

THE DORM

Outcomes & Impact Report

2025 EDITION



“ Our community is small enough that everyone knows each other’s names, and big enough that everyone can find their people.

—AMANDA FIALK, PHD, LCSW, LICSW
PARTNER & CHIEF CLINICAL OFFICER
THE DORM



THE DORM

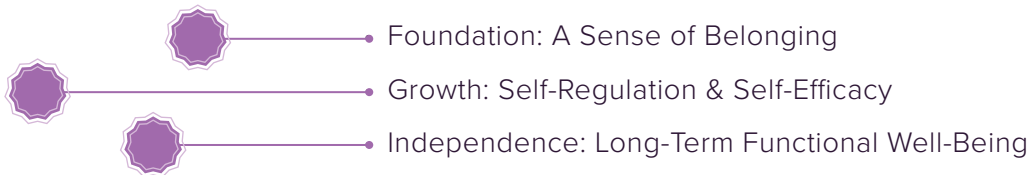
established 2009

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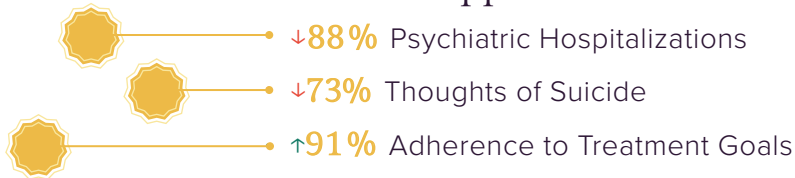
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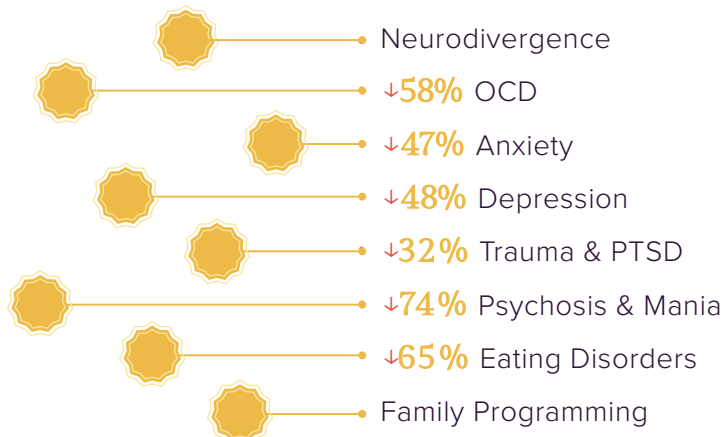
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Disclaimer: All names and identifying information in the following case studies have been changed to protect the privacy of the individuals involved. Please be aware that this report is for informational purposes only, every case is different, and the information provided does not constitute medical or professional advice. Those seeking personal medical or professional advice should consult with a licensed health care provider.

Letter from Leadership

Since last year's outcomes report, we've seen an unprecedented pace of change—from global events to the rapid expansion of AI.¹ With it has come a shared urgency to answer a crucial question: **how are we preparing young adults for the future?**

For us, the answer is not found in something new or revolutionary, but in a strengthened focus on the fundamentals: **the social-emotional skills that are both distinctly human and also irreplaceable: emotional intelligence (EQ).**

Defined as strengths that encompass five domains—emotional **self-awareness**, agency in **self-expression**, **interpersonal functioning** skills, motivated **problem-solving**, and the capacity to **manage impulses and tolerate distress**—EQ skills are becoming the foundation upon which all sustained outcomes are built.²

Every day we see these skills carry over into daily life, directly impacting how young adults navigate uncertainty and succeed independently. It is this social fluency that enables them to request academic accommodations or put themselves forward for a new job; the self-awareness and agency to ask for help, and the resilience and internal compass that helps them make **sound decisions, set healthy boundaries, and build trusting relationships.**

Join us as we explore the full effect of these skills on young adult lives in this new Outcomes & Impact report—and stay curious about how, together as an industry, we can help a new generation build the emotional capacities they need to thrive in the world ahead.

With gratitude,



John

John McGeehan, LCSW, CADAC
Founder & CEO



دلارام

Delaram Saidi
President



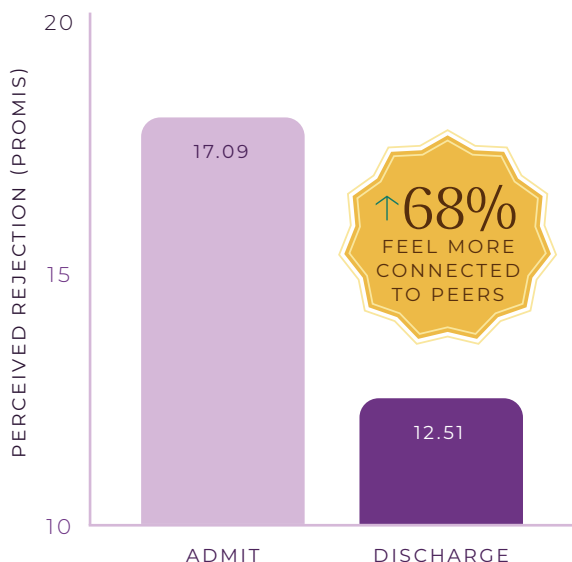
Amanda

Amanda Fialk, PhD, LCSW, LICSW
Partner & CCO

The Results That Matter Most

Symptom reduction is only the beginning. Our treatment model helps young adults develop the foundational skills they need to **thrive in the future**.

FOUNDATION: A SENSE OF BELONGING

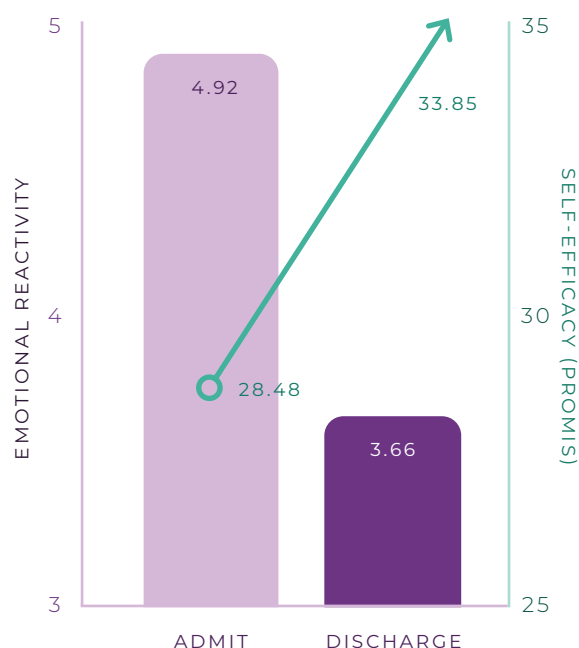


Our affirming, in-person community³ brings young adults together to build meaningful friendships and the **social skills** they need for lifelong connection. These day-to-day shared experiences deepen trust, helping clients feel truly seen and heard.

Clients foster:

- Emotional **self-awareness** and a positive, resilient sense of self.
- **Empathy** for their peers and the **interpersonal functioning skills** that help them **express and advocate for their needs**.

GROWTH: SELF-REGULATION & SELF-EFFICACY



With the support of community and daily opportunities to practice skills in real-time, clients are better able to **navigate and manage their emotions** through life's ups and downs.

Clients learn to:

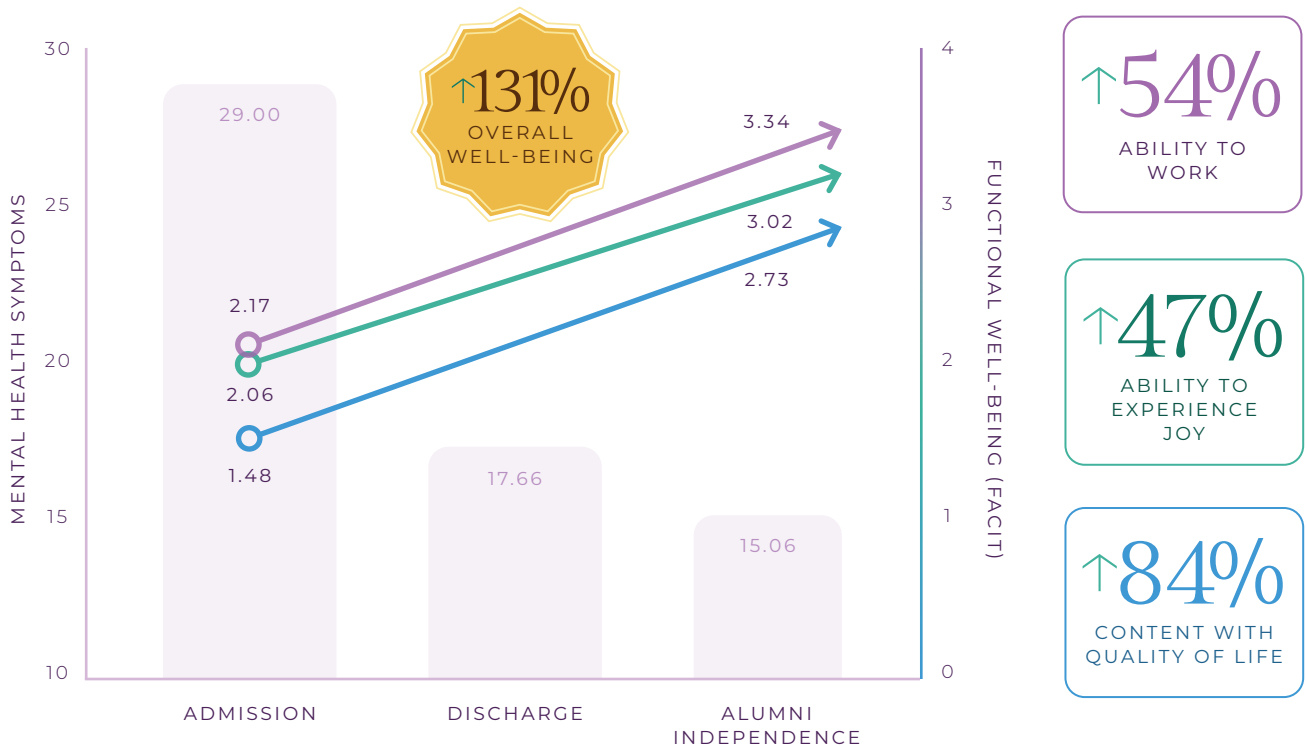
- Identify, understand, and **manage their emotions** under pressure.
- **Self-regulate, tolerate distress**, and effectively **problem-solve** as challenges arise.

↓ **48%**
EMOTIONAL
REACTIVITY

↑ **22%**
SELF-EFFICACY
& CONFIDENCE

INDEPENDENCE: LONG-TERM FUNCTIONAL WELL-BEING

With community and skills in place, our clients' **mental health symptoms diminish** and their **functional well-being increases**. They move forward with a higher quality of life, greater ability to go to work and/or attend school, and a stronger capacity to feel joy.



“I am eternally grateful for the support and emotional safety I experienced at The Dorm. My life has really, truly been changed.

—CLIENT



Treatment Approach

Our comprehensive clinical care is designed to run alongside young adults as they build and develop a meaningful life outside of treatment.

CREATIVE, CLINICAL SOPHISTICATION

Our **full-time, interdisciplinary** team brings together the best and brightest minds in mental health with licensed clinicians, registered dietitians, executive function coaches, and certified health and wellness providers. With expertise in over **16 evidence-based modality specializations** (e.g., CBT, DBT, ERT, CPT), care is as creative as it is robust.

Alongside individualized support, we offer **72 weekly therapeutic groups** and programming that is relevant to young adults' specific diagnoses and life goals.

↓ 89%

PSYCHIATRIC
HOSPITALIZATIONS

↓ 73%

THOUGHTS OF
SUICIDE



FLEXIBLE, RESPONSIVE CARE

No two clients have the same schedule. We adapt treatment to meet our clients' evolving needs, staying agile as they explore their emerging identities and define how they want to move through the world.

As clients build skills, clinical care tapers down, allowing them to expand their engagement beyond The Dorm and bring all they have learned with us into the lives they are building.

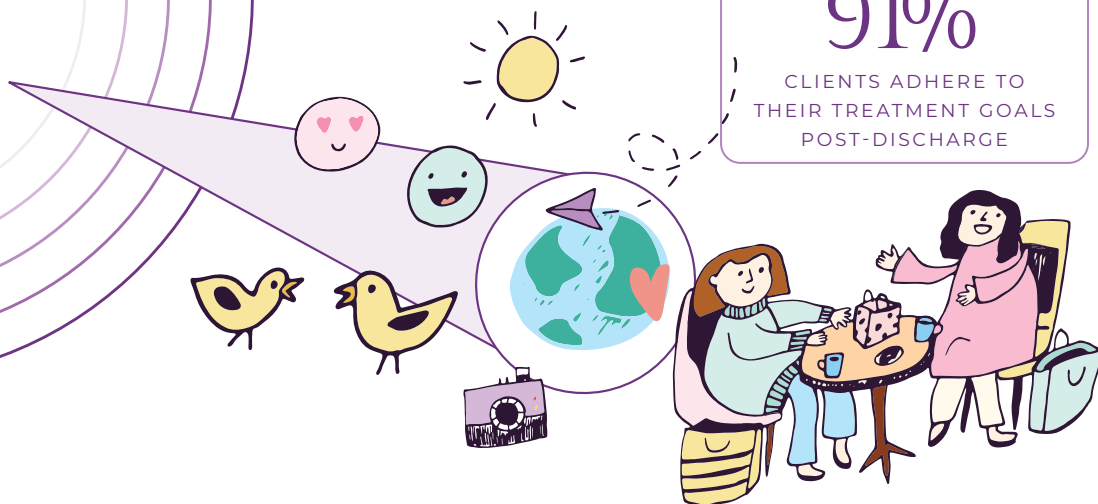


IN-PERSON IN THE CITY

Cities are where young adults want to be. That's why treatment isn't separate from city life; it's embedded within it. Our affirming in-person community **helps clients "find their people,"** move past their comfort zones, and establish a deep-rooted support system right where they are building a future long-term.

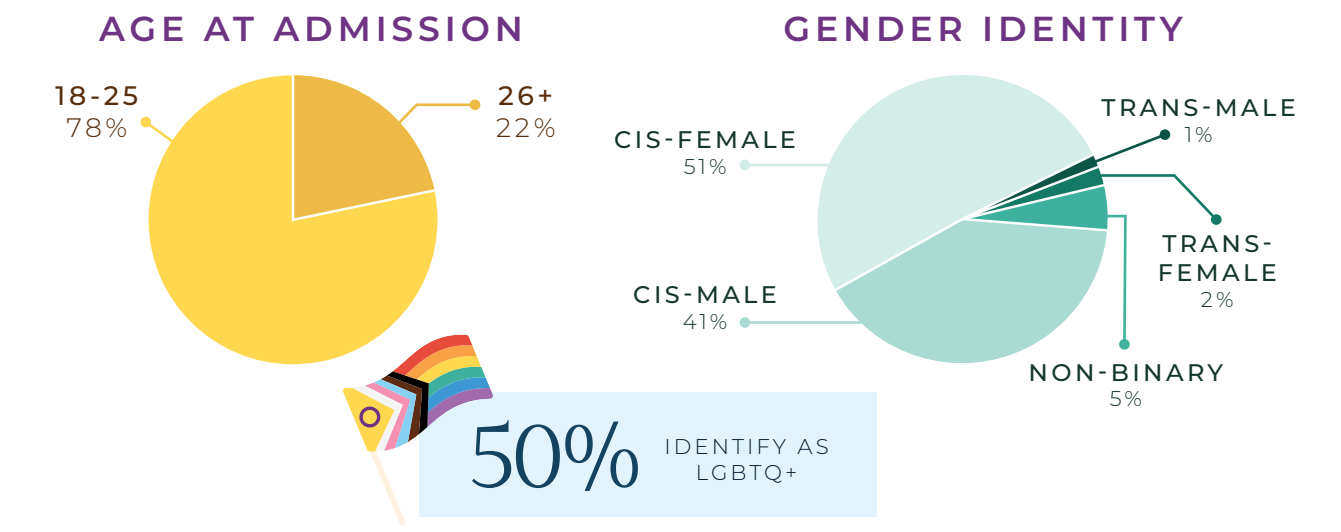
91%

CLIENTS ADHERE TO
THEIR TREATMENT GOALS
POST-DISCHARGE



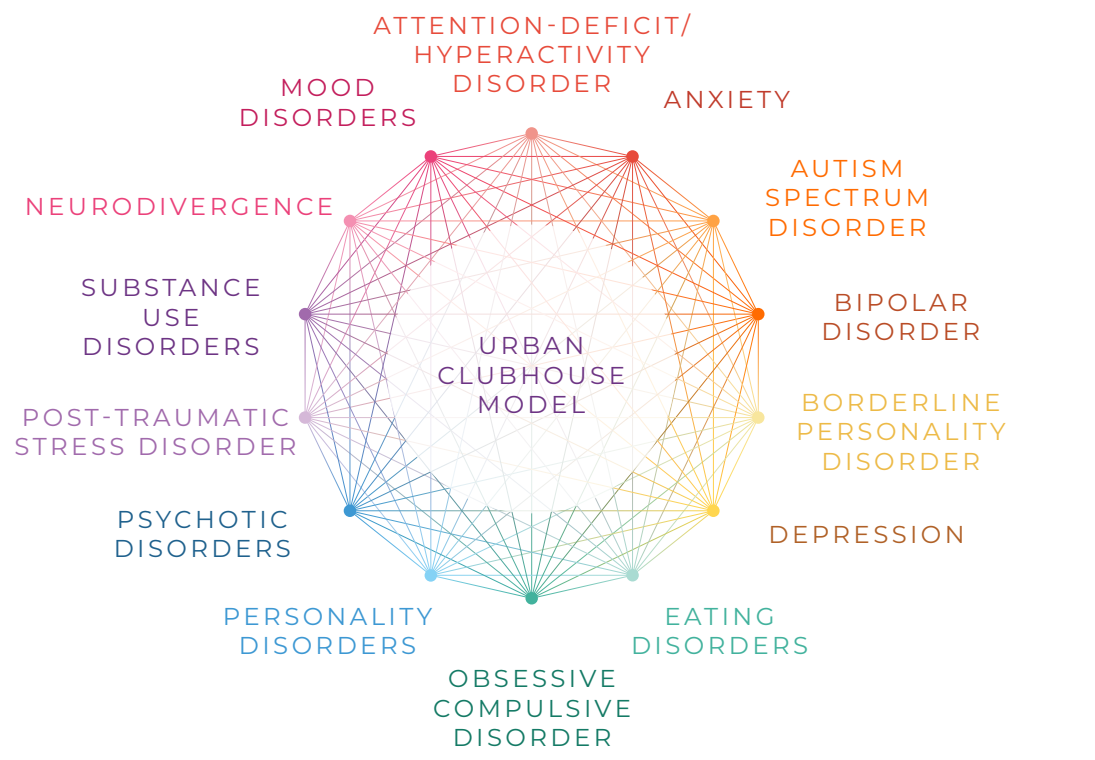
Client Profile

We are dedicated to supporting a dynamic, resilient community of young adults ages 18-30, recognizing both their strengths and the diverse clinical needs that bring them to care.



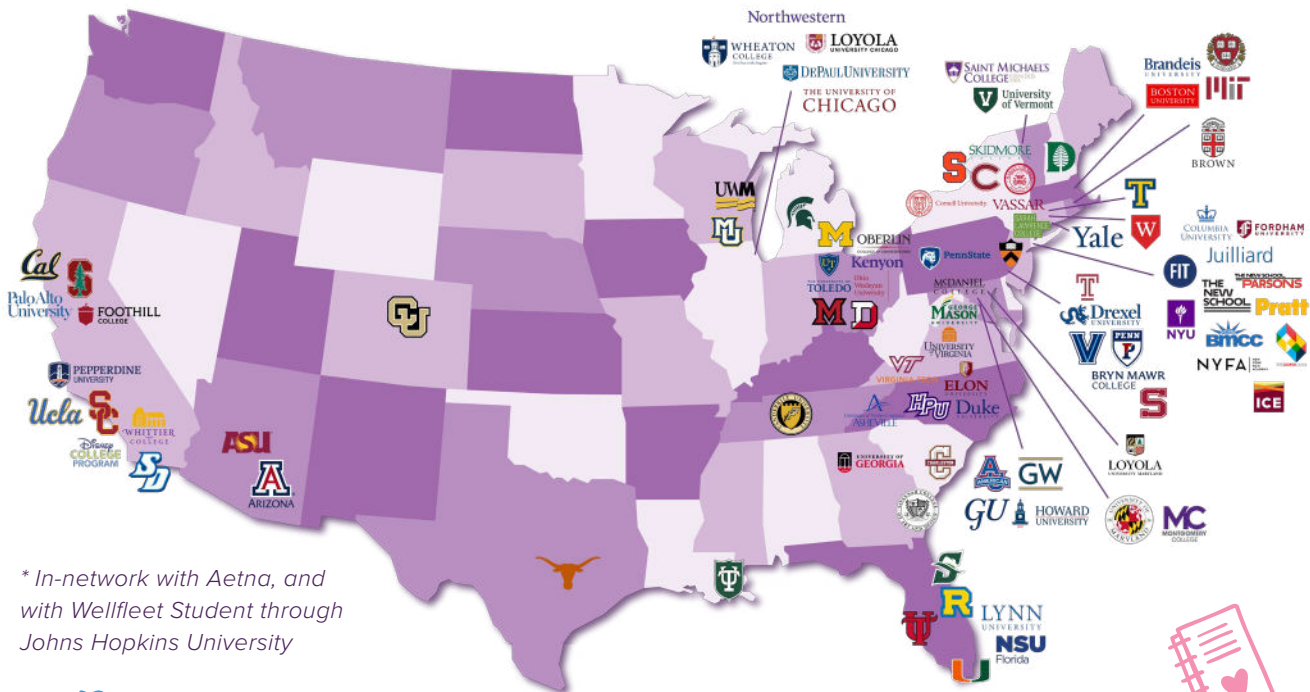
DIAGNOSES

Our mixed milieu mirrors real-world connection, where young adults manage symptoms and triggers alongside peers with different diagnoses but shared goals—learning to thrive side by side.

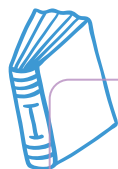


OUR STUDENT POPULATION

We welcome students from universities* all across the country, helping them successfully navigate college life and stay on the path to graduation—this is **what's possible when care fits seamlessly into the college experience.**



** In-network with Aetna, and with Wellfleet Student through Johns Hopkins University*



80%

REMAINED ENROLLED
IN SCHOOL WITHOUT
REQUIRING A MEDICAL LEAVE

14%

INTERNATIONAL STUDENTS

90%

SUCCESSFUL
DISCHARGE RATE



“The Dorm truly understands working with young adults. Together, we can support students’ ongoing academic needs while they receive the treatment they need.

—LAURA FINKELSTEIN, PHD
DIRECTOR, COUNSELING
& PSYCHOLOGICAL SERVICES
GEORGE WASHINGTON UNIVERSITY

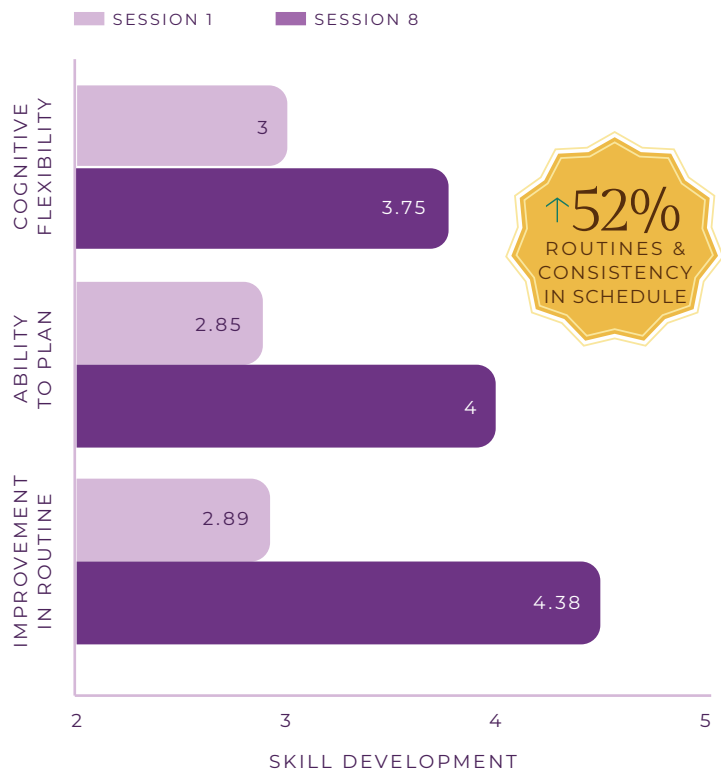
Outcomes

Across diverse diagnoses and life journeys, our young adult clients benefit from wide-ranging symptom reductions that propel success long-term.

NEURODIVERGENCE

CLINICAL SIGNIFICANCE

Neurodivergent young adults begin treatment experiencing challenges with cognitive rigidity, forward planning, and sustaining consistent routines.



Within eight sessions of specialized programming, meaningful gains reflect improved:

- **Capacity** to appropriately switch between tasks in achieving one’s goals.
- **Cognitive flexibility** supporting adaptive problem-solving.
- **Planning and task initiation** skills.
- Routine **stability and follow-through** in daily responsibilities.
- **Independence** in daily life, including relationships, work, and/or academics.



MEET ODIN: RISING SCIENTIST



he/him

Processing his new **neurodivergent** identity alongside escalating sensory overload, Odin felt like his life was unraveling. Through dedicated executive function coaching and neurodiverse DBT groups, his initial resistance quickly transformed into motivation. Today, he’s across the country attending his dream graduate program to pursue a career in environmental science.



For the first time, I could get through my days without feeling overstimulated — the skills I learned actually started to stick and I felt more like myself.



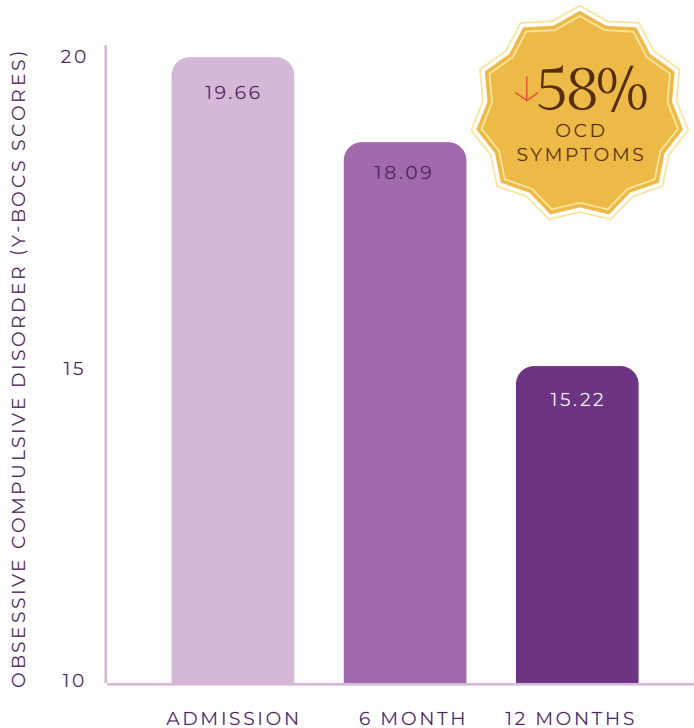
SCAN TO VIEW
ODIN'S
CASE STUDY



OBSESSIVE COMPULSIVE DISORDER

CLINICAL SIGNIFICANCE

Those navigating OCD present with intrusive thought cycles, distressing rituals, and significant time lost to reassurance and checking behaviors.⁴



Clinically significant reductions in OCD symptoms are observed, with scores moving from the moderate range to low-moderate, reflecting improved:

- **Distress tolerance** for uncertainty and intrusive thoughts.
- **Time back** due to mental strength in facing rituals and rumination.
- **Cognitive bandwidth** for pursuit of life goals.
- **Behavioral flexibility** for approaching stressful situations with ease.
- **Participation in daily life**, including relationships, work, and/or academics.

MEET DEV: FUTURE SOCIAL WORKER

After losing their job, relationships, and independence to **OCD**, Dev sought treatment to rebuild. Through RO-DBT, ERP, and a supportive OCD Group, Dev challenged their rigid thinking and perfectionism, finally ending a period of deep dissociation. Now, they've moved into their own studio and are pursuing a master's in social work.

“Being around people my age who GOT it made me feel less ashamed & alone. I couldn't remember the last time I'd felt that good!”



SCAN TO
VIEW DEV'S
CASE STUDY

GENERALIZED ANXIETY DISORDER

STATISTICAL SIGNIFICANCE

Young adults experiencing clinically significant anxiety show up at the start of treatment navigating persistent worry, heightened physiological tension, and a constant sense of upset.⁵



By discharge, clinically meaningful reductions in anxiety severity are observed, as scores move from the severe range to moderate, which is reflected by improved:

- Nervous system **regulation**.
- **Tolerance** for uncertainty.
- Skills to promote **emotional and physiological regulation**.
- **Confidence** navigating decision-making.
- **Engagement in daily life**, including relationships, work, and/or academics.

MEET GRACE: FASHION TRAILBLAZER



After years of chronic **anxiety** and being defined as a “cancer survivor,” Grace felt like she was watching her life instead of living it—longing for an identity that she could call “hers.” Within The Dorm’s community, Grace blossomed into her true self. Drawing on her peers and the ACT skills she built, she found the confidence to pursue her dream of attending the Fashion Institute of Technology (FIT).

“ I was finally making friends and putting myself out there! I joined an improv group and went to my first Pride Parade. It’s nice to finally feel like ME!

she/her

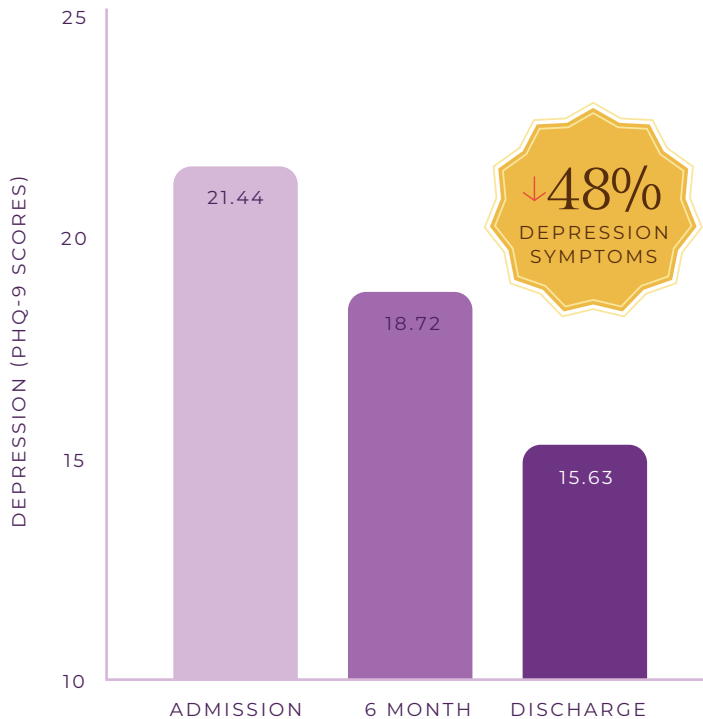


SCAN TO VIEW GRACE'S CASE STUDY

DEPRESSION

STATISTICAL SIGNIFICANCE

Individuals experiencing symptoms of depression admit to The Dorm carrying profound hopelessness, depleted energy, and difficulty sustaining engagement in relationships, work, and/or academics.⁶



By discharge, clinically significant reductions in depressive symptoms are observed, as scores move from the severe range to moderate, reflecting improved:

- Emotional **steadiness**.
- **Motivation** in initiation of daily responsibilities.
- Cognitive **clarity** and problem-solving skills.
- Directive to **pursue goals** with consistency and purpose.
- **Motivation in daily life**, including relationships, work, and/or academics.



MEET SHAWN: GRAPHIC DESIGNER

Coping with **depression** and low self-esteem after a medical leave from college, Shawn came to The Dorm searching for purpose. Through CBT therapy and creative outlets like capoeira and narrative therapy, he found lasting confidence—and today, he's back in college channeling that passion as a freelance social media manager.

“Capoeira sparked something in me I didn't even know was still there! It gave me the drive to keep branching out and challenge myself.”



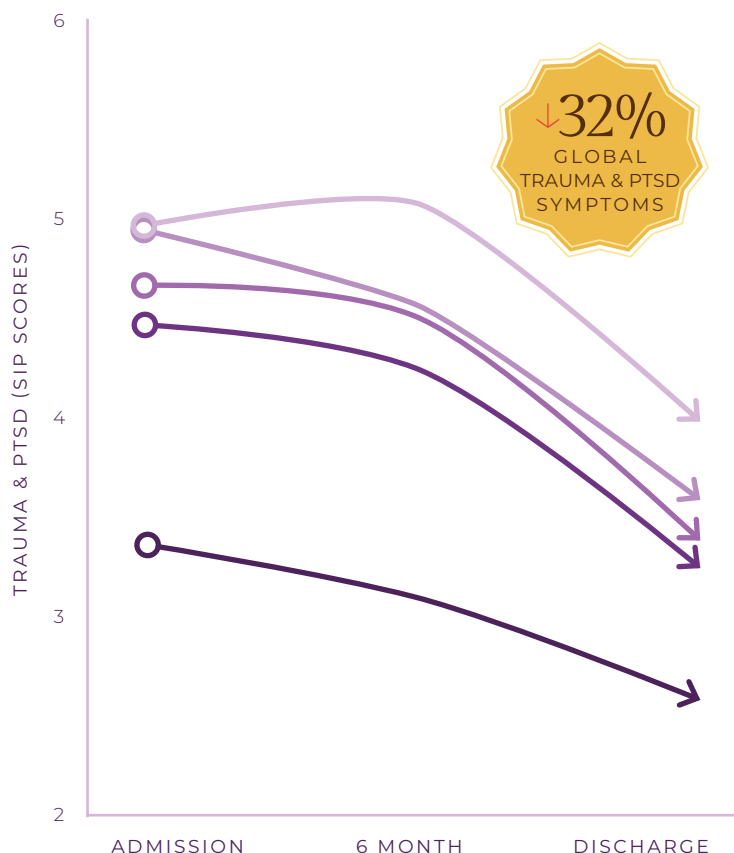
SCAN TO VIEW
SHAWN'S
CASE STUDY



TRAUMA & PTSD

STATISTICAL SIGNIFICANCE

Young adults with trauma histories enter treatment experiencing heightened emotional reactivity, hypervigilance, and difficulty maintaining stability across daily activities, including social relationships, family, work, and/or school obligations.⁷



By discharge, meaningful reductions in trauma-related symptoms are observed, reflecting:

- Intrapersonal:** Decrease in re-experiencing flashbacks or nightmares, and a pessimistic view of the future.
- Impulse Control:** Reduction in self-destructive behaviors, risk-taking, use of substances, and non-suicidal self-injury.
- Interpersonal:** Shifts away from detachment from others or displaying a restricted range of affect.
- Physical:** Reduced urge to avoid triggers and diminished anxiety in response to reminders of traumatic events.
- Social Responsibility:** Decrease in the experience of irritability, and/or hypervigilance in social situations.



she/her

MEET TANYA: ASPIRING ENTREPRENEUR

Tanya was a self-proclaimed "high achiever" quietly dealing with **trauma** and burnout but determined to finish her graduate program. Through weekly CPT therapy and executive function coaching, Tanya built the skills she needed to graduate alongside her friends and start a new business all on her own.

“Finding my passion gave me purpose beyond my grades. While volunteering, I realized I could keep doing this and actually make a difference in the world!”

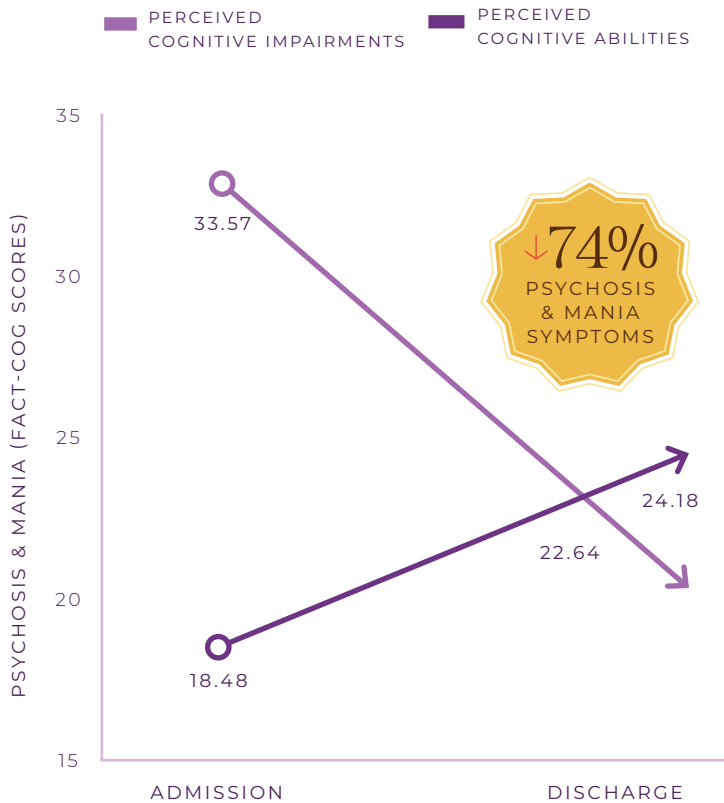


SCAN TO VIEW
TANYA'S
CASE STUDY

PSYCHOSIS & MANIA

CLINICAL SIGNIFICANCE

Those experiencing psychosis and mania symptoms often admit to The Dorm reporting cognitive fog, memory and concentration disruption, and reduced confidence in their ability to think clearly.



By discharge, meaningful clinical shifts are observed in both reduced cognitive impairments and increased cognitive abilities, reflecting improved:

- Mental **clarity**.
- **Cognitive capacity**, including memory and concentration.
- Ability to **make decisions**.
- Functional **independence** that translates to pursuit of life goals.
- **Confidence in daily life**, including relationships, work, and/or academics.

MEET MICAH: FREELANCE JOURNALIST

Between **psychotic** episodes and a preoccupation with online sports betting, Micah was at risk of needing a medical leave from university. With The Dorm's flexible schedule and dedicated CBT therapy, Micah finished his semester, started pursuing journalism, and founded a writers circle for fellow Dorm alums.

“Progress can show up in unexpected places. For me, it happened when I was able to put pen to paper and practice new skills in creative ways.”



SCAN TO
VIEW MICAH'S
CASE STUDY

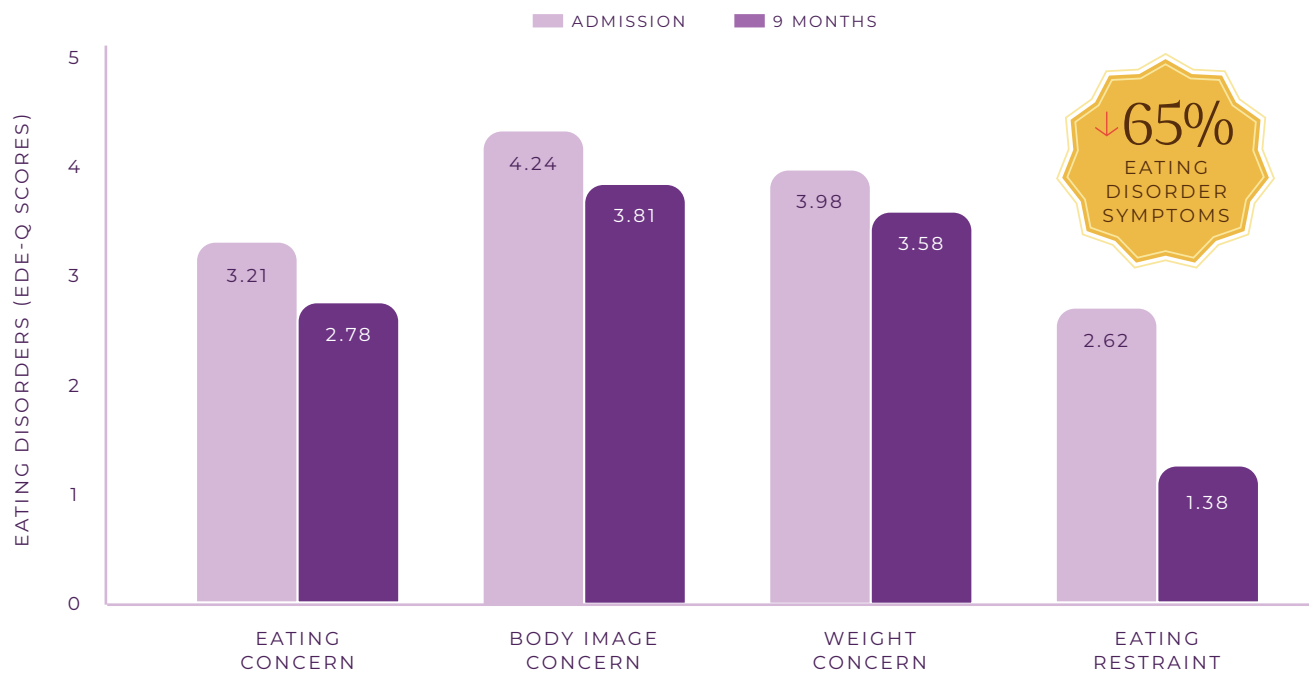


he/him

EATING DISORDERS

CLINICAL SIGNIFICANCE

Clients with eating disorders often start programming navigating intense shape and weight preoccupation, eating-related anxiety, and a strained relationship with their body.⁸



Sustained clinical reductions in eating disorder symptoms are observed across cognitive and behavioral domains of eating disorder pathology, reflecting improved:

- **Body image.**
- **Flexibility** with food.
- **Relationship** with one’s body.
- Shifts toward **healthy behaviors** and **body acceptance.**
- **Joy in daily life**, including relationships, work, and/or academics.

MEET BROOKE: EMT-IN-TRAINING ♡♡

When unresolved food avoidance and low energy began affecting her academics and personal life, Brooke sought **eating disorder** support that didn't force her to choose between recovery and her ambitions. At The Dorm, she was able to recalibrate her relationship with food through ERP coaching and dedicated recovery groups, and is now finishing her political science degree and getting EMT-certified.

“Being able to balance my classes and treatment was so major for me! I didn't think I'd ever have the energy to go after the things I care about.

Now I do!



SCAN TO VIEW BROOKE'S CASE STUDY



FAMILY PROGRAMMING: AT EVERY STAGE

A family's commitment and involvement in their young adult's treatment journey is **one of the greatest predictors of success**.⁹ It's not a one-time intervention but a constant, interwoven part of the process—because clients tend to do better, faster, when families are engaged every step of the way.

Laying the Foundation

- **Family Orientation:** An overview of the upcoming journey and space to ask questions with our clinical directors.
- **Parent Coaching:** Individualized coaching sessions that focus on building targeted skills that align with treatment goals.
- **Foundations Family Group:** Clinician-led group offering a soft landing as families navigate the treatment journey.

99%

OF PARENTS GAINED
NEW INSIGHTS AND
SKILLS THAT THEY USE
FOR THEMSELVES

“I feel like I'm part of a community, not an isolated parent, desperate to find connection and resources for my child. —PARENT

Growing Together

- **Family Therapy:** Sessions that focus on communication and working through barriers to promote independence.
- **Parent Collective:** A psychoeducation group that explores timely topics such as boundaries, codependency, and family dynamics.
- **Parent DBT Skills Group:** Structured sessions that center on learning skills to foster shared language and empathy.
- **Family Day:** Bi-annual, in-person intensive workshops where families come together to connect, gain insights, and build on shared skills.

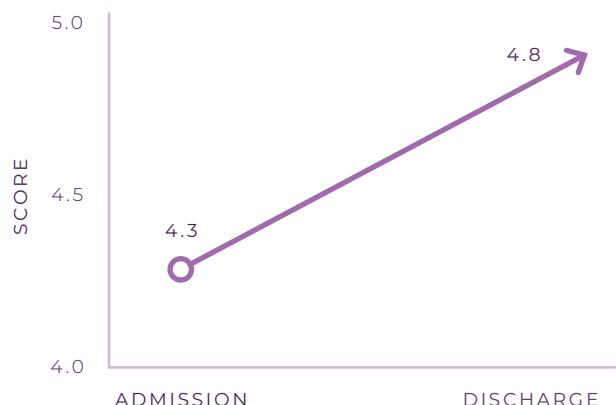
Staying Connected

- **Furthering Independence Family Group:** For established and alumni families, this supportive setting provides space to discuss timely milestones and topics.

99%
OF PARENTS

ARE BETTER EQUIPPED TO
COMMUNICATE DURING
CHALLENGING MOMENTS

POSITIVE FAMILY DYNAMICS & COMMUNICATION



Where Futures Take Shape

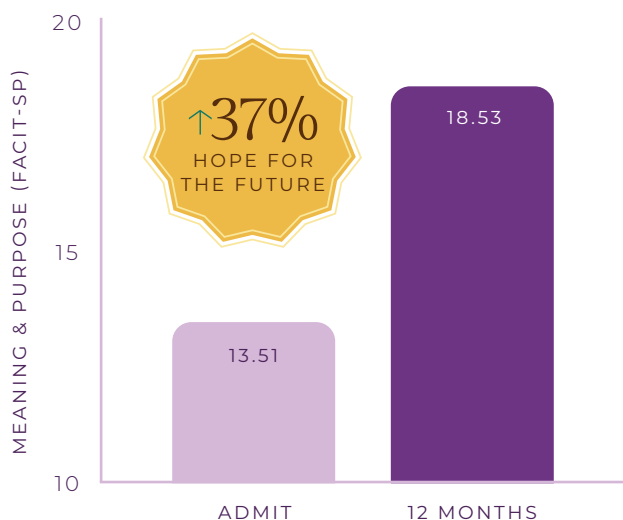
Empowered by their treatment journey, young adults at The Dorm gain a renewed sense of purpose that inspires them to pave their own path—in school, in their careers, and in life.

GREATER PURPOSE & HOPE FOR THE FUTURE

Anchored by our community, clients have the **space to explore their values**, discover what brings meaning to their lives, and **develop optimism for the future**.

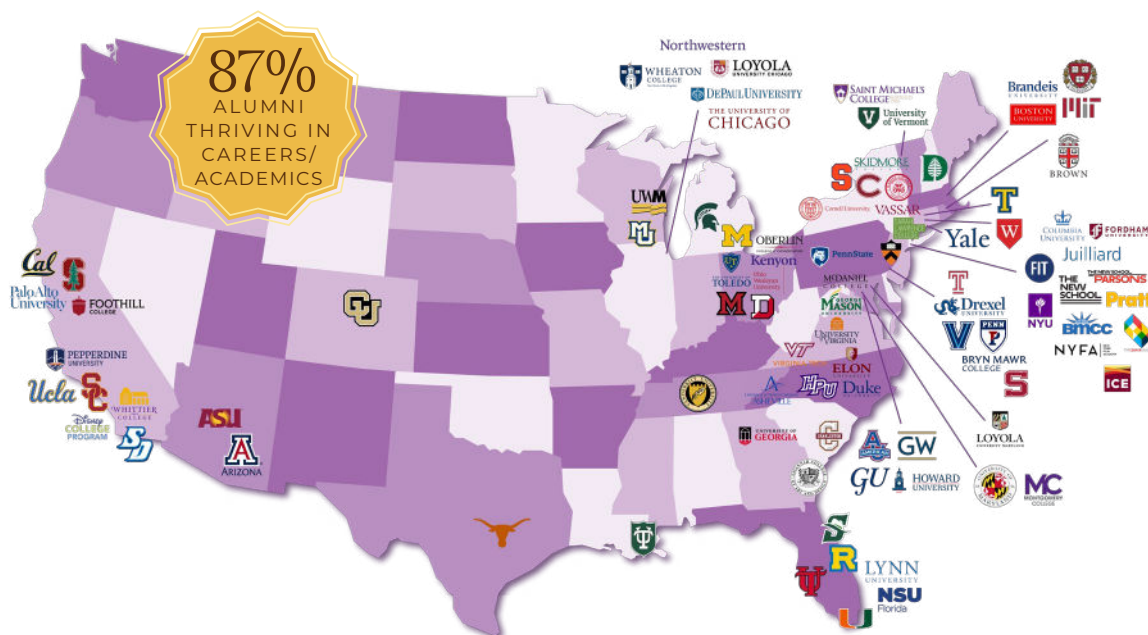
Clients gain:

- **Inner strength and resiliency**, as they feel part of something greater than themselves.
- Confidence to engage in the community, knowing they can **face whatever comes**.



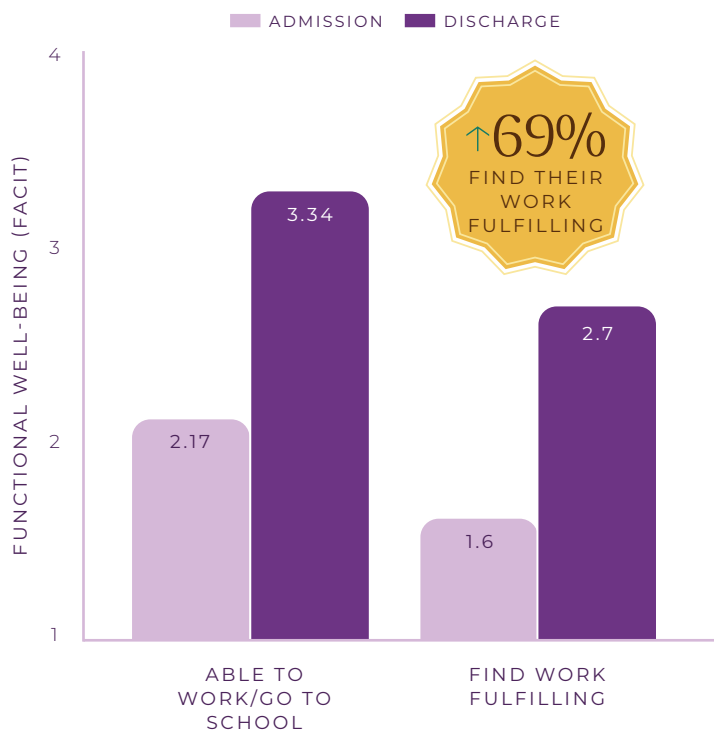
COLLEGE & UNIVERSITY STUDENT LIFE

For over 17 years, we've helped thousands of students take the reins of their academic journey, **finding their passion in undergraduate and graduate programs across the country**.



WORK LIFE

As our clients settle into their sense of self, they are not only ready to launch their careers, but also continue the **journey of self-discovery and long term fulfillment.**



Find our alumni pursuing careers in a range of industries, including:

- Behavioral health, social work, and emergency services.
- Education, research, and academics.
- Finance and business.
- Communication, curation, and media.
- Performing and narrative arts.

↑54% GREATER CAPACITY TO WORK/ENGAGE IN ACADEMICS

46% EMPLOYED AT DISCHARGE

“ I am grateful that I found The Dorm when I did. I find myself moving through the world differently than I did before.

—CLIENT



Coordinated Care

Meaningful outcomes are a collective effort; strengthened when every collaborator and community member plays a role.

A DEDICATED TEAM

“Working at The Dorm is more than just an employment opportunity, it’s somewhere you can directly see your impact and truly feel like you’re making a difference in the world.

—STAFF



100%

OF STAFF

FEEL THEIR WORK
MAKES A POSITIVE
IMPACT IN THE
WORLD AT LARGE

98%

OF STAFF

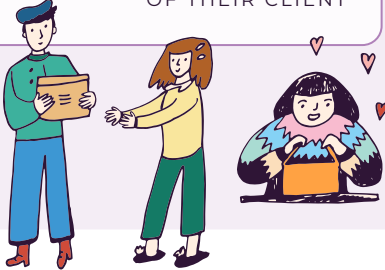
FEEL THEY HAVE
FOUND A MEANINGFUL
CAREER AT
THE DORM

100%

OF REFERRING
PROFESSIONALS

ARE SATISFIED
AND FEEL THAT
THE DORM
SUCCESSFULLY
MET THE NEEDS
OF THEIR CLIENT

THANK
YOU
♥



A COLLABORATIVE PROFESSIONAL COMMUNITY

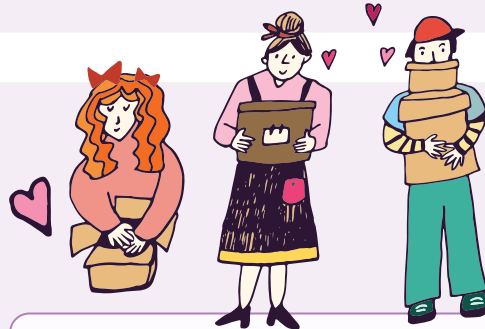
“Admissions was fantastic. Honestly, the best referral process I have ever experienced in my 30+ years.

—REFERRING PROFESSIONAL

OUR YOUNG ADULT CLIENTS

“The Dorm has met all of my expectations to the fullest extent!

—CLIENT



97%

OF CLIENTS

ARE SATISFIED WITH
THE OVERALL TREATMENT
EXPERIENCE AND
PROGRAMMING AT
THE DORM

Looking Ahead

The Dorm remains committed to capturing emerging trends and translating our findings into responsive, evidence-based programming for our young adults. Our research initiatives center around **emotional, technological, behavioral, and identity-related** factors shaping mental health in this generation.

AI & MENTAL HEALTH

Artificial intelligence is rapidly embedding into young adults' lives,¹⁰ from academic support to career planning, and for the first time this year, The Dorm has admitted clients using AI for **emotional validation** and **companionship**. Future published research at The Dorm will explore **how AI is impacting the mental health** of our young adults and the ways by which clients can **responsibly** use it.



EMOTIONAL INTELLIGENCE

Central to how young adults understand themselves, navigate relationships, and respond to stress is emotional intelligence. The Dorm's research team is actively evaluating **emotional awareness, regulation, and interpersonal insight development** over the course of treatment, including how these capacities support **resilience, communication, and long-term stability**.

ONLINE BETTING

The rapid expansion of legalized online predictive betting¹¹ no longer just includes your favorite sports teams. Young adults are now being presented with opportunities to bet on anything from sports to TV shows, pop culture, and politics. Our new initiatives focus on the **relationship between online betting behaviors and mental health outcomes** such as **impulsivity, anxiety, and mood instability**.



IDENTITY & THERAPEUTIC ALLIANCE

Research shows that a **strong therapeutic alliance** consistently predicts positive outcomes.¹² The Dorm's future published research will explore how **identity-affirming care shapes alliance for LGBTQ+** young adults, including how **identity visibility, clinician cultural competence, and community** belonging influence **engagement and retention**.

Research Approach

With third-party oversight through the institutional review board (IRB) at **Yale School of Medicine**, The Dorm adheres to the highest standards of methodological rigor. The result is an advancement of individualized care and the mental health field at large.

LONGITUDINAL OUTCOMES

We assess clients from admission through post-treatment to understand what drives lasting progress. This **long-term lens helps us refine care** and distinguish short-term improvement from sustained, meaningful change in work, school, relationships, and daily life.



7+
YEARS

2,445
PARTICIPANTS

3,127
SURVEYS



ADAPTIVE TO 360° INPUT

We gather feedback from clients, families, referring professionals, and staff because meaningful care doesn’t happen in isolation. Our collected data is the starting point in a **continuous feedback loop** that allows us to **adjust care in real time**, anticipate needs, and stay responsive not just to symptoms, but to the formation of one’s identity and daily life goals.

POPULATION-INFORMED ASSESSMENT METRICS

Our assessments are tailored to **the unique challenges and strengths of young adulthood**. We use validated measures that are sensitive to developmental change and directly relevant to treatment.

ANXIETY: GAD ¹³	DEPRESSION: PHQ ¹⁴	OBSESSIVE-COMPULSIVE DISORDER: Y-BOCS ¹⁵	PTSD & TRAUMA: SIP ¹⁶	EATING DISORDERS: EDE-Q ¹⁷
PSYCHOSIS: FACT-COG ¹⁸	PERCEIVED REJECTION: PROMIS ¹⁹	SELF-EFFICACY: PROMIS ¹⁹	FUNCTIONAL WELL-BEING: FACIT ²⁰	MEANING & PURPOSE: FACIT-SP ²¹

Published & Presented

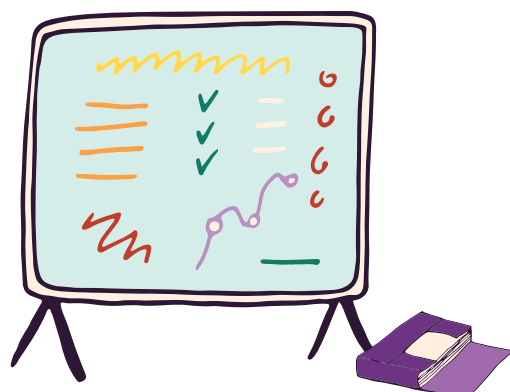
We are driven by a deep passion for research contributions that extend beyond our walls, enriching the broader community through shared knowledge, insight, and impact.

Journal Articles

1. Acuity, diagnosis, and community factors in virtual and in-person treatment: A qualitative exploration. (2026, March). *JMIR Human Factors*.
2. Understanding therapeutic experience: A qualitative evaluation of virtual and in-person treatment. (2024, December). *Cureus*.
3. Therapy Mode Preference Scale: Preliminary validation methodological design. (2024, November). *JMIR Formative Research*.
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6. Understanding therapeutic experience: A qualitative evaluation of virtual and in-person treatment. (2025, January). [YouTube Video]. *Cureus*.
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Conference Presentations

8. *Building rapport in virtual vs. in-person mental health care: A qualitative analysis.* (2025, August). Paper presented at the American Psychological Association, Denver, CO.
9. *Preliminary indications that LGBTQ+ young adults have a higher likelihood of PTSD.* (2025, April). Paper presented at the Anxiety and Depression Association of America, Las Vegas, NV.
10. *Acuity of anxiety and depression across gender for young adults seeking mental health treatment.* (2024, April). Paper presented at the Anxiety and Depression Association of America, Boston, MA.
11. *The relationship between community-focused metrics and PTSD in young adults.* (2024, March). Paper presented at the Society of Behavioral Medicine, Philadelphia, PA.
12. *Preliminary validation of a survey measuring therapeutic factors in virtual and face-to-face care.* (2023, August). Paper presented at the American Psychological Association, Washington, DC.
13. *The Dorm: A community-based model of mental health treatment for young adults with self-reported trauma.* (2023, March). Paper presented at the American Psychopathological Association, New York, NY.
14. *The impact of SARS-CoV-2 (COVID-19) on the acuity of diagnosis at admission for young adults with anxiety and depression: An observational study.* (2022, March). Paper presented at the American Psychopathological Association, Virtual.



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