

# **1 OUTCOMES # 02**

## **2 ABSTRACT**

(o2) 2 stage outcomes project regarding Intense In-Home services. 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, 164 'Before' profiles are compared to 95 '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**

July 15 2004.

## **3 SERVICE TYPE**

Intense In-Home services

## **4 SERVICE DESCRIPTION**

This service is shared by Kidslink and Lutherwood, for children (0-18) and their families. Families are assigned a family support worker. A treatment plan based on needs assessments is developed with the family for home support and counseling over a two to five month period. The support worker focuses on helping the family use its strengths and resources as the primary base for coping with current crises. The treatment plan 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. The involvement with the worker varies depending on the family's needs; at times, the team may have daily contact, while the contact may be less during less stressful periods.

## **5 AGENCY CONTEXT: REFERRAL TYPES AND VOLUMES**

These agencies accept higher severity referrals only, and provide intensive services only, for teens and pre-teens. Less intensive services are offered for pre-schoolers. The agencies accept about 200 high-severity referrals per year in their common intake. About 50 of these go on to the shared intense in-home services program.

## **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 July 1 2004, the agency will seek discharge and follow-up data from 40 – 60 successive discharges. This latter sample will provide a more credible estimate of effect size than the preceding convenience sample.

## **7 DATA GATHERING POINTS AND METHODS**

### **7.1 STAGE 1**

Discharge data was gathered between Dec 21 2001 – Oct 14 2003, from 95 cases, referred between March 2001 and August 2003, Referral data was gathered between Dec 2000 and Oct 2003 for 164 cases referred in that period.

Average age at referral was 12.7 years, average stay in program was 6.8 months; 69% were male.

### **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 2001

## 9 QUARTERLY UPDATES

### 9.1 PROGRESS

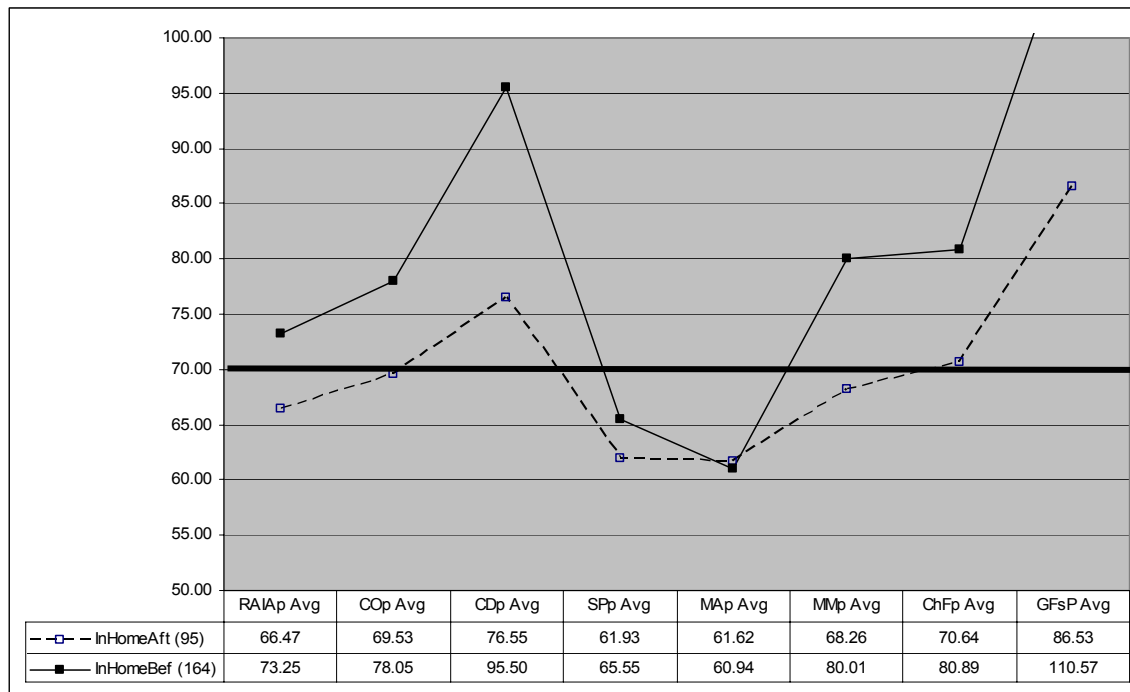
### 9.2 PROBLEMS

### 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, DISCHARGE AND FOLLOW-UP PROFILES



- Change in average scores for domains starting > 70 ranged from 2.4 SD (Global Family adjustment) to 0.7 SD (Regulation of Attention), all medium – large (>0.8 SD) changes.
- Discharge averages remained close to or above the clinical threshold of 70, for domains starting above that threshold.... i.e, the cases improved substantially, but continued to have significant mental health and functioning challenges at discharge.
- Average age at referral was 12.7 years, average stay in program was 6.8 months; 69% were male.

## **10.2 CLIENT SATISFACTION UPON DISCHARGE**

- Data not gathered.

## **10.3 EFFECT SIZES FOR CASES WITH HIGH 'BEFORE' SCORES**

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

## **10.4 EFFECT SIZES COMPARED TO AVAILABLE BENCHMARKS**

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

## **10.5 SERVICE COST**

\$12,710 per case

## **10.6 CONCLUSIONS**

# **11 FINAL REPORT**

# **12 CONTACT INFORMATION**

Walter Mittelstaedt, Director Mental Health Services (Lutherwood)

[wmittels@lutherwood.ca](mailto:wmittels@lutherwood.ca)

Patrick Flynn, Director of Mental Health Services (kidLINK)

[pflynn@ndsa.on.ca](mailto:pflynn@ndsa.on.ca)