

Mainspring Recovery Outcomes Report

(Nov 2024 – Nov 2025)

Progress You Can Measure. Recovery You Can See.

At Mainspring Recovery, healing is measurable. Through the Brief Addiction Monitor (BAM), clients are assessed at admission, discharge, and alumni follow-up to track progress in health, confidence, and connection. Between November 2024 and November 2025, clients across our Dumfries and Lynchburg campuses demonstrated consistent improvement in stability, wellness, and readiness for long-term recovery.

How We Measure Outcomes

The Brief Addiction Monitor (BAM), developed by the U.S. Department of Veterans Affairs, evaluates 23 domains of recovery, focusing on risk, protective factors, and physical and emotional health. Clients complete BAMs at both admission and discharge, with alumni invited to participate post-treatment to assess sustained change.

2025 Outcomes Highlights

Metric	Result	Interpretation
Reduced Risk of Use	72%	Significant drop in relapse-risk indicators
Confidence to Remain Abstinent	76%	Higher readiness for sustained recovery
Strengthened Support Systems	71%	Improved connections and meeting engagement
Improved Mood, Sleep, or Health	69%	Whole-person healing beyond abstinence
Alumni Rated Health 'Good' or 'Very Good'	87%	Sustained wellbeing after discharge

Across all levels of care, clients experienced measurable improvements in areas most predictive of long-term recovery, including reduced risk of use, increased protection scores, fewer cravings, and overall wellness gains.

Alumni Follow-Up Insights (Nov 2024 – Nov 2025)

Alumni follow-up surveys show sustained gains in confidence, health, and satisfaction:

- 87% rated their physical health as good or very good.
- 93% reported high confidence in maintaining recovery.
- 85% attended self-help or community recovery meetings.
- 91% expressed satisfaction with progress toward goals.

Interpretation & Impact

The data confirm that Mainspring's integrated model — combining Partial Hospitalization (PHP) and Low-Intensity Residential (3.1) levels of care with family and alumni programming — drives measurable improvements across both clinical and quality-of-life indicators. Clients leave not just sober, but healthier, more confident, and more connected to community supports that sustain long-term recovery.

Healing Starts Here.