



Specialty anxiety and OCD treatment

for kids, teens, and young
adults ages 7-22.



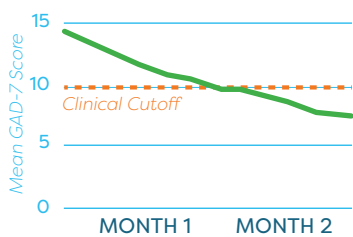
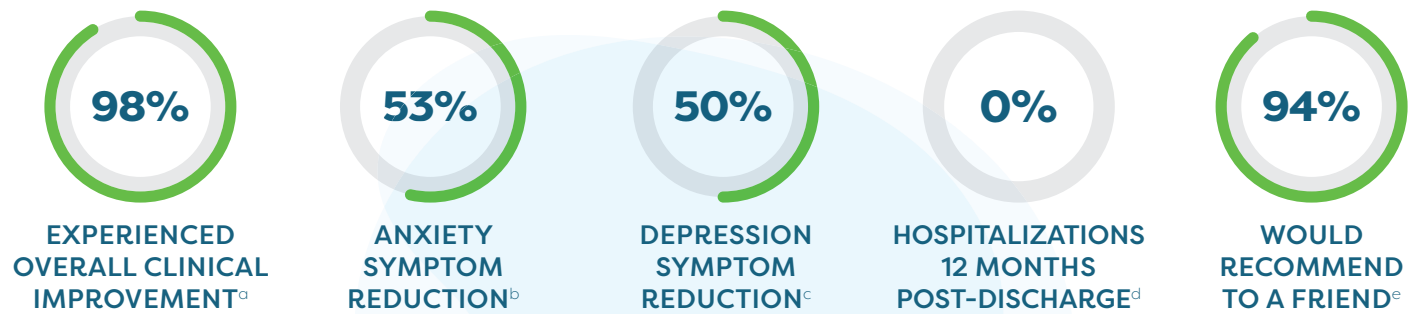
InStride Health Clinical Outcomes

Clinically Proven Anxiety and OCD Treatment

With superior clinical quality as our North Star, our clinical outcomes are on par with top-ranked academic hospital programs. Our graduates show significant reduction in anxiety, impairment, and depression, while parents and caregivers show significant reductions in family accommodation and caregiver strain.



InStride care leads to lasting change among graduates



9 in 10

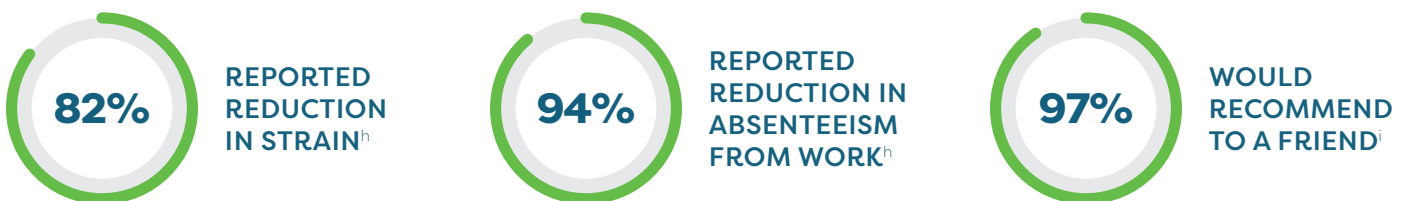
reported reduction in anxiety symptoms, with significant reductions observed **as early as two months.**^f



9 in 10

reported reduction in depression symptoms.^g

InStride care improves the lives of caregivers too



InStride care teams are highly trained and specialized



5% Therapist applications accepted

to practice at InStrideⁱ

> 50 hours of live and asynchronous training

in evidence-based pediatric care delivery is provided to each therapist and coach through InStride Academy during onboarding.^k

Patients get into care quickly and can use insurance



< 1 day average wait

between application acceptance and outreach from InStride.^l

Whom do we serve?

> 3 in 4

InStride patients had more than one behavioral health diagnosis.^m

> 6 in 10

InStride families reported a history of acute behavioral health crisis prior to enrollment.ⁿ

62%

of InStride graduates reported one or more prescription psychiatric medications.^o

> Half

of InStride patients had prior difficulty attending school due to emotional challenges.^p

Contact us with questions or to schedule time with your local territory manager:

Website: instride.health

Email: providersupport@instride.health

Call: 855.438.8331

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“I’ve referred many patients to InStride, because they truly go above and beyond to ensure that all aspects of patient care are addressed, and their unique approach results in excellent patient outcomes and high levels of patient satisfaction.”

**Manuela Villa, PhD, Psychologist at
Boston Children’s Hospital**

InStride Health’s Second Annual Outcomes Report retrospectively analyzed previously collected and de-identified data from N=1698 standard Episodes of Care with start dates January 1, 2022 - December 31, 2024. Footnotes describe subsamples within the analytic cohort where each outcome was applicable and data were complete for the individual item presented.

- a. Assessed by clinicians that used the Clinical Global Impression (CGI) Improvement rating at graduation.
- b. Assessed among patients age ≥ 13 with baseline GAD-7 score ≥ 10 and complete data at graduation.
- c. Assessed among patients age ≥ 13 with baseline PHQ-9 score ≥ 10 and complete data at graduation.
- d. Assessed among caregiver telephone follow-up respondents at 1-year following graduation.
- e. Measured by Satisfaction with Services Scale assessed among patients age ≥ 13 with complete data at graduation.
- f. 89% assessed among patients age ≥ 13 with baseline GAD-7 score ≥ 10 and complete data at graduation; at 2 months 77% of assessed graduates had a reduced score ($p < .0001$ for within-person change).
- g. 89% assessed among patients age ≥ 13 with baseline PHQ-9 score ≥ 10 and complete data at graduation.
- h. Measured by Caregiver Strain Questionnaire-Short Form 7 assessed among caregivers of patients with complete data at graduation; change in absenteeism measured among caregivers who reported missing quite a bit or very much work at baseline.
- i. Measured by Satisfaction with Services Scale assessed among caregivers with complete data at graduation.
- j. InStride Human Resources Statistics, 2024.
- k. InStride Clinical Operations Statistics, 2024.
- l. Among consecutive InStride Standard Episodes of Care with start dates 1/1/2022 - 12/31/2024.
- m. Assessed by count of distinct ICD-10 diagnoses for ‘behavioral, mental and neurodevelopmental disorders’ among consecutive InStride Standard Episodes of Care with start dates 1/1/2022 - 12/31/2024.
- n. Assessed as reporting one or more of the following at intake: prior emergency or inpatient utilization for emotional health, suicidal / self-harm attempt or ideation, school avoidance among consecutive InStride Standard Episodes of Care with start dates 1/1/2022 - 12/31/2024.
- o. Assessed by count of distinct prescription psychiatric drug types among InStride program graduates 1/1/2022 - 12/31/2024.
- p. Assessed by standardized caregiver report among consecutive InStride Standard Episodes of Care with start dates 1/1/2022 - 12/31/2024.