

Research on the effectiveness of Teen Challenge

Since Teen Challenge first opened its doors to drug addicts and alcoholics in 1958, thousands have come seeking help. Several significant research projects have confirmed the effectiveness of the Teen Challenge approach to helping those 18 and older affected by life-controlling problems.

Only one study has been completed on adolescents (13-17 years old) who were students at the Teen Challenge in Indianapolis, Indiana. Leaders in Teen Challenge credit the spiritual component of the program as the key to the high success rate of Teen Challenge graduates.

Teen Challenge of Indianapolis, Indianapolis Female adolescent program

This study was conducted in 1992 by Shawna Girgis, a staff at Indianapolis, Indiana, and was conducted as a part of her university studies.

The study included adolescents who had graduated in the last three years. The results of the study showed many similarities to the two studies done of adult Teen Challenge programs.

- * 70% of the graduates indicated they were abstaining from illegal drug use. Of those individuals that had used drugs since leaving the program, 4% reported having used drugs one time, 9% reported using drugs a few times, with the balance using drugs more frequently.
- * 70% of the graduates reported that family relationships have improved after leaving Teen Challenge.
- * 58% of all past residents (graduates and dropouts) are not longer using any form of alcohol.
- * 65% of all past residents believed the program was helpful or very much helpful in rating the overall benefit to their life.
- * 57% of all past residents reported having been physically or sexually abused. (Other studies at other female Teen Challenge centers have shown a much higher percentage of abuse, often above 90%.)
- * 95% of all past residents listed rebellion against authority as one of the major life controlling problems in their life when they came to Teen Challenge.
- * 43% of all past residents identified juvenile delinquency as a major factor in bringing them to Teen Challenge.

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- * 13% of all past residents were court ordered placements.

For more information about this research project, please contact:

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Or visit: www.iTeenChallenge.org and go to the “Resources” section, then to “TC Research.”