

# **1 OUTCOMES # 04**

## **2 ABSTRACT**

(o4) 2 stage outcomes project regarding Day Treatment for teens. Stage 1 (data included) is exploratory, using a convenience sample of referral and discharge profiles, gathered between December 2000 and June 2003. For this stage 1, 27 'Before' profiles are compared to 13 '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**

Day Treatment for teens.

## **4 SERVICE DESCRIPTION**

We provide Day Treatment Services, making these available for youth in our Residential Treatment and Open Custody Services, as well as for 16 youth referred directly through schools or other community agencies. Youth receive educational programming, along with supports and skill training relevant to emotional and social difficulties. 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**

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.

## **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 can 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 27 parents, Dec 2000- Nov 2002 and 'After' data for 13 Discharges, Jan 2002 – June 2003. Average age at referral, 15.4 years, average stay 14 months; 78% 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

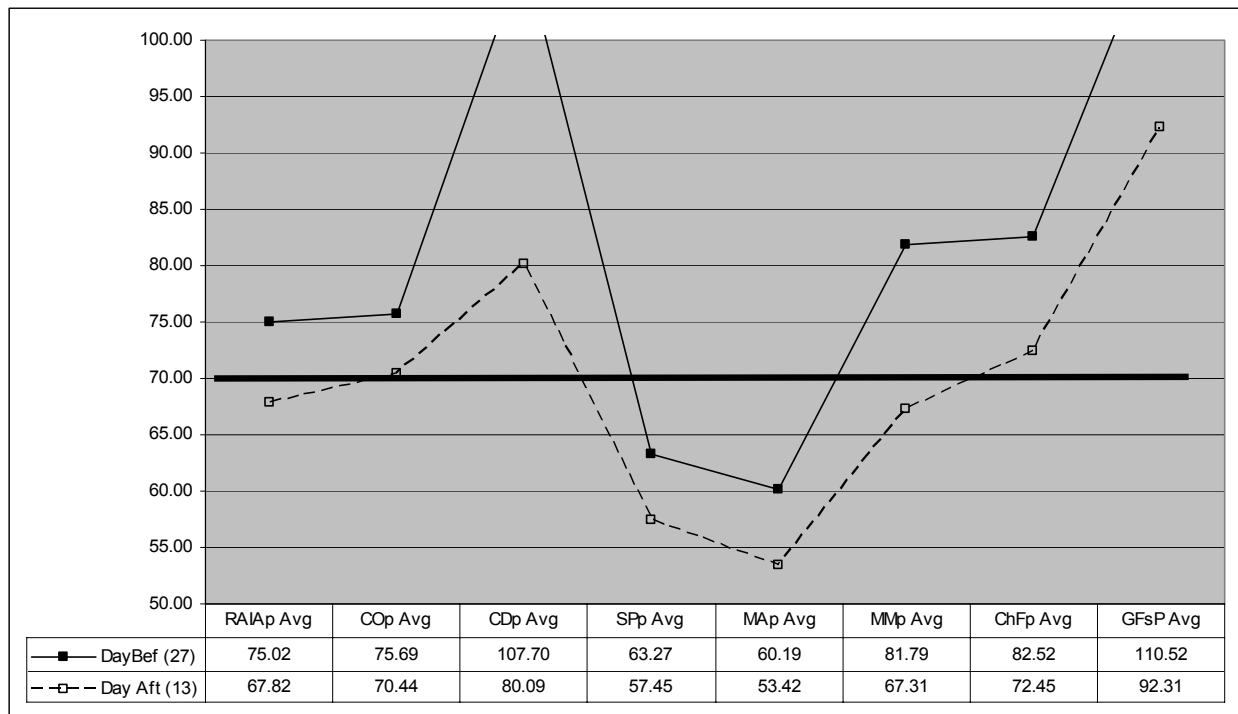
### 9.2 PROBLEMS

### 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



- All Mental health and functioning scores which started above the clinical threshold showed moderate – large clinical improvement.
  - These gains ranged from 2.7 SD for Conduct, between 1 and 1.8 SD for Mood, Child Functioning and Family Adjustment (all 'large' improvements) and 0.7 SD for Attention Management and 0.5 SD for Cooperativeness. ('moderate' improvements)
  - Scores for Cooperativeness, Conduct, Child Functioning and Family Adjustment remained above the clinical threshold (70) at discharge.
- Average age at referral, 15.4 years, average stay 14 months; 78% males.

### 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**

\$13,725 per case

### **10.6 CONCLUSIONS**

## **11 FINAL REPORT**

## **12 CONTACT INFORMATION**

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