

1 OUTCOMES

2 ABSTRACT

(o17) Outcome evaluation of a skills-training group program for parents and professionals supporting children with Selective Mutism (SM).

Selective mutism is viewed as an anxiety-based condition characterized by a child's failure to speak in select situations (e.g., to teachers at school), while speaking comfortably in other settings (e.g., to family members at home).

2.1 ABSTRACT DATE / UPDATE

September, 2005

3 SERVICE TYPE

Skills Training Group Intervention Program for Parents & Professionals Supporting a Child with SM Offered by the Selective Mutism Service, McMaster Children's Hospital

4 SERVICE DESCRIPTION

The Selective Mutism Service of McMaster Children's Hospital provides a six session, large group program that runs biweekly and is offered twice yearly. The group program is designed for management teams of parents and professionals working with a child with selective mutism. While parents attend all sessions, school professionals are asked to attend at least the first 2 sessions of the program. Service is based on the program description provided in the text *Helping your child with Selective Mutism* (McHolm, Cunningham & Vanier, 2005).

5 AGENCY CONTEXT: REFERRAL TYPES AND VOLUMES

McMaster Children's Hospital provides comprehensive health services to children and families in the Central Southwest Region of Ontario. The Selective Mutism Service operates as a regional center, offering consultation and intervention services to children aged preschool to adolescence. The average age of our referrals is 6 years. In response to a significant increasing in the referral rate, a large group program has been developed to maximize service delivery and provide social support to families.

6 OUTCOMES SAMPLE TARGET

In 6 runs of the program, 51 children with SM were represented by the participants. 95 people attended the first session (70 parents, 25 school personnel) and 43 attended the final session (38 parents, 5 school personnel).

7 DATA GATHERING POINTS AND METHODS

BCFPI phone interview is administered before the group sessions and at 6 month follow-up.

8 START DATE

Project started Fall of 2002

9 QUARTERLY UPDATES

9.1 PROGRESS

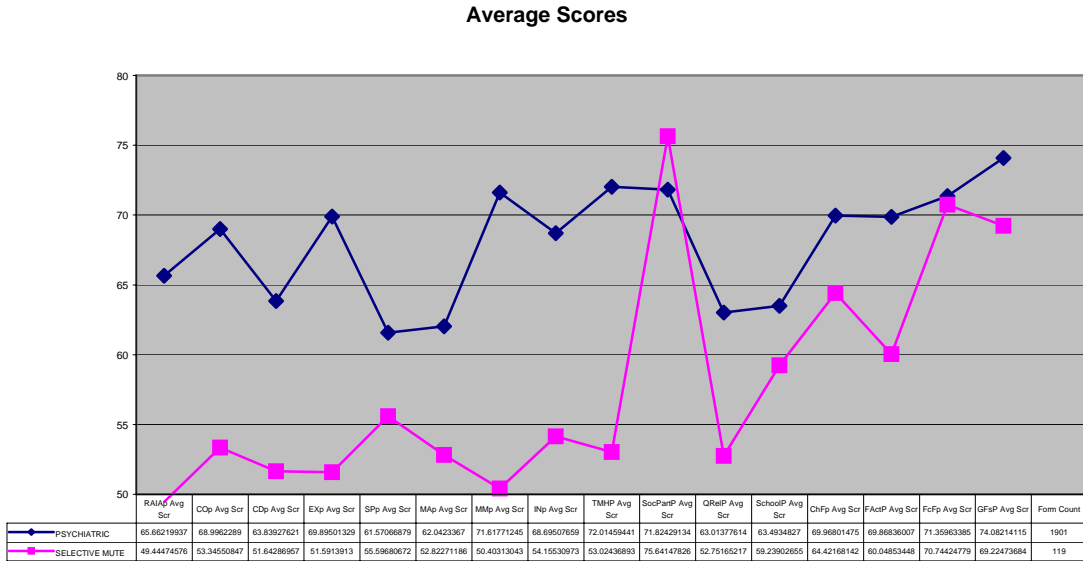
9.2 PROBLEMS

9.3 REVISIONS TO PLAN

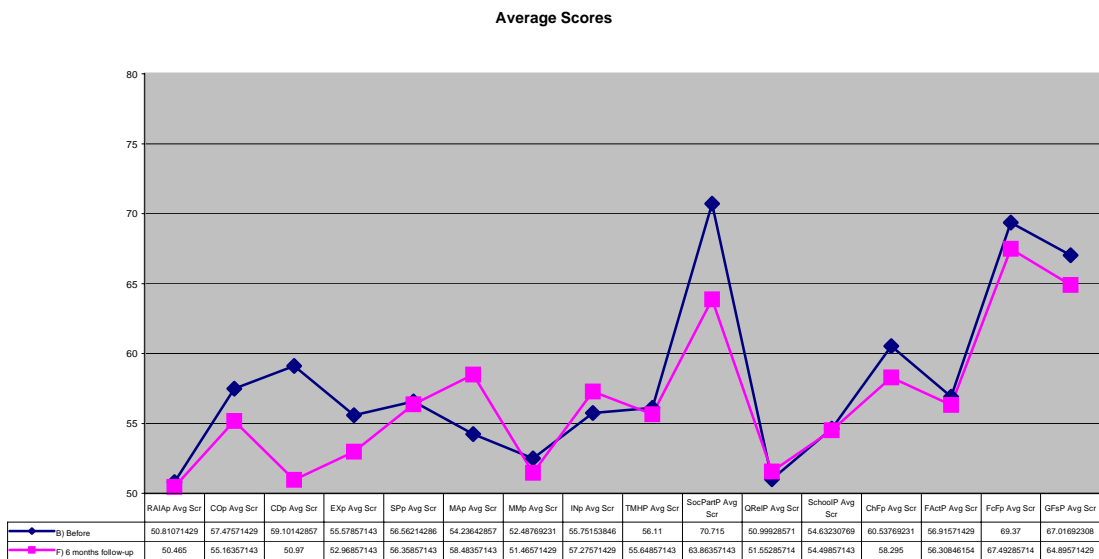
10 INTERIM AND FINAL REPORT

10.1 REFERRAL, DISCHARGE AND FOLLOW-UP PROFILES

Graph 1
Comparison of BCFPI profiles of 1901 clients referred for clinical service of all kinds to 119 clients with selective mutism.



Graph 2
Paired Comparison of the Before and 6 month follow-up BCFPI scales of the Selective Mute clients.

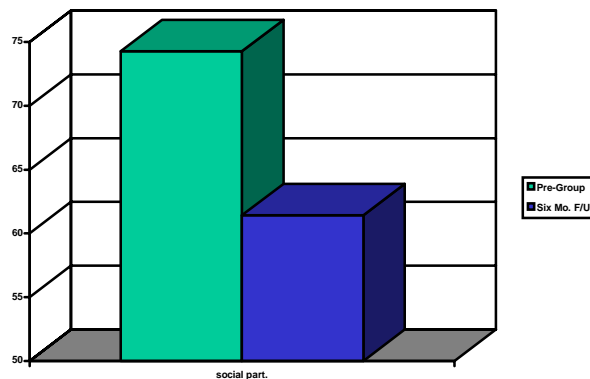


10.2 CLIENT SATISFACTION UPON DISCHARGE

Following group participation, parents and professionals who attended the group reported a greater sense of competence in supporting the SM child's communication, academic, and social development needs. A significant reduction in speaking inhibition was reported at home, in the community and, most notably, at school. The SM children were reported to be significantly less socially withdrawn.

10.3 EFFECT SIZES FOR CASES WITH HIGH 'BEFORE' SCORES

Although BCFPI parent reports of the SM child's mental health functioning did not change significantly following the group, a large reduction was noted in children's level of social withdrawal. The extent of social participation significantly increased. Overall, the children were reported to be less isolated, less withdrawn, more likely to engage in activities with other children, and more likely to enjoy life following the group ($t(26)=2.95$, $p<.05$; $d=0.80$). The following graph illustrates the reduction in social withdrawal & related effect sizes.



10.4 EFFECT SIZES COMPARED TO AVAILABLE BENCHMARKS

10.5 SERVICE COST

Given the large number of families that can be serviced using the same resources (i.e., two group facilitators), this service delivery model is more cost effective than individual services.

10.6 CONCLUSIONS

Both group participants (i.e., parents; educators; mental health professionals) and the children with SM they support appeared to benefit from this multi-session, large group intervention program.

11 CONTACT INFORMATION

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