SIERRA MEADOWS
BEHAVIORAL HEALTH

2025 Annual Outcomes Report



Foreword

> We envision a community where everyone has access to the mental health care they need and deserve.



At Sierra Meadows Behavioral Health, we are committed to delivering compassionate, clinically grounded care that supports meaningful recovery. We prioritize transparency, accountability, and continuous improvement in the outcomes we achieve for those we serve.

This Outcomes Report summarizes clinical and program-level findings across key measures, including symptom reduction, treatment engagement, and re-admission risk.

Across diagnostic categories, patients demonstrated significant improvement in depression, anxiety, and stress symptoms. Treatment completion was also associated with reduced risk of psychiatric re-admission, reinforcing the importance of sustained engagement in care.

While the data reflects measurable clinical progress, it also represents individuals navigating complex recovery journeys. We remain committed to providing structured, evidence-based care centered on each patient's needs.

Table of Contents

Foreword 02

Introduction 04

Clinical Outcomes (DASS-21) 05

Re-Admission Outcomes 06

Key Findings Summary 10

Methodolody 11

Conclusion 12

Introduction

This Outcomes Report from Sierra Meadows Behavioral Health summarizes clinical and program-level outcomes observed across patients engaged in treatment services.

The purpose of this report is to evaluate treatment effectiveness, track symptom change over time, and better understand how engagement in structured behavioral health programming supports stabilization and recovery.

Data included in this report reflects outcomes measured across multiple levels of care and incorporates standardized clinical assessments, including the DASS-21 (Depression, Anxiety, and Stress Scale), as well as discharge and treatment completion metrics.



Clinical Outcomes: DASS-21 Symptom Reduction

Measuring changes in depression, anxiety, and stress during treatment.

Depression drop
↓ 20 pts
Severe → Normal

Anxiety drop
↓ 12.5 pts
Extremely severe → Normal

Stress drop
↓ ~10 pts
Moderate → Normal

Avg. length of stay
2.5 mo
Admissions → Discharge

Completion of structured treatment at Sierra Meadows Behavioral Health is associated with a significant reduction in psychiatric readmission risk.

Patients who remain engaged in treatment and complete programming demonstrate improved stabilization outcomes and reduced likelihood of requiring subsequent acute care services.
Longer duration of stay is also associated with higher completion rates and improved long-term outcomes.



Re-Admission Outcomes

50% Lower Re-Admission Risk

Patients who completed treatment were approximately half as likely to require psychiatric re-admission.

Longer Engagement Led to Better Outcomes

Patients who remained in treatment longer were more likely to complete care and achieve improved stabilization outcomes.

Sustained Care Reduced Risk Across Patient Groups

Reduced re-admission risk associated with treatment completion was observed across both male and female patients.

Structured treatment at Sierra Meadows Behavioral Health supports improved clinical stabilization and long-term recovery outcomes.

Findings from discharge and re-admission data suggest that sustained engagement in care plays an important role in treatment success and continued progress following discharge.



Depression Outcomes

Depression

24.1 → 4.1 (↓ ~20 pts)

Severe at admission

Admission	Month 1	Month 2	Discharge (~2.5 mo)
Severe (24.1)	Moderate (~20)	Mild (~14)	Normal range ✓

Clinical Interpretation

At intake, patients presented with severe depressive symptoms, with an average baseline DASS-21 score of 24.1. Within one month of treatment, scores decreased into the moderate range, with continued improvement into the mild range by two months.

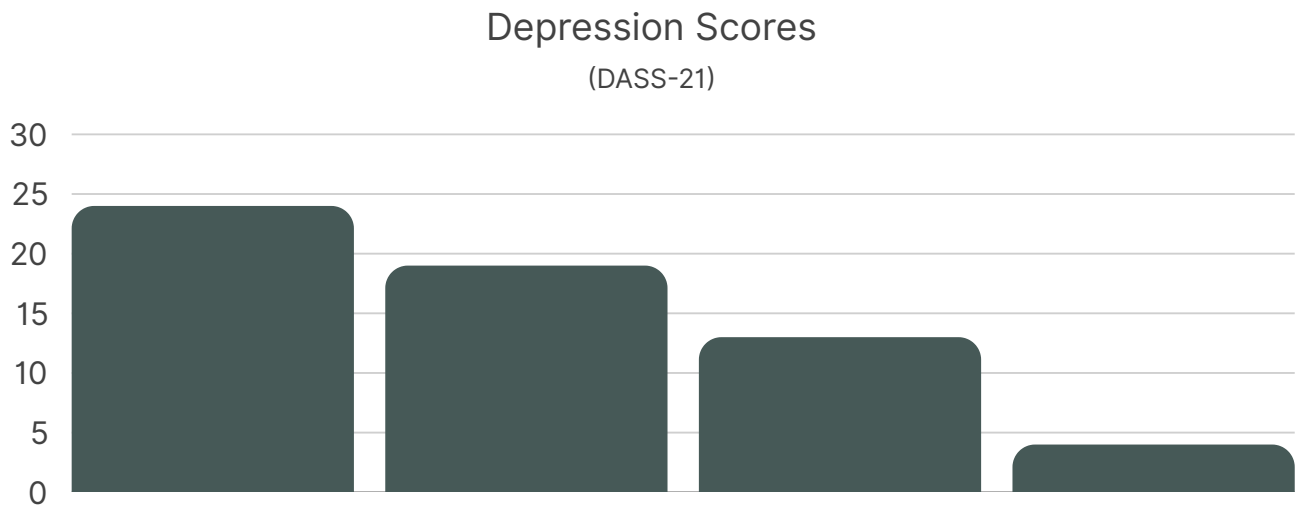
By discharge, average scores had declined by nearly 20 points, placing the typical patient within the normal range of functioning.

Key Findings

Symptoms improved progressively throughout treatment

—

- Meaningful reductions were observed within the first month of care
- Patients demonstrated sustained improvement over time



Anxiety Outcomes

Anxiety

20.6 → normal(↓ ~12.5+ pts)

Extremely severe at admission

Admission	Month 1	Month 2	Discharge (~2.5 mo)
Extremely severe (20.6)	Moderate (↓ 11 pts)	Moderate (↓ 12.5 pts)	Normal range ✓

Clinical Interpretation

Patients entered treatment with extremely severe anxiety symptoms, with an average baseline score of 20.6. Within the first month, anxiety symptoms decreased significantly, moving patients into the moderate range.

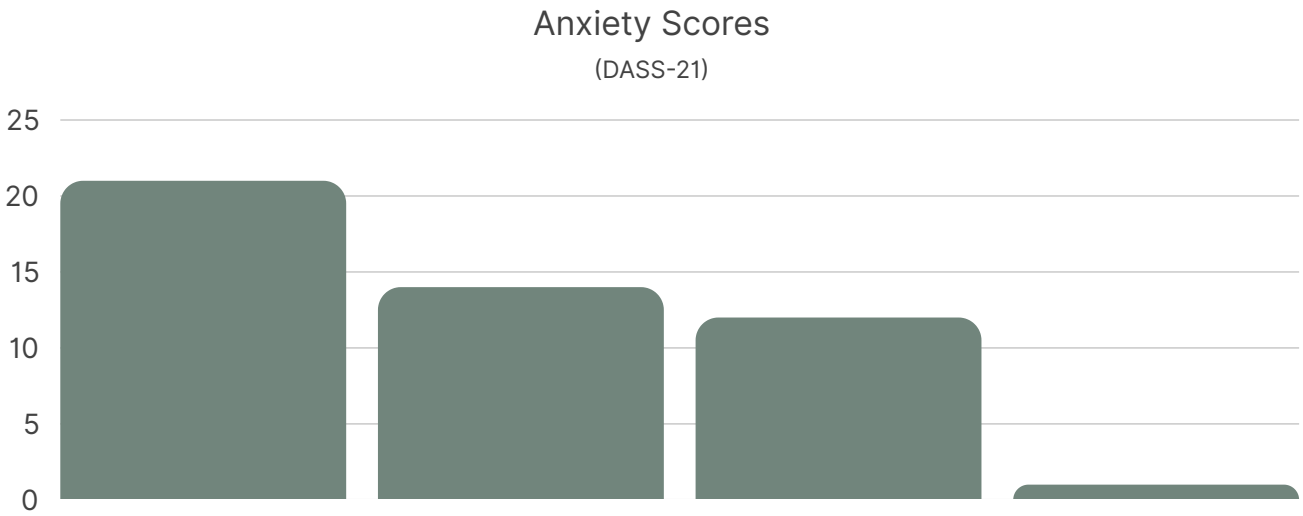
By discharge, anxiety symptoms had decreased into the normal range, reflecting substantial clinical improvement over the course of treatment.

Key Findings

Significant symptom reduction occurred within the first month of treatment

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- Anxiety symptoms continued improving throughout care
- Average discharge scores fell to the normal range



Stress Outcomes

Admission ↓ ~10 pts Discharge (~2.5 mo)

Moderate → Normal range ✓

Clinical Interpretation

Stress scores began in the moderate range at intake and demonstrated a steady, linear decline throughout treatment.

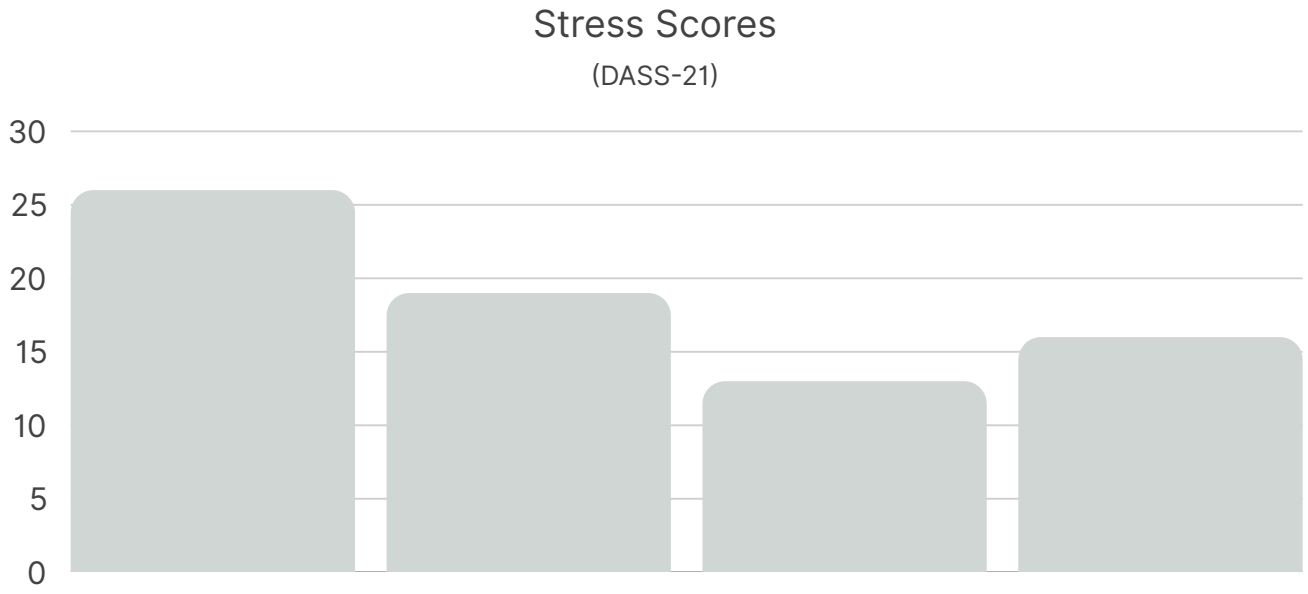
By discharge, patients reported stress levels within the normal range, indicating improved emotional regulation and coping capacity over time.

Key Findings

Stress symptoms improved consistently throughout treatment

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- Patients demonstrated increased emotional stability over time
- Symptom improvement reflected ongoing therapeutic engagement and support



Key Findings Summary

Significant reduction in depression symptoms

Average depression scores decreased from the severe range at admission to the normal range by discharge.

Rapid improvement in anxiety symptoms

Patients demonstrated substantial reductions in anxiety symptoms within the first month of treatment, with continued improvement through discharge.

Improved emotional stability over time

Stress symptoms steadily declined throughout treatment, with average discharge scores falling within the normal range.

Longer engagement associated with better outcomes

Patients who remained engaged in treatment for longer durations were significantly more likely to complete care successfully.

50% reduction in re-admission risk

Patients who completed treatment were approximately half as likely to require re-admission compared to those who discharged prematurely.

Clinical Outcomes Methodology

Outcome data included in this report were collected from patients receiving treatment across Sierra Meadows Behavioral Health programs during the reporting period.

Clinical measures were administered throughout treatment to evaluate changes in symptom severity, emotional functioning, and overall clinical progress. Outcome assessment tools included standardized behavioral health screening and symptom measurement instruments.

Results presented within this report reflect aggregate patient data and are intended to demonstrate overall patterns of clinical improvement observed throughout treatment.

Individual patient experiences and outcomes may vary based on clinical presentation, treatment participation, length of stay, and other individualized factors.

Measures Utilized

- DASS-21 (Depression, Anxiety, Stress Scale)
- Clinical Outcome Assessments
- Suicide Risk Screening Tools
- Internal Discharge & Readmission Data





Conclusion

Findings from this report demonstrate that structured behavioral health treatment at Sierra Meadows Behavioral Health is associated with meaningful clinical improvement across multiple symptom domains, as well as reduced risk of psychiatric re-admission.

These outcomes reinforce the importance of sustained engagement in care and highlight the effectiveness of comprehensive, individualized treatment approaches in supporting long-term recovery.

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