

# How Are Virtual Patients Doing?

The Butler Center for Research recently concluded a two-year study to verify and validate virtual outpatient outcomes. In simpler words, we asked and answered: “How effective is virtual treatment? And how successful are our patients one year later?” The answer obviously depends, but we’re ecstatic to share results.

## What Do the Results Say?

We interviewed and collected reports from thousands of patients. The rest of our findings (inpatient and residential outcomes, research methodology and more) can be found on our website. Visit by scanning the QR code on the backside of this flyer.

## Virtual Outpatient Results: One Year Later

**Abstinent**  
**67.3%**

**Attending monthly  
meetings**  
**77.2%**

**Good or better  
quality of life**  
**90.5%**

**Good or better  
overall health**  
**91.1%**

The overwhelming majority of the virtual outpatient population reported high levels of overall well-being at 12-month follow-ups.

60%

### Fewer Relapses

76.4%

### Meeting Attendance

86-91%

### Good or Better Quality of Life\*

Being discharged with staff approval decreased the odds of relapse in the first year by 60 percent. Staff-approved discharge was also strongly associated with meeting attendance, which increases the odds of attending peer support meetings by 200 percent.

## Key Takeaways

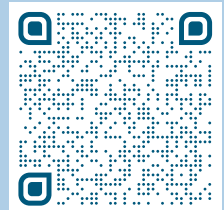
This is only a snapshot of our research, which shows time and again: people who slowly step down from treatment are likelier to succeed in long-term recovery, report fewer cravings and a higher quality of life than their counterparts who elect against continuing care.

Wherever and in whatever setting you pursue treatment, know that people can and do recover, and so can you. We're rooting for you, all the way.

*\*These numbers do not represent a range, but two separate reported outcomes—first residential, then virtual and outpatient.*

## Read the Rest.

You can review the rest of our findings by scanning the QR code.



For more information about the Butler Center for Research, call **651-213-4200** or email [ButlerResearch@HazeldenBettyFord.org](mailto:ButlerResearch@HazeldenBettyFord.org).



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