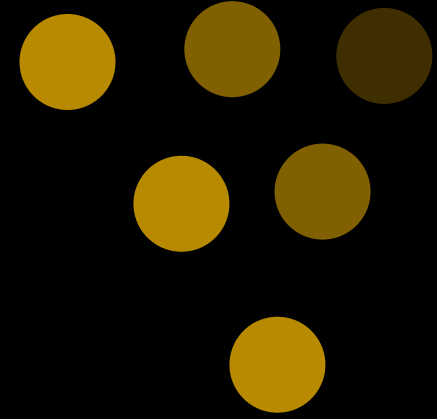


Improving Program Quality using Residential Post-Discharge Outcomes Research



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About Us



St. Mary's Home for Children



George N. Hunt School



Outpatient Services



Residential Services

Our youth residential programs



ASC

Assessment Stabilization Center

- Shelter program
- Assess and stabilize youth requiring out-of-home placement
- Girls 12-17
- 1 House, Max Capacity 8

ARTS

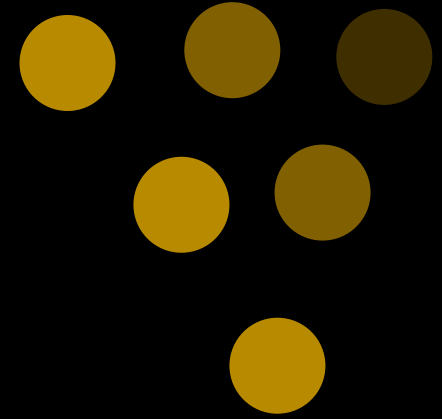
Acute Residential Treatment Services

- Psychiatric hospital step-down or diversion program
- Intensive short-term stabilization and brief treatment
- Boys and girls 6-17
- 1 House, Max Capacity 8

PRTF

Psychiatric Residential Treatment Facility

- Non-hospital setting for intensive inpatient services
- Boys 6-12
- Girls 6-19
- 3 Houses, Max Capacity 21



The Research Project

Why we started the project

KNOWN FACTS:

1. Most residential youth are discharged due to symptom reduction and achievement of treatment plan goals
2. A seemingly high number of discharged youth return to our care within one year

What happens to our residential clients after discharge?

Why do so many clients return to residential care within 12 months?

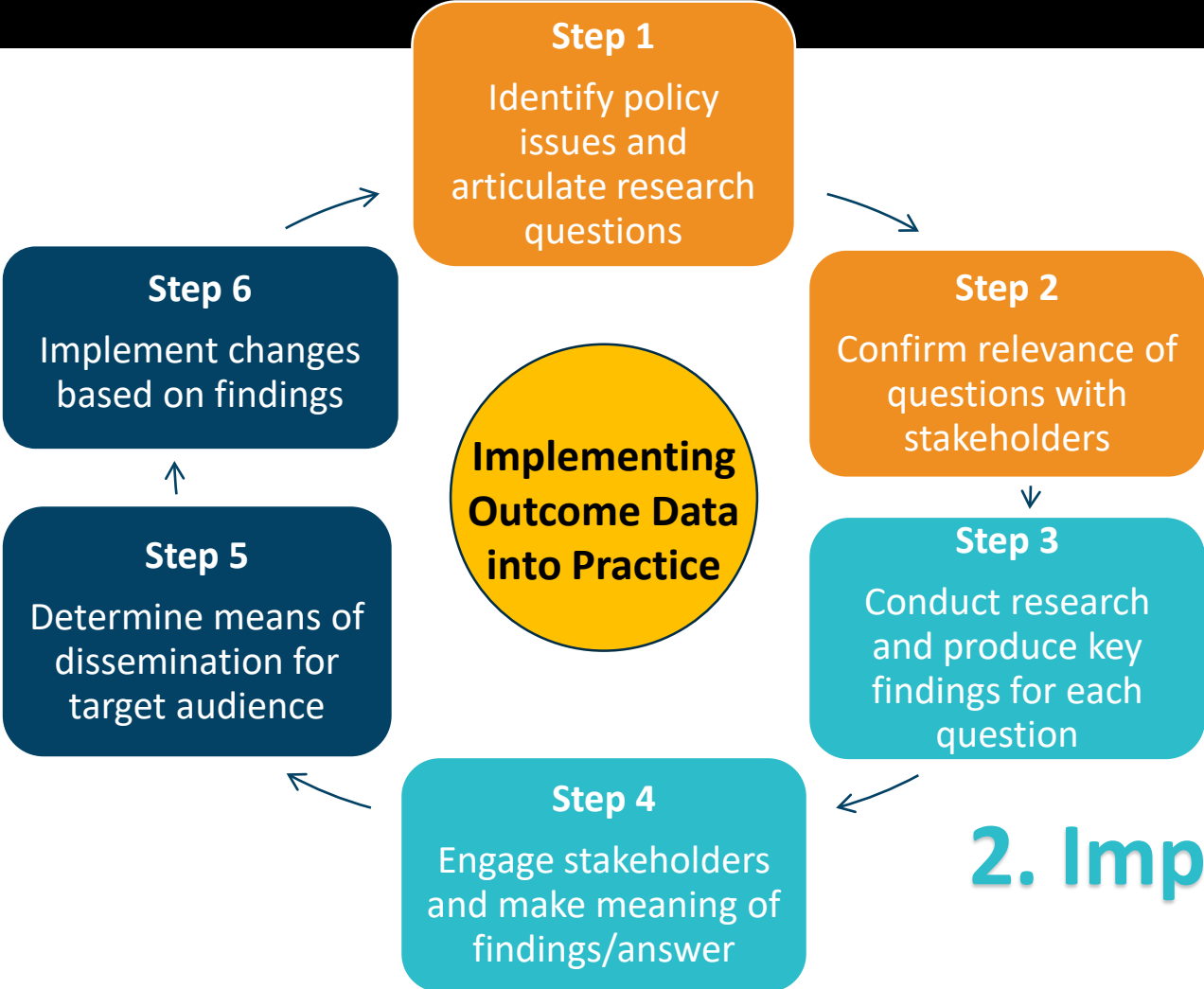
Which clients are most likely to return to care?

What program changes can we make to improve post-discharge outcomes?

Using research data to improve outcomes

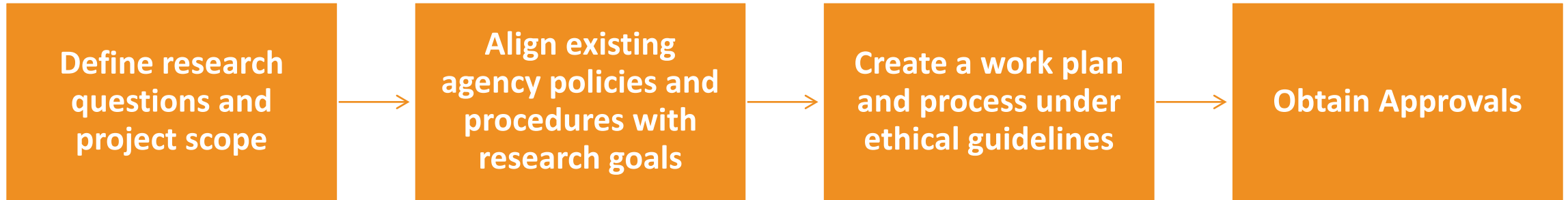
3. Analysis

1. Planning



2. Implementation

Phase 1: Planning

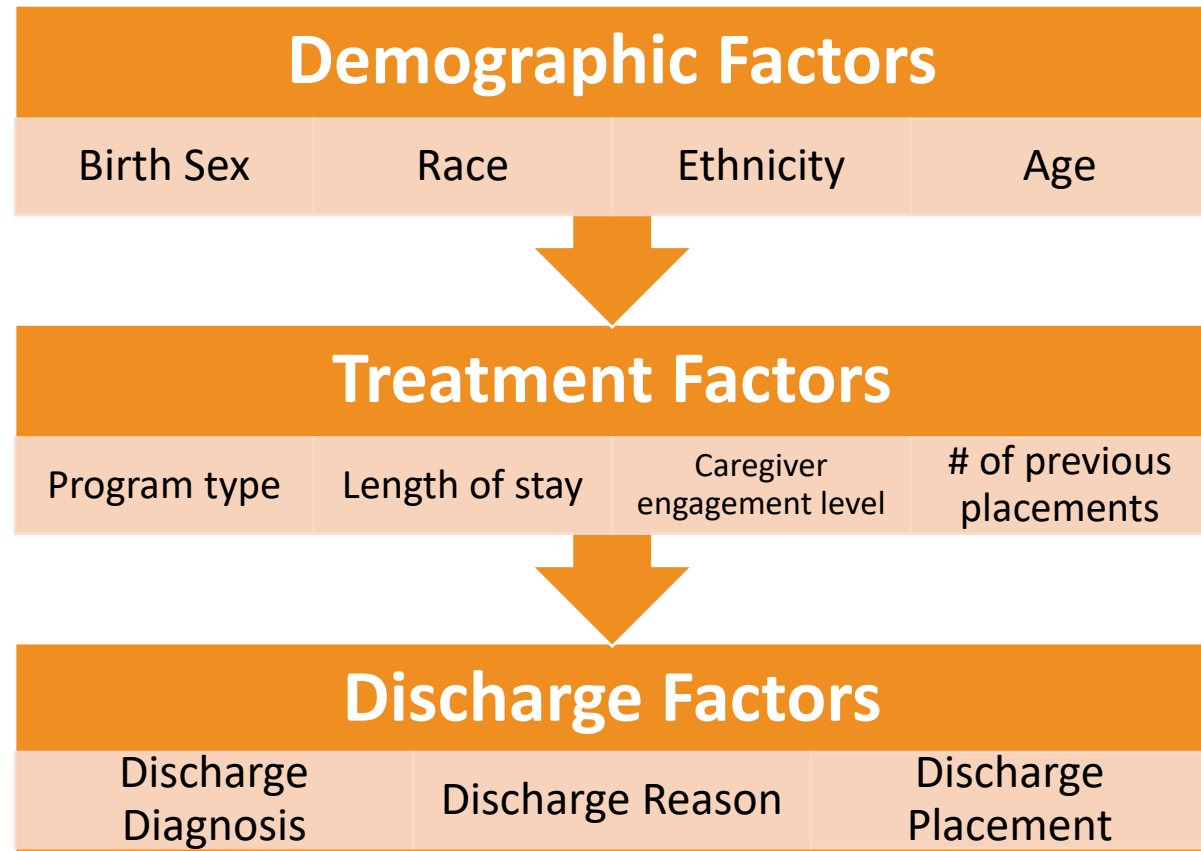


RESEARCH QUESTIONS

- Q1 How are former residential youth faring at 6, 9, and 12 months post-discharge?
- Q2 Can outcome differences be explained by demographic factors, client history, or treatment progress?
- Q3 Do outcomes change over time?
- Q4 Which of our current clients are most at risk for re-admission?

What factors contribute to post-discharge outcomes?

Independent Variables



Which outcomes should we focus on?



Building Bridges
INITIATIVE

Risk Factors

I'm going to ask you some sensitive questions, because it is important for us to get an idea of what's happening in the life of _____. If you're uncomfortable answering any of these questions please let me know.

| 13. In the last six months, has the [youth name]: | Yes | No | Don't Know |
|--|-----|----|------------|
| a. Been pregnant or fathered a child? | | | |
| b. Been arrested? (if no, skip to "d") | | | |
| c. Been arrested for a felony? | | | |
| d. Used alcohol or other drugs? | | | |
| e. Exhibited behavior problems that are dangerous? | | | |
| f. Been the victim of child maltreatment (abuse or neglect)? | | | |
| g. Been the victim of commercial sexual exploitation? | | | |

Treatment

Now I'm going to ask about treatment that _____ may have received during the last six months.

| 14. In the last six months, has the [youth name]: | Yes | No | Don't Know |
|--|-----|----|------------|
| a. Received treatment for drug or alcohol related problems? | | | |
| b. Received outpatient treatment for mental health problems? | | | |
| c. Been hospitalized for psychiatric reasons? | | | |
| d. Spent time in a residential treatment facility? | | | |

Which outcomes should we focus on?

Dependent Variables



Phase 2: Implementation



**Identify
Subjects**



**Client Record
Data Extraction**



**Survey Data
Collection**

Phase 3: Analysis



Data Analysis

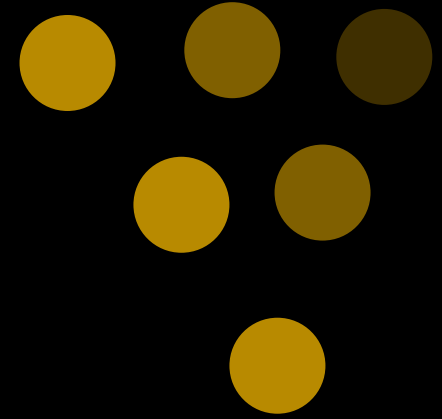


Reports



**Improvement
Plans**

Analysis of data 2019-2022



Who is participating in the study?

What percentage of former clients participate in the survey?

Female former clients – 56%

Male former clients - 57%

 White former clients – 62%

Black/African American former clients – 62%

Other race former clients – 53%

 Hispanic/Latino former clients – 54%

Not Hispanic/Latino former clients – 60%

| Placement at discharge | Participants | Not participating |
|--------------------------|--------------|-------------------|
| <i>Home</i> | 43 | 15 |
| <i>Group home</i> | 16 | 7 |
| <i>Foster home</i> | 3 | 5 |
| <i>Kinship home</i> | 6 | 5 |
| <i>Psych hospital</i> | 7 | 8 |
| <i>Out-of-state care</i> | 4 | 4 |
| <i>SILP</i> | 1 | 6 |
| <i>RTX</i> | 2 | 8 |
| <i>Elopement</i> | 0 | 4 |
| <i>Not known</i> | 0 | 2 |
| <i>TOTAL</i> | 82 | 64 |

Q1

Where are the youth living?



LIVING SITUATION

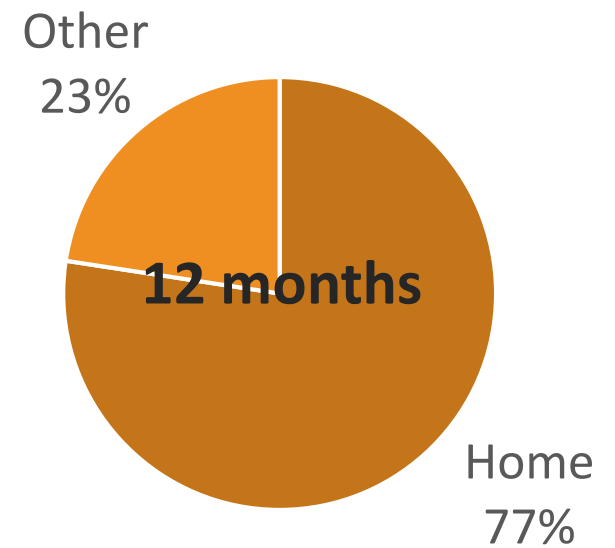
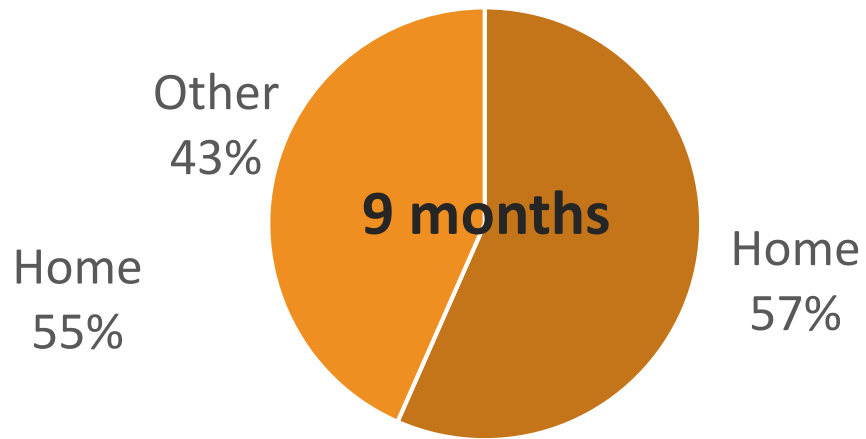
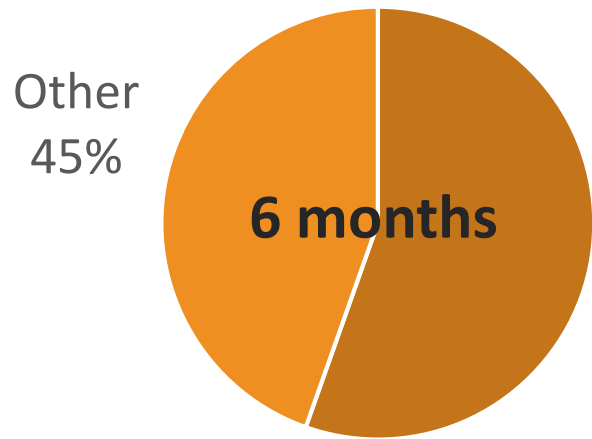
| <i>Living situation</i> | <i>6 Months</i> | <i>9 months</i> | <i>12 months</i> |
|--------------------------------|-----------------|-----------------|------------------|
| <i>Parent or Guardian home</i> | 34 | 27 | 22 |
| <i>Relative/friend home</i> | 7 | 2 | 2 |
| <i>Foster home</i> | 2 | 1 | 1 |
| <i>Group home</i> | 6 | 7 | 3 |
| <i>Residential treatment</i> | 12 | 13 | 6 |
| <i>Psychiatric hospital</i> | 10 | 3 | 3 |
| <i>Semi-independent living</i> | 2 | 0 | 1 |
| TOTAL | 76 | 53 | 38 |

Q1

Where are the youth living?



LIVING AT HOME



Q1

How are youth faring in the community and with their health?



SCHOOL ATTENDANCE

| <i>Attends school regularly</i> | <i>6 months</i> | <i>9 months</i> | <i>12 months</i> |
|---------------------------------|-----------------|-----------------|------------------|
| Yes | 55 | 37 | 29 |
| No | 18 | 13 | 7 |
| Yes, but not regularly | 3 | 3 | 2 |



MENTAL HEALTH COUNSELING

| <i>Mental health counseling</i> | <i>6 months</i> | <i>9 months</i> | <i>12 months</i> |
|---------------------------------|-----------------|-----------------|------------------|
| Yes | 50 | 35 | 26 |
| No | 26 | 18 | 12 |

Q2

Can outcome differences be explained by certain factors for PRTF clients?

SUCCESSFUL

- Clients remained in their discharge placement or moved to a lower level of care
- Clients were attending school regularly, or working
- Clients had strong social connections: friends, family, church, sports, etc.

11 of 19 PRTF clients (57%) met this criteria at 6 months post discharge.

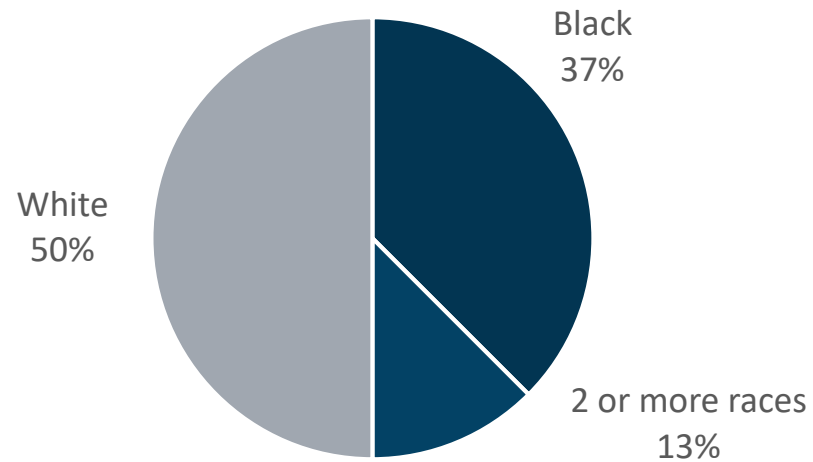
STRUGGLING

- Clients moved to a higher level of care than their discharge placement
- Clients continued to exhibit dangerous or problematic behaviors
- Clients were socially isolated

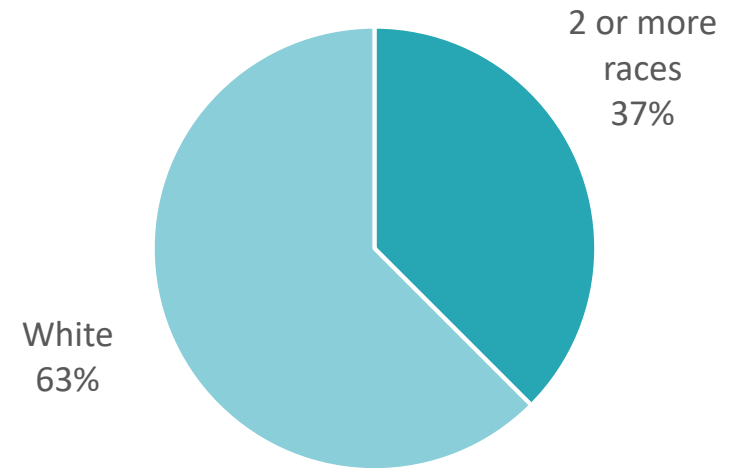
8 of 19 PRTF clients (42%) met this criteria at 6 months post discharge.

Demographic Factor: Race

SUCCESSFUL

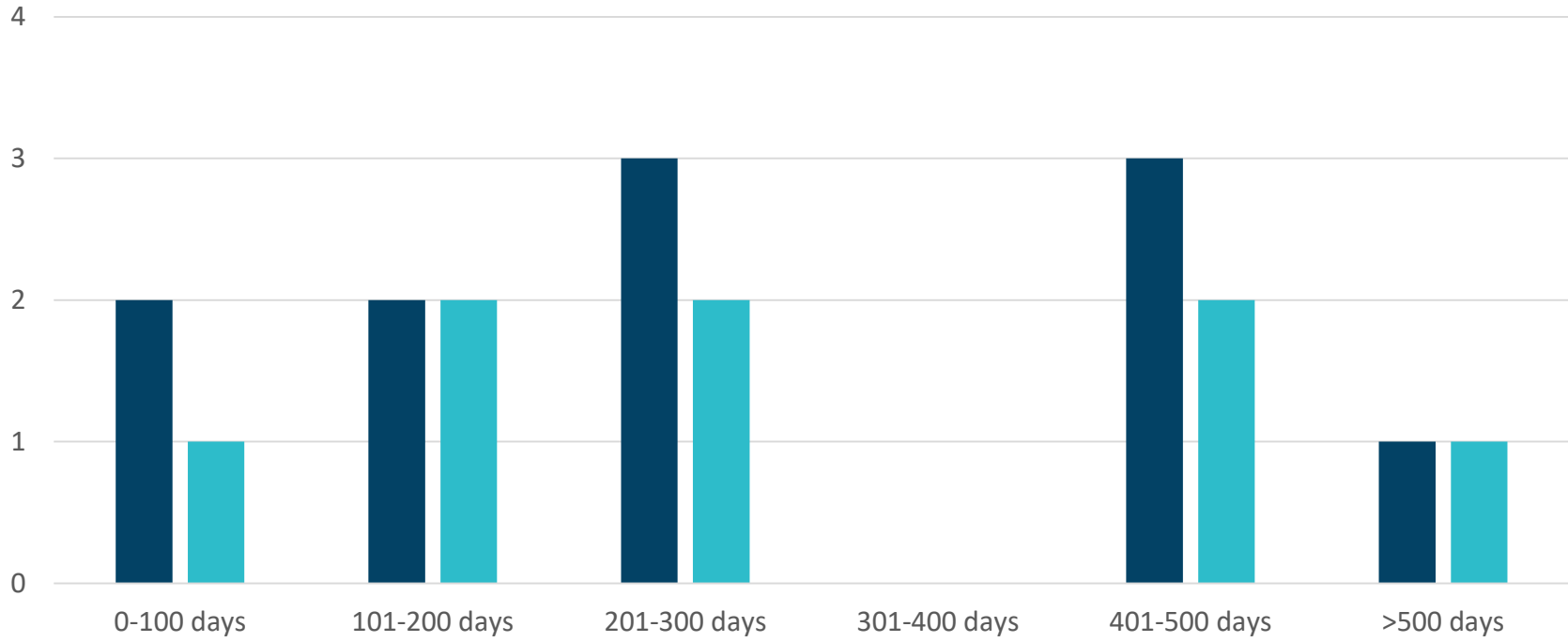


STRUGGLING



No Black clients among struggling group. 4 of 9 white clients were successful. Four clients with 2 or more races were successful, and 3 were unsuccessful.

Treatment Factor: Length of Stay



SUCCESSFUL

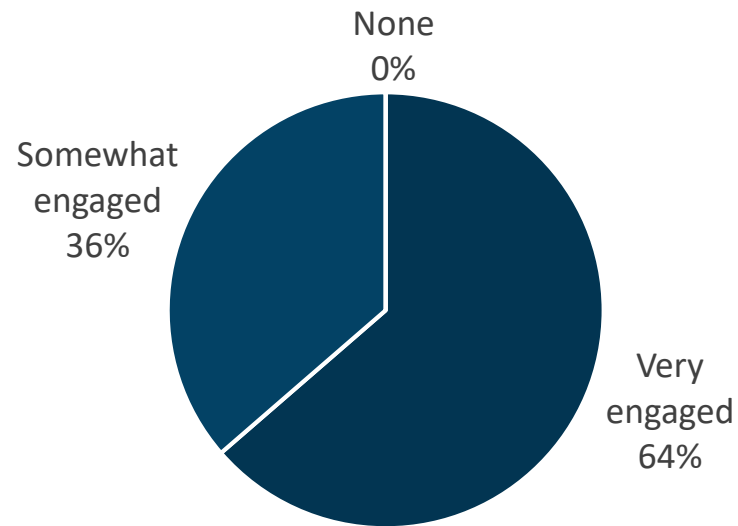
Average length of stay = 275 days

STRUGGLING

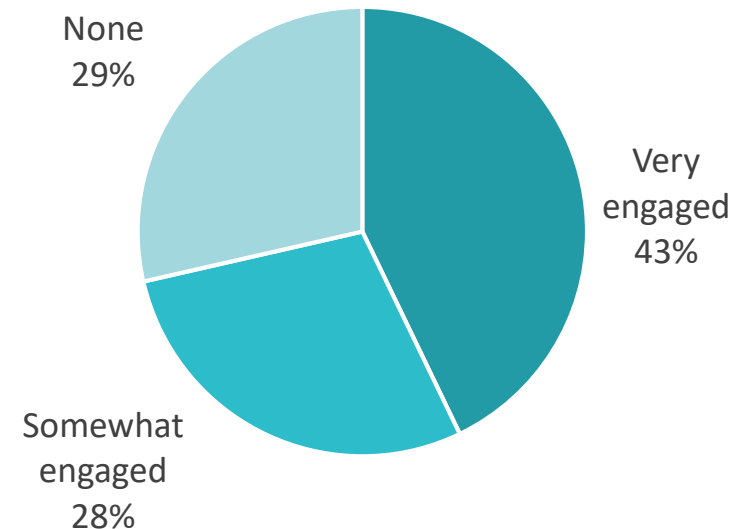
Average length of stay = 328 days

Treatment Factor: Caregiver Engagement

SUCCESSFUL



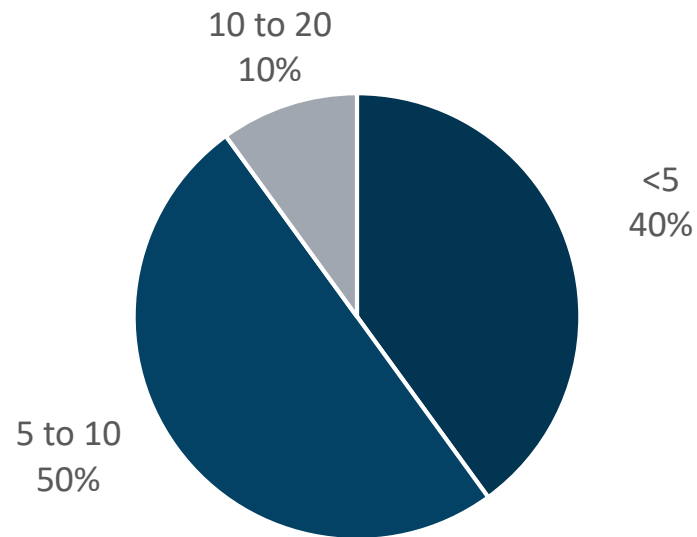
STRUGGLING



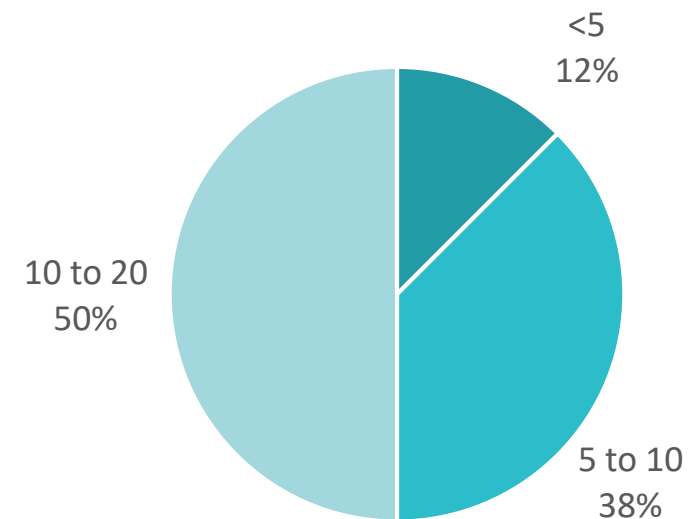
The big difference between the 2 groups, in terms of caregiver engagement, is the higher percentage of “no engagement” in the struggling clients.

Treatment Factor: Previous placements

SUCCESSFUL



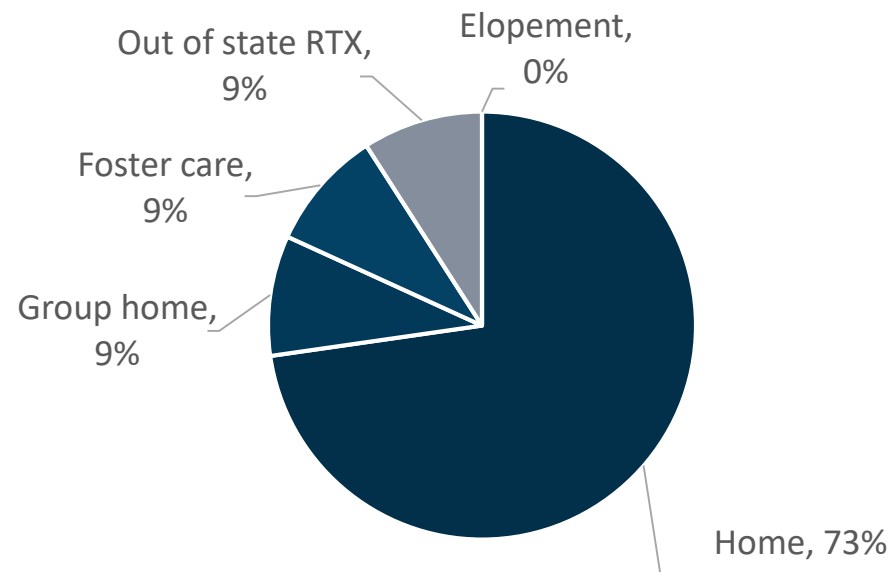
STRUGGLING



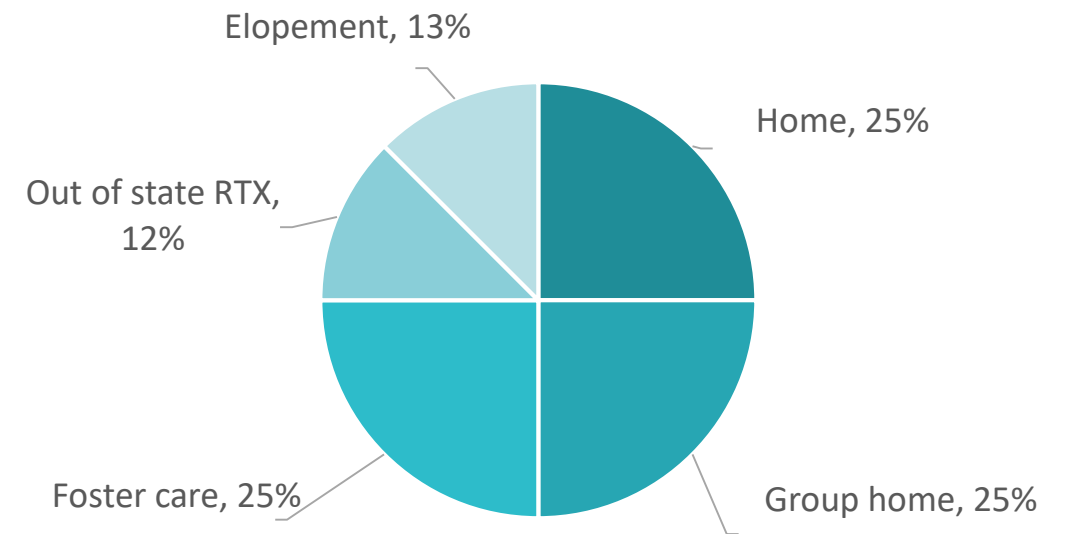
40% of the successful clients came to SMHFC with fewer than 5 previous placements.
By comparison, 88% of the struggling clients had more 5 previous placements.

Discharge Factor: Placement at Discharge

SUCCESSFUL

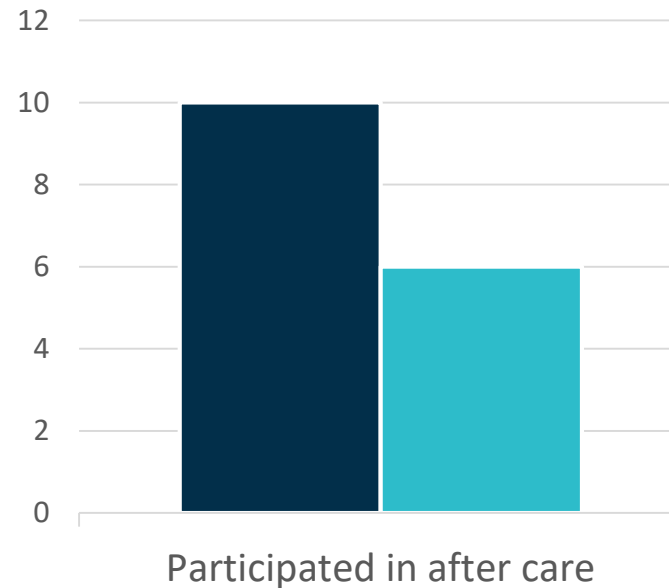


STRUGGLING



73% of successful clients, and 25% of struggling clients, were discharged home with family.

Discharge Factor: Participation in Aftercare



SUCCESSFUL

Average length of aftercare = 160 days

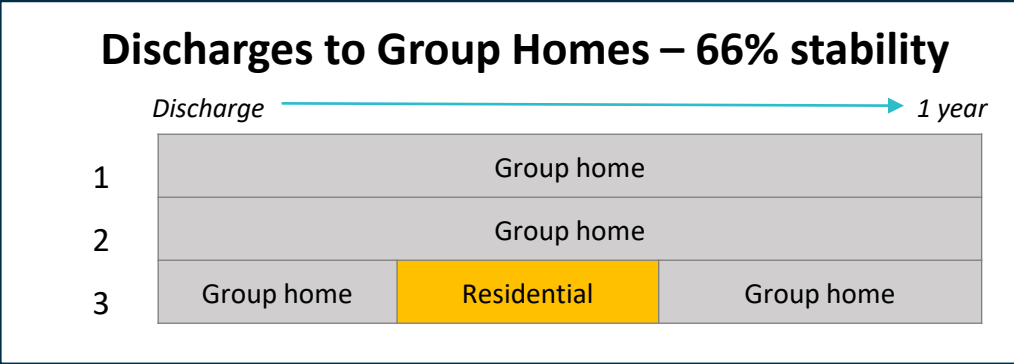
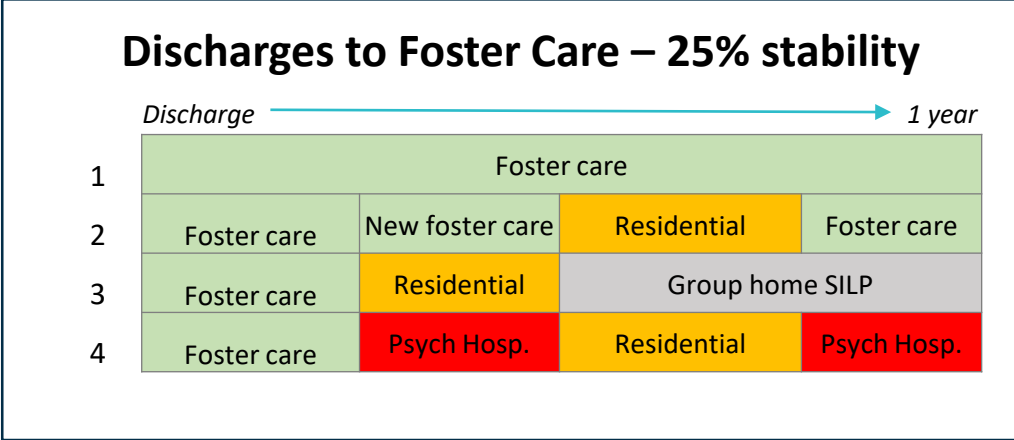
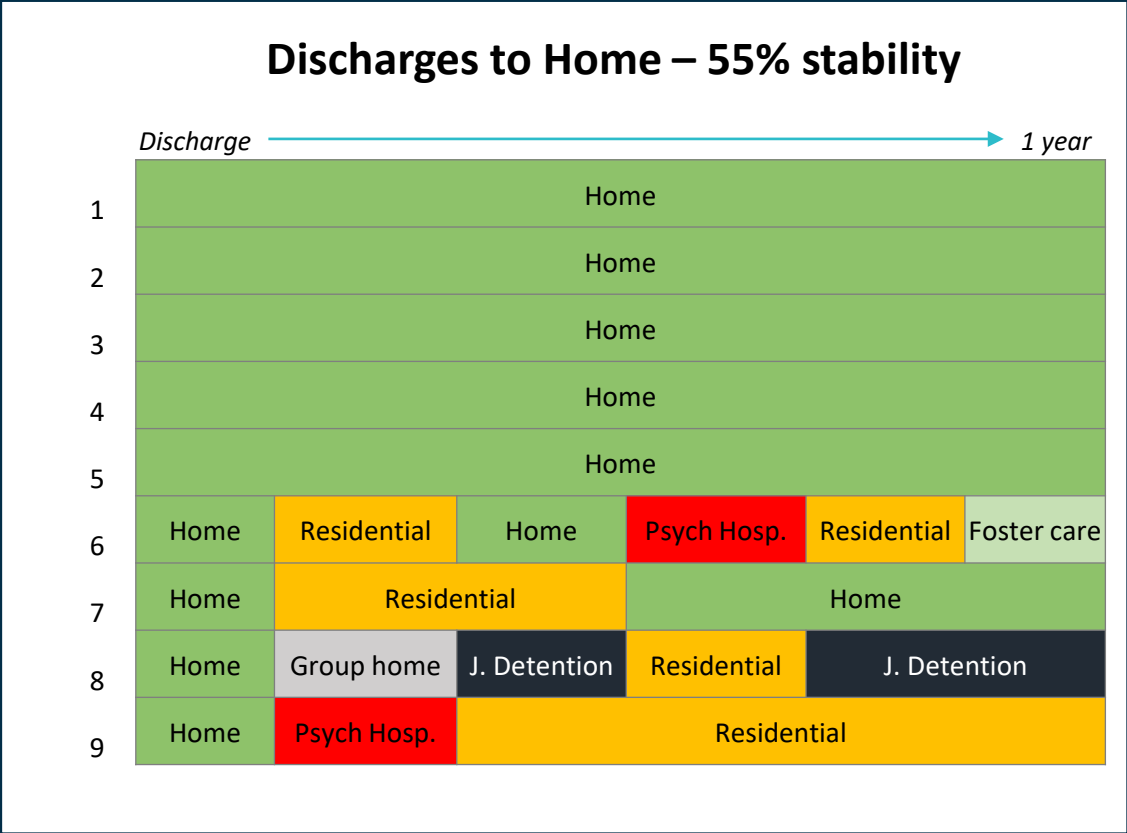
STRUGGLING

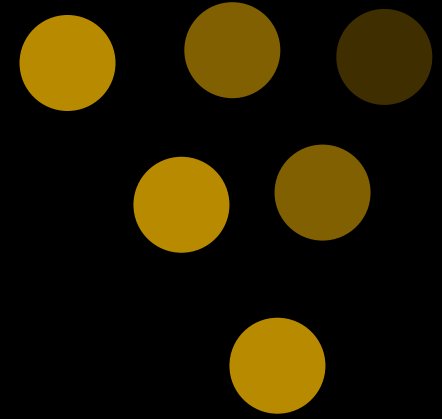
Average length of aftercare = 147 days

Q3

Do outcomes change over time for PRTF Clients?

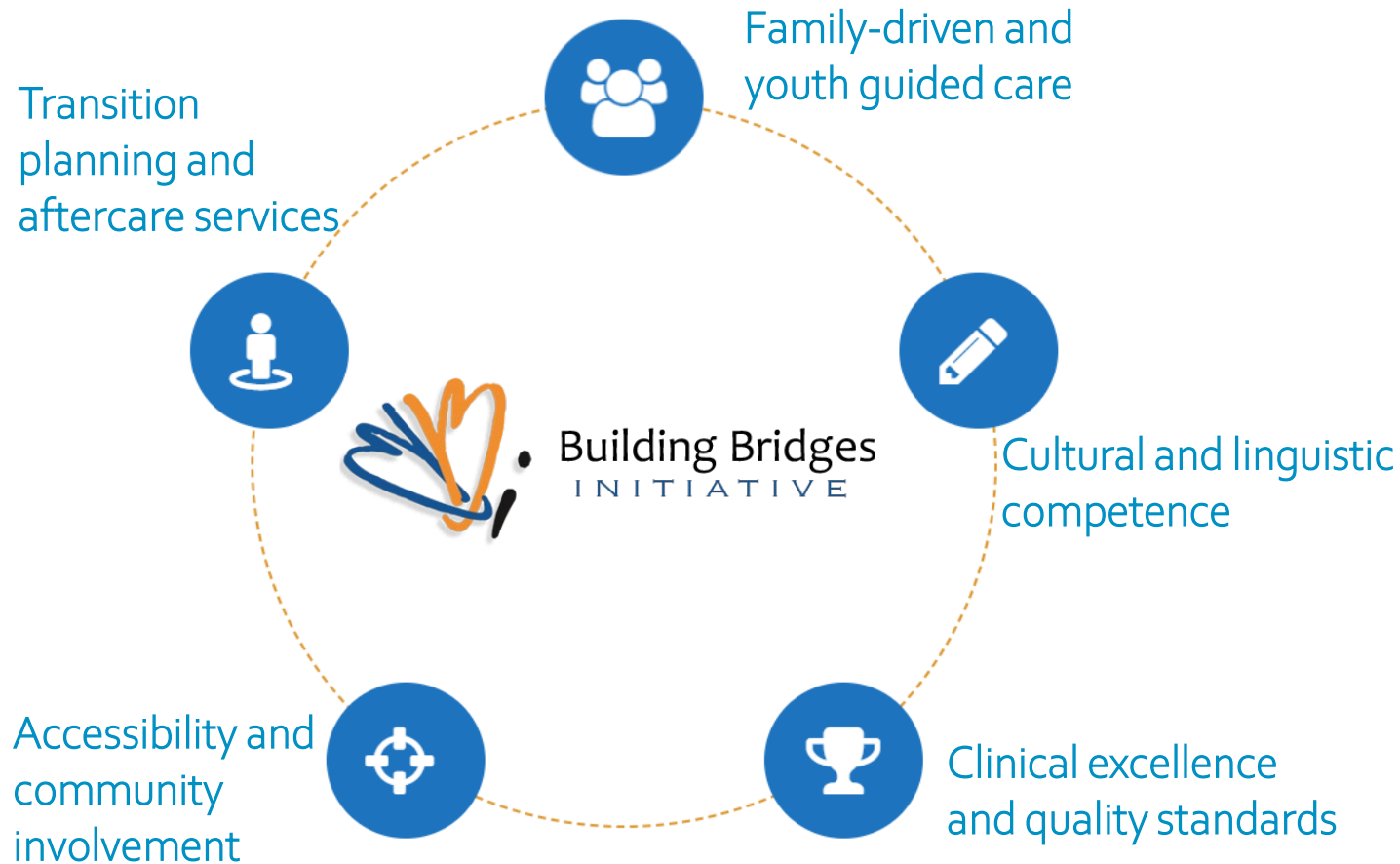
PLACEMENT STABILITY WITHIN 1 YEAR POST-DISCHARGE





Program quality improvement

Building Bridges Initiative (BBI)



BBI SERVICES DURING RESIDENTIAL TREATMENT

Parent Partner works together with youth's family to identify issues and help develop a plan.

Youth Mentor supports and guides clients in self advocacy. Runs youth council.

Family Liaison Helps youth maintain existing and/or start new community activities.

Family Therapist works with families who want to develop skills together.

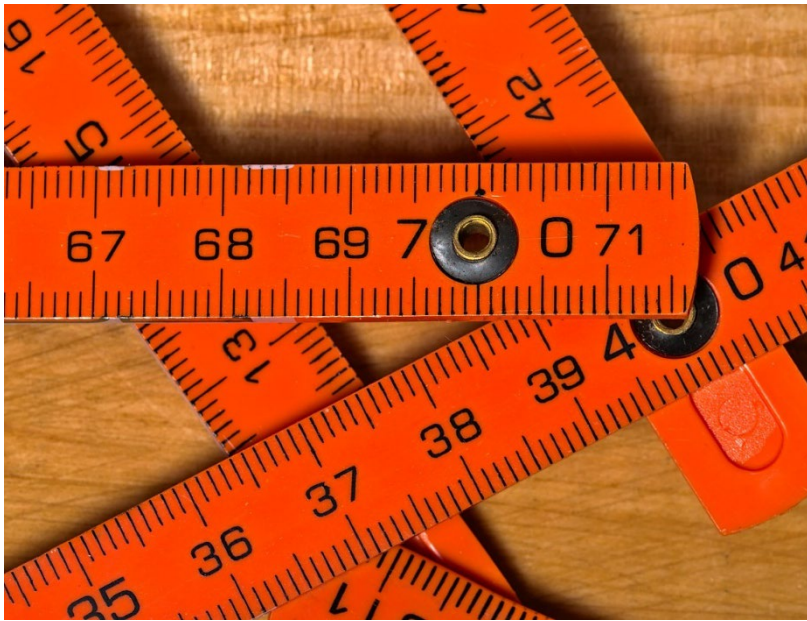
Data gaps for BBI activities

| Family driven and youth guided care | Metrics |
|---|------------------------|
| Contact with family prior to admission | Available |
| Family participation in Calming Soothing Plan | Not available |
| # client telephone calls with family and natural supports | Limited and unreliable |
| # client visits with family and natural supports | Limited and unreliable |
| # treatment plans signed by family/natural supports | Available |
| # clinical contacts with family | Available |
| # BBI contacts with family | Limited |
| # identified natural supports | Not available |
| Identification of family challenges in client record and action plan to mitigate challenges | Not available |
| Record of transportation and financial support provided to family | Not available |

| Accessibility and Community involvement | Metrics |
|---|------------------------|
| # youth receiving vocational services in the community | Not available |
| # youth participating in recreation, extracurricular, or enrichment facilities in the community | Not available |
| # life skills sessions provided by milieu or BBI staff | Limited and unreliable |
| # youth receiving services from a previous community provider | Not known |
| #BBI activities which take place on campus or in the community | Limited and unreliable |

| Transition Planning and services | Metrics |
|--|-----------|
| BN contact note w/in 48 hours of discharge | Available |
| Signed Aftercare plan with list of aftercare services | Available |
| # youth receiving aftercare for at least 3 months | Available |
| # youth receiving care coordination visit within 7 days of discharge | Available |
| # youth whose discharge summary includes a crisis plan | Available |

BBI Improvement Plan for Metrics



**Develop metrics for
BBI program**



Training for BBI Staff

Why are youth struggling after residential discharge?

STRUGGLING

Low Caregiver
Engagement

High # of
Previous
Placements

BBI Improvement Plan for Treatment



Youth Mentors

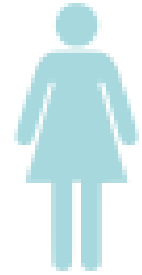


Youth Transition Training



**Programming
for Teens**

PRTF Client Examples: Background



Youth 1
born 2004
Female
White Hispanic/Latino
LGBTQ+
PRTF LOS = 793 days
Received Aftercare

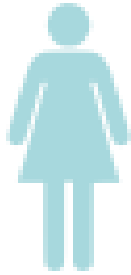
RISK FACTORS

- Childhood abuse ✓ ✓
- Trauma ✓ ✓
- Neglect ✓ ✓
- Childhood abuse ✓ ✓
- Social isolation ✓ ✓
- Poverty ✓ ✓
- Bereavement ✓ ✓
- Severe/long-term stress ✓ ✓



Youth 2
born 2003
Female
White Non-Hispanic/Latino
Not LGBTQ+
PRTF LOS = 1,947 days
Receiving Aftercare

PRTF Client Examples: Outcomes



Youth 1

born 2004
Female
White Hispanic/Latino
LGBTQ+
PRTF LOS = 793 days
Received Aftercare

PROTECTIVE FACTORS

HOME

Semi-independent living ✓ ✓

COMMUNITY

Supportive youth mentors ✓ ✓

PURPOSE

Engagement and connections
in community ✓ ✓

Problem-solving skills ✓ ✓

HEALTH

Emotional self-regulation ✓ ✓

Coping skills ✓ ✓



Youth 2

born 2003
Female
White Non-Hispanic/Latino
Not LGBTQ+
PRTF LOS = 1,947 days
Receiving Aftercare

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