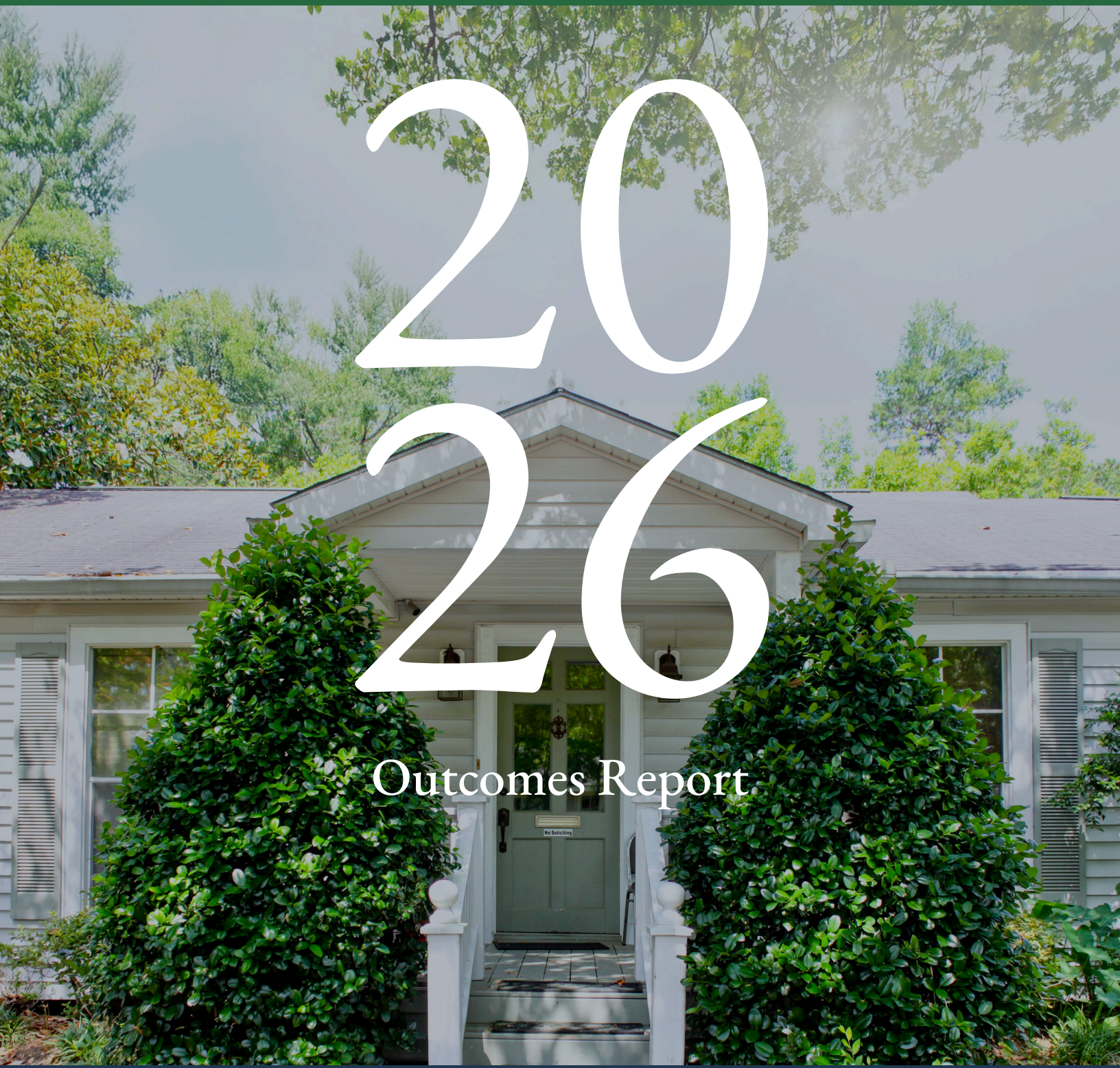
Saint CHRISTOPHER'S
ADDICTION WELLNESS CENTER



2026

Outcomes Report

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ABOUT

More Than 25 Years of Long-Term Recovery

St. Christopher's Addiction Wellness Center is a privately owned residential addiction treatment program for men, located in Baton Rouge, Louisiana. Founded in 1998, St. Christopher's has served more than 1,000 clients across 26 states and the District of Columbia through a long-term model of care grounded in clinical excellence, peer accountability, and physical recovery.

This report presents outcome data collected from 2019 through 2025. It focuses on four areas where our data consistently demonstrates the relationship between program engagement and long-term recovery: family involvement, wellness programming, out-of-state client outcomes, and a clinical protocol developed to address the specific needs of clients presenting with anabolic steroid use.

1,029
Total Residential Admissions, 2019–2026

76%
All-Time Residential Program Completion Rate

25+
Years Of Long-Term Residential Care For Men

26
States + Dc Represented, 2019–2026

CARF
Accredited · Privately Owned And Operated

82%
Completion Rate In 2026— Highest On Record*

**2026 data through mid-year.*

Measuring What Matters

St. Christopher's tracks residential treatment outcomes across all admissions, monitoring completion, early departure, and whether clients follow the clinical team's recommendations at discharge. Outcome categories used throughout this report are defined as follows:

Completed treatment and followed primary recommendations: The client completed the residential program and followed the clinical team's primary discharge recommendation. This is the outcome we are working toward with every client.

Completed without following the primary recommendation: The client completed the residential program but did not follow the primary recommendation at discharge.

Left against medical advice (AMA): The client departed treatment prior to the clinical team's recommendation.

Administrative or other discharge: The client was discharged for behavioral or administrative reasons.

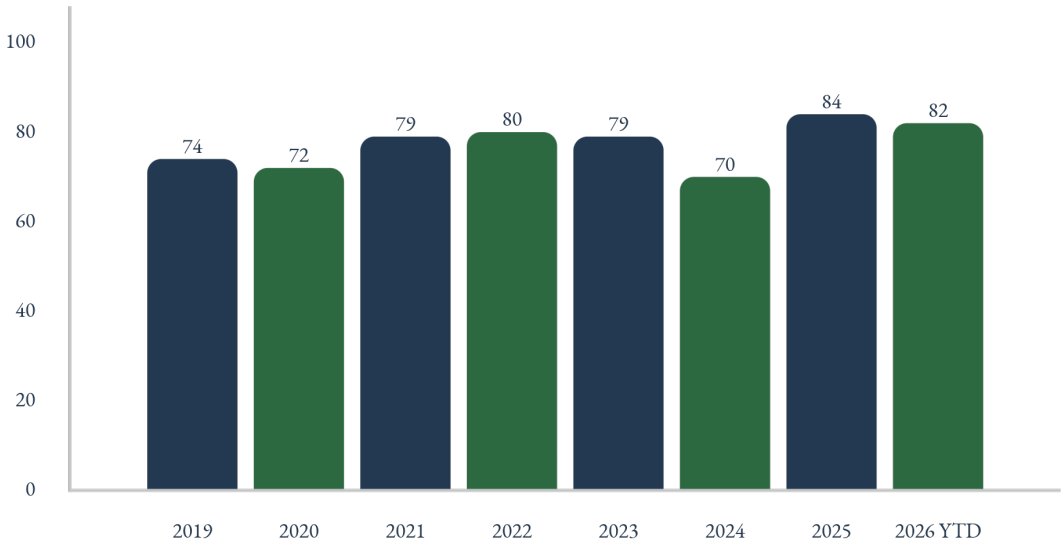
Successful outcome in family program data refers to recommendations followed or the next step in treatment completed.

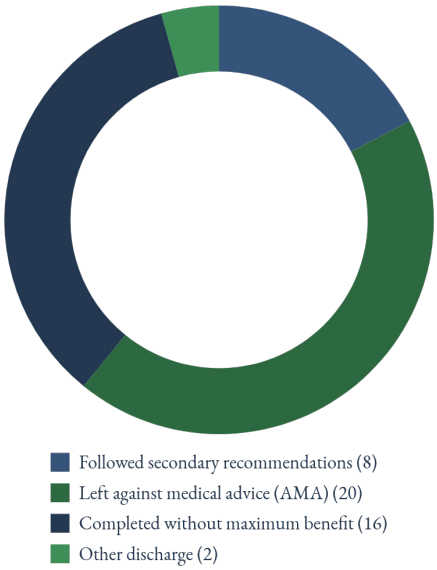
Program-Level Results

The figures below provide a program-wide baseline before examining outcomes across specific domains. St. Christopher's residential completion rates have remained consistently strong across seven years of tracked data, with 2025 and 2026 representing the highest completion rates in the program's history.

Program Completion Rate By Year

76% of clients who enter St. Christopher's residential program complete it. Completion rates have strengthened in the most recent two years, reaching 81% in 2025 and 82% year-to-date in 2026.





Overall Outcome Distribution, 2019–2025

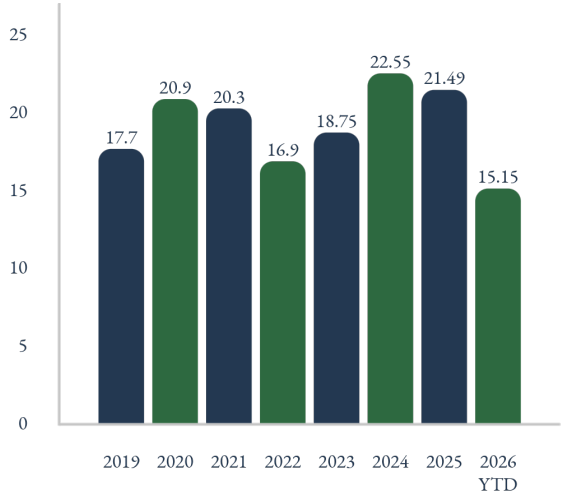
Across 736 tracked admissions from 2019 through 2025, the majority of clients completed treatment and followed their clinical team's recommendations. The data below reflects the full outcome picture.

54%

Completed Treatment and Followed Primary Reccomendations

Departure Against Medical Advice: A Declining Trend

One of the most clinically significant trends in recent data is a meaningful downward shift in early departure rates. After peaking in 2024, the rate of clients leaving against medical advice has declined in each of the past two years, reaching 15.15% in 2026 — the lowest in the program's eight-year tracking history.



**2026 data through June. Lowest AMA rate in the program's eight-year tracking history.*

SECTION ONE

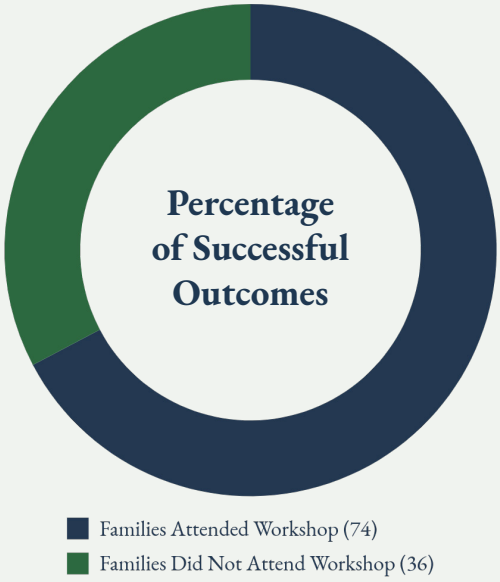
Family Program Impact on Client Outcomes

St. Christopher's structured Family Program brings loved ones into the residential treatment process through monthly three-day workshops, weekly virtual support and psychoeducation groups, and individual consultations with our licensed Family Program Director. Participation is available to families regardless of geographic location.

Family involvement in the Family Workshop is one of the most consistent predictors of client success we track. The data below reflects outcomes across clients whose families attended and those whose families did not.

Family Workshop Attendance Doubles Successful Outcomes

Clients whose families attended a Family Workshop were more than twice as likely to have a successful treatment outcome compared to clients whose families did not attend.



When families participated in the Family Workshop, clients were **more than twice as likely** to successfully complete treatment and follow their clinical team's recommendations.



SECTION ONE

The More Families Participate, The Better The Outcomes

Family involvement operates on a gradient. Greater participation correlates with progressively stronger client results at every level of engagement.

36%	73%	80%
No Workshop Attended	Part 1 Attended	Part 1 + Part 2 Attended

Successful outcome = recommendations followed or next step in treatment completed.

Family Involvement Also Reduces Poor Outcomes

Families Attended Workshop

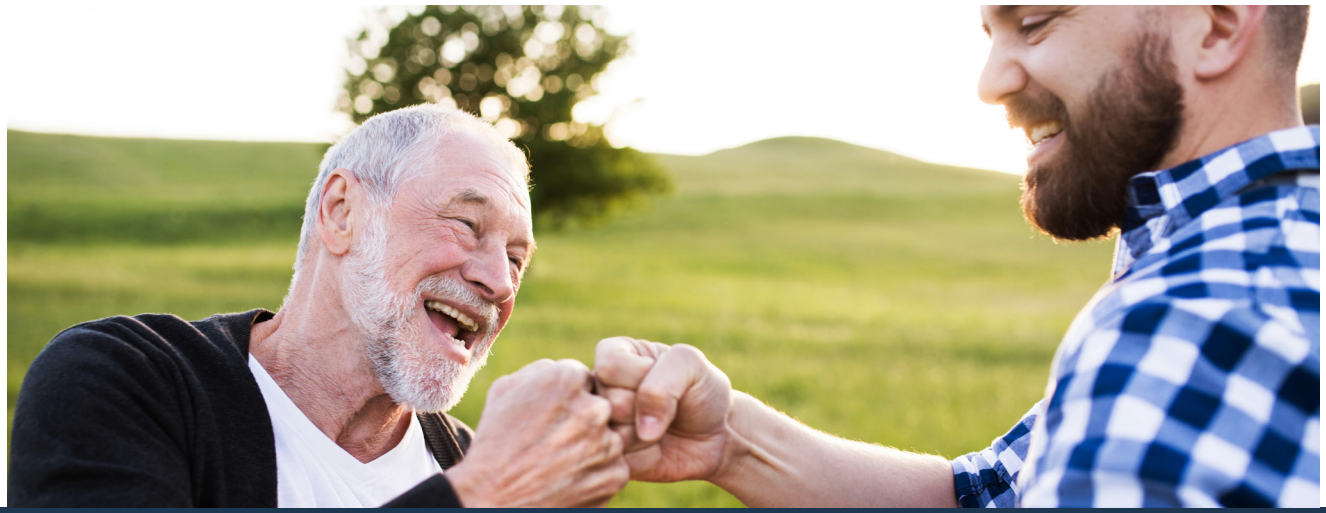
17%

Poor treatment outcome (AMA, CWMB, or admin discharge)

Families Did Not Attend

53%

Poor treatment outcome (AMA, CWMB, or admin discharge)



SECTION TWO

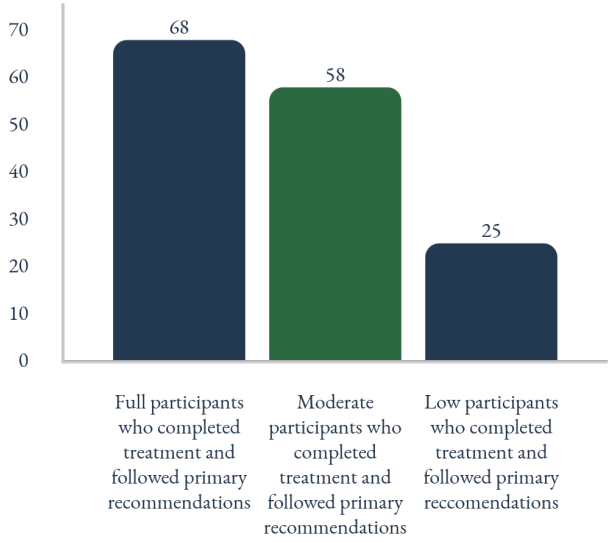
Wellness Program Impact on Client Outcomes

The St. Christopher's Wellness Center is directed by Travis Weisbrod — a Certified Exercise Physiologist, Master of Science in Kinesiology from LSU, and STC alumnus. Every client receives an individualized wellness plan based on their current health and personal goals. Programming includes structured fitness training, nutritional support, sleep hygiene, biofeedback, recreational sports leagues, and personalized post-treatment wellness planning.

Physical recovery is integrated into daily treatment at St. Christopher's because the data shows it matters. Clients who engage fully with the Wellness Program achieve better treatment outcomes across every metric we track.

Full Wellness Participation Produces The Strongest Outcomes

St. Christopher's tracks client engagement with the Wellness Program across three participation levels. The relationship between how fully a client engages and what outcomes they achieve is one of the clearest signals in our data.



STC program average for following primary recommendations: 54%.

Participation Level	Followed Primary Recommendations	Departed Against Medical Advice
Full	68%	7%
Moderate	58%	13%
Low	25%	48%

Clients who fully engaged with the Wellness Program **were nearly three times more likely to follow primary treatment recommendations** than those with low participation (68% vs. 25%), and departed against medical advice at a fraction of the rate (7% vs. 48%).

Weight Restoration As An Indicator Of Engagement And Recovery

St. Christopher's tracks client weight change throughout residential treatment as a secondary indicator of physical recovery and treatment engagement. Data collected across 438 clients from 2023 through 2026 shows a consistent pattern: clients who gain meaningful weight during treatment achieve better outcomes.

Weight Change During Treatment	Good Outcomes	Poor Outcomes	N
Lost weight	49.4%	37.3%	79
Gained 0–2.9 lb	59.7%	30.6%	103
Gained 3–6.9 lb	60.5%	26.6%	124
Gained 7+ lb	62.9%	18.6%	132

Combined 2023–2026 data, n=438 clients.

When clients are grouped by whether they achieved meaningful weight restoration during treatment, the difference in outcomes is consistent:

Gained 3 or More Pounds

61.5%

Good outcomes | 23.1% poor outcomes (n=221)

Lost Weight or Gained Less Than 3 Pounds

55.8%

Good outcomes | 33.2% poor outcomes (n=217)

Clients who did not achieve meaningful weight restoration were approximately **1.5 times more likely to have a poor treatment outcome.** Weight restoration during residential treatment is a measurable marker of physical engagement — and is consistently associated with better clinical outcomes.

SECTION THREE

Out-of-State Client Outcomes

Since 2019, St. Christopher's has served clients from 26 states and the District of Columbia.

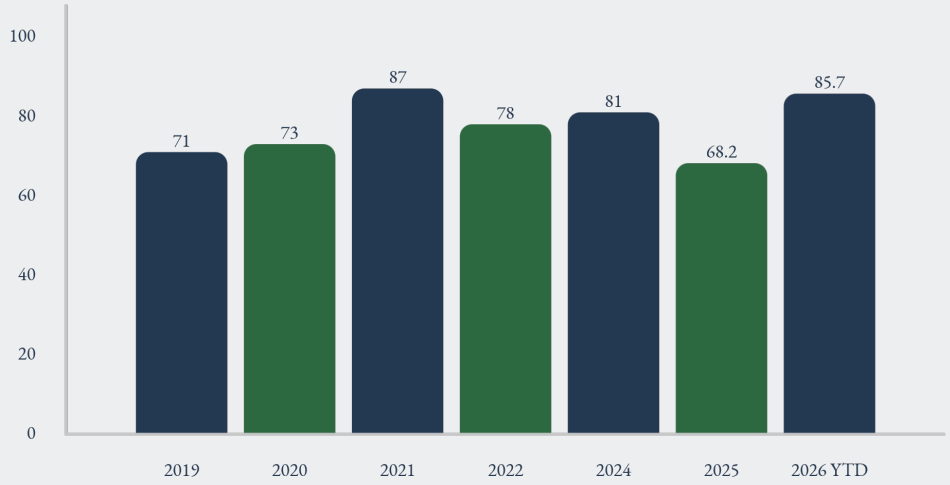
One of the most consistent findings in our outcome data is that clients who travel from out of state to seek care at St. Christopher's achieve significantly stronger treatment outcomes than in-state clients — across every metric we track, and in every year we have data for.

1,026
Total Tracked Admissions 2019–2026

26
States + DC Represented

29.9%
All-Time Out-Of-State Share Of Admissions

Out-Of-State Clients Consistently Follow Treatment Recommendations



Percentage of out-of-state clients who completed treatment and followed primary recommendations, by year.

Client Origin	Followed Primary Recommendations	Departed Against Medical Advice
Out-of-state clients	68.2%	11.4%
In-state (Louisiana) clients	44.2%	18.2%

Out-of-state clients have outperformed in-state clients in every year of tracked data. In 2026 yearto- date, out-of-state clients have achieved an **85.7% rate of following primary recommendations with a 0.0% departure rate** — the strongest out-of-state performance in the program's tracking history.

SECTION FOUR

Identifying a Clinical Gap — and Closing It

As the fitness and bodybuilding culture's relationship with anabolic-androgenic steroids (AAS), human growth hormone, and related compounds has grown, so has the number of men entering residential addiction treatment who are also managing the physical and psychiatric effects of these substances. Approximately 18% of St. Christopher's admissions have a history of anabolic steroid use. Recent use — defined as within the past 12 months — accounts for roughly 6% of the residential census.

St. Christopher's identified early in its outcome tracking that this cohort was not achieving the same results as the broader residential population. The reason was clinical: clients with recent AAS use were arriving with unmet endocrine, psychiatric, and physical needs that standard addiction treatment is not designed to address.

The Problem: Unmet Needs Driving Poor Outcomes

AAS and related compounds can cause significant disruption to the hormonal system, mood regulation, and body image — effects that do not resolve on their own at the start of treatment and that, left unaddressed, create barriers to engagement and recovery. These clients often present with hormonal suppression, depressive symptoms tied to testosterone withdrawal, body dysmorphic concerns, and compulsive exercise patterns that standard SUD programming doesn't screen for or treat. The outcome data from 2024 — before a structured protocol was in place — reflects this clearly.

43%

Ama Rate Among Recent Aas Users Vs. Less Than 19% Program-Wide

2.3x

More Likely To Leave Against Medical Advice Than The General Residential Population

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In 2024, **only 17% of recent AAS users followed primary treatment recommendations** — compared to 50% across the broader residential population that year.

SECTION FOUR

The Response: A Structured Clinical Protocol

Beginning in early 2025, St. Christopher's implemented a structured clinical protocol specifically designed for clients presenting with recent or ongoing AAS, HGH, or peptide use. The protocol was developed by Travis Weisbrod and addresses the distinct physical, psychiatric, and endocrine needs this population carries into treatment.

Immediate medical team notification upon identification of recent AAS, HGH, or peptide use at intake.

Comprehensive hormonal and metabolic lab panel at admission, including testosterone levels, LH and FSH, estradiol, liver and kidney function, lipid panel, and additional markers relevant to AAS use.

Structured follow-up lab testing at four, eight, and twelve weeks post-cycle to monitor hormonal recovery and flag clinical concerns early.

Endocrinology referral when indicated — particularly for clients with recent use, extended cycle history, or persistently low testosterone with depressive symptoms.

Client education on withdrawal symptoms, hormonal recovery timelines, and what to expect physically during early treatment.

Validated screening for body dysmorphic disorder, disordered eating patterns, and muscle dysmorphia at intake.

Assigned therapeutic work addressing exercise compulsion and body image where clinically indicated, integrated into the existing residential treatment structure.

Weekly clinical check-ins for the first four weeks of treatment, given the elevated early-departure risk in this cohort.

SECTION FOUR

The Result: Measurable Improvement In One Year

Following implementation of the protocol at the start of 2025, outcomes among recent AAS users improved substantially within the first year of data.

2024 — Before Protocol

17%

of recent AAS users followed primary treatment recommendations

2025 — After Protocol

50%

of recent AAS users followed primary treatment recommendations

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In one year, the rate of recent AAS users following primary treatment recommendations increased from **17% to 50%** — nearly a three-fold improvement — following implementation of the structured clinical protocol.

This section of St. Christopher's outcome data illustrates a core principle of how the program approaches care: when the data identifies a gap, the clinical team responds with a structured, measurable intervention. The results of that approach are tracked, reviewed, and refined over time.



What the Data Shows

Across more than 1,000 residential admissions and seven years of tracked outcomes, a consistent picture emerges: the clients who engage most fully with St. Christopher's — in the clinical program, in the Wellness Center, and through family involvement — achieve the strongest results. The data below summarizes the key findings from this report.

76%
All-Time Residential Program Completion Rate, 2019-2025

82%
Completion Rate In 2026 - Highest On Record

54%
Of All Clients Completed Treatment And Followed Primary Recommendations

80%
Successful Outcome Rate When Families Completed Both Family Workshop Sessions

68%
Of Fully Engaged Wellness Program Participants Followed Primary Recommendations

85.7%
Of Out-Of-State Clients Followed Primary Recommendations In 2026 YTD

3X
Improvement In AAS Client Follow Through In One Year Following Implementation Of The Structured Clinical Protocal

2X
More Likely To Have A Successful Outcome When Family Participated In The Family Workshop

These findings reflect the program as it operates today: a long-term residential model where clinical depth, physical recovery, and family involvement are not supplementary features but central to how men recover. The data confirms what the program was built around — that time, structure, and genuine engagement produce lasting results.

Saint CHRISTOPHER'S
ADDICTION WELLNESS CENTER



Begin Long-Term Recovery in Baton Rouge

Our admissions team is available to answer questions, verify insurance, and walk families through what to expect before any commitments are made.

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