

PATCH *works*

NEW HOBBIES, NEW HOPE: HOW RECREATION HELPS TEENS HEAL



Hobbies often take a back seat when a teen is facing conflict, depression, and other struggles. Many of the teens at Project Patch have faced overwhelming challenges, leaving little room for hobbies, recreation, or simple joy. Yet, research shows that recreational activities provide significant mental health benefits, including reducing anxiety and depression, improving mood and emotional regulation, and boosting self-esteem.

At Patch, we believe that engaging in recreation is critical in the healing process. That is why we introduce our teens to a wide variety of activities, including arts and crafts, sports, games, or music, to outdoor adventures like skiing, rock climbing, snowshoeing, hiking, mountain biking, and woodworking, including building an American classic pinewood derby car. More than just fun,

these activities teach our teens how to work as a team, develop resilience and perseverance, build confidence, and discover their strengths, often opening doors to hobbies they've never had the opportunity to try.

Beyond enjoyment and healing, we hope these experiences spark an interest in a healthy hobby that our teens can carry with them into the future.

Being in the mountains of Idaho, it's no surprise that snow-related activities are some of the most popular at Patch. One of our teens loves the exhilaration of "flying" down a hill on a sled with "snow spraying in your face." Gliding over fresh powder on skis was several of our girl's favorites, but all for very different reasons. Skiing makes one girl "feel at home" and reminds her of good memories. Another had tried it with her dad when she was young but hated the cold and would give up, yet now shares that she "really enjoys skiing and will be doing it when I leave Patch." These snowy opportunities provide not only fun but also a sense of accomplishment.

Arts and crafts provide a different therapeutic outlet for those drawn to creativity. Crafting is a favorite pastime in our girls' dorm, with activities such as painting, sewing, crocheting, and diamond art. While our boys' dorm was recently learning to tie fishing flies – one boy shared that he "likes the creative art of it." Meanwhile, most of our teens had never participated in a Pinewood Derby but had a great experience building and racing their cars this winter. They learned to safely carve and sand their car, paint and decorate it, strategically add weight, and use graphite on the wheels to make it as fast as possible. These hands-on projects allow our teens to express themselves, build patience, and gain confidence.

Beyond enjoyment and healing, we hope these experiences spark an interest in a healthy hobby that our teens can carry with them into the future. Positive recreational outlets can significantly improve their long-term mental health, providing a source of joy and stress relief. Hearing one of our girls who was scared when she went skiing for the first time share that "without Patch, I wouldn't have found this amazing fun sport and made the amazing memories I did" is what it is all about.



He is risen! Wishing you a blessed and happy Easter!

Restoring Hope To Teens • Building Thriving Families • Empowering Supportive Communities





DOES PATCH WORK?

Our newsletter has the clever name Patch Works, and it's also part of a very common question, "Does Patch really make a difference for teens?" Project Patch has been deeply involved in client outcome research, and the resounding findings are Yes; the evidence shows lives are being transformed at Project Patch. Clients and their parents/guardians complete questionnaires at intake, monthly throughout treatment, discharge, and six and twelve-month post-discharge.

YOUTH PROGRAM HAPPENINGS

Skiing & Stargazing with the Boys



Skiing & Pinewood Derby with the Girls

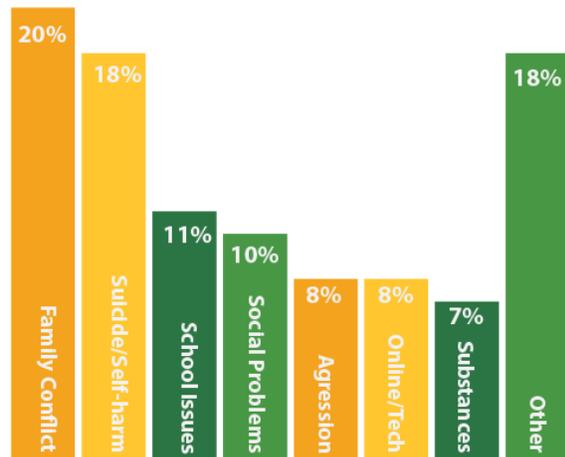


 **TO DONATE GO TO**
projectpatch.org/donate25

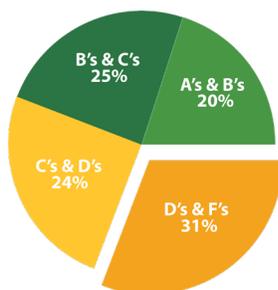
These questionnaires provide a glimpse into the challenges that teens are facing. Project Patch is licensed to treat clients ages 12-17; our average age is 14.5. We serve nearly an equal number of boys and girls.

Our clients are good kids who are struggling. The majority of our clients never use drugs or alcohol and are not doing unlawful things. Many come to us with school challenges, with nearly a third of teens on the cusp of failing school.

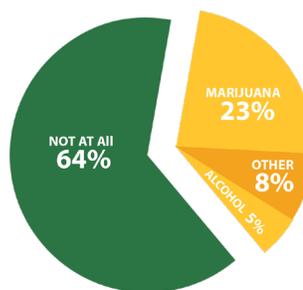
While there is never only one reason for placement, parents' top reasons are family conflict, the safety of their teen, school issues, social problems, technology addiction, and substance use.



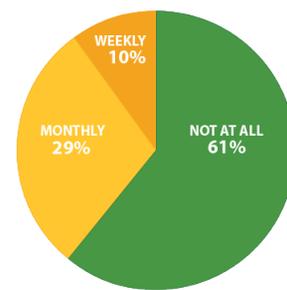
Parent's top reason for placement



Teens Most Recent GPA Before Patch

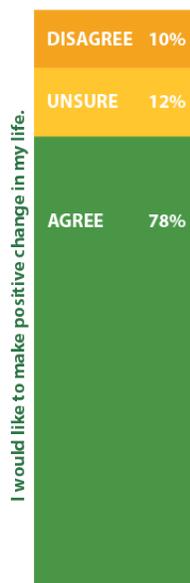
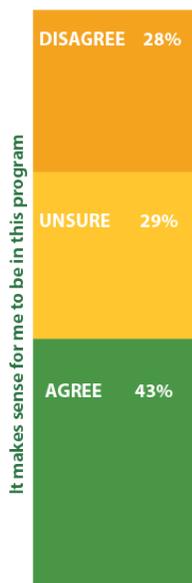


Prior Drug Use & Type Used



Unlawful Behavior (other than drugs/alcohol)

Our clients are conflicted when they enter our program. Many clients believe, "It makes sense for me to be in this program," yet a large group are unsure or disagree. It's striking that most clients agree with the statement, "I would like to make a positive change in my life."



The heart of our research is the Youth Outcome Questionnaire (YOQ). Teens share their current distress in areas like depression, anxiety, physical aches and pains, relationship difficulties, conflict, concentration, impulsivity, suicidal ideation, and self-harm. Everyone struggles, but this assessment shows whether the teen is in a healthy or unhealthy state. The average clinical score for clients entering Patch is very unhealthy at 70.8. The areas of greatest challenges are interpersonal relationships, behavior dysfunction, and critical items like self-harm.

The area of research that is most exciting is the outcomes. During the six to fourteen months at Patch, teens make significant improvements. They leave Patch with a clinical score of 37.6,

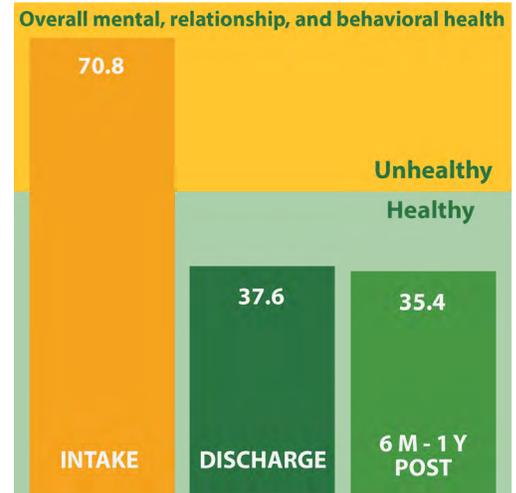
well into the healthy range. Post-discharge surveys show continuing healthy improvements.

Teens take an exit survey, and 95% of them share that they are satisfied with the quality of treatment they received. They worked hard during treatment and reported improved problem areas. The best news is that 92% believe “they will be successful in their next step.”

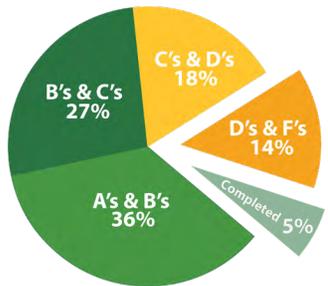
Parents share that gains made at Patch continue once their child returns home. Grades continue to improve, as reported six to twelve months after completion. Placing a child in treatment is a tough decision, and 72% of parents, looking back, are very satisfied that they made the right decision and report that if needed, “Yes, I would enroll my child at Project Patch again.”

The mission of Project Patch is “Restoring Hope to Teens, Building Thriving Families, and Empowering Supportive Communities.” The research shows that clients leave Patch more hopeful and positive (75%), more engaged with family (81%), and more trusting of adults (70%).

Project Patch is committed to a continuous improvement cycle incorporating our research to improve outcomes and maximize our impact. Patch works, and we work hard to become better.



TEEN EXIT SURVEY RESPONSES



Teens GPA 6-12 Months After Patch



SATISFACTION

Satisfied with the quality of treatment they received.



EFFORT

Put in a lot of effort during the program.



LESS PROBLEMS

Improved problems when compared to entering the program.



NEXT STEPS

Believe they will be successful in their next step



THANK YOU to everyone who joined us in Garden Valley in September and Vancouver in November to help us celebrate 40 years of changing lives. We couldn't have made it this far without our amazing staff, supportive board, incredible donors, and the families that trust us with their teens.

WE ARE HIRING!

Do you enjoy working with teens and love the outdoors? Then we might be just the place for you! Apply now to work in our Boys Dorm - we will train you!

Get the details and apply at:
www.projectpatch.org/jobs

GIVING DAY 2025

KICKS OFF WEDNESDAY, MAY 7TH AT 9AM PT/10AM MT

This 24-hour online event will fund the activities that help our teens heal . . . and just might be the start of a new life-long hobby!

WWW.PROJECTPATCH.ORG/GIVINGDAY



GOAL \$2500



WISH LIST



For those who prefer to give toward a specific project, the following list contains items that are needed, yet are not part of the operating budget.

Sport Field Renovations - \$1,000

Retrofit Classroom Lights - \$400

3 Kite Sets** - \$30 each

2 RC Helicopters** - \$25 each

Pickleball Net** - \$90

2 Metal Detectors** - \$150 each

2 Kick Scooters** - \$35 each

20 Bike Water Bottles** - \$11 each

Laser Tag Set** - \$200

Art Supplies** - \$200

Jewelry Making Supplies** - \$70

2 Lego Sets** - \$15 each

2 Hydroponics Systems** - \$75 each

4 Wood Bookshelves - \$125 each

** Also available from Amazon at www.projectpatch.org/AmazonWishList

Please note on your gift if you would like it designated for a *specific* Wish List item or the *highest need* Wish List item. If the item has already been purchased, we will contact you for further instructions.

To donate via **credit card**:
call (360) 690-8495

OR donate **online** at:
www.projectpatch.org/wishlist

To donate by **check** mail to:

CONTACT US

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www.projectpatch.org
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Let us know if your address, email, or phone number has changed!

PIECING IT TOGETHER by Chuck Hagele

“Fine.” It’s the way most teens describe their day. It could’ve been an amazing day full of new experiences and personal growth or a day filled with embarrassment and frustration. One of the reasons teens say “fine” is because they are still processing their day filled with ups and downs and all the socially complicated things they are working through.

Teens at Project Patch also have days full of challenges and opportunities. This issue of PatchWorks shares some things that contribute to the highs and lows of daily life at Project Patch.

... all those gains required hard work, bravery, humility, trust, and patience.

We work hard to create a daily routine that brings predictability and stability. We also introduce opportunities for trying something new, learning a new hobby, activity, or seeing life from a new perspective. We want to have transformative, fun experiences.

It’s easy to look at the outcomes and statistics without realizing that all those gains required hard work, bravery, humility, trust, and patience. Becoming emotionally, physically, relationally, and spiritually healthier takes work, has its ups and downs, and takes time.

What is a day like at Patch? Teens might say, “Fine.” but days are challenging, rewarding, and transformative. It’s complicated to describe, but the long-term results show transformed lives, new hobbies, positive activities, and engagement in healthy relationships.

Your support helps make these transformative days possible. Thank you.



PROJECT PATCH GRADUATE GIVES BACK



For one proud Project Patch graduate, giving back wasn’t just an idea—it was a heartfelt mission. As part of Tobias’ Senior Project, a fundraiser was launched to support “the incredible organization that changed my life.” Donors responded to Tobias’ story by giving \$387 to enhance the campus and create meaningful experiences for future residents.

Project Patch truly saved me. - Tobias

Tobias’ shared, “Project Patch became my home and helped steer me away from a negative path,” and, as a result, wanted to “give back to those who supported me during my time of need.”

The funds will go toward beautifying the campus and organizing field trips, giving current and future residents the chance to experience hope, joy, and connection during a difficult time. Every dollar contributed wasn’t just a donation—it was a gift of hope and an investment in someone’s future.

Thank you, Tobias, and to everyone who made this possible. Your kindness is truly changing lives.



SINCE 1984



Project Patch has been partnering with parents since 1984 to help teens with behavior problems. Parents trust our licensed and accredited Youth Program in the mountains of Idaho as a therapeutic place for their teens to gain the insight, skills, and motivation to live a positive life.