

Caregiver Benefits Following InStride Health's Anxiety and OCD Treatment for Youth

Clinical outcomes from caregivers of InStride graduates demonstrate measurable benefits including reduced caregiver strain

Teaching caregivers to recognize accommodating behaviors and respond differently



reported **family accommodation** at intake^a



reported **reduced family accommodation** at graduation^a

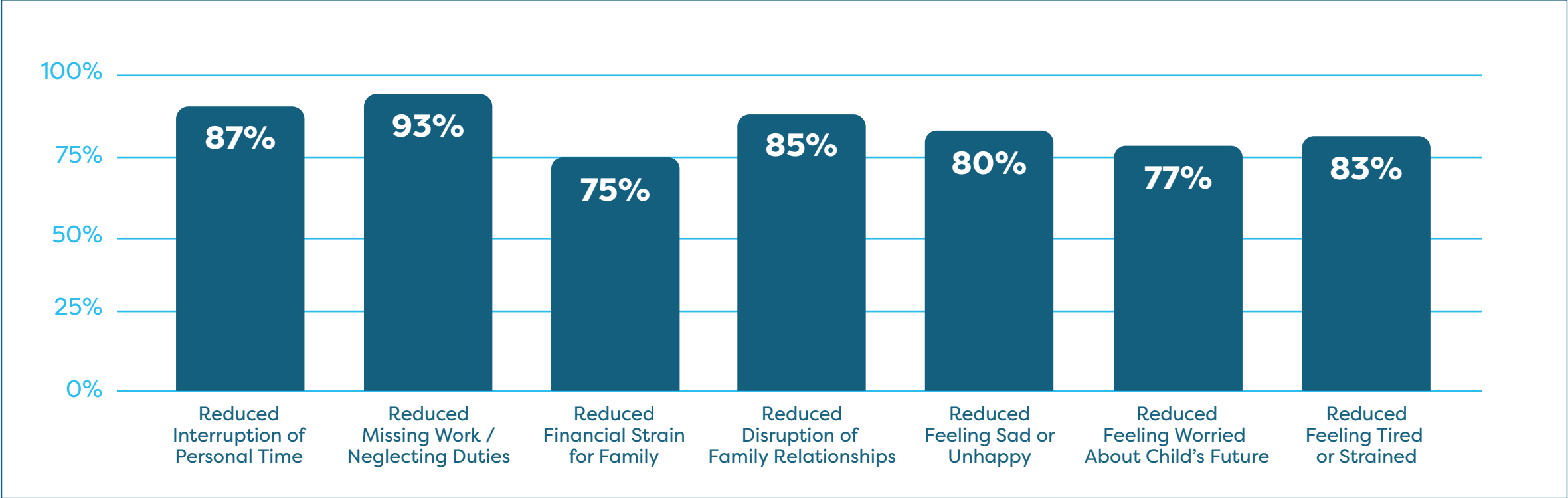


average reduction in family accommodation^a

Accommodation	Examples include, but are not limited to
Providing reassurance	Repeating “It’s safe,” “you are fine” in response to youth many times a day
Providing items	Buying extra soap/cleaners for youth “just in case”
Participating in behaviors/rituals	Waiting while rituals are completed; doing checking behaviors for youth when asked
Assisting avoidance	Touching “contaminated” objects for youth; asking a teacher not to call on youth
Avoiding things or places	Letting youth skip social events
Modifying routine	Changing bedtime schedules; altering departures
Doing things instead of youth	Doing chores the youth would typically do
Modifying work schedule	Arriving late, shifting hours, or leaving early from work to manage youth anxiety/OCD
Modifying leisure activities	Canceling plans because youth does not want caregiver to leave

^a Internal InStride Health Analysis. InStride Graduate Caregivers of Patients with Episode of Care End Dates July 1 2024 - June 30 2025 and Complete Data at Intake and Graduation. Distribution and Change in Family Accommodation Scale-Anxiety (FASA) Score.

Caregivers reporting reductions in caregiver strain following treatment^b



^b Internal InStride Health Analysis. InStride Graduate Caregivers of Patients with Episode of Care End Dates July 1 2024 - June 30 2025 and Complete Data at Intake and Graduation. Frequency of Reduced Item Scores at Graduation among Caregivers Reporting 'Quite a Bit' or 'Very Much' Strain at Intake. Caregiver Strain Questionnaire-Short Form 7.

Covered care recommended by caregivers



of families utilized health plan coverage for InStride^c



of caregivers reported they would recommend InStride Health to a friend^d

^c Internal InStride Health Analysis. InStride Consecutive Graduate Episodes of Care with End Dates July 1, 2024 - June 30 2025. Proportion describes the percentage of Episodes of Care with health plan coverage for InStride treatment.

^d Internal InStride Health Analysis. InStride Graduate Caregivers of Patients with Episode of Care End Dates July 1 2024 - June 30 2025. “If a friend were in need of similar help, would you recommend our services?” Proportion describes the percentage of respondents that responded “Yes, generally” or “Yes, definitely” and not “No, definitely not” or “No, not really” on a 4 point likert scale.



InStride wasn’t just great for our daughter—they were perfect for our whole family.

It felt like they were truly invested in connecting with all of us and helping us succeed.

—Parent of InStride Health graduate