

Oxbow Academy: 2025 Data & Outcomes Review

Student Profile & Treatment Outcomes

Partnering with your family to guide your son toward a healthier, more hopeful future.



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OXBOW
ACADEMY

Your Son Is Growing Up in a Different World Than You Did

When your son is struggling with his behavioral and mental health, for many families today, the struggle is less about parenting and more about the environment teens are growing up in.

Teens today have grown up in what has been described as a “phone-based childhood”, where constant digital stimulation replaces real-world experience. While technology offers some positive things like connection and entertainment, it can also make it harder for teens’ developing brains to regulate mood, motivation, and impulse control.



Creating the Conditions for Reset

Helping your teenage son regain balance often requires a total environmental shift that goes far beyond the typical scope of household conversations or disciplinary consequences.

At Oxbow Academy, your son steps away from constant digital stimulation and reconnects with relationships, responsibility, physical activity, and meaningful challenges. In this setting, many boys begin to stabilize, re-engage, and rediscover their capacity for growth.

When Stimulation Outpaces Balance

The teenage brain is highly sensitive to reward and stimulation. When much of a teen’s time is spent in fast-paced digital environments, everyday responsibilities and relationships can start to feel frustrating or overwhelming by comparison.

As a parent, you likely have seen the result of this in your teen as irritability, low motivation, anxiety, or intense mood swings, even while your son has access to things he once enjoyed.



A Reason to Feel Hopeful

When your son is struggling, it's natural to wonder whether a program will lead to lasting change. Many families arrive at Oxbow Academy feeling cautious and emotionally exhausted after trying other approaches that provided only temporary improvement

Our goal is not to promise a miracle. Instead, we focus on providing a highly structured clinical environment where meaningful change becomes possible.

Oxbow Academy is designed for adolescents who need more than occasional therapy or short-term intervention. The combination of clinical treatment, experiential learning, structure, and family involvement creates the conditions where deeper emotional and behavioral changes can occur.

The 2025 Clinical Snapshot

These outcomes reflect the combined efforts of students, families, and our clinical team working together throughout treatment. Because we track progress throughout the program, our therapists are able to monitor each student's response to treatment and make adjustments when needed.

While every student's journey is different, these outcomes provide encouraging evidence that meaningful progress is possible.

For many families, Oxbow Academy becomes a turning point where a struggling teen begins rebuilding emotional stability, responsibility, and trust within the family.

Specialized Care for Compulsive Sexual Behavior & Hypersexuality

90%

Parent Safety & Trust

90% of parents reported that their son felt physically and emotionally safe—a critical metric for families navigating high-shame clinical issues.

91%

Total Treatment Satisfaction

91% of parents reported they were highly satisfied with the specialized care and clinical results their son achieved during their stay.



Thank you for the gift of HOPE! This is something I had lost and now have.

Parent Alumni

96%

Self-Reported Transformation

96% of students reported "much improvement" in their lives and behaviors as a direct result of completing the Oxbow program.

94%

Family System Healing

94% of students credited the program with providing tangible help for both themselves and their families to move forward together.



I didn't feel like an addict or an offender. I just felt loved and supported ... you have shown me what it really is to be a man.

Student Alumni

The Parent Experience

A Partnership in Healing: The Parent's Journey

Restoring Peace of Mind and Family Harmony

90% of Parents

*Reported Feeling Their Child Was Physically
and Emotionally Safe*

For families dealing with compulsive or problematic sexual behaviors, safety is the primary concern. This statistic proves that Oxbow provides a secure, non-judgmental environment where the "shame cycle" is broken. When a child feels safe, they stop defending their behaviors and start doing the vulnerable work of clinical healing.

91% of Parents

*Reported They Were Satisfied With the
Treatment They Received.*

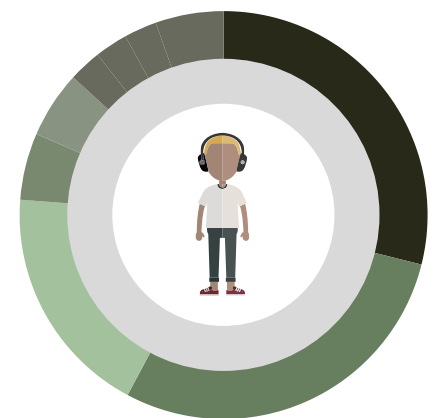
Treatment at Oxbow isn't just for the son; it's a partnership with the parents. High satisfaction rates reflect our commitment to keeping parents informed, involved, and supported. It means that families don't just survive the treatment process—they leave feeling that their investment led to a tangible, positive transformation in their family dynamic.



*We sent you a boy who was broken in spirit and you
returned to us a young man who has a very real chance at
success. That is all anyone can ever ask.*

Parent Alumni

Understanding Our Students' Needs



- 29% - Impulse Control Disorder
- 28% - Depressive Mood Disorders
- 18% - Behavioral Disorders
- 5% - Anxiety Disorder
- 5% - ADHD
- 15% - Other

Our students present with a range of primary diagnoses upon admission, reflecting the diverse needs we are equipped to support. Regardless of their primary diagnosis, each student at Oxbow Academy receives a comprehensive and unique treatment plan, tailored specifically to their personal strengths, challenges, and goals, this ensures a path to healing that is truly their own.

A New Narrative: Strength Through Integrity

Reduction in Anxiety Severity (GAD-7)

**Outcome: Successful transition
to "Minimal Symptoms"**

Oxbow effectively reduces the chronic anxiety associated with compulsive behaviors, successfully moving the average student from a 'Moderate' clinical range to the 'Minimal' symptom category.

Significant Shift in Emotional Regulation (YOQ-SR)

**Outcome: Reaching the "Healthy
Functioning" Threshold**

While Oxbow students often enter with internalized struggles, the drop in YOQ scores represents a critical shift from 'Distress' to the 'Healthy' range of daily functioning.

Improvement in Depressive Symptoms (PHQ-9)

**Outcome: Moving from
"Moderate" to "Mild"**

By addressing the root causes of shame and secrecy, Oxbow successfully stabilizes mood, moving the average resident into the 'Mild' clinical level.

From Isolation to Impactful Change

**94% of Students
Reported That Oxbow Academy Helped
Them and Their Families.**

Many students enter treatment feeling like the "problem" or the "outcast" of the family. This stat highlights the power of our reunification process. It shows that the boys themselves see the healing happening not just in their own hearts, but in their relationships with their parents and siblings, replacing years of secrecy with a new foundation of trust.

**96% of Students
Reported Much Improvement as a Result of
Completing Treatment.**

This is the ultimate "specialist" metric. It shows that the vast majority of our students recognize a significant shift in their own lives. At Oxbow, "improvement" means moving past compulsive patterns and gaining the tools to lead a life of integrity. When a student acknowledges this growth, it cements their new identity as a capable, honest young man.

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*Oxbow is something that I needed and the skills that I
leaned will forever help me. ... I will forever have gratitude
for Oxbow. Thank you for what you do!*

Student Alumni

Experiential Therapy: Learning Through Real Experience

Many parents worry their son has learned how to “say the right things” in talk therapy without real change showing up in daily life. At Oxbow Academy, growth doesn’t happen only in conversations; it happens through daily lived experiences as well.

While traditional talk therapy focuses primarily on discussion and reflection, the campus environment adds another powerful element: hands-on responsibility and real-world feedback. Through daily work, relationships, and experiential therapies, students practice new skills in real time rather than only talking about them.



Learning Through Honest Feedback

Experiential therapy gives students clear, immediate feedback that is difficult to replicate in an office setting. By engaging in environments like the equine arena, boys begin to see how their internal state affects their actions and relationships.

In equine therapy, horses respond to emotional authenticity rather than outward compliance. When a student becomes more regulated and genuine, the horse responds mirroring his energy, creating a powerful, memorable connection between internal awareness and external behavior.

This process helps break the pattern of “saying the right things” by reinforcing alignment between thoughts, emotions, and actions.

Responsibility That Matters

Students at Oxbow Academy take on meaningful daily responsibilities that help them build accountability and self-confidence. They are expected to follow through, contribute, and take ownership of their role in the community.

Each boy develops a personal Mission Statement that becomes a guide for their daily behavior. As students begin to align their actions with their values, they develop a stronger sense of identity and capability. Over time, this shift helps them move from seeing themselves as “struggling” to recognizing their ability to handle responsibility and make productive choices.

Oxbow saved my sons life. ... My son walked away from this place with confidence and competency he did not have when he went, and furthermore, with relationships he genuinely hopes to continue throughout his whole life.

Parent Alumni

Moments That Build Lasting Change

Lasting progress is often shaped by key moments that shift long-standing patterns.

For many students, the clinical polygraph becomes one of those turning points. For many boys, it brings a sense of relief, creating a clear foundation of truth that allows both the student and his family to begin rebuilding trust.

These experiences help students move away from patterns of avoidance or secrecy and toward greater honesty and connection, supporting meaningful change for them that continues beyond treatment.

Why Family Involvement Matters

When your teen is struggling, it is normal to feel like you are carrying the weight of this situation alone. At Oxbow Academy, families are not expected to navigate this process by themselves. Lasting progress happens when students and families work together with the support of a clinical team.



Change Happens Within the Family System

Your son is not being treated in isolation. His progress is closely connected to the relationships and patterns within his immediate family.

For change to last, the growth happening at Oxbow Academy needs to be supported at home as well. As students learn new ways to regulate emotions, communicate, and take responsibility, families are also supported in strengthening the structure, communication, and expectations that help those changes continue after treatment.

Guidance and Support for Parents

Throughout treatment, parents receive guidance and practical tools to support their son's progress. This includes opportunities to better understand the challenges teens face today, strengthen boundaries, and develop healthier patterns of communication and accountability.

Rather than leaving families to figure things out on their own, Oxbow Academy provides ongoing clinical support and education designed to help parents feel more confident navigating life after treatment.

Preparing Families for Life After Treatment

Preparing the entire family for the transition home is an important part of the therapeutic process.

This preparation helps families move forward with clearer expectations, stronger communication, and a shared understanding of how to support continued growth.

When students and families make these changes together, the progress made during treatment is far more likely to continue long after a student leaves Oxbow Academy.