

2016-2017 Year End Report

CASSY @ Milpitas Unified School District



CASSY just completed our sixth year of partnership with MUSD. We provide social and emotional support at each of the 13 schools in the community, placing at one or more therapists on site 2-5 days per week. Our therapists provide over **14,000 hours** annually of direct counseling, prevention-focused classroom lessons, crisis intervention, and parent and staff consultation on-campus during school hours.

On-Campus Counseling - Services & Demographics

Our therapists provided comprehensive mental health services to over **660** students, conducted **6,250** individual and group therapy sessions, **1,300** parent consultations, **2,800** staff consultations, and presented **55** classroom lessons.

Age	Gender	Ethnicity	Primary Focus of Services
Elementary	Female (43%) Male (57%)	Asian (28%) Latino (24%) White (19%) Mixed Race (9%) Filipino (9%) African American (6%) Pacific Islander (3%) Native American (2%)	Social Skills (24%) Self Esteem (13%) Family Concerns (13%) Anxiety (10%) Classroom Behaviors (10%)
Middle	Female (55%) Male (45%)	Asian (29%) Latino (27%) Mixed Race (8%) Filipino (27%) African American (5%) White (3%) Native American (2%)	Family Concerns (20%) Anxiety (11%) Social Skills (11%) Peer Relationships (8%) Depression (8%)
High	Female (59%) Male (40.5%) Non-Binary (.5%)	Asian (34%) Latino (19%) White (14%) Filipino (15%) African American (9%) Pacific Islander (6%) Native American (2%) Mixed Race (1%)	Family Concerns (17%) Peer Relationships (15%) Depression (15%) Anxiety (15%) Self Harm (13%)
Cal Hills	Female (44%) Male (56%)	Latino (53%) Asian (15%) African American (15%) White (15%) Mixed Race (2%)	Anger (21%) Depression (21%) Academic Stress (15%) Peer Relationships (12%) Disruptive Behaviors (12%)

Program Highlights

At Weller Elementary School, CASSY Therapist Kristyn developed a preventative program focused on consistent classroom lessons which utilized art therapy and Eye Movement Desensitization and Reprocessing techniques. As a result, over half of the school received prevention-based mental health services.

At Milpitas High School, the team of therapists implemented a tiered therapeutic program, where students were assessed after 12 weeks of individual services in order to meet the demand and give students alternative avenues to receiving services. This tiered approach resulted in six ongoing groups around anxiety, peer relationships, and LGBTQIA+ support groups.

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>Elementary</p> <p>97% increased or stabilized</p>	<p>Middle</p> <p>97% increased or stabilized</p>	<p>High</p> <p>97% increased or stabilized</p>	<p>Cal Hills</p> <p>98% 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% improved their attendance rates</p> <p>79% resolved their disciplinary concerns</p>	<p>100% improved their attendance rates</p> <p>63% resolved their disciplinary concerns</p>	<p>100% improved their attendance rates</p> <p>43% resolved their disciplinary concerns</p>	<p>70% improved their attendance rates</p> <p>60% 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>95% met at least one of their treatment goals</p>	<p>89% met at least one of their treatment goals</p>	<p>94% met at least one of their treatment goals</p>	<p>17% 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 Milpitas community.

100% of students and their parents said CASSY met their needs and would recommend CASSY services to their peers and other parents.

My CASSY Therapist was very helpful with my needs and listened to what I had to say. She helped me get out of my bad situation that I was in and helped me understand that what I was going through wasn't right and that it wasn't my fault. - **Cal Hills Student**

My daughter's CASSY Therapist is very good at making my daughter feel more confident and helping her get through tough times. I would like to give my thanks for helping her out.

- **Rancho Parent**

My child's CASSY Therapist is wonderful and my child has improved emotionally and psychologically to the point where she is back on track with her academics. - **Burnett Parent**

Our CASSY Therapist is excellent! She is supports students well,

communicates with parents, understands her responsibilities, checks in with me regularly, is flexible and responsible. - **MUSD Elementary School Principal**

CASSY has been a great experience, and I was able to learn a lot about other people and even more about myself through its services. I would and already have highly recommended this program to several of my friends. The counselors are amazingly supportive and understanding, and they never blame anyone for any poor decisions they may have made. - **Milpitas High School Student**