



# ★ Valley Star Behavioral Health ★

## The STAY – TAY Crisis Residential Treatment

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

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Valley Star's TAY Crisis Residential Treatment program\*, the STAY, is a 14-bed behavioral health youth hostel located in the City of San Bernardino serving young adults ages 18 to 25 years who are experiencing a mental health crisis. Since opening March 2012, the STAY provided crisis stabilization and recovery support to 172 multi-culturally diverse young adults, and offers an exciting, peer driven and culturally attuned approach to crisis residential treatment for historically underserved youth and young adults with mental health challenges. While providing a safe and supportive place during crisis, STAY staff work with young adults to promote mental health recovery applying the principles and tools of Wellness Recovery Action Plans (WRAP™) and they teach independent living skills. Staffs are trained in evidence based practices like Seeking Safety and Motivational Interviewing along with WRAP™. This **BRIEF REPORT** highlights program results from the start of the program through June 2015.

### *Participants:*

During the time period of this report, the STAY served 172 unduplicated clients during 230 enrollments\*\* and an average length of stay of 47 days. All clients were experiencing a mental health crisis upon admission; the median Global Assessment of Functioning (GAF) score was 45, signifying serious impairment. The most common diagnoses were Bipolar Disorders (35% of clients), Mood Disorders (24%), Depressive Disorders (13%), Anxiety Disorders (13%), Psychotic Disorders (9%) and Schizophrenia (6%). In addition, 63% reported substance use issues, most commonly related to cannabis and alcohol.

Aligned to the aims of the INNOVATIONS project, the program serves historically underserved, ethno-culturally diverse youth in San Bernardino. The young adults were African American (41%); Caucasian (29%), or Latino (25%) with 4% unknown. They were 58% male and 41% female with a median age of 20 years. They were also diverse in sexual orientation, with 8% reporting homosexual, 13% bisexual, 1% pansexual and 78% heterosexual.

The STAY has an additional commitment to serve those with prior or concurrent system involvements including with child welfare (33%) and/or criminal justice (24%). Approximately 15% were involved in both. All clients were vulnerable or at high risk; 14% were referred from inpatient settings while 73% came from the street.

### *At the STAY:*

The STAY is open 24 hours a day, 365 days a year for voluntary admissions only. The location is accessible, in the same building as a One-Stop TAY Center, which is a walk-in center for TAY experiencing mental health issues, and on bus routes connecting it with other resources. All clients are non-violent and are also not sexual offenders; they are able to safely live in a shared living environment. Young adults entering the STAY commit to developing and working on their own plans for recovery.

STAY staff embody and promote principles of recovery and peer support while offering varied individual and group services and psychiatric care. They connect young adults with housing, educational/vocational opportunities, healthcare and other resources and natural supports in the community. Culturally attuned support and recovery services extend to specialized programming for LGBTQ; events

### The STAY

Cultural attunement is key: youth coming to the STAY have diverse racial and ethnic backgrounds and diverse sexual orientations; they are part of distinct youth cultures, and are often from backgrounds of poverty and marginalization.

recognizing many cultures including Black History Month, Native American heritage, and Cesar Chavez Awareness Day; a client-run Resident Council and paid peer mentors. **Every day at The STAY, young adult clients experience peers who are just like them actively working toward recovery and wellness.**

## Results:

Results from the San Bernardino Young Adult version of the Child and Adolescent Needs and Strengths assessment ( $n = 88$  matched initial to exit ratings) show reliable and clinically significant improvements in multiple life domain items (see examples in chart at right). **Positive results include fewer young adults having difficulties with Family (from 80% to 49% with significant problems) and in their Living Situation (85% to 51%).** Also noteworthy is that very few (2%) experienced any worsening of functioning.

Mental health indicators on the CANS also showed significant improvement (see examples in chart at right). **Strong results include fewer young adults struggling with depression (from 74% to 47%), adjustment to trauma (from 33% to 15%) and substance use (from 57% to 33%).** Overall, 49% improved reliably and significantly in the overall emotional and behavioral health domain of which these issues are examples; 49% remained unchanged statistically; and, only 2% experienced setbacks.

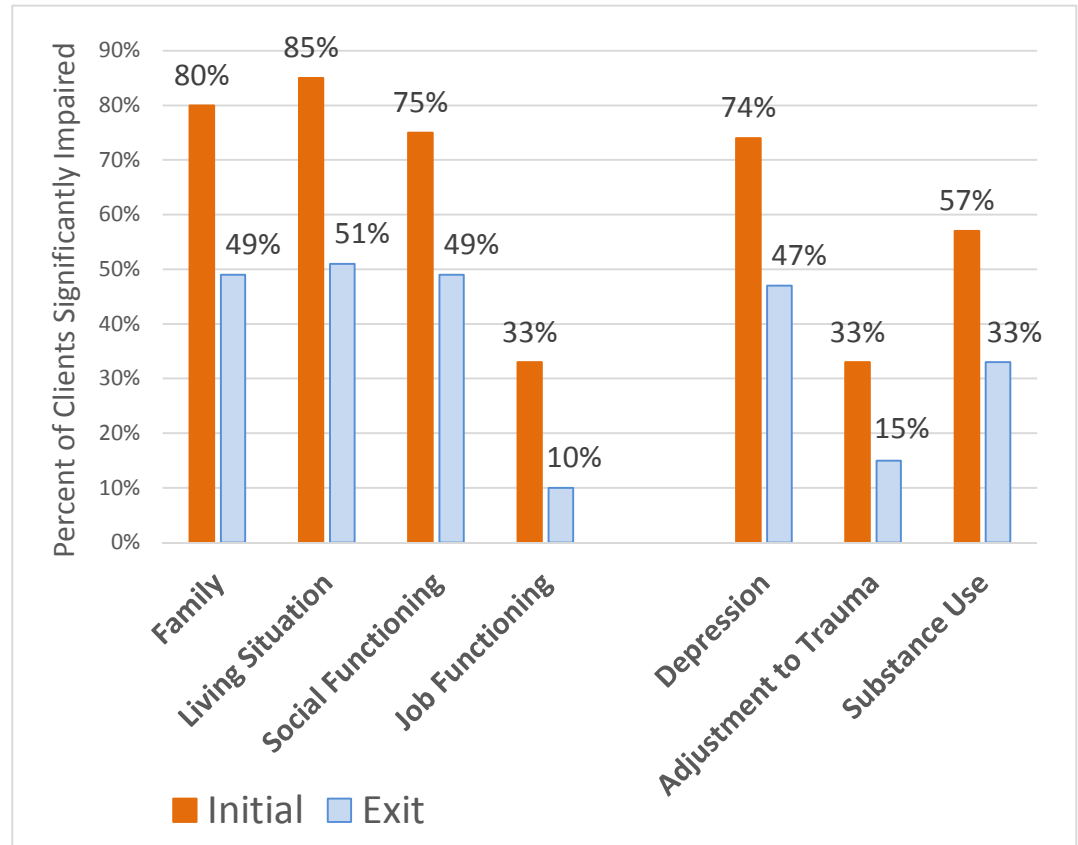
High Risk behaviors including **Suicidality (38% to 13%) and Poor Judgment (80% to 53%)** also decreased significantly from admission to discharge of The STAY's young adults.

The STAY's young adults also expressed their **satisfaction with the program**: overall satisfaction was at 90% ( $n=57$ ). Very high proportions were satisfied with various aspects of the program as follows:

- ★ 92% satisfied with staff
- ★ 93% satisfied with the help they received to cope with grief, trauma and loss
- ★ 91% satisfied with the comfort and attractiveness of the setting
- ★ 91% satisfied with the help they received to connect to peer support in the community for after discharge
- ★ 93% satisfied with the help they received finding other needed services for after discharge
- ★ 91% satisfied with the coping and life skills they gained to avoid future crisis and hospitalizations

The young adults also **became more Optimistic (22% to 49%) and Resilient (15% to 47%)** from the CANS strengths

## Improved Functioning After STAY (CANS) in Life and Mental Health (Decrease in % of clients impaired; $n=88$ )



domain. A majority (68%) made significant progress on their treatment goals during The STAY.

## The Future

When they enter the program, The STAY's young adults need help with the distress they are experiencing, with difficulties finding a safe and stable place to live, with challenging life skills and much more. Most of all they need a sense of hope. Combined, the program's results indicate this needed turn-around in outlook is possible and reliably occurring for the service population. **The STAY team is inspired by their clients' focus and willingness to engage in the recovery process and the staff look forward to continuing to serve at-risk young adults on their journeys toward wellness and a fulfilling adult life.**

\* The STAY is an INNOVATIONS project of the San Bernardino Department of Behavioral Health, funded by the Mental Health Services Act (MHSA). Valley Star Behavioral Health is a part of *Stars Behavioral Health Group* (SBHG), a statewide provider of behavioral health care and related educational and social services to children, adolescents, young adults and adults and their family members.

\*\* Almost one third (32%) of clients had one or more readmissions to The STAY. A quality initiative is currently underway to address client factors (e.g., bipolar diagnoses, very low GAF scores), program factors (e.g., clients leaving prematurely, against staff advice), and system of care factors (e.g., local emergency services and hospital referral processes and patterns) that are driving readmissions.