

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: MHSA SMART Model of Care (a.k.a., Fresno Bright Beginnings)

PROVIDERS: EMQ FamiliesFirst, Exceptional Parents Unlimited, and Comprehensive Youth Services

PROGRAM DESCRIPTION: EMQ FamiliesFirst provides mental health and community support services including intensive case management, crisis intervention, parenting treatment, and in home therapeutic services to children ages 0-5 and their families. Comprehensive Youth Services and Exceptional Parents Unlimited provide Parent-Child Interaction Therapy (PCIT), which is an evidenced based treatment model for children between the ages of 2-7. Exceptional Parents Unlimited also provides mental health evidence based Incredible Years (IY) group therapy through the age of 8, and related support services to children and their parents. The SMART program sees approximately 152 clients at any given time. Based on FSP State Data Collection Records (DCR) the SMART program had 152 active partners during calendar year 2010 (January 1, 2010-December 31, 2010).

Note: there are more outcome goals and outcome data included in this report than those identified by the Department's Outcomes Committee to provide more information on the performance of this program.

AGES SERVED:

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: September 1, 2007 – Current

DATES OF DATA REPORTING PERIOD: 7/1/09-6/30/10

OUTCOME GOALS:

- Child improves on parent-selected targeted behaviors. 85% of children will exhibit improvement in targeted behaviors as evidenced by a decrease in the Eyberg Intensity score or Problem T score. *The Eyberg Child Behavior Inventory (ECBI), designed to assess parental report of conduct behavioral problems in children and adolescents ages 2-16, measures the number of difficult behavior problems and the frequency with which they occur. The instrument takes five minutes to complete and five minutes to score.*

OUTCOME DATA:

- Since the inception of the program, matched pair intake/discharge Eyberg data has been received for nine children and their families who participated in PCIT. All nine of them (100%) did show improvement on their parent-identified, targeted behaviors. (See Table 1).

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- 85% of the clients that complete treatment will report improved CBCL (Child Behavior Check List) scores between start of treatment and end of treatment. *The CBCL is a device by which parents or other individuals who know the child well rate a child's problem behaviors and competencies. This instrument can either be self-administered or administered through an interview. The CBCL can also be used to measure a child's change in behavior over time or following a treatment.*
 - More than 70% of children exhibited improved functioning as evidenced by moving from the clinical range to borderline or normal CBCL scores between intake and discharge (N=23). (See Table 2).
 - 100% of the client caregivers that complete treatment will report improved PSI (Parenting Stress Index) scores between start of treatment and end of treatment. *The PSI is a 120-item self-report questionnaire that assesses child and parent behaviors on a number of domains. It typically takes a respondent 20 to 30 minutes to complete the questionnaire.*
 - 77% of caregivers reported a decrease in their stress level between intake and discharge from the program (N=35). (See Table 3).
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DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends to continue MHSA funding for this program for FY 2011-12.

See pages 3 and 4 for tables.

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Table 1 – Child Improved Behaviors

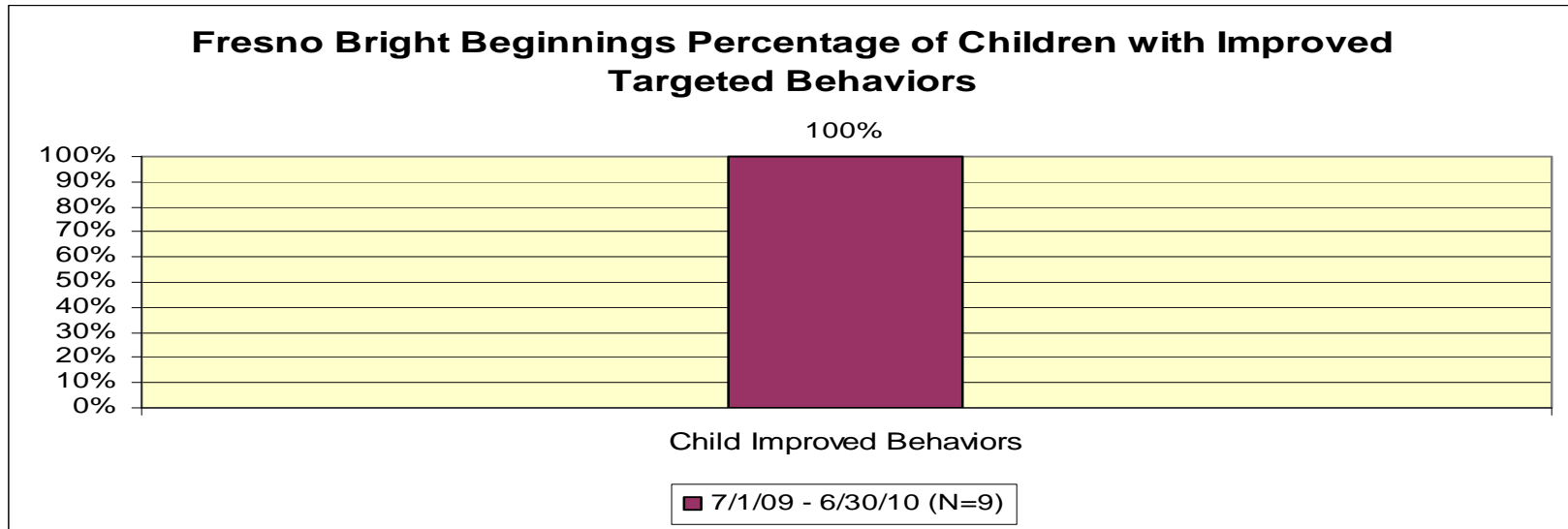


Table 2 – Child Improved Functioning

Bright Beginnings Child Behavior Checklist (CBCL) Scores						
7/1/2009 – 6/30/2010 (N=23)						
	Total Externalizing		Total Internalizing		Total Problems	
	Intake	Discharge	Intake	Discharge	Intake	Discharge
Normal <60	22% (5)	65% (15)	35% (8)	74% (17)	26% (6)	61% (14)
Borderline 60-63	13% (3)	17% (4)	4% (1)	4% (1)	4% (1)	22% (5)
Clinical >63	65% (15)	17% (4)	61% (14)	22% (5)	70%(16)	17% (4)

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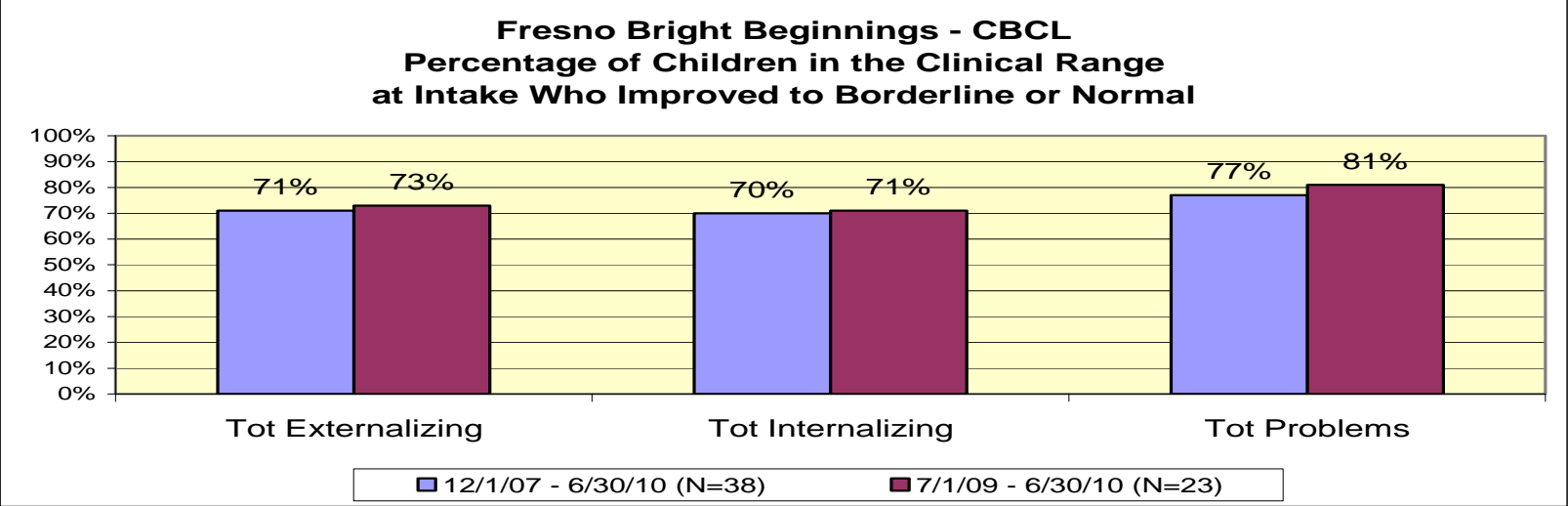


Table 3 – Reduced Caregiver Stress

