

1 OUTCOMES # 03

2 ABSTRACT

(o3) 2 stage outcomes project regarding Residential Services for teens. Stage 1 (data included) is exploratory, using a convenience sample of referral and discharge profiles, gathered between January 2001 and August 2003. For this stage 1, 55 'Before' profiles are compared to 11 'After' profiles Stage 2 will use referral, discharge and 6 month follow-up data for 40 – 60 successive referrals, starting June 1 2004.

2.1 ABSTRACT DATE / UPDATE

July15, 2004

3 SERVICE TYPE

Residential Treatment

4 SERVICE DESCRIPTION

Our Residential Treatment Programs provide a family-based treatment model for youth between the ages of 12-16 who are experiencing significant mental health issues. We offer 5 day and some 7day options. Each residence has a multidisciplinary treatment team that is made up of Child and Youth Workers, Supervisors, Program Managers, Clinicians, Psychologists, Nurse Therapists and a Music Therapist. We also have access to psychiatric services through special arrangements with local medical professionals. Services include assessments as required, individual, family and group counseling based on individual needs and crisis support as required. The milieu treatment focuses on social responsibility, life skills, emotion management, positive peer relations and self-esteem. The youth in our residential services have the unique opportunity to enjoy a variety of recreational/social activities during both our school and evening program in our well-equipped facility and beautiful grounds. We also support clients as they integrate back into their homes and home communities. The treatment program is based on a social learning and systems approach. As such interventions are goal-based and present-focused with a high priority placed on learning skills and coping strategies that can be generalized in the youth home, community and school.

5 AGENCY CONTEXT: REFERRAL TYPES AND VOLUMES

In general, Lutherwood accepts higher severity referrals only, and provide intensive services only, for teens.

6 OUTCOMES SAMPLE TARGET

- The data gathered thus far (to June 30 2004) has been from a convenience sample of cases available to provide data at discharge.
- From June 1, 2004, the agency will seek discharge and follow-up data from 40 – 60 successive discharges. This sample will support a credible initial estimate of the program's apparent effect size.

7 DATA GATHERING POINTS AND METHODS

7.1 STAGE 1

'Before' data from a convenience sample of 55 parents, Nov 2000- Sept 2003 and 'After' data for 11 Discharges, August 01 - Oct 2003. Average age at referral, 15.9 years, average stay 6 months, 77% males.

7.2 STAGE 2

Before' data from parents of 40 – 60 successive referrals, starting June 1 2004. Discharge Mental health, functioning and satisfaction data from parents of same cases, 6 month follow-up mental health and functioning data from parents of same cases.

8 START DATE

December 2000

9 QUARTERLY UPDATES

9.1 PROGRESS

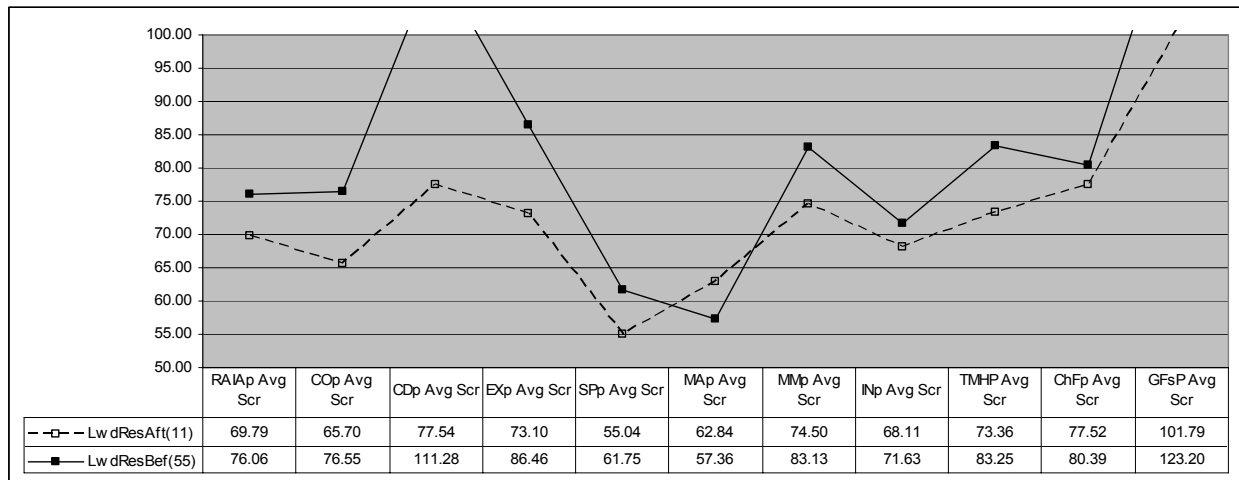
9.2 PROBLEMS

9.3 REVISIONS TO PLAN

As of June 2004, outcome and satisfaction data will be sought from 40 – 60 successive discharges, and 6 month outcome data. Average profiles will be compared, and effect sizes will be computed and compared to evidence-based benchmarks.

10 INTERIM REPORT

10.1 INTERIM: REFERRAL AND DISCHARGE PROFILES, STAGE 1



- There were moderate to large improvements in all Mental health scores initially >70, ranging from 0.6 SD (Attention Management) to 3.3 SD (Conduct)
 - However, most of these scores remained above the clinical threshold at time of discharge.
 - There were small improvements in global child functioning (0.3SD), but large improvements in Global family adjustment (2.1SD).
 - While improved, global family maladjustment remained very high @ 102, indicating continued severe family distress and disruption.
- Average age at referral, 15.9 years, average stay 6 months; 77% males.

10.2 EFFECT SIZES FOR CASES WITH HIGH 'BEFORE' SCORES

- Calculation not justified, given exploratory nature of initial phase of this outcomes project.

10.3 EFFECT SIZES COMPARED TO AVAILABLE BENCHMARKS

- Calculation not justified, given exploratory nature of initial phase of this outcomes project.

10.4 CLIENT SATISFACTION UPON DISCHARGE

- Data not gathered.

10.5 EFFECT SIZES FOR CASES WITH HIGH 'BEFORE' SCORES

- Calculation not justified, given exploratory nature of initial phase of this outcomes project.

10.6 EFFECT SIZES COMPARED TO AVAILABLE BENCHMARKS

- Calculation not justified, given exploratory nature of initial phase of this outcomes project.

10.7 SERVICE COST

\$40,529 per case

10.8 CONCLUSIONS

11 FINAL REPORT

12 CONTACT INFORMATION

Jacqueline McLaren, Program Manager
jmclaren@lutherwood.ca