

# 2016-2017 Year End Report

CASSY @ Redwood Middle School



CASSY just completed our first full year partnering with Redwood Middle School to deliver a comprehensive mental health program which includes direct counseling, prevention-focused classroom lessons, crisis intervention, and parent and staff consultation. New avenues to referrals were created, including increasing the partnership with Guidance Counselors (**45% of referrals**) and implementing a system for students to self refer (**22% of referrals**). *Over the course of the year, the ongoing caseload increased from 11 students to a full caseload of 30 students.*

## On-Campus Counseling - Services & Demographics

CASSY provides **1,600** hours annually of individual, family, and group counseling sessions on-campus during school hours. Our therapist assessed **52** students, conducted **525** therapeutic sessions, **65** parent consultations, **110** staff consultations and presented to over **800** students in their classrooms.

Gender	Ethnicity	Primary Focus of Services
Female ( <b>62%</b> ) Male ( <b>38%</b> )	Asian ( <b>52%</b> ) White ( <b>40%</b> ) Latino ( <b>4%</b> ) Mixed Race ( <b>2%</b> ) African American ( <b>2%</b> )	Self Esteem ( <b>24%</b> ) Communication with Parents ( <b>18%</b> ) Peer Relationships ( <b>12%</b> ) Academic Stress ( <b>8%</b> ) Anger ( <b>8%</b> )

## Program Highlight

As a new presence in the school, Miriam, CASSY therapist, created multiple avenues to engage students, their parents, and staff so that the school community is aware of the new school-based mental health services. These techniques include a robust prevention program (classroom lessons) covering a majority of the school, participating in the monthly newsletter, partnering with the Guidance Counselors for Club 47, speaking to the incoming sixth grade class, and presenting to a variety of parent groups on campus. Classroom lessons specifically generated 30 referrals to CASSY services while providing pro-active mental health education throughout the school. Additionally, Miriam has offered ongoing classroom observations to teachers, resulting in deliverables and consultations with teachers that include classroom strategy and behavioral suggestions.

## 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>100%</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>94%</b> improved their attendance rates</p>
	<p><b>50%</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>94%</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 Redwood Middle School 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 good at communicating and supporting me through what I am struggling with.  
- **Redwood Student**

My daughter's CASSY therapist has been great support and helped her learn to use coping skills to manage her life changes and challenges, social anxiety, and to love herself. She is becoming a stronger more confident person because of her therapy through CASSY. - **Redwood Parent**

My CASSY therapist is very good at making things clear and helpful with seeing things from different perspectives. - **Redwood Student**