

2016-2017 Year End Report

CASSY @ Los Gatos High School



For the eighth consecutive year, LGHS 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. We also provided services to all Special Education students that required counseling as part of their Individual Education Plan (IEP) and the students enrolled in the Therapeutic Classroom.

On-Campus Counseling - Services & Demographics

CASSY provides **6,400** hours annually of individual, family, and group counseling sessions on-campus during school hours. Our therapist provided ongoing services to over **235** students, conducted **2,000** therapeutic sessions, **350** parent consultations, and **1,100** staff consultations.

Gender	Ethnicity	Primary Focus of Services
Male (36%) Female (64%)	White (74%) Mixed Race (12%) Asian (6%) Latino (3%) Native American (2%) African American (2%) Filipino (1%)	Anxiety (25%) Depression (19%) Self Esteem (16%) Social Skills (8%)

Program Highlights

CASSY staff focused on prevention work, doubling the number of Linking Education and Awareness of Depression and Suicide (LEADS) presentations. Each freshman health and fitness classes receives this presentation, which describes signs and symptoms of depression and outlines how to get help. CASSY Therapist Erica also spoke to the social justice senior classes about The Hunting Ground, a documentary focused on sexual assault and rape.



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>94% 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>50% maintained or improved their attendance rates</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 Los Gatos community.

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

My CASSY Therapist helped me discover a lot of things about myself in the past year. I'm so grateful that I got the experience of talking with her and learning so much from our sessions. She's extremely intuitive and insightful, and having her support during my trials and successes has really helped boost my confidence and steady my self-worth, because I trust her and her feedback. - **Los Gatos High Student**

Our son’s CASSY Therapist created a really good connection with him and was able to recognize serious issues and communicate them to me. They were a partner in therapy with other therapists. - **Los Gatos High Parent**

Having support from CASSY allowed me to unload everything. I don't often let out in public and CASSY helped me self-reflect on my situations. - **Los Gatos High Student**