

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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**PROGRAM TITLE:** Intensive Outpatient Program (IOP)

**PROVIDER:** Department of Behavioral Health (DBH)

**PROGRAM DESCRIPTION:** Partnering with Fresno Unified School District, IOP provides a therapeutically driven school setting which provides both mental health and educational services on-site. Mental health services which include case management, collateral, family, individual and group therapies are provided by a licensed clinician and two community mental health specialists. Educational services are provided by Fresno Unified teacher and one aide. Referrals are generated by a student's primary treating therapist when lower levels of mental do not appear to be sufficient in addressing the mental health needs of children who are on an Individualized Education Program (IEP) and have met ED (Emotional Disturbance) criteria. Capacity is 10 students; 7<sup>th</sup> through 12<sup>th</sup> grade. The program operates six hours daily from 8:30am-3:00pm with a thirty minute lunch. The overall objective of the program is to provide clients with daily mental health services to improve their overall functioning in a smaller school setting. Once clients meet their individualized treatment and program goals a determination is made as to whether the client it's ready to return to the his/her home school and to their home community setting equipped with a range of skills to make a better adjustment to life. The program focuses on achieving the following goals: (1) reduction in crisis services (CCAIR visits), (2) reduction in inpatient psychiatric hospitalization, and (3) improvement in the following life functioning areas: family, academic performance, school behavior, school attendance, social functioning, and living.

## PROGRAM DEMOGRAPHICS FOR JANUARY 2014 – JUNE 2015

- A total of 23 clients received services
- Language: 21 English (93%), 2 Spanish (7%)
- Race: 11 Hispanic (49%), 9 Caucasian (39%) and of the remaining 3 (12%) of the following: 1 African-American, 1 Asian Pacific Islander, 1 Other
- Gender: 12 Female (54%), 11 Male (46%)

☒ Children  
☐ Adult

☒ TAY  
☐ Older Adult

**DATES OF OPERATION:** July 1, 2010 – June 2015

**DATES OF DATA REPORTING PERIOD:** Jan 2014- Jun 2015

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

## OUTCOME GOAL

This reporting period captures program process outcomes and effectiveness. \*Data was pulled at different times from Avatar and numbers may vary due to corrections, edits, etc. made in Avatar by staff.

1. Client count – Decreased % of clients served by 23 for the period of Jan-June 2015 compared to the previous 6 months due to the planned program closure in June 2015.
2. Service count-Decreased % of services provided by 16 for the period of Jan-June 2015 compared to prior 6 months attributed to the decline in the number of clients during this period.
3. Crisis services-A significant decrease % of clients receiving crisis services in July-December 2014 due to program effectiveness and in the last 6-month period attributed to program closure in June 2015.
4. Hospitalization-Decreased % of clients serviced by hospitals every 6 month period. No clients had repeated visits to the hospitals in the 18 month term.
5. All clients served received primarily Rehab services and Therapy.

*\*Client count, service count, wait time by program and proportion of services data was pulled from Avatar in 07/2015*

## OUTCOMES DATA

Client Count	Jan-Jun 2014	Jul-Dec 2014	% Increase/ Decrease	Jan-Jun 2015	% Increase/ Decrease	Total # Unique Clients
Intensive Outpatient Program (IOP)	18	13	-27.8%	10	-23.1%	23
CMH Division Total	3459	2872	-17.0%	2546	-11.4%	6755
CMH Division Total Average	314	287	-8.7%	255	-11.4%	614

Service Count	Jan-Jun 2014	Jul-Dec 2014	% Increase/ Decrease	Jan-Jun 2015	% Increase/ Decrease	Total
Intensive Outpatient Program (IOP)	2247	1917	-14.7%	1606	-16.2%	5770
CMH Division Total	22,877	20,371	-11.0%	19,428	-4.6%	62,676
CMH Division Average	2080	2037	-2.0%	1943	-4.6%	5698

*Crisis Services	Jan-June 2014	Jul-Dec 2014	% Increase/ Decrease	Jan-Jun 2015	% Increase/ Decrease	Jan 14-Jun 15 Total
# of Clients w/Crisis Services	7	3	-57%	1	-67%	12
# of Clients with recurrence of crisis services	2	0	-100%	1	-	7

*\*Crisis services were pulled from CCAIR visits from 01/01/2014 through May 2015. Data was also pulled from Exodus cost center 21101 and 211Y. This data was pulled on September 22, 2015 and reflects real time data. Crisis reoccurrence is defined as more than one 23 hour period visit at those locations.*

*\* Data was broken down by 6 months and reflects crisis services for the youth receiving services and crisis within only those months. Data for the whole 18 month period will capture clients who were served within the 18 months as well as received a crisis services in the 18 months. This is the reason the number is higher than each of the 6-month periods.*

## FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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*Hospitalization	Jan-June 2014	Jul-Dec 2014	% Increase/Decrease	Jan-Jun 2015	% Increase/Decrease	Jan 14-Jun 15 Total
# of Clients Hospitalized	2	0	-100%	1	-	3
# of Days of Hospitalization	45	0	-100%	3	-	48
# of Clients with more than one consecutive period of hospitalization	0	0	-	0	-	0

*\*This data was pulled on September 22, 2015 and reflects real time data. Client counts may have changed due to Avatar corrections. Data was pulled from Crestwood PHF, Central Star PHF, and hospitals in Avatar.*

*\* Data was broken down by 6 months and reflects # of clients hospitalized from the youth served within those same months. Data for the whole 18 month period will capture clients who were served within the 18 months and were hospitalized within the 18 months. This is the reason the number is higher than each of the 6-month periods*

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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Proportion of Services (Avatar)	January-June 2014										
	Assessments	Case Management	Collateral	Crisis Services	Placement	Plan Development	Rehab	Therapy	Med Services	Day Treatment Services	Total
Intensive Outpatient Program (IOP)	0.00%	1.87%	2.23%	0.04%	0.00%	0.27%	68.40%	27.19%	0.00%	0.00%	100.00%
CMH Division Average	6.85%	17.06%	6.74%	6.52%	0.01%	7.76%	8.69%	40.95%	2.13%	3.29%	100.00%

Proportion of Services (Avatar)	July-December 2014										
	Assessments	Case Management	Collateral	Crisis Services	Placement	Plan Development	Rehab	Therapy	Med Services	Day Treatment Services	Total
Intensive Outpatient Program (IOP)	0.00%	2.14%	1.36%	0.00%	0.00%	0.37%	36.67%	59.47%	0.00%	0.00%	100.00%
CMH Division Average	5.63%	17.17%	6.24%	6.61%	0.02%	6.75%	7.76%	44.22%	2.41%	3.19%	100.00%

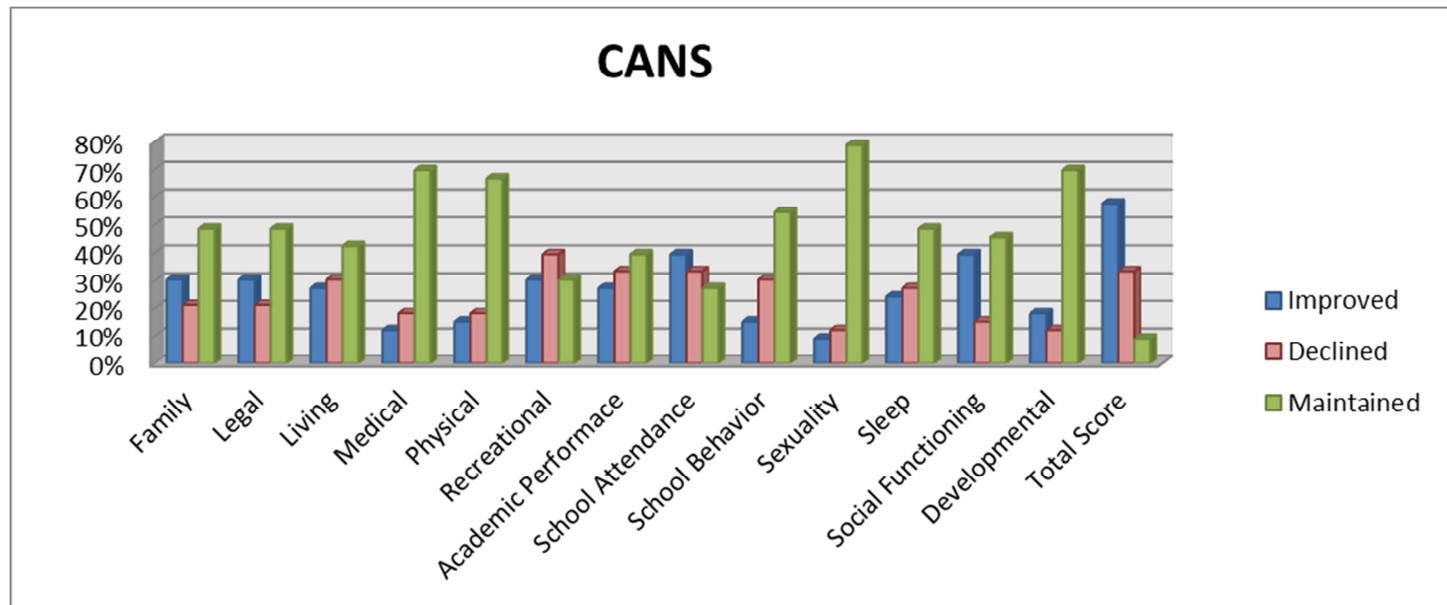
Proportion of Services (Avatar)	January-June 2015										
	Assessments	Case Management	Collateral	Crisis Services	Placement	Plan Development	Rehab	Therapy	Med Services	Day Treatment Services	Total
Intensive Outpatient Program (IOP)	0.06%	1.25%	2.74%	0.06%	0.00%	0.00%	41.47%	54.42%	0.00%	0.00%	0.00%
CMH Division Average	5.77%	17.36%	5.87%	5.25%	0.01%	6.54%	7.26%	47.72%	1.38%	2.86%	100.00%

# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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## OUTCOME GOAL

Program outcomes are measured using the Child and Adolescent Needs and Strengths, Ages 5+ (CANS) instrument in the area of “Life Domain Functioning.” It is administered upon entry into the program based on behaviors prior to services, every six months and at discharge. Data on CANS was pulled for January 2014-June 2015 and 33 matched pairs were found. Matched pairs include CANS assessments completed six months prior to January 2014, if a second CANS assessment was completed in our 18 month data reporting period. The goal is for clients to improve in all life domains. Below we have highlighted a few domains; family, academic performance, school behavior, school attendance, social functioning, and living.



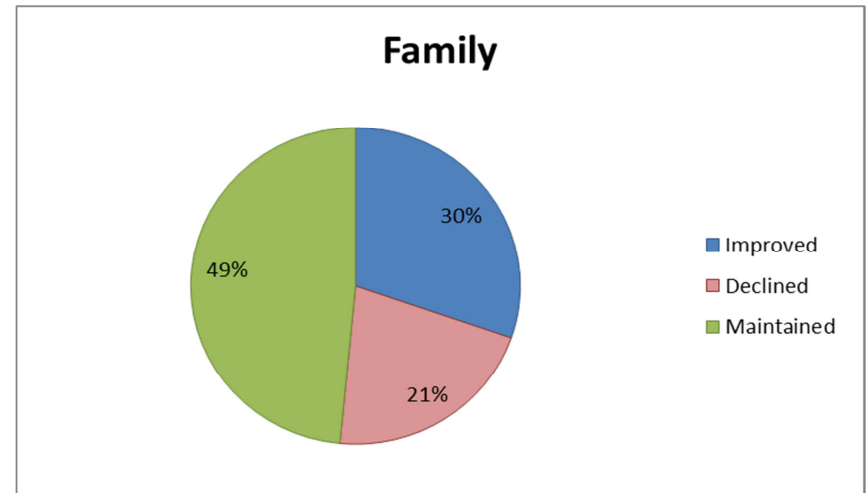
# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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## **CANS Family Relationships Domain:**

**Family relationships will improve** – Improvement in the client's relationship with family members and the extent there are problems (i.e., frequent/constant arguing, negative relationships, domestic violence, etc.)

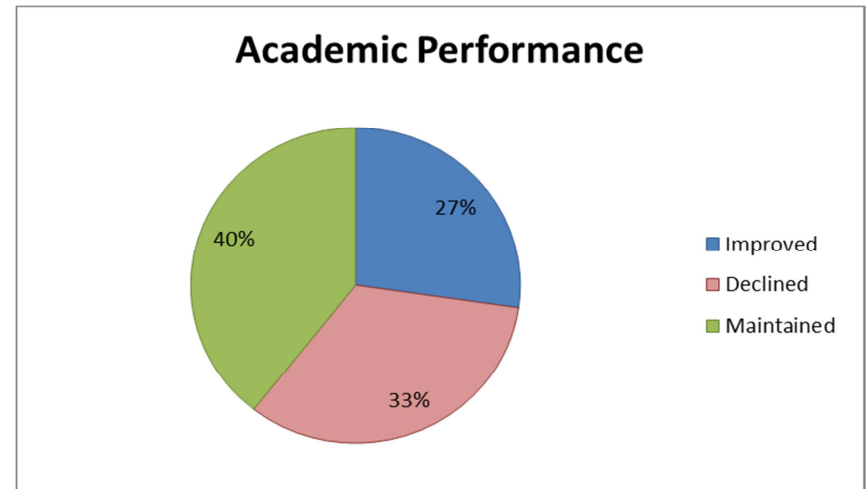
- 30% of clients showed an improvement in family relationships.
- 49% maintained family relationships while in the program.



## **CANS Academic Performance Domain:**

**Academic performance will improve** – Improvement in the client's achievement at school and the extent there are problems with achievement (i.e., struggling or failing some subjects, falling behind same age peers, etc.)

- 27% of clients showed an improvement in academic performance.
- 40% maintained academic performance while in the program.



# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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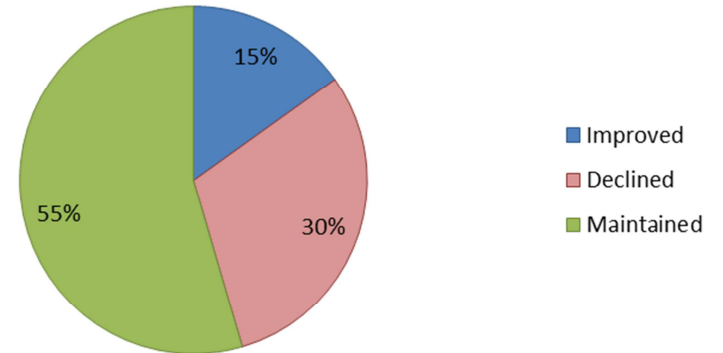
## **CANS School Behaviors Domain:**

**School Behaviors will improve** – Improvement is measured by comparing the client's behaviors and its impact at school such as classroom disruptions, sanctions that may include suspensions or severe behavioral problems that may jeopardize school placement.

*\*Clients received 2 hours day of instruction on site by a FUSD teacher.*

- 15% of clients showed an improvement in school behavior.
- 55% maintained school behavior while in the program.

**School Behavior**

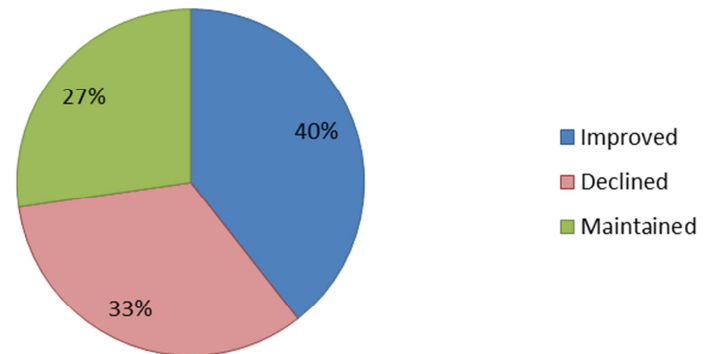


## **CANS School Attendance Domain:**

**School attendance will improve** – Improvement is measured by comparing the client's attendance

- 40% of clients showed an improvement in school attendance.
- 27% maintained school attendance while in the program.

**School Attendance**

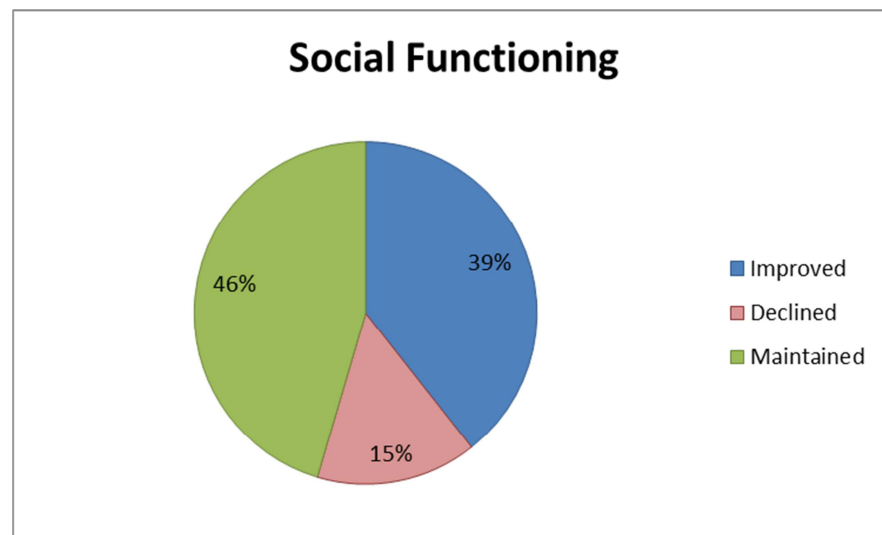


# FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

## CANS Social Functioning Domain:

**Social Functioning will improve** – Improvement is measured by comparing the client's ability to have meaningful relationships with peers, friendships and socialization while at school and in the community

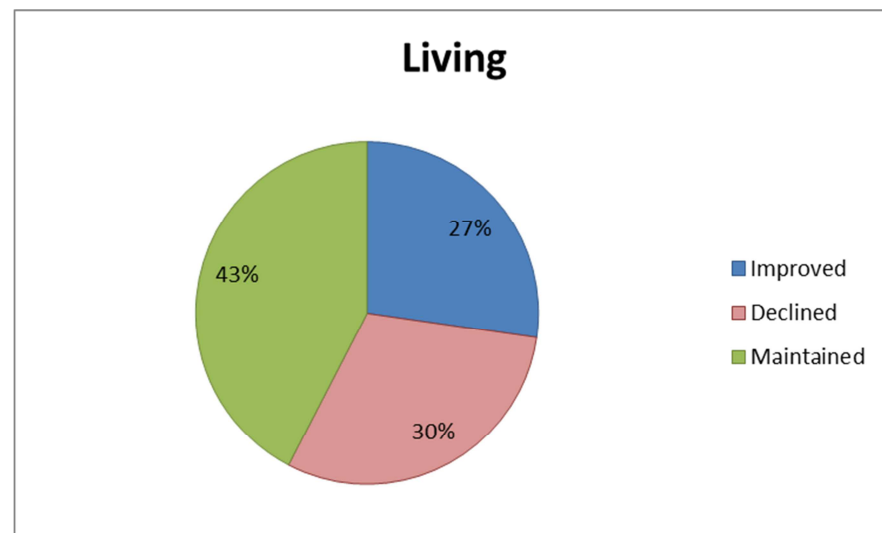
- 39% of clients showed an improvement in social functioning.
- 46% maintained social functioning while in the program.



## CANS Living Situation Domain:

**Living situation will improve** – Improvement in the client's living situation and the extent there are problems (i.e., caregiver's concerns, disruptive behaviors, conflict with others in the residence, etc.) *\*Difficulties in engaging parents in treatment plan. Therapeutic behavioral services were offered to parents and services were declined.*

- 27% of clients showed an improvement in their living situation.
- 43% maintained their living situation while in the program.



**DEPARTMENT RECOMMENDATION(S):** Based on the outcomes reported, it appears that the clients did not deteriorate. This program has discontinued due to Fresno Unified School District's decision not to renew the MOU.