

COMPREHENSIVE YOUTH SERVICES OF FRESNO, INC.

Functional Family Therapy (MHSA-PEI)

Fresno County Mental Health Plan – Outcomes Report

July 1, 2016 – June 30, 2017

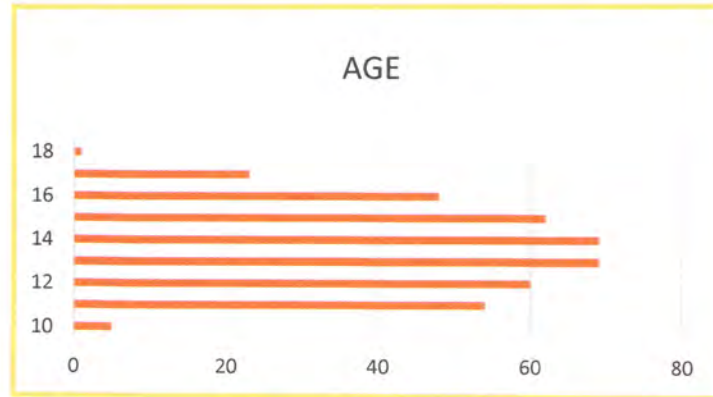


Comprehensive Youth Services Functional Family Therapy (FFT) July 1, 2016 to June 30, 2017 12 MONTHS

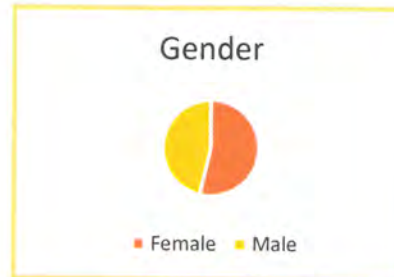
Successful Graduation from FFT Dropped Out of Services

63%
37% *Due to declined further services, moved out of area, needed more intensive services, etc.

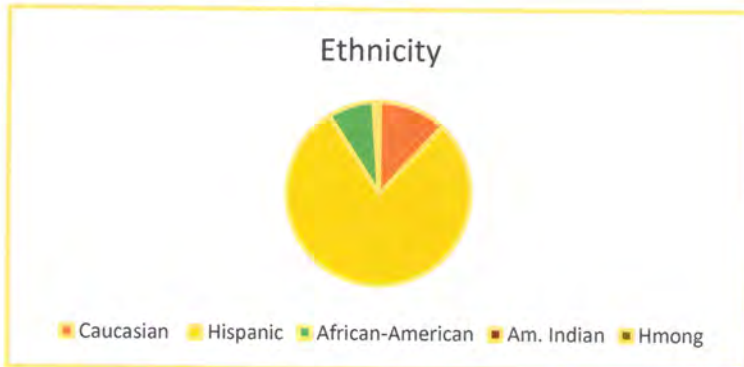
| AGE | # of Clients | Percentage |
|--------------|--------------|---------------|
| 10 | 5 | 1.3% |
| 11 | 54 | 13.8% |
| 12 | 60 | 15.3% |
| 13 | 69 | 17.6% |
| 14 | 69 | 17.6% |
| 15 | 62 | 15.9% |
| 16 | 48 | 12.3% |
| 17 | 23 | 5.9% |
| 18 | 1 | 0.3% |
| TOTAL | 391 | 100.0% |



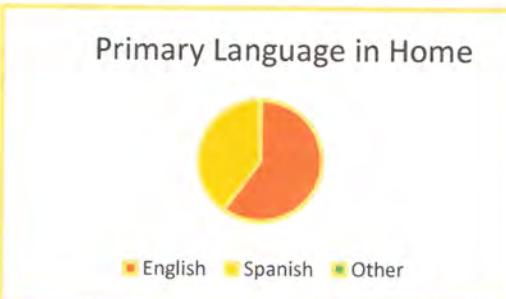
| Gender | # of Clients | Percentage |
|--------------|--------------|---------------|
| Female | 210 | 53.7% |
| Male | 181 | 46.3% |
| TOTAL | 391 | 100.0% |



| Ethnicity | # of Clients | Percentage |
|------------------|--------------|---------------|
| Caucasian | 47 | 12.0% |
| Hispanic | 308 | 78.8% |
| African-American | 32 | 8.2% |
| Am. Indian | 2 | 0.5% |
| Hmong | 2 | 0.5% |
| TOTAL | 391 | 100.0% |



| Primary Language in the Home | Percentage |
|------------------------------|---------------|
| English | 60.1% |
| Spanish | 39.4% |
| Other | 0.5% |
| TOTAL | 100.0% |

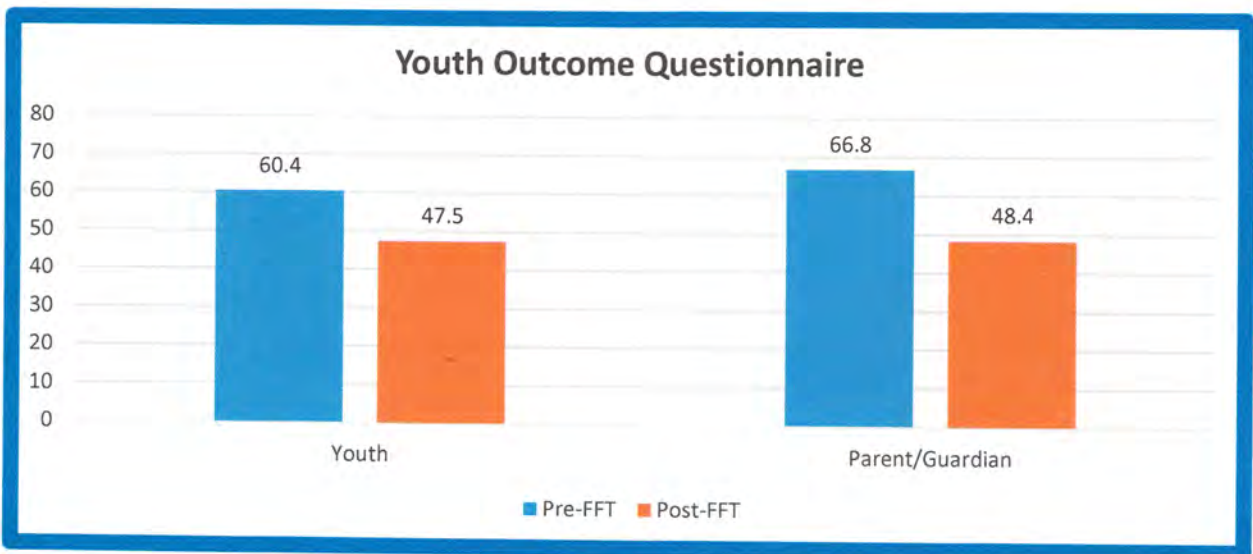


**Comprehensive Youth Services Functional Family Therapy
Attachment A1 - Outcome Measures 2016-2017**

GRAPH

Youth Outcome Questionnaire Data

| Youth Outcome Questionnaire | Pre-FFT | Post-FFT |
|-----------------------------|---------|----------|
| Youth | 60.4 | 47.5 |
| Parent/Guardian | 66.8 | 48.4 |

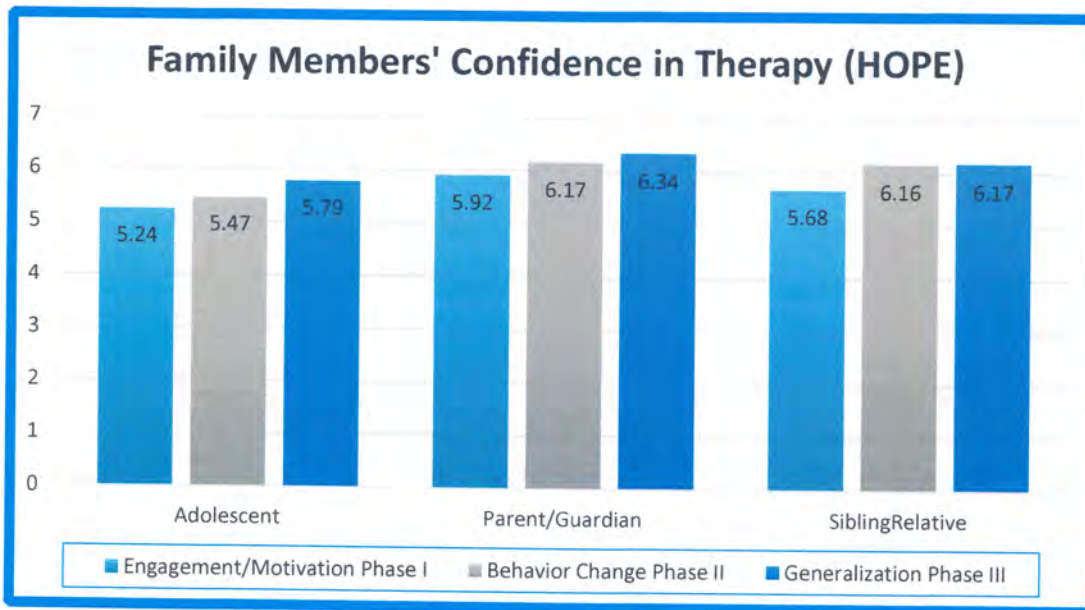


The Youth Outcome Questionnaire (YOQ) and the Youth Outcome Questionnaire Self-Report (YOQ-SR) measures: Interpersonal Distress - anxiety, depression, fearfulness, etc.; Somatic Complaints - headache, stomach, bowel, dizziness, etc.; Interpersonal Relationships - attitude, communication and interaction with parents, adults and peers; Critical Items - paranoid ideation, suicide, hallucinations, delusions, etc.; Social Problems - delinquent or aggressive behavior, breaking social mores, etc.; and Behavioral Dysfunction - organize and complete tasks, handle frustration, impulsivity, inattention, etc. The clinical cutoff for dysfunction is 47. As evidenced by the graph, both the youth and parent/guardian reported a significant decrease in clinical impairment post FFT. Both the youth and the parent/guardian demonstrated results near the clinical cut-off point after completing the FFT program.

Comprehensive Youth Services Functional Family Therapy Attachment A1 - Outcome Measures 2016-2017

GRAPH

| Overall, how confident or hopeful are you that your family will get better? | | | | | | |
|---|---------------------|-------------------|--------------------|--------------------|--------------------|---------------------------|
| SCALE: | | | | | | |
| 1 (Not Confident) | 2 (I'm Doubtful) | 3 (I'm Unsure) | 4 (I'm Hopeful) | 5 (I'm Hopeful) | 6 (I'm Hopeful) | 7 (I'm Very Confident) |
| | Adolescent | Parent/Guardian | SiblingRelative | | | |
| Percent of People Responded to Surveys | 59% | 62.50% | 43% | | | |
| Engagement/Motivation Phase I (Pre Treatment) | 5.24 | 5.92 | 5.68 | | | |
| Behavior Change Phase II (Middle Phase of Treatment) | 5.47 | 6.17 | 6.16 | | | |
| Generalization Phase III (Graduation/Termination) | 5.79 | 6.34 | 6.17 | | | |

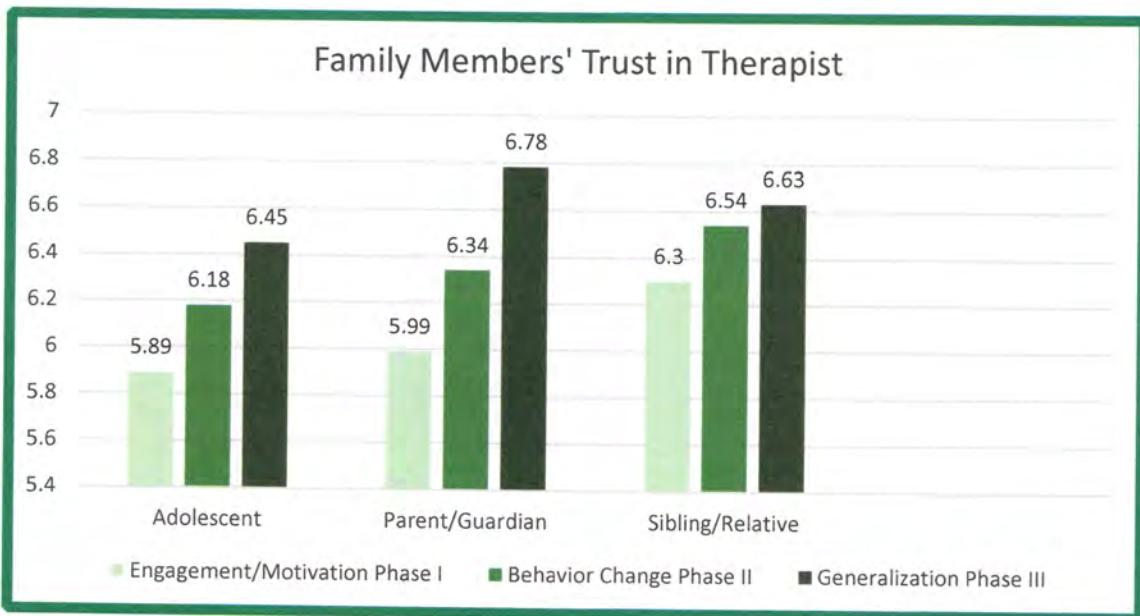


The Family Self Report measurement tool is provided to clients and family members during the first two sessions of each phase of treatment. The three phases of treatment are: Engagement/Motivation (Pre FFT), Behavior Change (Mid FFT) and Generalization (Graduation or Post FFT). As demonstrated in the graph, as treatment progressed, all family members increased their confidence and hope that FFT services would or had benefitted the client and family members' relationships and communication.

Comprehensive Youth Services Functional Family Therapy Attachment A1 - Outcome Measures 2016-2017

GRAPH

| How much do you trust your therapist? | | | | | | |
|---|------------|-------------------------|-----------------|-----------------|------------------|----------------------|
| SCALE: | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (Not at All) | (Not Much) | (I Have Mixed Feelings) | (I Trust a Lot) | (I Trust a Lot) | (I Trust a Lot) | (I Have Total Trust) |
| | | | Adolescent | Parent/Guardian | Sibling/Relative | |
| Percent of People Responded to Surveys | | | | 59% | 62.50% | 43% |
| Engagement/Motivation Phase I (Pre Treatment) | | | | 5.89 | 5.99 | 6.3 |
| Behavior Change Phase II (Middle Phase of Treatment) | | | | 6.18 | 6.34 | 6.54 |
| Generalization Phase III (Graduation/Termination) | | | | 6.45 | 6.78 | 6.63 |



The Family Self Report measures the level of trust that the client and family members have in the therapist. The higher level of trust, the increased engagement and motivation for change that occurs. These survey results demonstrate that the FFT therapists are able to gain trust quickly and build even greater trust over time. By the end of treatment, all family members are reporting "I have a lot of trust" in my therapist.

Comprehensive Youth Services Functional Family Therapy
Attachment A1 - Outcome Measures 2016-2017

GRAPH

| | Pre Treatment | During Treatment | Post Treatment | Number of Days/Clients Decreased Pre to Post |
|-----------------------------|---------------|------------------|----------------|--|
| Number of Days Incarcerated | 58 | 0 | 0 | -58 |
| Number of Clients | 6 | 0 | 0 | -6 |



| | Pre Treatment | During Treatment | Post Treatment | Number of Clients Decreased Pre to Post |
|--------------------------------|---------------|------------------|----------------|---|
| Number of Clients Hospitalized | 17 | 3 | 5 | -12 |

