

Van Buren
Community Mental Health Authority
Ends Monitoring Report
April 2019

SUBJECT: Children with Developmental Disabilities & Serious Emotional Disturbances
POLICY:

There will be improved functioning in children and their families whose functioning is impaired by developmental disability, a mental/emotional condition or substance use disorder.

For children there will be improvement in their:

- a. Functioning
- b. School performance
- c. Participation in their community
- d. Overall family functioning

This report is the second of two parts. The current report provides evidence of meeting the portions of the statements highlighted in yellow. Those statements not highlighted had evidence presented at the February 2019 Board meeting.

CEO Interpretation:

Improved functioning means that children served will demonstrate significant progress on validated scales measuring functioning; and that children served and their families will indicate the child has improved ability to handle daily life and cope with difficulties; and that the services received were appropriate and that families got the help they sought. Additionally, children with a history of admission to psychiatric hospitals will demonstrate a decreased need for these intensive and disruptive services.

Monitoring report

Children served will demonstrate significant progress on validated scales measuring functioning

Current data about youth served in Children's Intensive Services (CIS) and New Outlook (NOL) consistently show significant improvement in functioning as demonstrated by scores on the Child and Adolescent Functional Assessment Scales (CAFAS). The CAFAS is a reliable and valid instrument that is utilized throughout the Michigan CMH system which measures the functioning of youth. CIS & NOL serve youth with serious emotional disturbances and many needs. Additionally, youth served in these programs have CAFAS scores recorded regularly so evidence of change is present. For many years, these programs have tracked the CAFAS scores for youth at the time of admission, throughout their services, and at discharge. The programs' goal is that 75% of youth served will see a significant improvement in CAFAS score. (Significant improvement in CAFAS scores is defined by the developer of the scale as a 20 point or more decrease.)

Over the past 13 years, 83% of the 1154 youth tracked demonstrated significant improvement in CAFAS. For fiscal year 2018, 85% of youth from these two programs demonstrated a significant improvement. The percentage of youth who demonstrated significant improvement in functioning during 2018 is slightly higher and consistent with long term averages and meets the standard that these programs have had in place for many years. Data from the voluntary Benchmarking

initiative in Michigan, which ended in 2015, indicated that for the 17 CMHs who participated, on average 52% of youth served demonstrated this meaningful and reliable change in CAFAS.

Services received were appropriate and families got the help they sought.

In 2014, SWMBH decided to utilize the YSS for customer satisfaction and outcomes. The YSS is the instrument that VBCMh began using in 2009, and reported results in November on the Outcomes, Functioning and Social Connectedness scales. The YSS has 2 items on the Appropriateness of Services scale that have relevance. The percent of families indicating agreement with the item asking if “The services my child and/or family received were right for us,” had 85% of VBCMh served families reporting agreement. The national comparison sample for this item was 76%. The percent of families indicating agreement with the item asking if the family got the help they wanted for their child had 83% of VBCMh served families reporting agreement while only 72% of the national comparison sample agreed.

Children with a history of admission to psychiatric hospitals will demonstrate a decreased need for these intensive and disruptive services.

For many years, VBCMh has tracked psychiatric hospitalization data for youth. Nationwide, assisting a family such that a youth does not need psychiatric hospitalization is considered an indication of treatment success for those youth whose severe emotional disturbance put them at risk of needing this intensive but disruptive service. A review of the data from the past year on psychiatric hospitalizations for children indicates a low need for this intensive level of service.

- 96% of the youth hospitalized with a psychiatric admission during the past three fiscal years remained out of the hospital for 180 days post discharge from the hospital.
- 100% of children discharged from VBCMh services in FY 2016-17, remained out of psychiatric hospitalization for at least 6 months post discharge from VBCMh.

Michigan Department of Health and Human Services (MDHHS) has a performance standard that fewer than 15% of youth hospitalized will be readmitted to the hospital within 30 days of discharge. The time period immediately following a discharge is considered a time with an increased likelihood of admission. VBCMh has always met on an annual basis the performance indicator of less than 15% of youth readmitted within 30 days and in 2018, 0 youth admitted were readmitted within 30 days.

Additionally, VBCMh participated for five years in a benchmarking project which ended in Michigan in 2015. This project tracked community psychiatric inpatient hospitalizations for youth. For each of the quarterly reporting periods, VBCMh hospitalized fewer than 1 in 10,000 youth in the county per quarter. This was the most favorable category on the report. The project has ended but the result of less than 1 in 10,000 youth hospitalized in a quarter for VBCMh has continued for each quarter.

This review of hospital admissions data indicate that youth served by VBCMh have less need of psychiatric inpatient services than youth served elsewhere in the state and the performance exceeds state set standards

CEO Interpretation:

Improved school performance means that children served will demonstrate improvements on validated scales measuring school performance and children served in intensive programs will demonstrate improvement in grades and school attendance according to school records. Families of children served will indicate improved school performance.

Monitoring Report

Research tells us that children that have relief from emotional distress, and learn coping skills have improved school performance. The National Association of School Psychologists cites several hundred studies that “interventions that strengthen student’s social, emotional, and decision-making skills also positively impact their academic achievement, both in terms of higher standardized test scores and better grades.” So the data included above that indicates that youth served improve in their functioning can reasonably be believed to indicate that youth served are improving their school performance.

The CAFAS has a subscale which rates functioning in school. In fiscal year 2018 youth served at VBCMh demonstrated a 4 point improvement in the average subscale score between the initial CAFAS and the most recent CAFAS. Statewide data showed a 2 point improvement on the functioning in school subscale.

School records of grades and attendance were collected for children served in intensive services. The majority of school records indicate positive gains in grades and attendance:

- 93% of children served (125 of 135) in intensive programs demonstrated improvement in grades and attendance.

This percentage is consistent with those reported in previous years (91%, 81%, 82%, and 81%, 84%, 83%, 88%). This data from school records is also consistent with parents’ perceptions of school functioning reported in February from Youth Services Survey (YSS) data (see summary table.) The sample was broader for those surveyed using the YSS and included families open only a short time and those who received non intensive services.

CEO Interpretation:

Improved participation in their community means that children served will live in community based living arrangements, and families and children served will indicate that they get along better with friends and other people. Additionally, children served will demonstrate improvements on validated scales measuring behavior towards other.

Monitoring report

Children served will live in community based living arrangements

For the past 15 years, New Outlook has tracked data on children living in community based living arrangements who are served by this program. One of the entrance criteria for the wraparound services provided by New Outlook is that the youth is at risk of removal from their home. The New Outlook data indicates that 91% of 1,270 youth served have remained in community based living arrangements while in New Outlook services. In fiscal year 2018, 92% of youth served in New Outlook (72 of 78) remained in community based living arrangements. Also for the past 15 years, 89% of youth discharged from New Outlook remained in community based living arrangements for 90 days post discharge. In fiscal year 2018, 85% of youth discharged (29 of 34) from New Outlook remained in community based living arrangements for 90 days post discharge. The target set by the partner agencies is 80% for both youth currently served and those discharged so over the long term, New Outlook has exceeded and continues to exceed this definition of successful outcomes.

Children served will demonstrate improvements on validated scales measuring behavior towards other. The CAFAS has a subscale which rates Behavior Towards Others which looks at how the

youth gets along with other people. In fiscal year 2018, youth served at VBCMh demonstrated a 5 point improvement in the average subscale score between the initial CAFAS and the most recent CAFAS. Statewide data showed a 3 point improvement on the functioning of Behavior Towards Others subscale.

CEO Interpretation:

Improved overall family functioning means that families served will indicate satisfaction with family life, and having social and family supports. Additionally, families served in intensive services will have fewer substantiated abuse and neglect issues.

Monitoring report

For families at risk for substantiated abuse or neglect complaints, who were served in intensive services, 85% (51 of 60) had fewer substantiated issues while in services. The collected information demonstrates positive outcomes. Although there is not benchmark data from another mental health service provider organization on this measure, VBCMh's New Outlook program has collected this information for many years and the partner agencies sponsoring New Outlook set a standard of 80% of families served by New Outlook will have fewer substantiated abuse or neglect complaints.

Summary

All of the monitoring data for the Children's End is summarized in the attached table. This was the ninth year for collecting and presenting this data. The data demonstrated consistently positive results all nine years. The data collection and analysis represents many hours of work completed by many staff members throughout the year. Demonstrating the outcomes of treatment is important and many thanks go to the staff members involved.

BOARD PROMPTS

1. Is the interpretation by the CEO reasonable?
2. Is the evidence relevant and compelling?
3. Does this information lead the Board to believe they need to refine their Ends?