

Transforming Lives Through Measurable Healing

Hope. Healing. Lasting Recovery.



At St. Joseph Institute, we utilize Trac9, an independent, advanced analytics platform. Trac9 is designed to help behavioral health and addiction treatment providers improve client outcomes and clinical effectiveness. This tool uses real-time data, predictive insights, and scientific measurement tools to deliver measurable results. We utilize standardized behavioral health screening/assessment tools to measure progress in a number of ways, including:

- PHQ-9 (Patient Health Questionnaire-9) – Measuring Depression**
- GAD-7 (Generalized Anxiety Disorder-7) – Analyzing Anxiety Levels**
- PCL-5 (PTSD Checklist for DSM-5) – Evaluating Trauma/PTSD Symptoms**

All Patients in Treatment				
12-Month Period	Total Population	PHQ-9 Depression	GAD-7 Anxiety	PCL-5 Trauma & PTSD
3/25 - 3/26	325	43% Reduction	32% Reduction	56% Reduction



Depression (PHQ-9)

At St. Joseph Institute, from March 2025 through March 2026, clients demonstrated an average 43% reduction in depression symptoms within the first four weeks of treatment among 325 individuals who completed both assessments.

Why this is important:

- Represents full “treatment response” level improvement
- Indicates meaningful symptom relief in a short period
- Demonstrates strong engagement and clinical effectiveness

Anxiety (GAD-7)

Clients also showed a 32% reduction in anxiety symptoms during treatment. That’s an impressive decrease.

Improvements on GAD-7 results indicate:

- Reduced excessive worry and tension
- Improved concentration and emotional regulation
- Decreased physical symptoms of anxiety

Results reflect moderate levels of symptom improvement, which in behavioral health research represent strong and meaningful clinical progress.

Trauma & PTSD Symptoms (PCL-5)

For clients experiencing trauma-related symptoms, measurable improvement was also observed using the PCL-5 assessment.

These reductions in PCL-5 scores indicate:

- Fewer intrusive memories or flashbacks
- Reduced hypervigilance and emotional reactivity
- Improved sleep and overall stability

These outcomes reflect clinically significant decreases in trauma symptom severity, supporting the effectiveness of our trauma-informed approach.

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Learn more about the St. Joseph Institute and Trac9 Measurements.