

2016-2017 Year End Report

CASSY @ Saratoga High School



CASSY just completed our fifth year partnering with Saratoga High School to deliver a comprehensive mental health program which includes direct counseling, prevention-focused classroom lessons, crisis intervention, and parent and staff consultation. CASSY also provides services to all Special Education students with required counseling as part of their Individual Education Plan (IEP) and places a full time therapist in the Therapeutic Classroom.

On-Campus Counseling - Services & Demographics

CASSY provides **4,800** hours annually of individual, family, and group counseling sessions on-campus during school hours. Our therapist provided ongoing services to over **215** students, conducted **1,460** therapeutic sessions, **200** parent consultations, and **500** staff consultations.

Gender	Ethnicity	Primary Focus of Services
Male (38%)	White (35%)	Anxiety (25%)
Female (62%)	Asian (55%)	Depression (19%)
	Latino (4%)	Self Esteem (16%)
	Mixed Race (4%)	Social Skills (8%)
	Native American (1%)	
	Filipino (1%)	

Program Highlights

CASSY staff used the waiting room as a place for students to come when they needed a safe, supportive environment. Many of the students would have stayed home otherwise, but were able to come to school knowing they could come to CASSY if needed. CASSY therapists met with each of these students and emailed the attendance office, the teacher, and the guidance counselor to inform them the student was at CASSY. Students used this space over 540 times throughout this school year.

In the final cycle of group counseling, CASSY Therapist Stephanie allowed each student to co-facilitate a group. Stephanie asked each student to bring in activities/games/tools they enjoy and teach it to the group. Students decorated cookies, tie-dyed t-shirts, colored in coloring books, played heads-up, and watched clips from Inside Out. It was the most engaged we have seen students and it was the first time we had to monitor the noise level because they were so engaged.

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>100% 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>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 Saratoga 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 is understanding and has compassion. She listens through a situation and helps students view them from an objective perspective. - **Saratoga High Student**

We are very grateful for the support and care from the CASSY for our child. - **Saratoga High Parent**

Being a supportive listener, my CASSY Therapist encourages me to see the bright side, making me feel like my opinions and emotions are valid and accepted. - **Saratoga High Student**