

Intensive In-Home Therapy as Early Intervention: Results from a Clinical Trial

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Youth Villages

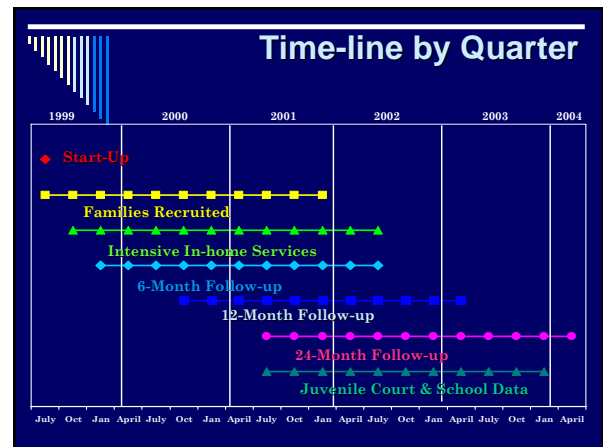
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Special Thanks to:

- LHS Foundation, Inc.
- University of Memphis: Center for Community Health
- The Memphis & Shelby County Juvenile Court
- Shelby County School District
- Memphis City School District
- Community Services Agency

The Prevention Project

- Randomized clinical trial
- Evaluation of effectiveness of intensive in-home services in preventing
 - Out-of-home placements with DCS or juvenile justice
 - Juvenile court contact
- Determination of cost-effectiveness
- Examination of long-term clinical effect



Eligibility

- 15 years of age or younger
- Never been in state custody
- Never been placed in a psychiatric facility
- Had not previously received extensive counseling
- Currently lived with parents, relative, or legal guardian

Number of Participants

- **Original Goal:**
280 families (140 in each group) by September 2001
- **Actual Number:**
240 families (120 in each group) by February 2002

Procedures

- ❑ **Treatment group** - the family's contact information was provided to the clinical supervisor. A counselor was assigned and contact was made to begin services.
- ❑ **Comparison group** - the family was contacted with a list of three to five organizations geographically close to them that dealt with their primary concerns.

Assessment Schedule

| | Intake | 6 Months + | 12 Months | 24 Months |
|-----------------------------|--------|------------|-----------|-----------|
| BSI | X | X | | |
| CBCL | X | X | | |
| FACES III | X X | X X | | |
| FAMGEN | X X | X X | | |
| SRDS | X | X | X | X |
| YSR | X | X | | |
| CAFAS | X | X | X | X |
| Intake Interview | X | | | |
| 6-Month Interview | | X | | |
| 11-Question Youth Interview | | X | X | X |
| Parent Satisfaction Survey | | X | | |
| 12/24 Month Interview | | | X | X |
| CBCL Delinquency Sub-Scale | | | X | X |

+ The order of the forms was reversed from the order completed at Intake. **X = Adult Completed** * Youth only completed the interview session if they were 11 or older.
X = Youth Completed *

Response Rate

| Time Point | Response Rate |
|------------|---------------|
| 6-Month | 95% |
| 12-Month | 92% |
| 24-Month | 80% |

181 families (75.4%) completed all 4 interviews

School Information

- ❑ Average grades
- ❑ Average conduct grades
- ❑ Number of excused and unexcused absences
- ❑ Number of suspensions

Collected at 12 and 24 months post-intake

72.2% of the information requested was provided by the schools

Juvenile Court Information

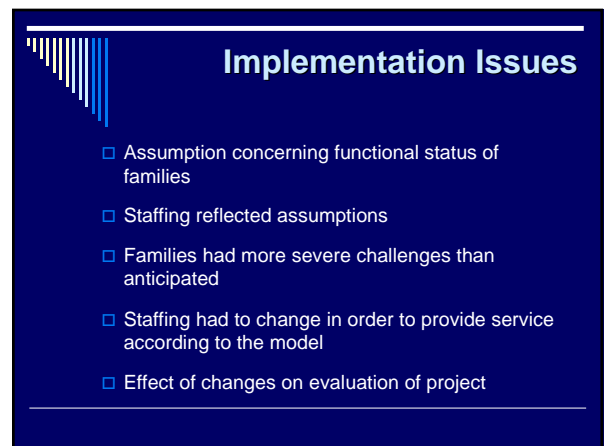
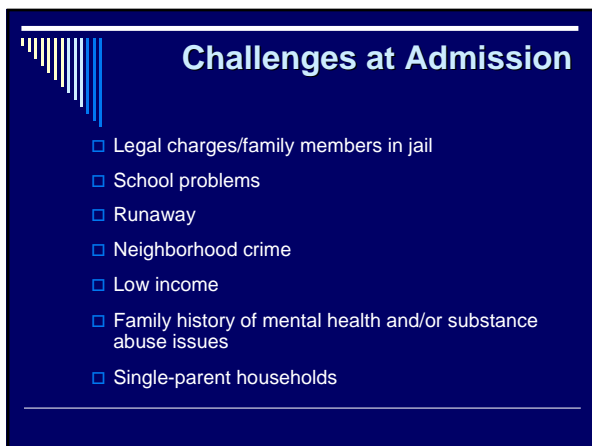
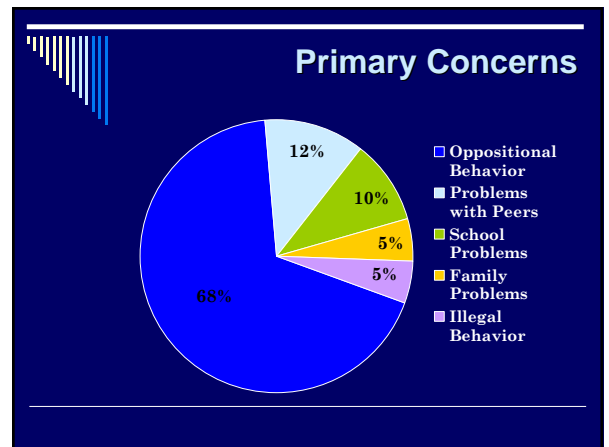
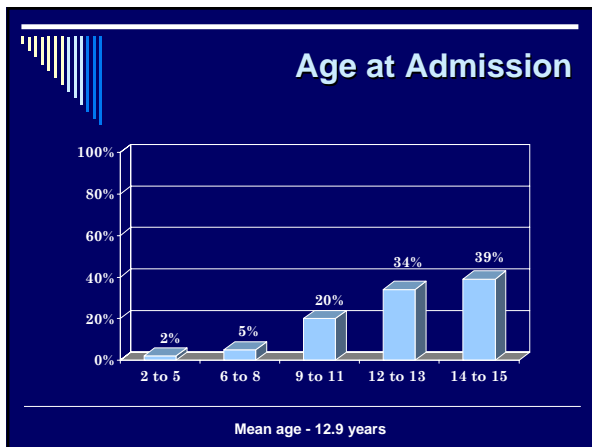
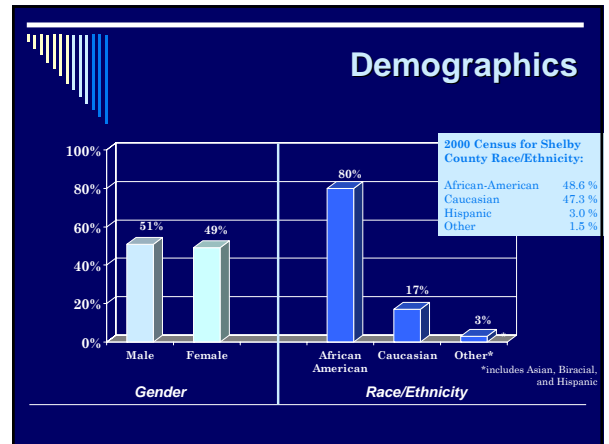
- ❑ Any contact with juvenile court
- ❑ Any custody changes
- ❑ Placements by juvenile court
- ❑ Type, handling, results, and disposition of any charges
- ❑ Date of charges/contacts/placements

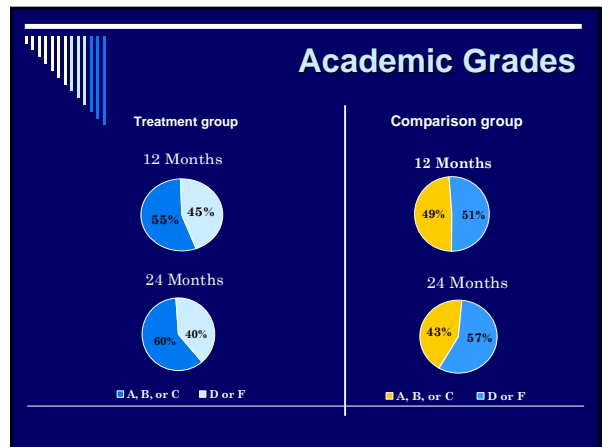
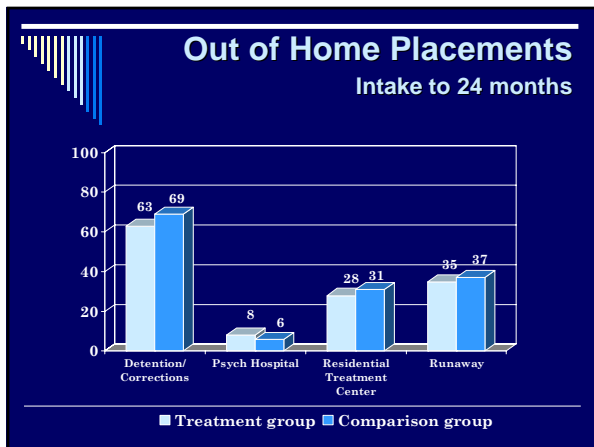
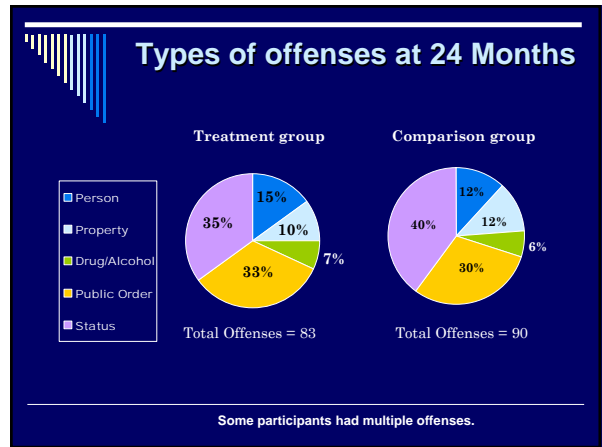
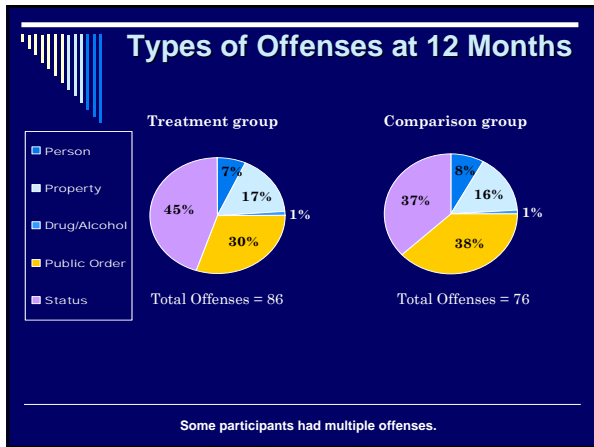
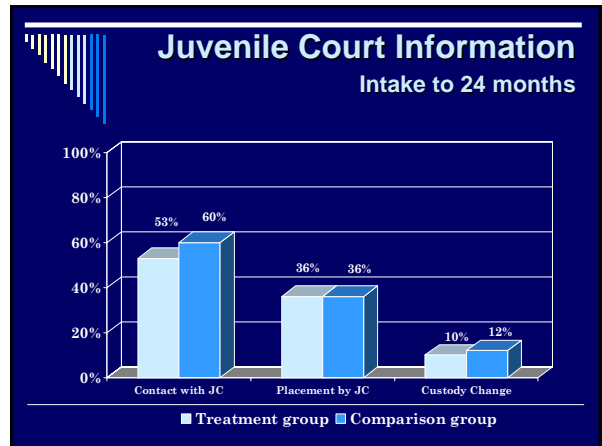
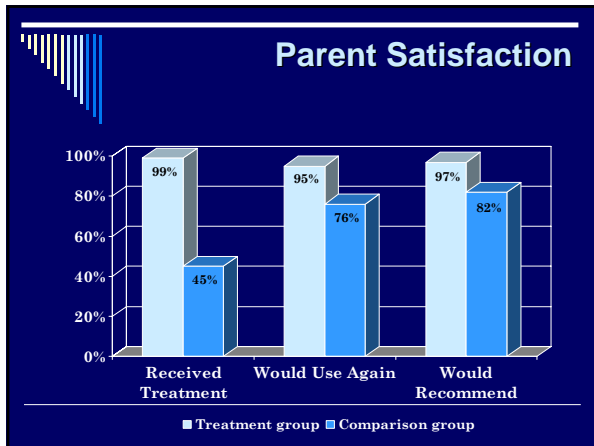
Collected at 12 and 24 months post-intake

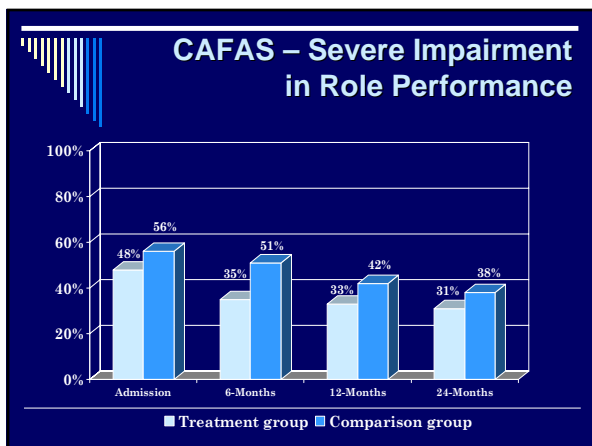
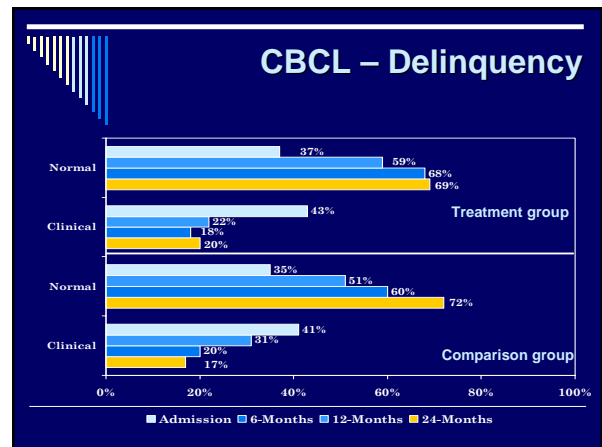
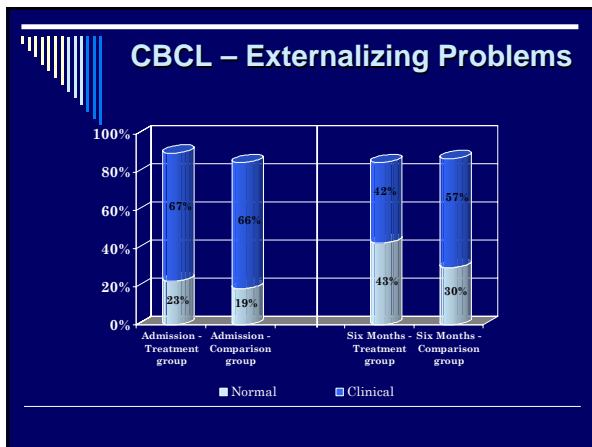
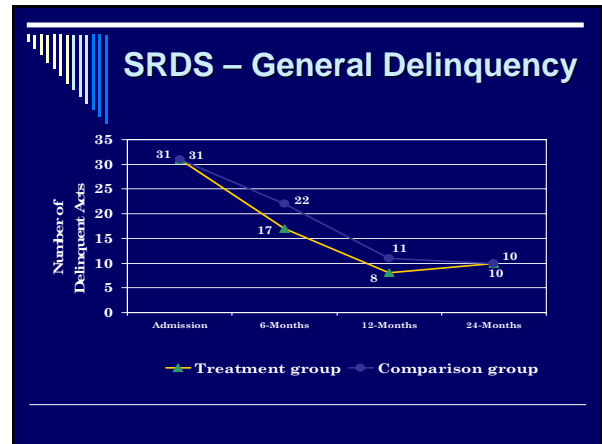
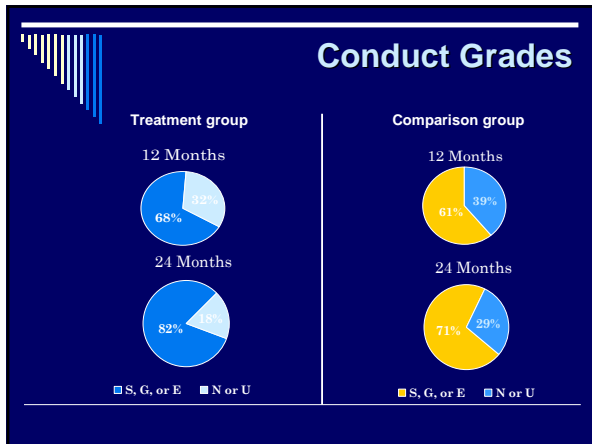
100% of the information requested was provided by the court

Analytic Approach

- ❑ Efficacy of intensive in-home services as a prevention model for children at high risk of out-of-home placement
 - Differences in client outcomes between treatment and comparison groups
 - Differences across time within groups
- ❑ Cost analysis of intensive in-home services as a prevention model







- ### Cost Analysis
- Costs of services provided to treatment and comparison groups were calculated
 - Cost savings were calculated based on avoidance of delinquent acts (based on methodology from Washington State Public Policy Institute)
 - Substantial savings were calculated for treatment group (over \$340,000)
 - Work continues on this portion of the evaluation.




Summary of Findings

- At intake, groups were similar
- At six months, both had improved – treatment group had generally improved significantly more
- At twelve months, treatment group was still generally doing better, although differences had narrowed
- At 24 months, groups were still better than at intake, although differences between groups were generally not significant



Next Steps

- Explore the relationship between level of therapist adherence and child/family characteristics further
- Examine the impact of multiple therapists on outcome measures for those in the treatment group
- Analyze the data from weekly therapist logs to examine the relationship between these activities and MST adherence
- Utilize sophisticated statistical tools (e.g. regression analysis, structural equation modeling, survival analysis) to determine predictors of treatment success and to understand relationships between client characteristics, program activities, and outcomes for children and families



Further Use of the Data

- Comparison group for another study in the same geographic area with the same population
- Study on social support, parental efficacy, and juvenile delinquency
- Available for researchers interested in many aspects of children's mental health



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Thanks for your interest!

