STANDARD RESEARCH OUTCOMES



© THE POWER INTEGRATION CENTER

STANDARD RESEARCH OUTCOMES

The Power Integration Center's research indicates a consistent pattern of outcomes across participants in the I AM Powerful program. These outcomes reflect both broad behavioral and life-functioning improvements, as well as specific gains across emotional, relational, developmental, and leadership-related domains. Collectively, the data indicate measurable change in protective factors, personal functioning, behavioral regulation, relational quality, and self-sufficiency.

Common Client Outcomes

Research on common client outcomes supports the following findings:

- Recidivism below 25%, depending on client demographic
- Reduction in self-harming behavior, violence, and perpetration in over 80% of clients
- Sustained sobriety in over 75% of clients
- Increase in healthy family relationships in 99% of clients
- Increase in self-esteem and self-efficacy in over 75% of clients
- Increase in and retention of jobs, homes, graduation, and self-sufficiency in over 85% of clients

These outcomes suggest that the program's effects extend beyond isolated symptom reduction and are reflected in broader indicators of individual stability, family functioning, behavioral change, and practical life outcomes.

© THE POWER INTEGRATION CENTER

Core Human Development Domains Addressed

The outcome profile is consistent with the program's focus on five key human dynamics:

- Social Emotional
- Relational and Family
- Life and Leadership Skills
- Behavior Management
- Transpersonal Development

These domains provide the broader developmental structure within which participant outcomes are measured and understood.



© THE POWER INTEGRATION CENTER

Standard Outcome Factors Measured in the Research

Across the research, the following increases are studied and reflected as standard outcome factors:

- Increase in connection to school, society, others, and relationships
- Increase in self-efficacy
- Reduction in reliance on external opinions
- Increased ability to ask for what they need
- Increased positive body regard
- Improved selection of friends and relationships that reflect how participants want to be treated
- Increase in resiliency
- Increase in empowerment
- Increase in sense of safety
- Increased trust and vulnerability
- Increased leadership skills
- Increased critical thinking skills
- Increased self-awareness
- Increased responsibility and accountability
- Increase in healthy boundaries
- Higher emotional intelligence
- Healthier lifestyle choices
- Increased ability to manage behavior
- Increase in a clear sense of choice in life
- Increased communication skills and techniques, both proactive and responsive
- Increase in self-forgiveness
- Increase in self-acceptance
- Increase in acceptance of others and empathy
- Wider range of perspective

© THE POWER INTEGRATION CENTER

The research also reflects decreases in the following areas:

- Self-harming behavior
- Rates of alcohol or drug abuse
- Co-dependent behaviors
- Addictive behaviors
- Violence in participants' lives



© THE POWER INTEGRATION CENTER

Greatest Gains Observed

The research further identifies the greatest gains in three major groupings: **improving practical results, improving emotional connections**, and **I AM Powerful skills.** These are presented below in the same order reflected in the document.

1. Improving Practical Results

The strongest gains in practical functioning were reflected in the following areas:

- Making personal decisions about whether and when to have sex
- Using protection when having sex
- If drinking, not getting drunk
- Participating in a sport, hobby, or activity
- Building relationships with people who support personal goals
- Taking care of emotions and body
- Enjoying life
- Eating healthy food, noted as a slight gain

These findings indicate measurable gains in applied decision-making, behavioral self-management, health-related choices, constructive social engagement, and practical self-care.



© THE POWER INTEGRATION CENTER

2. Improving Emotional Connections with Self and Others

The strongest gains in emotional and relational functioning were reflected in the following areas:

- Forgiving oneself when making a mistake
- Feeling good about one's body
- Choosing close friends who treat them the way they want to be treated
- Telling people how much they mean to them
- Finding things in common when meeting a new person
- Using words to express feelings, noted as a slight gain
- Trying to work things out when angry with someone, noted as a slight gain

These outcomes reflect measurable increases in self-acceptance, relational discernment, emotional expression, connection, and pro-relational behavior.

3. I AM Powerful Skills

The greatest gains in program-specific developmental skills were reflected in the following areas:

- Honoring one's own needs
- Feeling powerful
- Knowing how to affect one's own experiences
- Feeling good enough
- Knowing what one is not responsible for
- Leading others
- Seeing others' perspectives
- Allowing others to be responsible for themselves
- Being impeccable with one's word
- Setting clear intentions
- Speaking confidently

© THE POWER INTEGRATION CENTER

- Feeling confident communicating boundaries
- Knowing what one is responsible for
- Always doing one's best
- Understanding how one's actions affect oneself
- Knowing how choices affect others, noted as a slight gain
- Knowing how to create one's own results, noted as a slight gain
- Knowing how perspective influences experience, noted as a slight gain
- Having clear boundaries, noted as a slight gain
- Allowing others to be responsible for themselves, noted as a slight gain
- Being able to follow others as well, noted as a slight gain

These findings indicate gains in empowerment, leadership, responsibility, communication, perspective-taking, boundaries, intentionality, and applied self-governance.



© THE POWER INTEGRATION CENTER

Summary Interpretation of Standard Outcomes

Taken together, the standard outcomes of the research reflect measurable gains across practical functioning, emotional and relational health, personal responsibility, leadership, communication, self-efficacy, and behavioral self-management, alongside measurable reductions in self-harm, substance-related behaviors, codependency, addiction-related behaviors, violence, and recidivism.

The outcome profile is notable for its breadth. The data reflect not only reductions in risk and harmful behaviors, but also increases in the capacities associated with healthier, more stable, more connected, and more self-directed functioning across personal, relational, familial, and social domains.

** Originally written and published in 2015; 2026 updates are limited to formatting only.*



© THE POWER INTEGRATION CENTER