Preliminary Evaluation of a School-Based “Medical Home” Model for Children with Emotional and Behavioral Problems

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Presentation Overview

- School-Based Behavioral Health Team Services (SBBH): A Clinical Home for Youth and Their Families
- Preliminary Evaluation Results

Background

- Surgeon General’s National Action Agenda for child mental health emphasized for more evidence-based treatments into naturalistic settings (e.g., schools)
- Schools most common point of entry for accessing mental health services
- School setting can address key financial and structural barriers that often prevent children especially those with low SES, from receiving needed services

Community Care Behavioral Health Organization

- Non-profit Managed Care Organization that manages behavioral health services for members whose health care coverage is sponsored through Medical Assistance
- Members in 35 counties in Pennsylvania
- Website: www.ccbh.com

SBBH: A Clinical Home for Youth and Families

- Developed by Community Care in partnership with families, county MH/MR, school district, children and youth agency representatives and behavioral health provider agencies
- Medicaid reimbursable service
- Schools provide commitment to partner, faculty time and physical space

SBBH Team Service

- Licensed Master’s prepared clinicians serve as clinical leads
- Work closely with a team of Bachelor’s prepared individuals
- Have agency administrative support and clinical consultation available
- Connected to a Community of Practice
- Serve a group of youth and their families
Community Care - CoP

- Training – Orientation and ongoing
- Coaching – How to implement the model
- Technical assistance – How to implement evidence-based, promising or best practices
- Care management – Client-centered case review and authorization
- Quality review - Program standard monitoring

Community of Practice (CoP):

Training Platform

- Family systems theory and interventions
- Resiliency/recovery principles and supports & trauma informed care
- Positive behavioral interventions and supports
- Identification of co-occurring mental health and substance abuse disorders and needed interventions

SBBH Implementation

- Number of counties = 6
- Number of schools = 18
- Number of providers = 6
- Number of teams = 13
- SBBH services initiated – 1/09
- 65 children served as of 6/12/09
- 109 children served as of 2/11/10

Preliminary Evaluation Questions

- What impact do school-based services have on child and family functioning and child internalizing and/or externalizing behavior?
  - Child Outcome Survey
    - Assessing domains associated with school, family, and social functioning
    - Improving family empowerment
  - Strength and Difficulties Questionnaire
    - Assessing emotional symptoms, conduct problems, hyperactivity-inattention, peer/social interactions

Preliminary Evaluation Questions

- What impact do school-based services have on academic activities including attendance and grades?
  - Grades
  - Attendance
- What impact do school-based services have on service use and cost?

Child Outcomes Survey

Family functioning:

Instructions: Please rate your family’s experience in the past week by marking one of the numbers below on the blank line.

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<tr>
<th>Highly</th>
<th>Very Much</th>
<th>Much</th>
<th>Some</th>
<th>Slightly</th>
<th>Not at All</th>
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HOW SUCCESSFUL was your family in the following important areas:

- Providing support to each other?
- Working together in making decisions about how to solve problems?
- Providing feedback to each other?

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Child Outcomes Survey

Child functioning:

GETTING ALONG WITH FAMILIES?

Instructions: Please rate your child’s experience in the PAST WEEK by marking ONE response to each item below.

Social Life and getting along with friends?

Instructions: Please rate your child’s experience in the PAST WEEK by marking ONE response to each item below.

Child Outcomes Survey

Session Inventory:

I felt understood and respected about the changes I am trying to make for my child/family.

We established an approach that is best suited for working with my child/family.

I am confident that the work we are doing together will help my child/family.

Sample Feedback Report

Baseline SDQ: Differences in Parent and Teacher Report of Child Behavior

Demographic Characteristics of Children Initiating SBBH Services

- Mean age = 10 years old
- Majority are boys (77%)
- 50% white, 28% Hispanic, 15% African American and 9% Multi-cultural
Baseline SDQ: Differences in Parent and Teacher Report of Child Behavior

- Parents report higher levels of emotional symptoms and peer problems than do teachers
- Parents report substantially more children with normal prosocial behavior
- Parents and teachers report comparable levels of total difficulties

Child Functioning over Time in SBBH

- Trend towards substantial improvement in overall child functioning over time

Family Functioning over Time in SBBH

- Trend towards improved levels of overall family functioning over time

Therapeutic Relationship over time in SBBH

- Parents report a strong therapeutic relationship with SBBH clinical teams over time

Minimal Change Observed in Academic Performance Measures

<table>
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<tr>
<th>School Performance Measures</th>
<th>Baseline Period (Sept-Dec 08)</th>
<th>Follow-up Period (Jan-June 09)</th>
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<tbody>
<tr>
<td>Days missed</td>
<td>7.4</td>
<td>8.8</td>
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<tr>
<td>English</td>
<td>81.6</td>
<td>82.7</td>
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<tr>
<td>Average % grade</td>
<td>81.6</td>
<td>82.7</td>
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<tr>
<td>Reading</td>
<td>80.0</td>
<td>81.4</td>
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<tr>
<td>Average % grade</td>
<td>80.0</td>
<td>81.4</td>
</tr>
<tr>
<td>Math</td>
<td>77.3</td>
<td>78.5</td>
</tr>
<tr>
<td>Average % grade</td>
<td>77.3</td>
<td>78.5</td>
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- Slight improvement in English, Reading, and Math Grades

Summary

- SBBH teams are serving a substantial number of diverse students
- Parental report indicates that services are substantially improving child and family functioning
Next Steps

- Assist SBBH teams in implementation of evidence-based clinical practices
- Support the PA PBS Network effort to implement School-wide Positive Behavior Interventions and Supports
- Participation in PBS demonstration project