



Pacific  
Clinics

Fresno  
County  
Bright  
Beginnings  
for Families  
Annual  
Report

Fiscal Year  
**2023**

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## Executive Summary

Bright Beginnings for Families is a collaboration of three agencies—Pacific Clinics (formerly Uplift Family Services), Exceptional Parents Unlimited and Comprehensive Youth Services. Our mission is simple—to build stronger families, with a focus on families of consumers with complex behavioral health needs. Bright Beginnings for Families offers an array of services designed to empower families to overcome barriers and effectively meet the needs of their consumers.

Bright Beginnings for Families uses a team-based approach to deliver services to support families with consumers ages birth through ten who have severe behavioral problems. Every family in Bright Beginnings for Families is assigned a team of professional staff to walk with them in their journey through the program.

Bright Beginnings for Families services include:

- Individualized services and supports tailored to the needs of the child and family
- Referrals and linkages to other needed community services and supports
- Behavioral management and positive parenting strategies
- 24 hours/7 days a week crisis support

Through the unique and cutting-edge services offered by each agency, the staff of Bright Beginnings for Families strive to do “whatever it takes” to provide families with an experience that will not only help them overcome the challenges they are currently facing, but to also ensure they have the skills they need to sustain the new positive outlook they have created for their child.

This annual status report provides an overall summary of treatment results, focusing on the time period July 1, 2022 through June 30, 2023 (FY23). The outcomes of service delivery include improvements in consumer’s functioning status, consumer’s emotional well-being, caregiver’s advocacy and social resources, consumer’s school achievement, interpersonal skills, as well as reduction in juvenile justice involvement and school-based reprimands, caregiver’s stress and lastly, customer satisfaction.

For FY23, \$5,253,948.21 was billed for EPSDT services (86%; Pacific Clinics: \$2,986,400.22; CYS: \$864,777.99; EPU: \$1,402,770.00) and \$887,572.16 was billed for MHSA services (24%).

## SECTION I: SUMMARY OF PROGRAM OUTCOMES

Table 1

Goals/Objectives	Performance Measure	FY23 PC	FY23 EPU	FY23 CYS
Improved Child Functioning	1.1) 60% of consumers will improve clinical condition/quality of life. (Source: CANS Total Actionable Items)	63%	50%	55%
	1.2) 60% of consumers will improve emotional and behavioral status.* (Source: CANS BEN domain)	42%	67%	58%
	1.3) 60% of consumers will reduce risk behaviors.* (Source: CANS RB domain)	21%	No actionable items at Admit.	No actionable items at Admit.
Improved Educational Functioning (Pacific Clinics Only)	2.1) 70% of consumers will maintain or improve school achievement. (Source: CANS LFD School Achievement item)	74%	n/a	n/a
	2.2) 70% of consumers will maintain or improve school attendance. (Source: CANS LFD School Attendance item)	88%	n/a	n/a
	2.3) 70% of consumers will maintain or improve school behaviors. (Source: CANS LFD School Behavior)	70%	n/a	n/a
Improved Parent Functioning	3.1) 60% of consumers will improve psychosocial impairment functioning (Source: PSC-35)	46%	73%	84%
Satisfaction	4.1) 70% of consumers and families will be satisfied with Bright Beginnings for Families services. (Source: YSS-F; % Satisfied= Mean score of 4.0 or higher per Pacific Clinics baseline; 3.5 or higher per national mean.) (Source: Caregiver Satisfaction Survey; % Satisfied= Score of 4 or higher on Total Satisfaction question; per Pacific Clinics baseline)	100%	Insufficient data	95%
In-Home (Pacific Clinics Only)	5.1) 70% of consumers will maintain in home or improve to an in-home placement. (Source: CEDE 2.0)	98%	n/a	n/a
Juvenile Justice Involvement	6.1) 70% of consumers will decrease their number of probation violations. (Source: CEDE Probation Violations)	No actionable items at Admit.	n/a	n/a

Pacific Clinics (formerly Uplift Family Services), Comprehensive Youth Services (CYS), & Exceptional Parents Unlimited (EPU)  
Fresno County Bright Beginnings for Families

(Pacific Clinics Only)				
Hospitalizations (Pacific Clinics Only)	7.1) 85% of consumers will decrease (or maintain at 0) their number of admissions to inpatient Hospitals i.e. Exodus).	99%	n/a	n/a

Notes: (1) In BLUE: per program baseline or KPI standard, in GREEN: per desired target goal, and in RED: per contract. (2) Outcomes/Goals based on FY23 program logic model. (3) Total CANS domains, BEN domain, and RB domain outcomes include clients with an actionable rating at Admit; clients with nonactionable ratings are not included in analysis.

## SECTION II: DEMOGRAPHICS AND INTAKE DATA

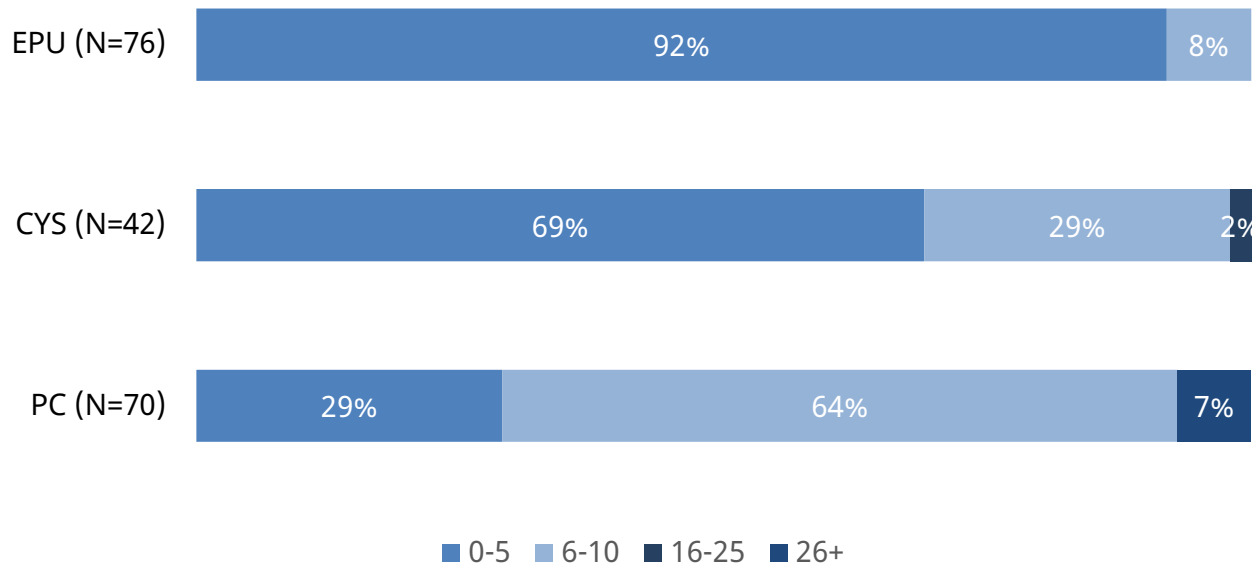
### Number of Consumers Served

Table 2

<b>Consumers Served</b>	<b>Comprehensive Youth Services</b>	<b>Exceptional Parents Unlimited</b>	<b>Pacific Clinics</b>	<b>Combined</b>
Consumers Active as of 6/30/23	33	57	87	164
Consumers Admitted (Duplicated)	42	76	70	169
Consumers Discharged	48	112	108	262
Consumers Discharged with LOS 60+ Days*	46	101	103	246
Total Consumers Served	81	169	195	426
Total Consumers Served (Unduplicated**)	74	169	194	421

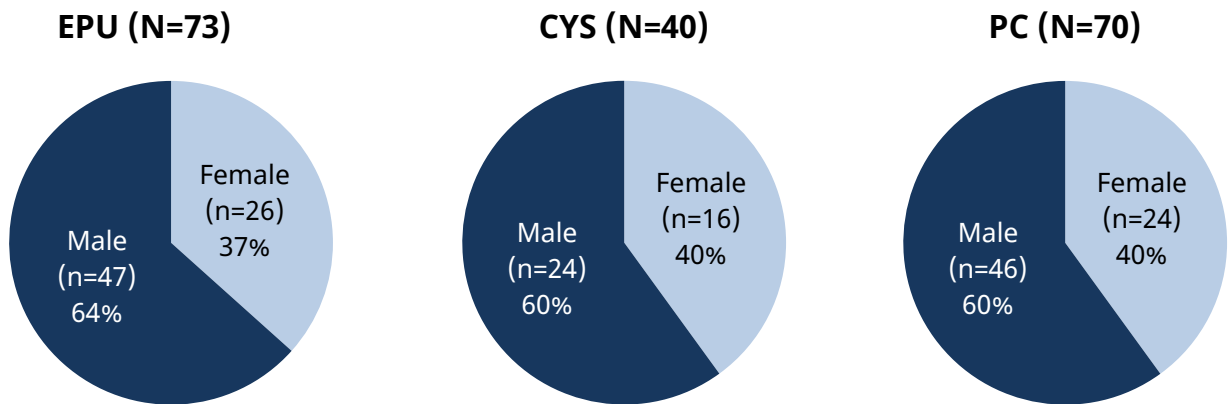
Source: Pacific Clinics DWH Masterclient Extract 07/15/2023, CYS Extract 07/04/2023 and EPU Extract 07/27/2023. Note: \*Outcomes are provided in this report for consumers discharged with LOS greater than 60 days. \*\*'Unduplicated' excludes youth with multiple program enrollments in FY23.

**Figure 1: Age at Program Entry of Admitted Consumers by Agency**



Source: Pacific Clinics DWH Masterclient Extract 07/15/2023, CYS Extract 07/04/2023, and EPU Extract 07/27/2023.

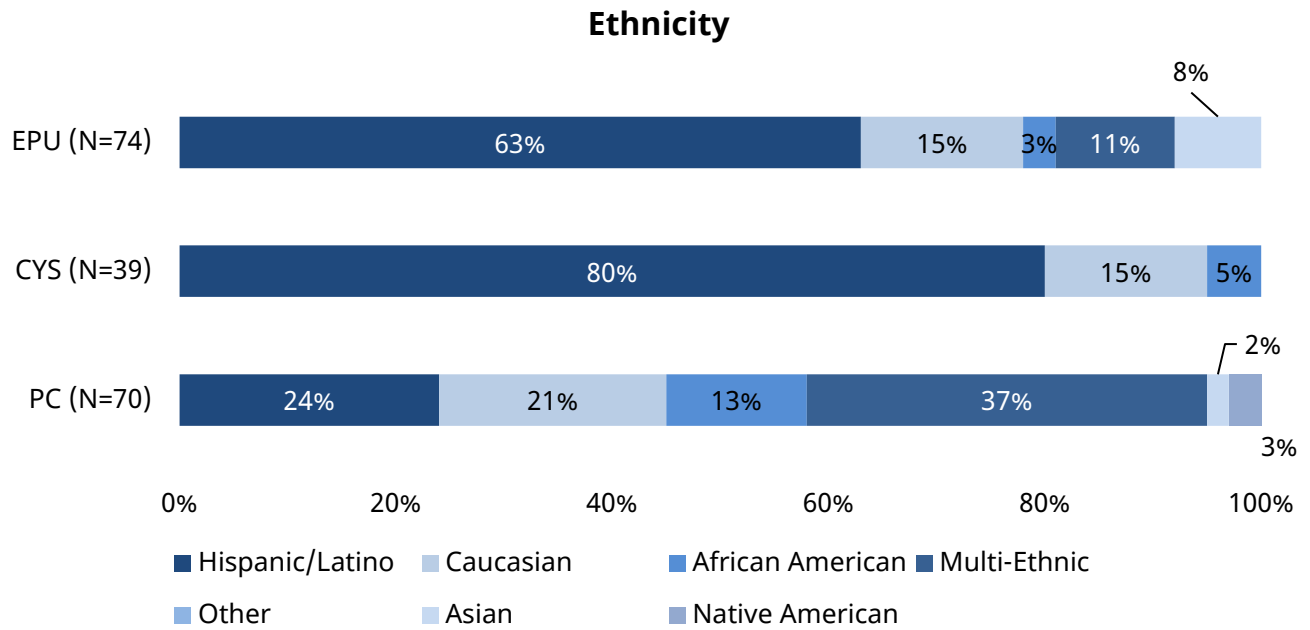
**Figure 2: Sex Assigned at Birth of Admitted Consumers\***



Source: Pacific Clinics DWH Masterclient Extract 07/15/2023, CYS Extract 07/04/2023, and EPU Extract 07/27/2023. Missing: EPU (N=3).



**Figure 3: Ethnicities of Admitted Consumers<sup>1\*</sup>**



Source: Pacific Clinics DWH Masterclient Extract 07/15/2023, CYS Extract 07/04/2023 and EPU Extract 07/27/2023. \*Ethnicity and sex assigned at birth total are unduplicated. Missing: CYS (N=1) & EPU (N=2).

### SECTION III: LENGTH OF STAY (LOS)

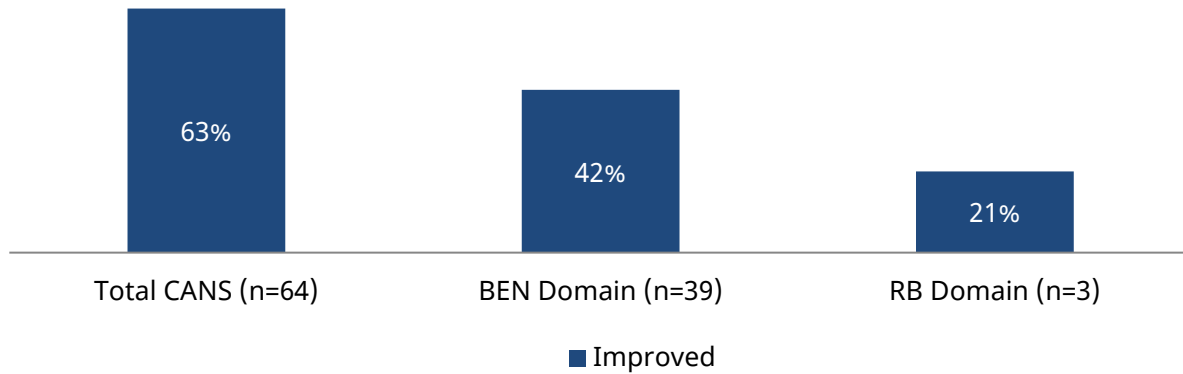
Table 3

Agency	Mean	Median
PC	434.36	369.50
CYS	230.42	220.50
EPU	377.0	181.50

Source: Pacific Clinics DWH Masterclient Extract 07/15/2023, CYS Extract 07/04/2023 and EPU Extract 07/27/2023.

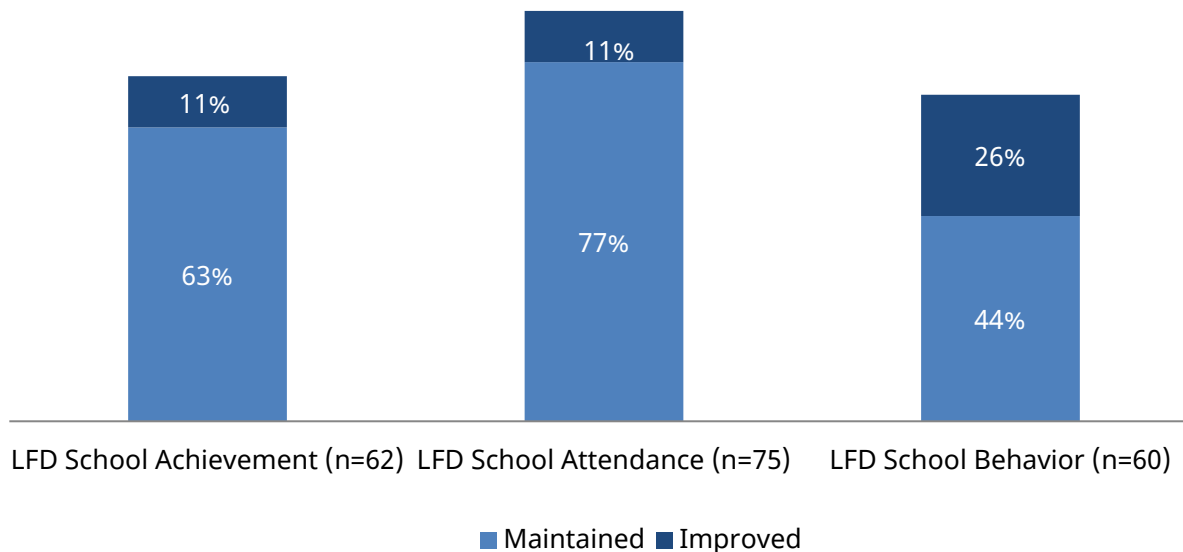
## SECTION IV: PACIFIC CLINICS OUTCOMES

**Figure 4: Improved Child Functioning: CANS Domain Actionable Items**



Source: (1) Agency Standard CANS (07/15/2023). Notes: (1) n=number of consumers that maintained or improved; N= number of consumers with paired data. (3) Program Target is per contract. (4) Improvement is defined by clients improving from actionable to nonactionable on at least one domain item; (5) Total CANS: N=102; BEN Domain: N=94; RB Domain; N=14.

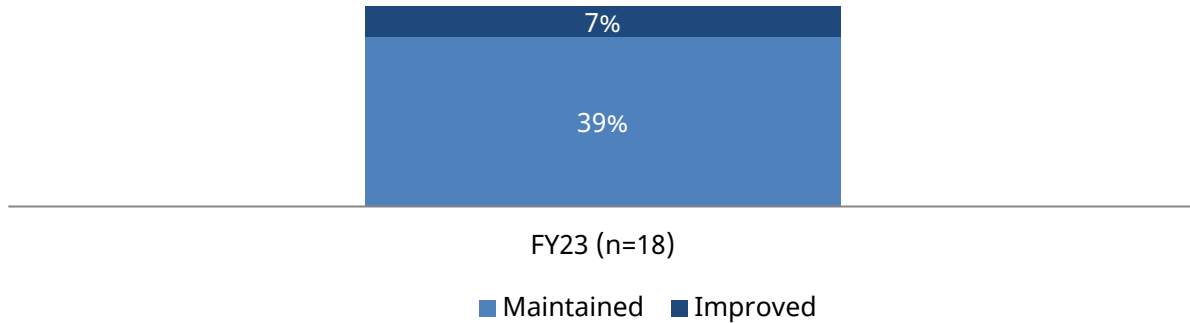
**Figure 5: Improved Child Functioning: CANS LFD School items**



Source: Agency Standard CANS (07/15/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) n=number of consumers that maintained or improved; N= number of consumers with paired data (LFD School Achievement, N=86; LFD School Attendance, N=86; LFD School Behavior, N=86).

**Figure 6: Monitoring Caregiver’s Emotional and Physical Health**

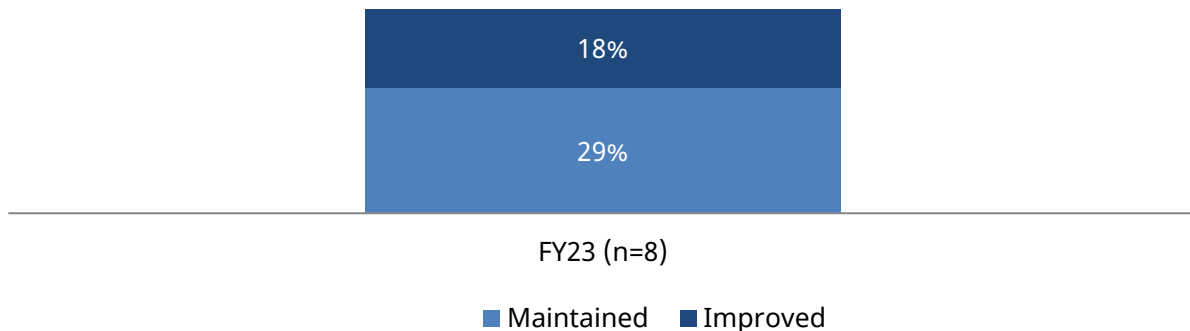
**PSC-35**



Source: PSC-35 (07/15/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) FY23: N=39.

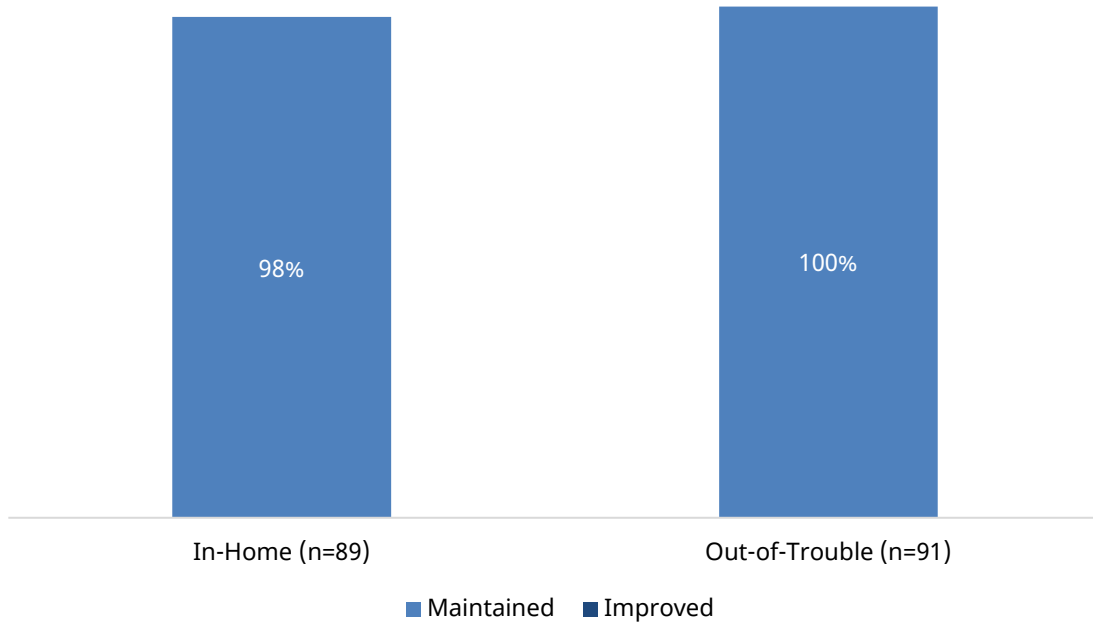
**Figure 7: PSI Outcomes**

**PSI**



Source: PSI (07/15/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) FY23: N=17.

**Figure 8: CEDE Outcomes**

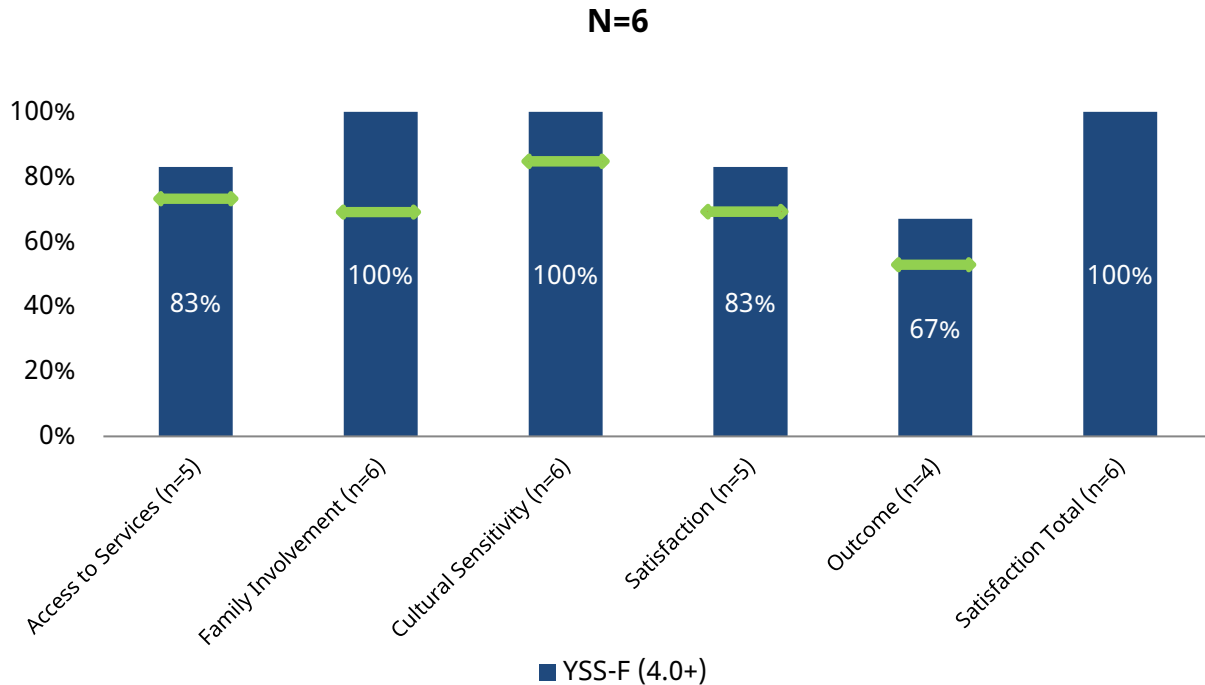


Source: CEDE Extract (07/15/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) FY23 (In-Home, N=91; Out of Trouble, N=91).

## Psychiatric Hospitalizations

IN FY23, 99% (n=107/108) improved to 0 or maintained 0 hospitalizations.

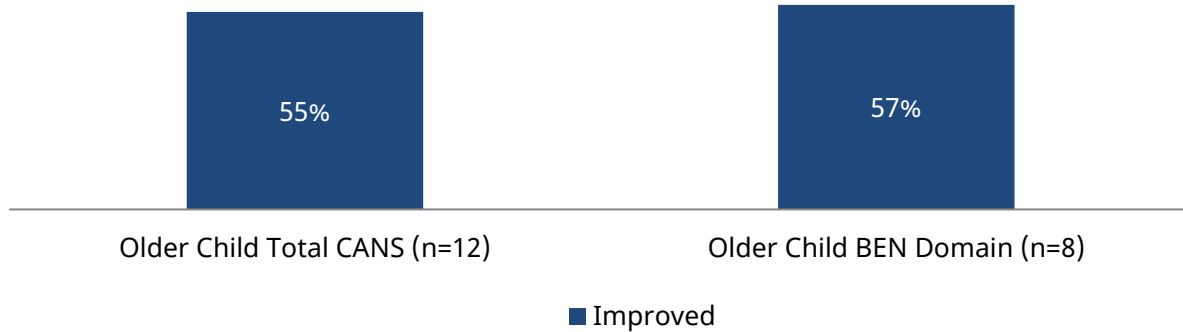
**Figure 9: Satisfaction Outcomes**



Source: Youth Satisfaction Survey – Families (07-15-2023). Note(s): (1) Program Target and Uplift Family Services KPI;(2) National Comparison (Green Arrows) compare to complete stacked bars, no National Comparison for Total Satisfaction.

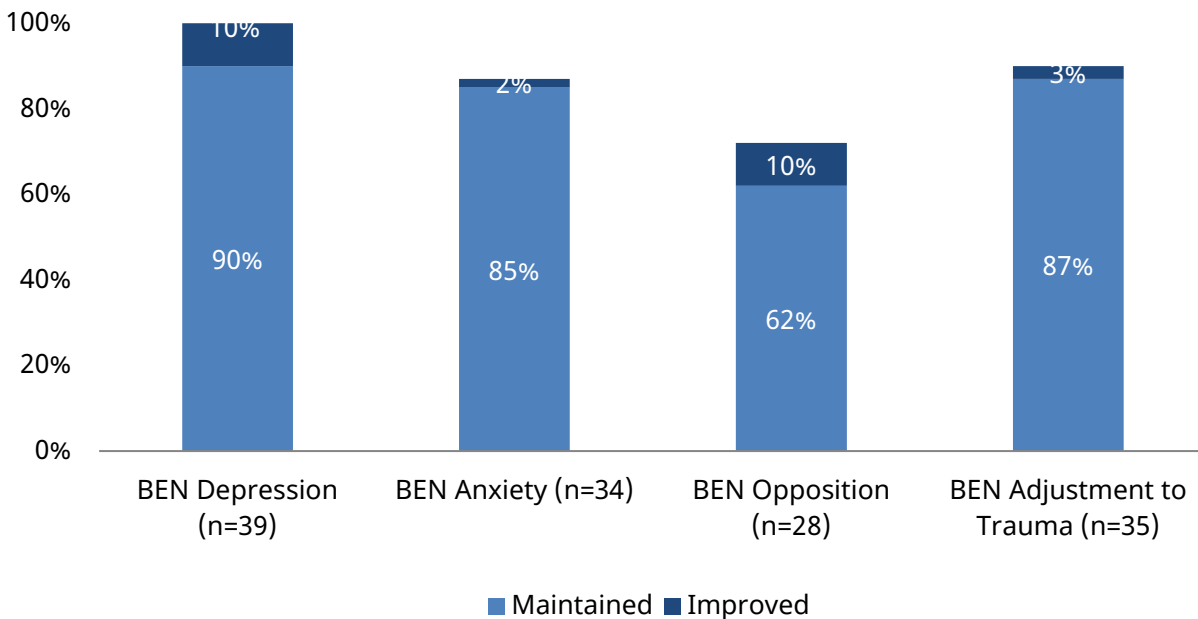
## SECTION V: COMPREHENSIVE YOUTH SERVICES (CYS) OUTCOMES

Figure 10: Improved Child Functioning: CANS Domain Actionable Items



Source: (1) Agency Standard CANS (07/04/2023). Notes: (1) n=number of consumers that maintained or improved; N= number of consumers with paired data (BEN, N=14; Total CANS, N=22); (3) Program Target is per contract. (4) N=0 customer with an actionable item at admit for RB Domain, insufficient data for reporting. (4) No improvement for EC CANS clients (BEN Domain: N=0/12; Total CANS: N=2/12).

Figure 11: Improved Emotional Functioning: BEN Domain Items

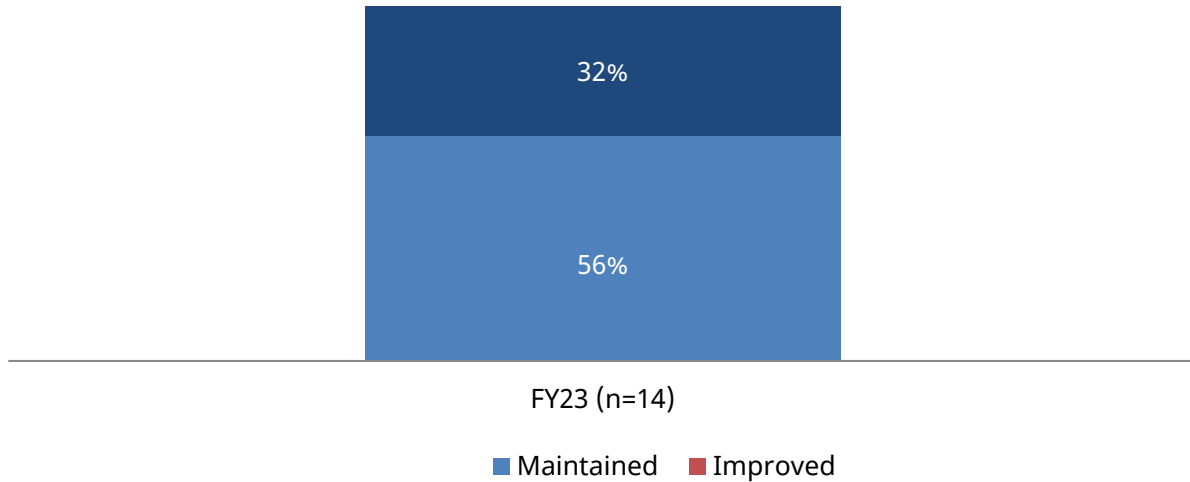


Source: Agency Standard CANS (07/04/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) n=number of consumers that maintained or improved; N= number of consumers with paired data (BEN Depression, N=39;

BEN Anxiety, N=39; BEN Adjustment to trauma, N=39; BEN Opposition, N=39); (Client with missing BEN Data: N=1) (3) Program Target is per contract.

**Figure 12: CBCL Outcomes**

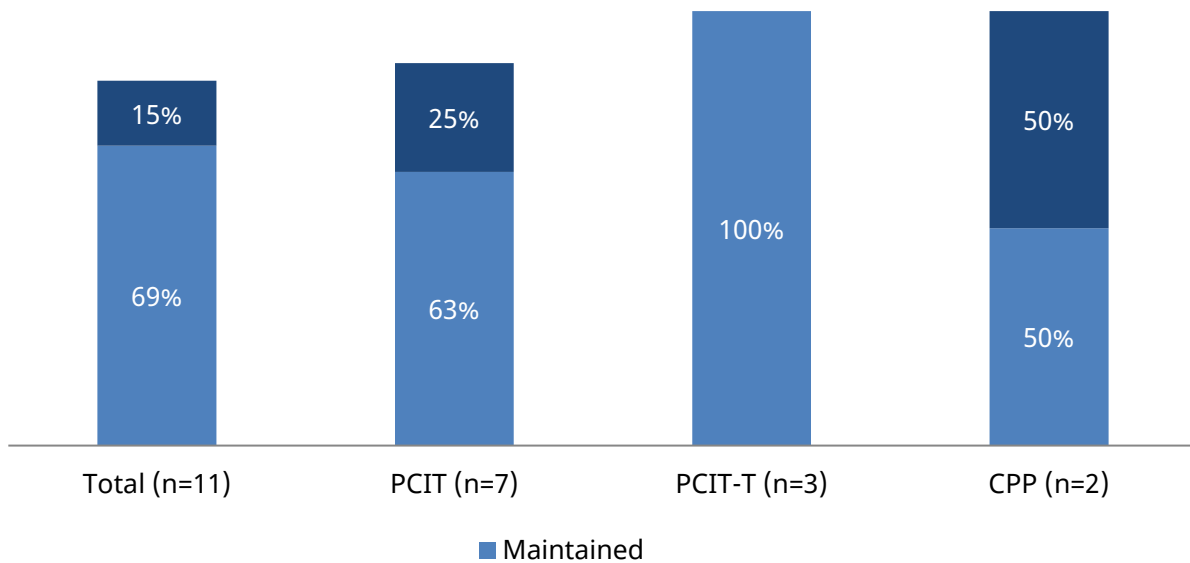
**Improved Clinical Condition and Quality of Life**



Source: CBCL: Total Problems (07/04/2023). Notes: (1) n=number of discharged consumers with paired data; (2) LOS of discharged consumers is 60+ days; (3) Paired data: Admit= Admit, Discharge=Discharge; (4) FY23 N=16; (5) Contract Target.

**Figure 13: Monitoring Caregiver’s Emotional and Physical Health**

**PSC-35 by EBP**

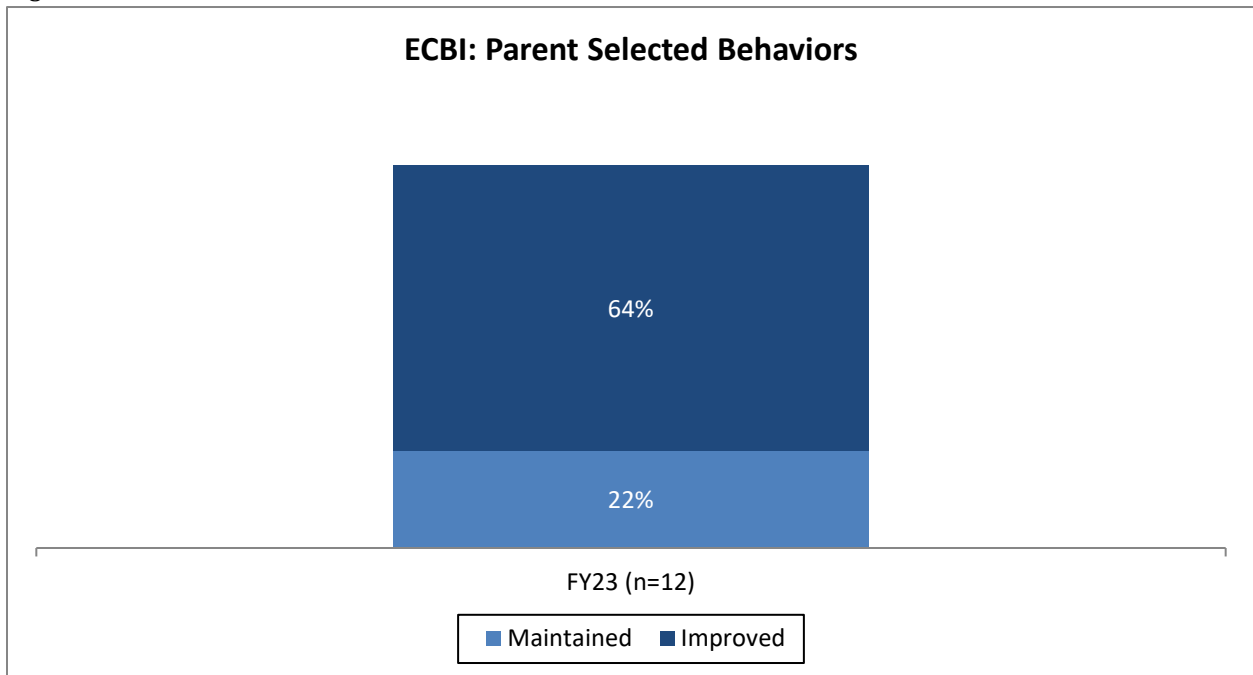


Source: PSC-35 (07/04/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) Total: N=13; PCIT, N=8; PCIT-T, N=3; CPP, N=2. (3) Contract Target is per contract. (4) Insufficient data for TF-CBT (N=0).

Pacific Clinics (formerly Uplift Family Services), Comprehensive Youth Services (CYS), & Exceptional Parents Unlimited (EPU) Fresno County Bright Beginnings for Families

## Figure 14: Eyberg Child Behavior Inventory: Parent Selected Behaviors

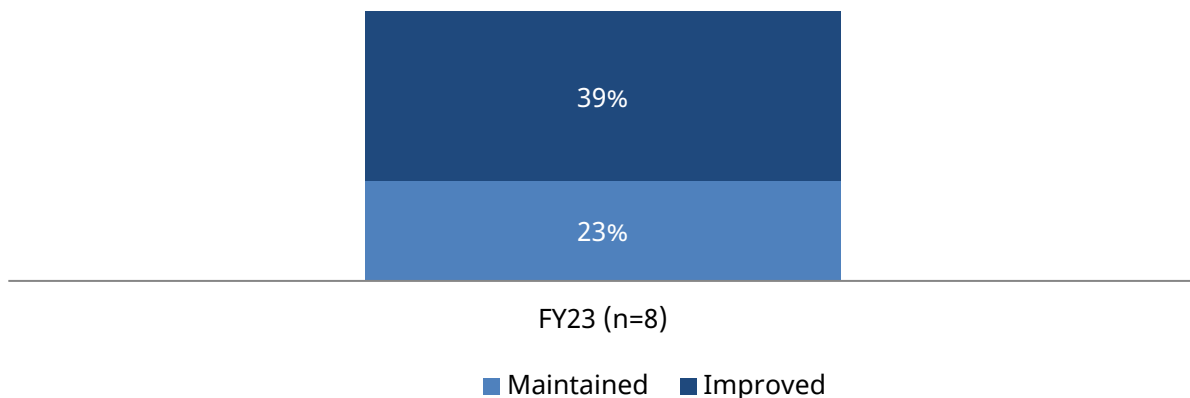
Figure 26



Source: ECBI: Intensity Raw Score (07/04/2023). Notes: (1) n=number of children with actionable items at Admit; (2) FY23: N=14.

## Figure 15: PSI Outcomes

### PSI

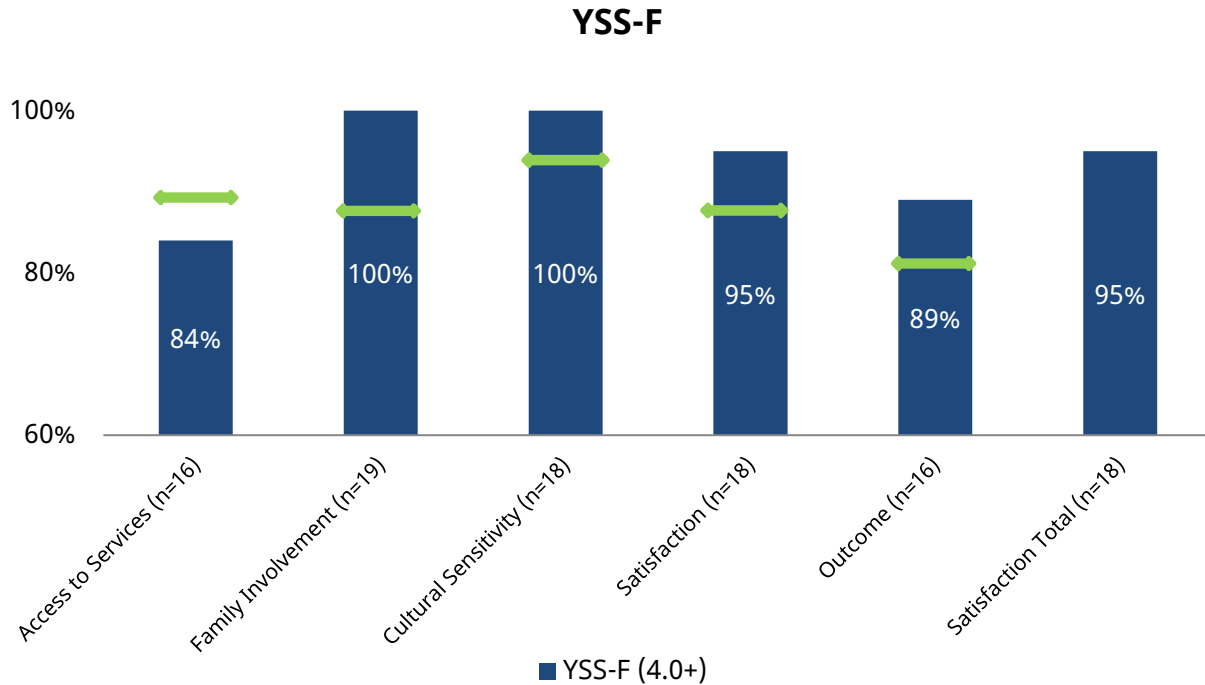


Source: PSI (07/04/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) FY23: N=13.



## Satisfaction Outcomes

Figure 16: Satisfaction: YSS-F



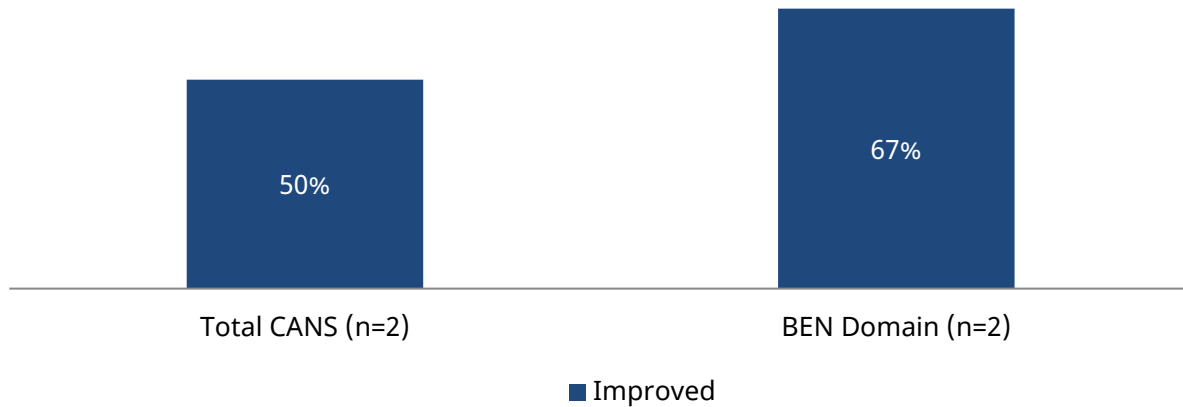
Source: CYS Customer Perception Survey (May 2023); Note: N varies for each domain.

### FY23 Consumers will be Successfully Linked to EBPs or to Other Mental Health Services Providers

During FY23, 100% of CYS consumers were referred to an evidence-based practice or other appropriate mental health provider.

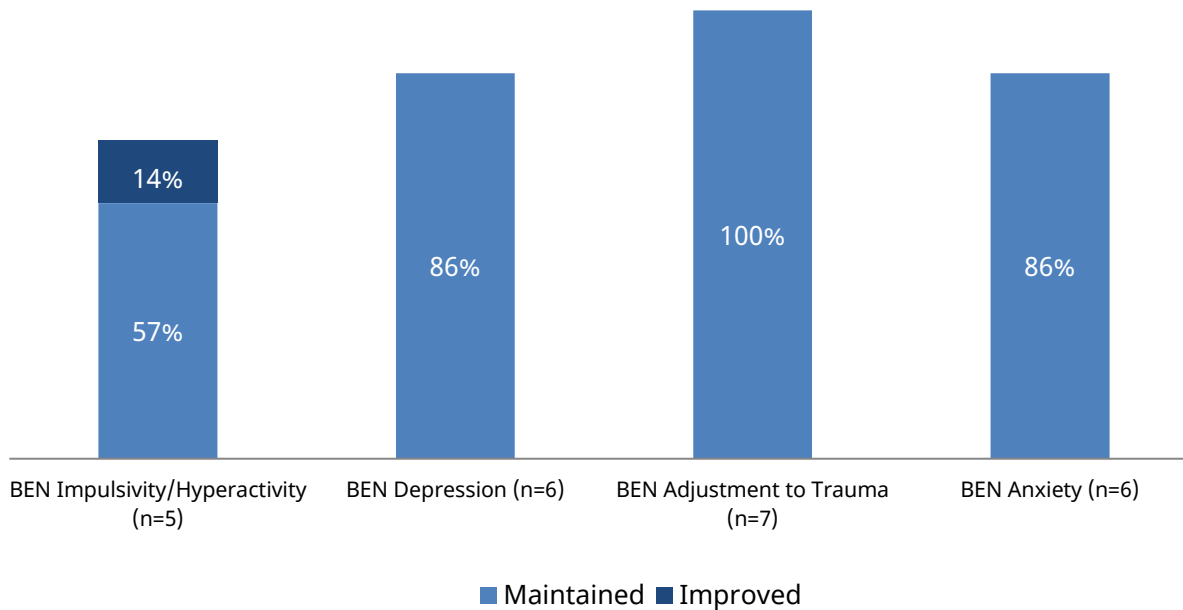
## SECTION VI: EXCEPTIONAL PARENTS UNLIMITED (EPU) OUTCOMES

Figure 17: Improved Child Functioning: CANS Domain Actionable Items



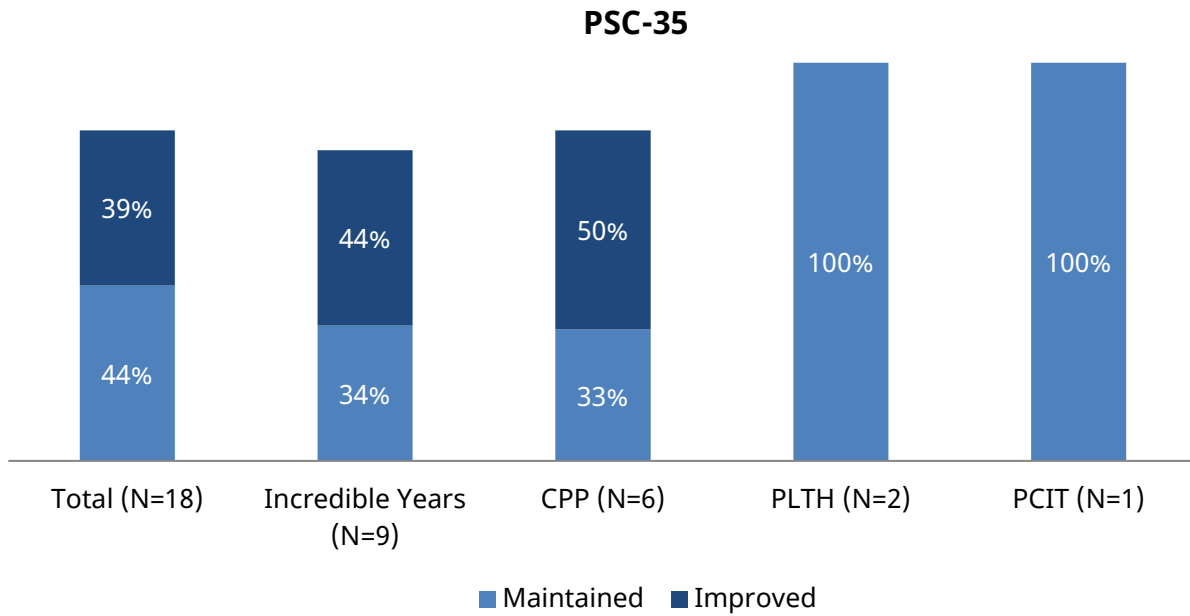
Source: (1) Agency Standard CANS (07/27/2023). Notes: (1) n=number of consumers that maintained or improved; N= number of consumers with paired data (Total CANS: N=4; BEN Domain: N=3); (3) Program Target is per contract. (4) No actionable items at admit for RB Domain.

Figure 18: Improved Emotional Functioning: BEN Domain Items



Source: Agency Standard CANS (07/27/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) n=number of consumers that maintained or improved; N= number of consumers with paired data (BEN Impulsivity/Hyperactivity, N=7; BEN Depression, N=7; BEN Adjustment to trauma, N=7; BEN Anxiety, N=7).

**Figure 19: Monitoring Caregiver’s Emotional and Physical Health**



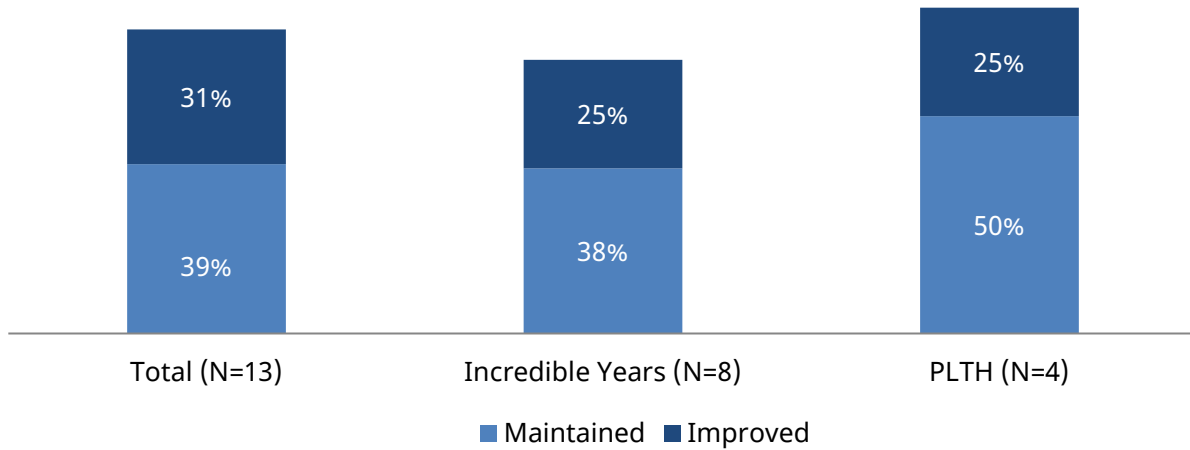
Source: PSC-35 (07/27/2023). Notes: (1) n=number of consumers with actionable items at Admit; (2) Total: n=15; Incredible Years: n=7; PLTH (n=2); CPP (n=5); PCIT (n=1).

**Eyberg Child Behavior Inventory: Parent Selected Behaviors**

Insufficient data (N=0).

**Figure 20: CBCL Outcomes – Total and by EBP**

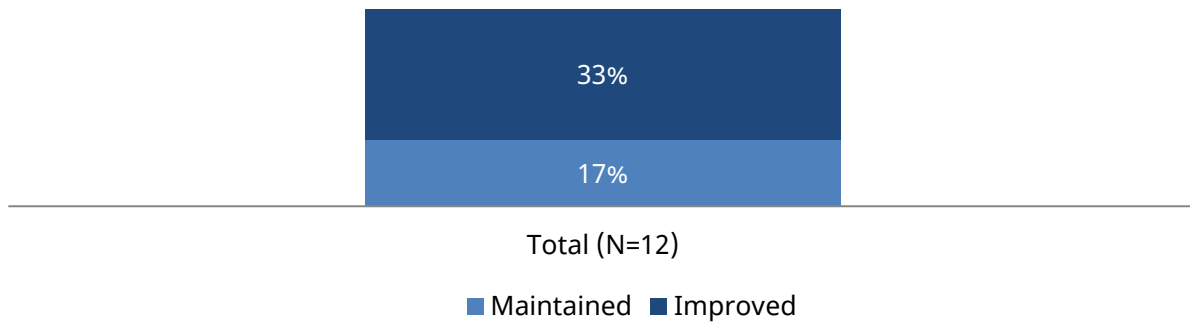
**Improved Clinical Condition and Quality of Life**



Source: CBCL: Total Problems (07/27/2023). Notes: (1) n=number of discharged consumers with paired data; (2) LOS of discharged consumers is 60+ days; (3) Paired data: Admit= Admit, Discharge=Discharge; (4) Total: n=9; Incredible years (n=5); PLTH (n=3). (5) Contract Target. (6) Insufficient data for CPP (N=1) and PCIT (N=0).

**Figure 21: PSI Outcomes – Total and by EBP**

**Parent Stress Index (Short Form)**



Source: PSI Extract (07/27/2023). Notes: (1) n=number of consumers with paired PSI scores; (2) Total (n=6).

## **Satisfaction Outcomes**

No data available for satisfaction in FY23.

## **Consumers will be Successfully Linked to EBPs or to Other Mental Health Services Providers**

During FY23, 92% of EPU consumers were referred to an evidence-based practice or other appropriate mental health provider. Consumers excluded from this analysis were those for which there was no data available or had not engaged with the Fresno County Bright Beginnings for Families program.

## **SECTION VII: CONCLUSIONS**

Based on the outcomes of the consumers discharged to date, consumers are increasingly effective at meeting behavioral and functioning achievements as evidenced by the improvements in CANS outcome measures. Consumers are improving their interpersonal skills, academic performance, achievement, and in-school behavior. Parents are increasingly capable of acting as an advocate for their child and accessing a developed network of social resources.

All three agencies will review and evaluate the findings of this report during our next BBFF Leadership meeting, and utilize continuous quality improvement processes to determine any programmatic changes needed to achieve positive outcomes for children and families.