

## Research Results

We are partnered with researchers at the University of Alberta through the Department of Psychiatry to oversee and measure the outcomes of the Be Brave Ranch treatment program.

**Ongoing evaluation and quantitative data analysis is conducted and reviewed through a Scientific and Clinical Committee,** led by Dr. Peter Silverstone (Professor, University of Alberta) and involving several other leading University specialists. This Committee also ensures that staff and programs operate in accordance with clinical best practices and all applicable regulations.

Published results confirm the success of the Be Brave Ranch treatment program for boys and girls ages 8-12 and girls ages 13-16. The results include highly significant reductions in post-traumatic stress disorder (PTSD), depression and anxiety. Additionally, the intensive and comprehensive treatment program significantly improves self-esteem, cognitive abilities and resiliency.

After the initial 28-day stay, children ages 8-12 show a 25% reduction in child PTSD scores and a significant reduction in symptoms of depression and anxiety. After the children have completed the full year-long program only 29% meet the criteria for PTSD, down from 73% who had full-spectrum PTSD.

**We believe this will lead to profound long-term benefits including:**

- Reduced mental health related issues, including depression and anxiety
- An increase in self-esteem
- A greatly reduced risk of future drug and alcohol use
- Increased performance in school
- A decrease in school dropout rates
- A decrease in suicide rates
- A decrease in interactions with the criminal justice system

Preliminary calculations and research conducted by our Scientific and Clinical Committee indicate that for every dollar invested in the Little Warriors Be Brave Ranch, \$10 is saved in social services and healthcare costs over 5 years. For every \$1 million invested, \$10 million is saved over 5 years.

We continue to collect data and have several publications pending. We are excited to share more results in the near future.



**For a complete list of our clinical data results, visit our website at [littlewarriors.ca](http://littlewarriors.ca).**

