

2016-2017 Year End Report

CASSY @ RJ Fisher Middle School



CASSY just completed our sixth year partnering with RJ Fisher Middle School 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 **700** hours annually of individual, family, and group counseling sessions on-campus during school hours. Our therapist provided ongoing services to over **55** students, conducted **450** therapeutic sessions, **230** parent consultations, and **110** staff consultations.

Gender	Ethnicity	Primary Focus of Services
Male (46%) Female (54%)	White (71%) Asian (11%) Latino (9%) Mixed Race (7%) African American (2%)	Communication with Parents & Family Challenges (29%) Peer Relationships & Bullying (20%) Anxiety (11%)

Program Highlight

The CASSY team focused our efforts and progress this year toward strengthening our partnership with Fisher, reviewing needs and gaps from the previous year, looking creatively at how better we can best serve the school and students, and actively addressing those needs. As a result, we developed improved communication structures and collaborate more positively and proactively. CASSY also collaborated in identifying ways to expand services for the future, including implementing groups and offering classroom lessons or groups around tolerance and inclusivity.

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>86% 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>97% maintained or improved their attendance rates</p>
	<p>100% 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>83% 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 Fisher Middle School community.

98% of students and their parents said CASSY met their needs and would recommend CASSY services to their peers and other parents.

My CASSY Therapist provided a comfortable environment and positive problem solving suggestions. CASSY is very helpful and made much improvement in how I act in daily life.
- **Fisher Student**

My CASSY Therapist is definitely a good listener and helps me learn how to take things in and handle them. She also tells me things I could do to help my situation that fits with my life style.
- **Fisher Student**

I would recommend this to anyone who needs help. They are good listeners and will help you without pushing you out of your comfort zone.
- **Fisher Student**