



# ★ Star View Community Services ★

## Full Service Partnerships for Children

**BRIEF REPORT** from the Department of Research and Program Practices

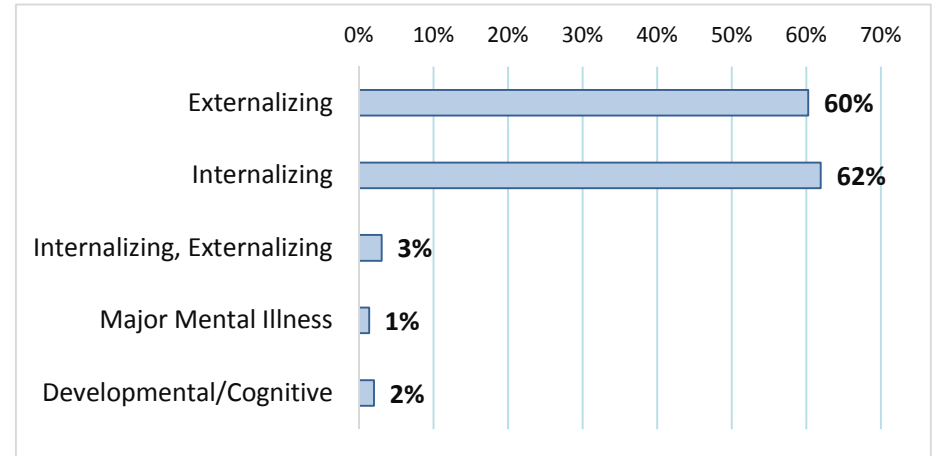
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Through the Mental Health Services Act-funded Full Service Partnership (FSP) program, Star View Community Services provides intensive home and community-based mental health care to children from birth to 15 years of age with serious emotional disturbance in Los Angeles County Service Areas 4, 6 and 8. The programs provide strength-based, family-focused, needs driven and culturally competent service coordination, with staff acting as an advocate in the child’s life, and the life of the family. Services include individualized care for families, linkage to needed social services, consultation with other specialists to address co-occurring disorders (e.g., substance abuse, developmental disorders and co-occurring medical issues) with follow-up linkage and care coordination, family education and support (through parent partners), and 24/7 telephone access. SV CS staff collaborate with county representatives (if applicable) and the family to enhance the strength of the family and decrease the likelihood of hospitalizations and out-of-home placement. This **BRIEF REPORT**, presents highlights of results for the past three years (2012 to 2014).

### Participants:

Since 2007, Star View CS has served 605 children in their Full Service Partnership programs; from 2012 to 2014, Star View CS served 338 children with 345 program enrollments. The children were 60% Latino/Hispanic, 34% Black or African American, 4% White, 2% Asian and 2% other races or ethnicities; 60% were male and 40% female. The median age of children at the start of treatment was 11.7 years of age (youngest 2 years and oldest 15 years old). Over the three year reporting period, the median length of stay was 15.4 months (discharges n=233). At the start of services, most children lived at home (85%), with 6% in licensed or unlicensed residential care, 5% in foster care homes, 3% homeless or in emergency shelters and less than 1% in juvenile corrections facilities or psychiatric inpatient settings.

### Children Diagnosed (%) by Clinical Pathway (n=297)



- Children served in Full Service Partnerships are all affected by serious emotional disturbance as reported through diagnoses on Axis I of the DSM-IV. These diagnoses relate to Clinical Pathways represented in the chart to the right (note that children sometimes received multiple diagnoses and could receive diagnoses in more than one clinical pathway – average of 1.3 Axis I diagnoses per child). Externalizing (disruptive behavior disorders) and Internalizing diagnoses (mood disorders) were equally common (60% and 62% of children respectively, n=297), while major mental illnesses involving psychosis and developmental/cognitive difficulties were less common (in 1%, 2% of children respectively).

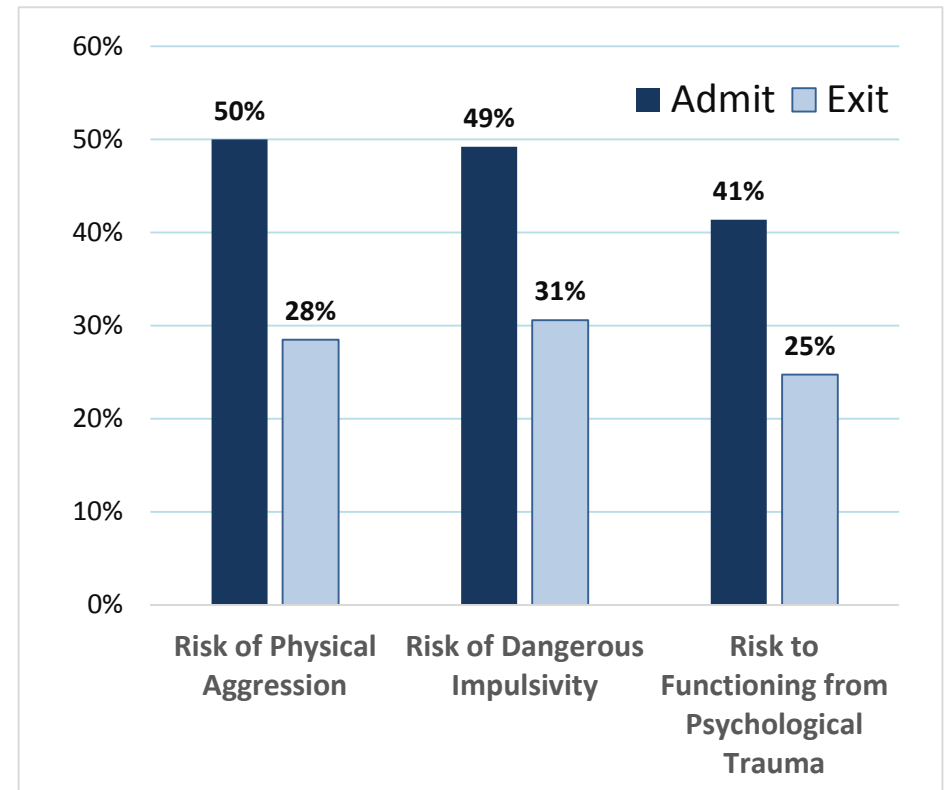
- Families were facing many challenges as well; 84% had at least one major caregiver challenge (n=194). 63% of caregivers were considered to have parenting skills needing improvement; 36% of caregivers had been the subject of a CPS report in the past six months. Many children starting treatment were at some risk of placement outside the home.
- Children’s functioning was also impacted; at the start of treatment, 50% were considered to be at risk of physical aggression toward others, 49% were considered to be at risk of dangerous impulsivity and 41% at risk of poor functioning due to psychological trauma (n=194). For those children in school, 66% were failing their classes.

## Outcomes for Full Service Partnerships at Star View CS:

### Benefits for Children and Family:

- All of the risks that affected a high percent of children at the start of treatment -- physical aggression (50%), dangerous impulsivity (49%) and low functioning due to psychological trauma (41%) -- were significantly relieved by treatment (n=194 matched pairs of assessments at admit and exit, see chart to right). In addition, the risk of self-harm (affecting 20% of children at admit) decreased significantly to 10%. These improvements affect functioning in all aspects of the child's life (school, home and community) and decrease the likelihood of hospitalization or out-of-home placement.
- At the start of treatment, 32% of children were showing self-injurious behavior; at exit, only 14% were (n=142).
- At school, grades improved with treatment. The percent of children passing their classes rose significantly from 34% to 48% (n=194 matched pairs). There was also a trend toward fewer disciplinary problems; at admission, 59% were well-behaved at school and by exit, 70% of children were staying out of trouble. This concrete evidence that children benefit from treatment as seen in their performance and behavior at school is exciting, especially as children with serious emotional disturbance and with families facing challenges usually have declining grades and behavior, not improvements.
- Of the 35 children with substance use issues, 24 (69%) started treatment for substance use while in the FSP program.
- Of the 34 children with chronic health conditions, all (100%) received appropriate health care services while in the FSP programs. Chronic health conditions not only degrade quality of life and future opportunities but are also a challenge for families; appropriate medical care makes a big difference.
- All families with children enrolled in the FSP programs received collateral services to help with parenting skills and build an understanding of wellness and mental health.
- Families were linked to needed services, such as educationally related mental health services, supportive services, transportation aid, and financial aid for housing.

## High Risks Relieved by Full Service Partnership Treatment (n=194 matched pairs)



- Seventy-five percent of the changes in living situation experienced by children during the program were considered appropriate by the service coordinator. The children who were in their parents' home remained there whenever possible (living at home at admission 85% and at exit 77%).

**Positive Conclusion to the Full Service Partnership:**  
Of all children enrolled, over 65% made progress toward their treatment goals during treatment; 62% successfully completed all of their partnership goals.