

2016-2017 Year End Report

CASSY @ Campbell Union High School District



In our second year of services, Campbell Union High School District partnered with CASSY to deliver a comprehensive mental health program which includes direct counseling, prevention-focused classroom lessons, crisis intervention, and parent and staff consultation

On-Campus Counseling - Services & Demographics

CASSY provides **10,000** hours annually of individual, family, and group counseling sessions on-campus during school hours. Our therapist provided ongoing services to over **500** students, conducted **3,300** therapeutic sessions, **350** parent consultations, and **560** staff consultations.

Gender	Ethnicity	Primary Focus of Services
Male (38%)	Latino (39%)	Anxiety (25%)
Female (62%)	White (35%)	Depression (19%)
	Mixed Race (12%)	Self Esteem (16%)
	Asian (7%)	Social Skills (8%)
	African American (5%)	
	Filipino (2%)	

Program Highlights

CASSY's partnership with the Campbell community continues to strengthen, as shown through the work of each therapist. From working with a student to stabilize after a suicide attempt and having them graduate having met their treatment goals, to working with students who are dealing with the death of a parent, to low self esteem, anxiety, and depression, CASSY has worked with each school community to identify the unique aspects of the school environment and support the students, staff, and parents!

In order to serve the high number of students experiencing acute concerns at Del Mar, CASSY Therapist Valerie implemented grief counseling support and on-going crisis and drop-in services. Additionally, she connected with parents and provided outpatient counseling referrals for those who need more intense services, including those who needed services following self harm or suicidality.

Program Impacts

CASSY uses a variety of data to show the outcomes of the individual students and the impact of the work on the school system. These metrics include the Children’s Global Assessment Scale, attendance data, disciplinary information, and treatment goals achieved.

The Children's Global Assessment Scale (CGAS) is a tool used to assess the global level of functioning and severity of mental illness in children and adolescents. The CGAS uses various scales that assess a child's psychological, social and occupational functioning. The scoring on the scales ranges from positive mental health to severe psychopathology. Using a number system from 1 to 100, the CGAS assesses daily functioning and behaviors such as personal hygiene habits, sleep patterns and risk for suicide. CASSY therapists assess students at the beginning and end of treatment, with the results compiled at the end. Our goal is to help students maintain or increase positive functioning in their daily life.

Description	Result
<p>Described in the Diagnostic Statistical Manual and measured by the therapist, each student is given a CGAS score based on his or her overall level of functioning.</p> <p>Our goal is to help at least 85% of students maintain or increase positive functioning in their daily life.</p>	<p>96% increased or stabilized</p>
<p>Studies show a link between students with mental health concerns, attendance rates, and ongoing disciplinary concerns.</p> <p>We anticipate that students who work directly with CASSY therapists will show an increase in their attendance rate and/or show a reduction in disciplinary referrals, if these concerns are present.</p>	<p>95% maintained or improved their attendance rates</p>
	<p>83% resolved their disciplinary concerns</p>
<p>Treatment goals are the building blocks of a student’s treatment plan. Goals are developed with the student and are designed to be specific, realistic, and tailored to the needs of each individual youth.</p>	<p>80% met at least one of their treatment goals</p>

Feedback from Students and Parents

CASSY surveys students and their parents at the end of treatment to provide qualitative feedback on our services. Here are some of the comments and feedback from the Saratoga community.

95% of students and their parents said CASSY met their needs and would recommend CASSY services to their peers and other parents.

The CASSY Therapist has seen both of my kids this year. While their issues were very different, she has been able to relate and help both of them tremendously. We couldn't have gotten through this year without her! Del Mar was very fortunate to have her on board this year! - **Del Mar High Parent**

My CASSY Therapist was there for me when many of my friends and family weren't. If she reads this then I want to say thank you, you have made such a positive influence in my life and have helped me more than you know. - **Leigh High Student**

My daughter’s CASSY Therapist is good at listening and calming her down. We are so thankful for her and for this counseling service my daughter was able to receive. - **Prospect High Parent**