

# 2016-2017 Year End Report

CASSY @ Palo Alto Unified School District



CASSY has completed our sixth year of our partnership with PAUSD elementary schools. We provided individual, family and group counseling on-campus during school hours at eight elementary schools and started services mid-year at Jordan Middle School. Our comprehensive mental health program includes direct counseling, prevention-focused classroom lessons, crisis intervention, and parent and staff consultation.

## On-Campus Counseling - Services & Demographics

CASSY provides **9,000** hours annually of on-campus support to the elementary schools. This year, our therapists served over **260** students, providing **1,020** parent consultations, **2,200** staff consultations, **3,000** individual and group therapy sessions, and presenting **250** classroom lessons. We also provided individual sessions to **16** students at Jordan Middle School.

Gender	Ethnicity	Primary Reason for Referral
Male ( <b>65%</b> ) Female ( <b>34%</b> ) Not Specified ( <b>1%</b> )	White ( <b>43%</b> ) Asian ( <b>25%</b> ) Mixed Race ( <b>13%</b> ) Latino ( <b>14%</b> ) African American ( <b>3%</b> ) Pacific Islander ( <b>2%</b> )	Behavior Related Concerns ( <b>95%</b> ) Peer Relationships ( <b>58%</b> ) Inattention ( <b>30%</b> ) Academic Stress ( <b>11%</b> )

## Program Highlights

At El Carmelo, CASSY Therapist Tanya implemented a *Mindfulness Matter* program. *Mindfulness Matters* provided school-wide mindfulness classroom lessons for sixteen weeks to all 400 students at El Carmelo Elementary School. Lessons focused on building mindfulness skills, and culminated in a school-wide Peace Walk in May 2017. Through this work, we helped students increase their attention in class, self-regulation, impulse control, and emotion regulation, which resulted in a positive impact the school's culture and sense of community.

CASSY also began a partnership with Loving Solutions - The Parent Project and offered a parent education night to East Palo families attending school in Palo Alto. The evening focused on sharing the the mental health services offered within the district. More than fifteen families attended, with discussion around what services are offered, the referral process, and how to advocate for your child. Together, CASSY and Loving Solutions shared methods to communicate with children about emotions and behaviors.

## 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><b>Our goal is to help at least 85% of students maintain or increase positive functioning in their daily life.</b></p>	<p><b>95%</b> increased or stabilized</p>
<p>Studies show a link between students with mental health concerns, attendance rates, and ongoing disciplinary concerns.</p> <p><b>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.</b></p>	<p><b>71%</b> improved their attendance rates</p>
	<p><b>70%</b> 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><b>85%</b> 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 Palo Alto community.

**100% of students, parents, and school principals said CASSY met their needs and would recommend CASSY services to their peers, other parents, and other schools.**

Thank you to my CASSY Therapist for being very kind and friendly and helping me through rough times. - **El Carmelo Student**

We highly recommend CASSY! Our child’s CASSY Therapist was very instrumental in transforming our child. - **Briones Parent**

My CASSY Therapist was good at giving me advice about life and how to deal with awkward moments in middle school. - **Jordan Student**

Although my child has only attended a handful of sessions, I am very impressed with the counselor. She asks numerous in-depth questions, is very kind and easy to talk with and cares about children and their well being. She tries to understand the family situation and dynamics to try to help my child better. It is clear that she is a highly devoted counselor and is determined to make a difference in their lives. Thank you for your professionalism and dedication to our children’s wellbeing! - **Jordan Parent**

My child’s CASSY Therapist is great at reaching out, targeting the problem, resolving it, supporting the child and the parents, helping in cases of stress and difficult situations, always there for talking and sharing ideas, and is always kind and respectful of the child’s needs and challenges. - **Ohlone Parent**