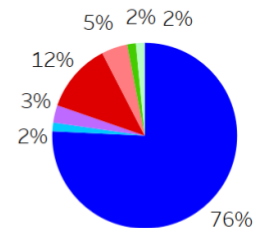
The percentage of SEE Purpose patients completing all recommended treatment increased across the past two periods, from 73% to 76%. The percentage of patients leaving against medical advice has decreased over time:

### Treatment Completion Trends Over Time SEE Purpose Treatment Center

2/1/24-2/28/25  
(among 94 patients discharged)



3/1/25-2/28/26  
(among 66 patients discharged)



## Treatment Retention

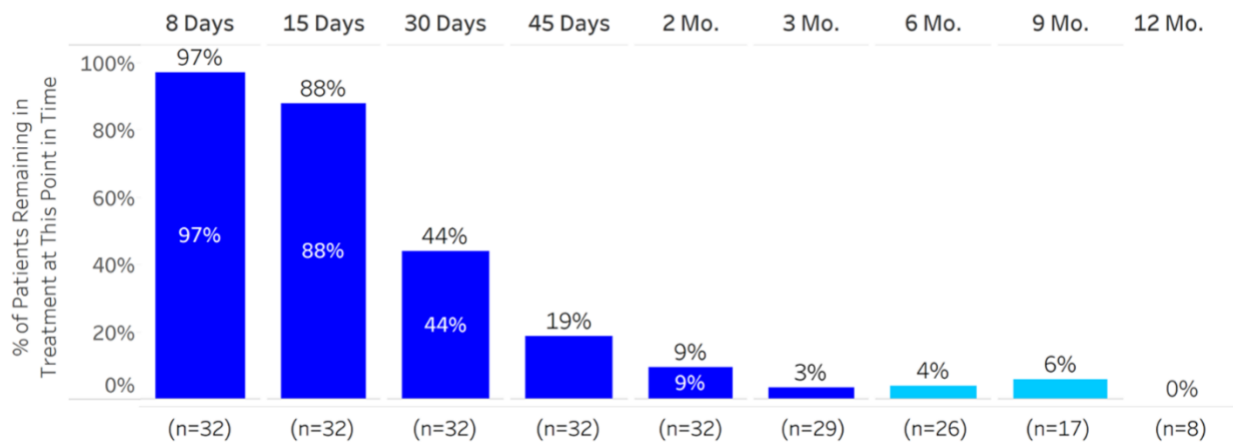
This chart illustrates patient retention at SEE Purpose, showing the percentage of patients who remained in treatment over various intervals. Retention is high in the initial weeks, with 88% of patients engaged at fifteen days. Forty-four percent (44%) of patients were still in treatment one month after admission:

### SEE Purpose Treatment Center

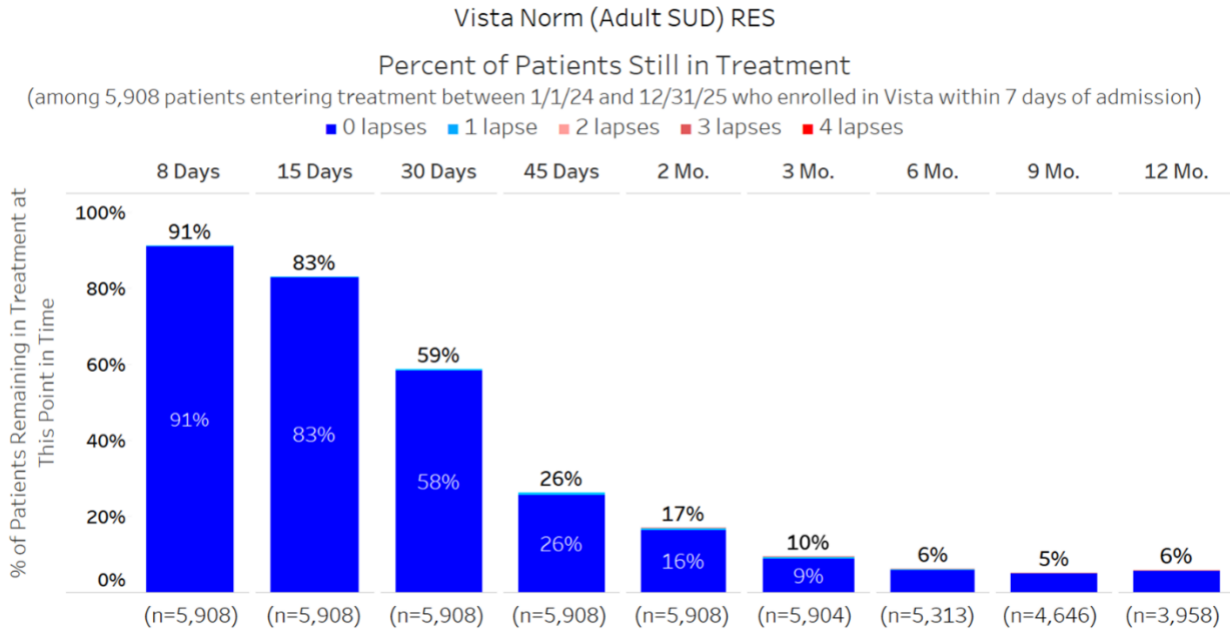
#### Percent of Patients Still in Treatment

(among 32 patients entering treatment between 3/1/25 and 2/28/26 who enrolled in Vista within 7 days of admission)

■ 0 lapses ■ 1 lapse ■ 2 lapses ■ 3 lapses

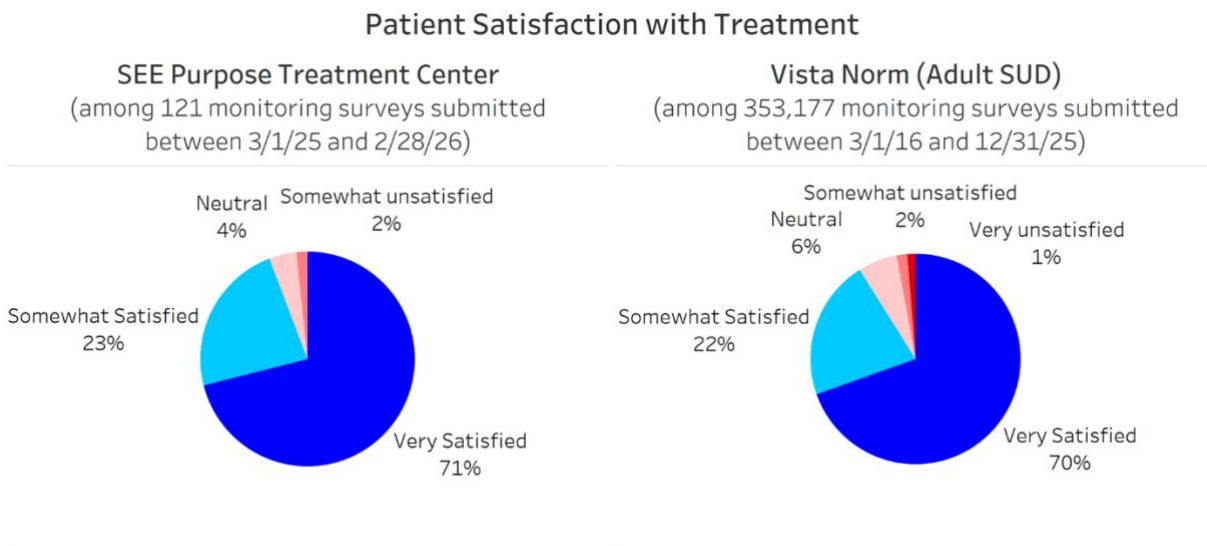


SEE Purpose had a higher percentage of patients remaining in treatment at the 15-day interval compared to the Vista residential norm:



## Satisfaction with Treatment

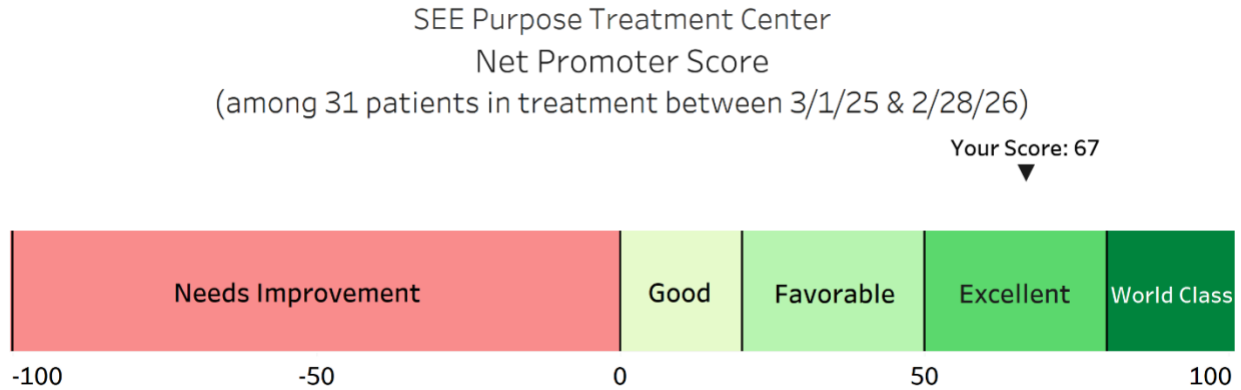
The majority (71%) of SEE Purpose patients submitting update surveys during treatment said they were very satisfied with the treatment they were receiving, and another 23% said they were somewhat satisfied. Both of these are comparable to the Vista norm:



Sample comments from patients are included in the Appendix.

## Net Promoter Score

The Net Promoter Score (NPS) is a measure of customer loyalty and satisfaction, gauging how likely clients are to recommend a service to others. SEE Purpose has achieved an excellent NPS of 67, indicating a strong level of satisfaction among their patients:



## Therapeutic Alliance

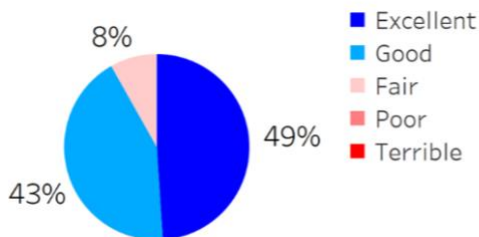
Patients who completed at least one progress monitoring survey were asked to rate their relationship with their individual therapist. The majority (92%) of SEE Purpose patients rated their relationship with their therapist as excellent or good, similar to the Vista residential norm of 94%:

### How Patients Rated Their Relationship with Their Clinician

(average per-patient rating for patients who submitted one or more update surveys)

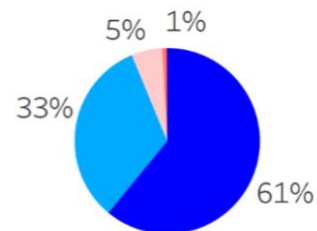
#### SEE Purpose Treatment Center

(among 49 patients in treatment between 3/1/25 & 2/28/26)



#### Vista Norm: (Adult SUD) RES

(among 11,094 patients in treatment between 11/1/22 & 12/31/25)



## Helpfulness of Individual & Group Therapy

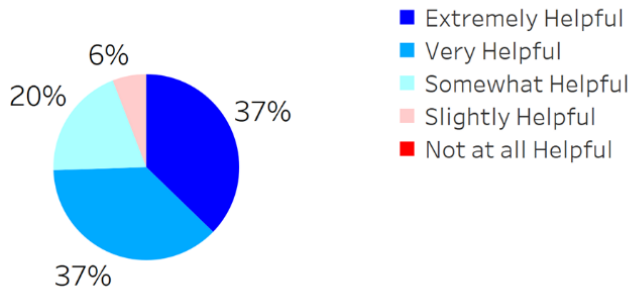
In each progress monitoring survey, patients evaluated the effectiveness of their recent individual therapy sessions in preparing them to achieve their treatment goals, using a 5-point scale ranging from "extremely helpful" to "not at all helpful." About three-quarters (74%) of SEE Purpose patients said their individual therapy was very or extremely helpful, lower than the Vista residential norm of 85%:

### Helpfulness of Recent Individual Therapy

(average per-patient rating for patients who submitted one or more update surveys)

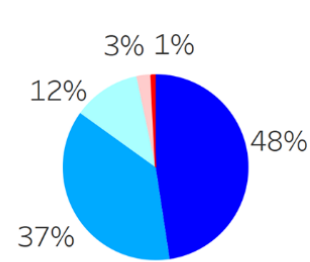
#### SEE Purpose Treatment Center

(among 51 patients in treatment between 3/1/25 & 2/28/26)



#### Vista Norm: (Adult SUD) RES

(among 11,039 patients in treatment between 11/1/22 & 12/31/25)



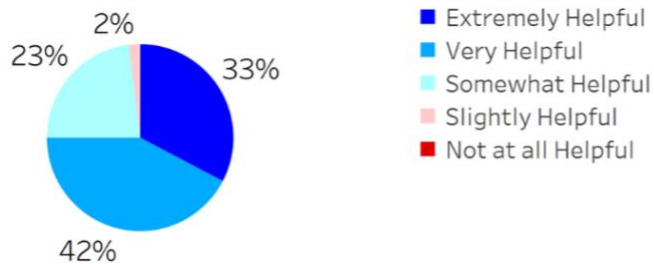
Patients also evaluated the effectiveness of their recent group therapy sessions in preparing them to achieve their treatment goals, using the same 5-point scale. Seventy-five percent (75%) of SEE Purpose patients rated the helpfulness of group therapy as very or extremely helpful, compared to the 79% Vista residential norm:

### Helpfulness of Recent Group Therapy

(average per-patient rating for patients who submitted one or more update surveys)

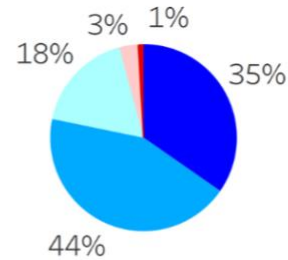
#### SEE Purpose Treatment Center

(among 52 patients in treatment between 3/1/25 & 2/28/26)



#### Vista Norm: (Adult SUD) RES

(among 11,273 patients in treatment between 11/1/22 & 12/31/25)



## Frequency of Individual & Group Therapy

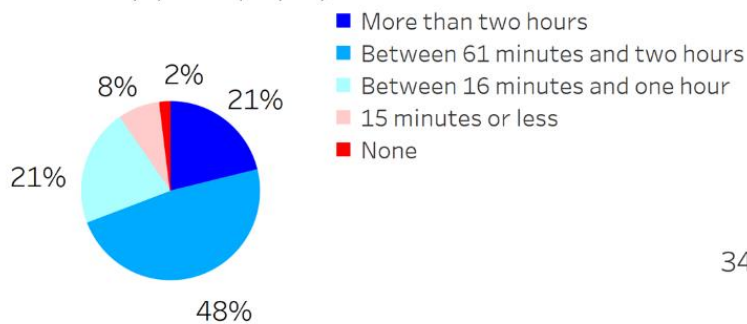
As part of each progress monitoring survey, SEE Purpose patients were asked how many hours per week, on average, they had been attending individual therapy sessions. Sixty-nine percent (69%) of patients reported attending more than one hour of individual therapy per week on average, higher than the Vista residential norm of 54%:

### Hours/Week of Individual Therapy

(average per-patient rating for patients who submitted one or more update surveys)

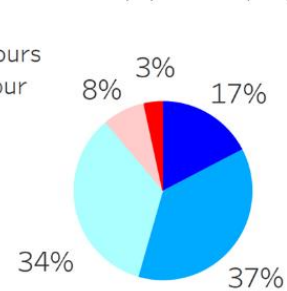
#### SEE Purpose Treatment Center

(among 52 patients in treatment between 3/1/25 & 2/28/26)



#### Vista Norm: (Adult SUD) RES

(among 15,797 patients in treatment between 10/1/21 & 12/31/25)



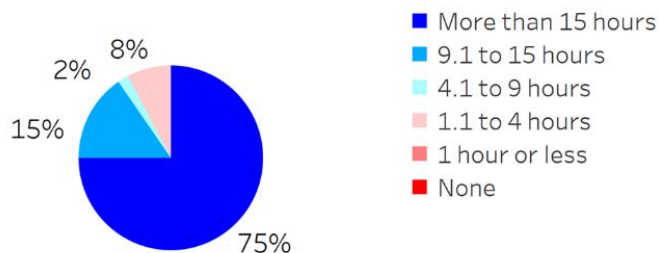
In each progress monitoring survey, SEE Purpose patients were also asked to report the average number of hours per week they attended group therapy sessions. Three-quarters (75%) of patients reported attending more than 15 hours of group therapy per week on average, much higher than the Vista residential norm of 53%:

### Hours/Week of Group Therapy

(average per-patient rating for patients who submitted one or more update surveys)

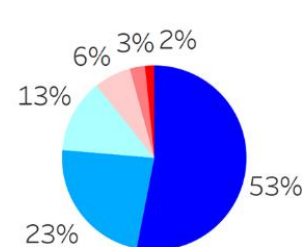
#### SEE Purpose Treatment Center

(among 52 patients in treatment between 3/1/25 & 2/28/26)



#### Vista Norm: (Adult SUD) RES

(among 15,844 patients in treatment between 10/1/21 & 12/31/25)

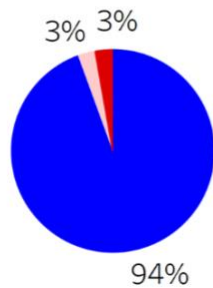


## Meeting Treatment Goals

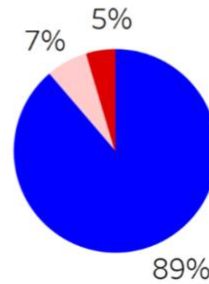
Patients who indicated a progress monitoring survey was likely to be the last they would submit before they left treatment were asked several questions about their treatment goals. The majority of SEE Purpose patients (94%) reported having been asked about their treatment goals during treatment, which is higher than the Vista norm of 89%:

### Were Patients Asked About Treatment Goals

**SEE Purpose Treatment Center**  
(among 36 patients in treatment  
between 3/1/25 and 2/28/26)



**Vista Norm (Adult SUD)**  
(among 47,166 patients in treatment  
between 3/1/16 and 12/31/25)

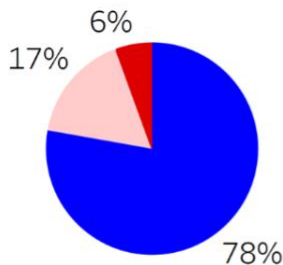


■ Yes  
■ I'm not sure  
■ No

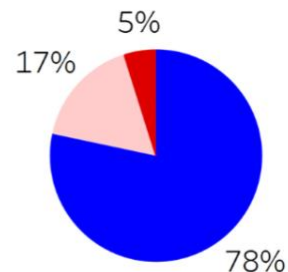
Seventy-eight percent (78%) of SEE Purpose patients said their treatment goals had been met, which is comparable to the Vista norm of 78%:

### Were Your Treatment Goals Met?

**SEE Purpose Treatment Center**  
(among 36 patients in treatment  
between 3/1/25 and 2/28/26)



**Vista Norm (Adult SUD)**  
(among 47,166 patients in treatment  
between 3/1/16 and 12/31/25)



■ Yes, they were met  
■ I'm not sure yet  
■ No, they weren't met

# APPENDIX: SAMPLE PATIENT COMMENTS

## Positive

- Feeling extremely content with the progress in my individual therapy and looking forward to starting my EMDR session using the paddles.
- I am very happy that my friend recommended this treatment program. I don't think I'd be this hopeful had I gone to any other.
- I am very pleased with the treatment I received here at See Purpose, and have nothing but good things to say.
- I feel like I am on the right path to recovery and being the person I want to be. I am very lucky to be in treatment and have a second chance.
- I have a lot of work to do on myself! :)
- I would really like to be put on an antidepressant that could help stabilize my mood, help with my depression so that I have interest in doing things that I once enjoyed, along with helping with my anxiety and ADD/ADHD, so that my relationships improve. Especially while I am receiving all of this counseling/therapy sessions.
- Im getting better!
- it has been amazing
- Thank you for everything :)
- Thank you for everything! You and the rest of the staff are amazing, and I am so grateful to you all!
- thank you for giving my life back
- thanks for all of your help
- The process so far has been helping and I look forward to continuing.
- Therapy has been going well and I feel like I've been making a lot of progress. I have been consciously working on my issues and trying to recognize them in the moment and change my behavior. Standing up for myself has been a big one, gaining self confidence, and being more open and honest with the people around me.
- Very professional, top class treatment center with every tool I needed for my treatment

## Why Satisfied With Treatment

- caring knowledgeable staff!
- Cause I'm staying sober which was the only goal.
- Everyone is very helpful and caring, something I'm NOT used to
- Everyone is very nice and helpful. I love it here.
- good groups and the staff is very attentive
- Good staff that cares
- I am being pushed to do things that are uncomfortable for me but good for my mental health.
- I am feeling better, I am putting in 100% effort, and the staff has been amazing.
- i can feel the difference
- I feel calmer and less anxious overall
- I feel like I am on the right path, and the staff and clients have been very supportive. I am very grateful for the future.

- I feel like there has been a lot of growth and support
- I feel like this has really helped me. The staff is wonderful and my fellow treatment members are very supportive.
- I get groups multiple times per day and get multiple individual sessions per week.
- I know that I'm in good hands and optimistic for my future
- I'm coming up on 30 days sober. works for me....
- It feels like a home type situation something ive never experienced
- Its very insightful to my addiction and why its happening
- Peggy keeps us all going in a positive direction. She is stretched thin and always busy but keeps us all happy here
- Staff have been supportive and encouraging, nice and engaging. The house is very nice and relaxing.
- staff is great an always trying to keep me in a positive mood
- still don't completely understand how it works but I do feel calmer since starting the treatment
- The care and attention given by the staff.
- The groups have been very helpful mixed with neuro and the EDMR treatment I am receiving. I just wish I could get off this Suboxone medication and be back to normal.
- The living environment, caring staff, educated professionals, and peers were all equally effective as a whole during this process. Even, the excess snow played a part of this experience.
- The staff are caring and understanding. The EMDR and Nero Feedback is something not offered at other rehabs i attended
- The team is A1
- The treatment center has provided excellent care and the treatment here has significantly improved my life.
- this center worked miracles on me
- Yall are great. Thank you for everything you do :)

### **Why Goals Were Met**

- A continued treatment plan has been established
- Excellent treatment,very content
- I have accomplished a lot of goals and strengthened my outlook to be more solution, positivity, and growth mindset focused. I no longer have overwhelming cravings if at all. I have more tools to draw from. I feel more connected with myself, and although I am continuing to progress - I am really excited/scared to apply this outside of here. The staff has been kind, responsive and fun.
- I have completed the entire program.
- I have full faith the team and i here will be able to meet my goals
- I'm coming up on 30 days sober.
- The therapists and staff always made time for me, listened to me, and gave me great advice and tools for being sober and a better person.

### **Positive Feelings About MAT**

- I feel that having this medication will help with my long-term sobriety goals.
- It has helped curb my cravings.

## Negative

- I honestly only think that because I plan on staying for a lengthy period of time, I feel they should adjust my taper per my life not past clients. I feel as if I still am withdrawing from opiates and my taper has come down WAY too fast.

### Why Dissatisfied With Treatment

- I feel like it has been difficult for me to completely be assertive to others about my needs without worrying about if I upset someone or etc. I have been assertive and when being assertive, have not felt the support 100% from some staff to help me with feeling positive about myself.
- i unfortunately need more sessions with my therapists to resolve on going issues so i can properly focus on my recovery
- Medication took awhile to receive prescriptions. Communication between day shift and night shift detox team could improve as there was confusion on medication doses and general rules of detox.
- the lack of outside meetings and visitation has me kind of sad.

### Why Goals Were Not Met

- i still need a PCP and Individual Therapist

### Negative Feelings About MAT

- annoying side effects
- doesnt feel strong enough
- I have been a slave to this drug for over 7 years. I want to be off of it.

## Suggestions to Improve Treatment Safety

- more therapists or less clients at a time, thats a tough call