



**Institute for Family Centered Services, Inc. (IFCS)
Annual Report**

**Maryland Department of Juvenile Services
Non-Residential Community Based Program
Population Characteristics and Treatment Outcomes
Fiscal Year 2008**

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Summary

The Institute for Family Centered Services, Inc. (IFCS) provides services to youth and their families through the *Maryland Department of Juvenile Services Non-Residential Community Based Program*. This program provides a community based alternative for youth who are adjudicated delinquents at risk of secure or locked detention or residential placement. The program supports youth that are being diverted from placement, or released early from placement, as well as youth requiring aftercare services and community supervision.

IFCS accepts all referrals that qualify under its contract with MD DJS, regardless of client or family characteristics and risk factors.

Family Centered Treatment™ (FCT) is the model of treatment IFCS uses to serve MD DJS youth and their families. FCT was developed by IFCS and designed for use in the provision of intensive in home services. Its foundation and critical components derive from major models of evidence-based practice as recognized by Strengthening Families, Blueprints for Violence Prevention, Promising Practices Network, and the National Registry of Effective Prevention Programs. FCT meets the American Psychological Association's criteria for Evidence Based Practice in Psychology. A full description of the practice of FCT and its theoretical foundations can be found on the intranet at www.ifcsinc.com, in "Definition of Institute for Family Centered Services Family Centered Treatment" (Painter, Smith and Sullivan, 2008).

In an analysis of the first 2.5 years of this program, FCT has been shown to work at least as well as residential placements in reducing offense recidivism behaviors, and to significantly reduce subsequent residential placements in the year following treatment. Importantly, FCT is an extremely cost effective alternative to residential treatment; every dollar spent on FCT during the first 2.5 years of this program saved the state of Maryland \$2.73 to \$3.53. For the complete draft report, please see "A Quasi-experimental Examination of Family Centered Treatment®: Outcomes for a Juvenile Delinquent Population" (Sullivan, Bennear, and Painter, 2008) at www.ifcsinc.com.

In what follows, population characteristics and treatment outcomes are presented for all youth discharged from IFCS during the fiscal year. While population characteristics are presented for the full population of referrals, outcomes are stratified by "Starters," "Early Discharges" and "Full Participants." The designation "Starter" was developed because many referrals never actually start receiving services. "Non-starters" include referrals that were never located, or that refused services, or for other reasons never moved beyond the first contact or two with the FCT provider. For obvious reasons, non-starters are excluded from the analysis.

Because early attrition is a common problem in mental health care (and this problem is often exacerbated in the DJS population by court decisions), separate analyses of outcomes for *Starters* and *Full Participants* highlights the success of youth and families who receive the full course of Family Centered Treatment. Full Participants are youth and

families who participate in services beyond the 10th direct contact. This is the typical level of contact necessary with this population to complete the first phase of treatment, the *Family Centered Evaluation*. Our experience shows it typically takes this period to adequately join with this population, which is vital in order to affect systemic change.

A large literature on underutilization of services documents early attrition rates ranging from 35% to 89%, where early attrition is defined well under the level of 10 direct contacts. Moreover, the population served under the MD DJS contract is high risk in terms of barriers to engagement in treatment -- the youth served are highly resistant, typically oppositional, and likely to be enmeshed in gangs – so one might expect higher than average early attrition rates with this population.¹ Nevertheless, the FY08 early attrition rate, defined at 10 direct contacts, was only 11.5%, or 39 out of 338 starter clients. Of the clients who were discharged early in FY08, 38% were detained, 10% were placed out of home, 5% were hospitalized or in another crisis placement, 15% were AWOL or runaway status, 10% refused services, and 5% eloped.

IFCS provides services to Maryland DJS youth in 7 regions across 15 counties. The following tables document the population characteristics and treatment outcomes for youths discharged from IFCS services. Where the definition is not self-evident, variable definitions are provided in Table 2.

We highlight the following statewide outcomes for full participants:

- **100%** of referrals were accepted
- **90%** of referrals entered into services
- **88%** of families were successfully engaged in treatment
- **93%** of youth did not re-offend while in the program
- **80%** of youth successfully completed the program
- **76%** of youth maintained their placement with family or in independent living
- **75%** of families improved family functioning
- **62%** of families and **60%** of IFCS staff reported positive progress on **every** treatment goal
- **85%** of families and **84%** of IFCS staff reported positive progress on the most important treatment goal
 - *Family ratings of success are typically higher than ratings of IFCS staff.*

¹ For a summary of the literature on attrition and the engagement interventions used by IFCS, see “Barriers to Child Mental Health Services and Interventions to Enhance Engagement,” (Cavaleri, McKay, and Smith, 2007) at http://ifcsinc.com/fct/pro_evidence.php

**Table 1:
Population characteristics and Treatment Outcomes
Discharged Clients
FY 2008**

Population Characteristics	Region							STATE TOTAL
	BALT City	BALT County	BALT Central	MONT	SOMD	TRICO	Central/SOMT	
Number of referrals	73	50	7	53	60	53	81	377
Number of accepted referrals	73	50	7	53	60	53	81	377
Number of clients discharged	73	50	7	53	60	53	81	377
Number of clients starting services ("starters")	60	44	7	45	59	49	74	338
Early Discharges (starters w/less than 11 direct contacts)	20	5	1	2	4	4	3	39
Full Participants (starters w/11 or more direct contacts)	40	39	6	43	55	45	71	299
Mean age	16.5	16	16	15.5	16.5	16	16	16
Age range	13-19	14-21	14-17	9-19	13-19	12-18	13-18	9-21
Race Distribution (% White/Black/Hispanic)	15/85/0	34/66/0	43/57/0	10/59/28	12/85/3	60/40/0	70/30/0	35/60/5
% Male	91%	70%	100%	85%	78%	75%	64%	78%
# Full Participant's siblings served (approximately)	56	64	12	36	66	62	72	357

**Table 1 (cont.)
Breakdown of Status at Discharge: All Starter Clients, and Full Participants vs. Early Discharges**

	BALT City	BALT County	BALT Central	MONT	SOMD	TRICO	Central/SOMT	STATE TOTAL
All Starters								
Maintained Family Placement/IL	48%	77%	86%	69%	76%	73%	64%	67%
Placed Out of Home/Residential	7%	2%	0%	0%	5%	6%	12%	6%
Crisis Placement/Hospitalization	3%	5%	0%	0%	0%	2%	0%	1%
Foster Care/Shelter	0%	0%	0%	0%	2%	0%	7%	2%
Detained	32%	14%	0%	11%	14%	10%	9%	15%
Detained on Previous Charge	0%	0%	0%	2%	2%	2%	0%	1%
Runaway/AWOL	7%	2%	14%	13%	0%	6%	0%	4%
Non-compliant/Refused Services	5%	0%	0%	4%	2%	2%	0%	2%
Eloped	0%	0%	0%	0%	0%	0%	8%	2%
Full Participation in Program								
Maintained Family Placement/IL	72.50%	87.18%	100.00%	72.09%	80.00%	77.78%	66.20%	75.59%
Placed Out of Home/Residential	2.50%	2.56%	0.00%	0.00%	3.64%	2.22%	12.68%	4.68%
Crisis Placement/Hospitalization	5.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.67%
Foster Care/Shelter	0.00%	0.00%	0.00%	0.00%	1.82%	0.00%	7.04%	2.01%
Detained	17.50%	10.26%	0.00%	11.63%	10.91%	13.33%	8.45%	11.37%
Detained on Previous Charge	0.00%	0.00%	0.00%	2.33%	3.64%	0.00%	0.00%	1.00%
Runaway/AWOL	2.50%	0.00%	0.00%	11.63%	0.00%	6.67%	0.00%	3.01%
Non-compliant/Refused Services	0.00%	0.00%	0.00%	2.33%	0.00%	0.00%	0.00%	0.33%
Eloped	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	5.63%	1.34%
Early Discharges								
Maintained Family Placement/IL	15%	20%	0%	0%	25%	25%	0%	15%
Placed Out of Home/Residential	5%	0%	0%	0%	25%	50%	0%	10%
Crisis Placement/Hospitalization	0%	20%	0%	0%	0%	25%	0%	5%
Foster Care/Shelter	0%	0%	0%	0%	0%	0%	0%	0%
Detained	55%	40%	0%	0%	25%	0%	33%	38%
Detained on Previous Charge	0%	0%	0%	0%	0%	0%	0%	0%
Runaway/AWOL	15%	20%	100%	67%	0%	0%	0%	15%
Non-compliant/Refused Services	10%	0%	0%	33%	25%	0%	0%	10%
Eloped	0%	0%	0%	0%	0%	0%	67%	5%

**Table 1 (cont.):
Year-end Summary of Performance Indicators**

All Starters	BALT City	BALT County	BALT Central	MONT	SOMD	TRICO	Central/SOMT	STATE TOTAL
Length of treatment (average in days)	125	166	151	169	162	154	143	151
Length of treatment (range in days)	19-269	10-270	58-212	36-637	28-363	42-341	16-365	10-637
Average number of individual sessions/youth	21	28	27	26	39	41	26	30
Average number of family sessions/youth	19	24	34	22	16	19	19	18
Average number of group sessions/youth	3	4	3	9	5	8	18	10
% who did not re-offend	87%	98%	100%	89%	95%	86%	95%	92%
Successfully Completed Program	55%	82%	86%	64%	78%	88%	74%	73%
% of youth attending or completed school	98%	100%	71%	96%	92%	94%	93%	95%
% of youth who attended at least 80% of school days	34%	59%	80%	57%	70%	60%	77%	60%
% of youth with improved behavior at school	34%	70%	50%	53%	51%	49%	54%	55%
% of youth and families linked to community resources	82%	91%	100%	98%	98%	92%	92%	91%
% of youth completing community service hours	17%	100%	100%	100%	100%	100%	100%	91%
% of families with improved family functioning	60%	90%	86%	67%	73%	71%	76%	73%

Full Participants								
Length of treatment (average in days)	165	180	167	170	169	160	148	164
Length of treatment (range in days)	19-269	62-270	107-212	36-637	78-363	44-341	21-365	19-637
Average number of individual sessions/youth	29	31	30	27	41	44	27	33
Average number of family sessions/youth	26	26	38	23	17	20	20	20
Average number of group sessions/youth	4	5	4	9	6	8	18	11
% who did not re-offend	88%	100%	100%	91%	96%	87%	94%	93%
Successfully Completed Program	75%	90%	100%	67%	82%	89%	77%	80%
% of youth attending or completed school	100%	100%	83%	95%	95%	96%	96%	96%
% of youth who attended at least 80% of school days	40%	63%	67%	55%	67%	59%	75%	61%
% of youth with improved behavior at school	68%	78%	60%	59%	58%	62%	64%	64%
% of youth and families linked to community resources	93%	97%	100%	98%	100%	98%	92%	96%
% of youth completing community service hours)	100%	89%	100%	100%	100%	N/A	100%	90%
% of families with improved family functioning	80%	100%	100%	70%	76%	73%	79%	80%

Table 1 (cont.) Positive Progress toward Treatment Goals								
	BALT City	BALT County	BALT Central	MONT	SOMD	TRICO	Central/SOMT	STATE TOTAL
All Starters								
Positive progress on All Goals (FCS Report)	40%	53%	43%	58%	65%	59%	61%	56%
Positive progress on All Goals (Family Report)	48%	51%	50%	63%	71%	58%	61%	59%
Positive progress on Goal #1 (FCS Report)	60%	82%	71%	83%	85%	86%	80%	79%
Positive progress on Goal #1 (Family Report)	70%	84%	83%	89%	88%	84%	79%	82%
Positive progress on Goal #2 (FCS Report)	76%	78%	67%	73%	85%	80%	75%	76%
Positive progress on Goal #2 (Family Report)	84%	78%	67%	76%	87%	78%	74%	79%
Positive progress on Goal #3 (FCS Report)	83%	80%	67%	75%	83%	79%	72%	76%
Positive progress on Goal #3 (Family Report)	79%	79%	67%	78%	86%	76%	76%	79%
Full Participants								
Positive progress on All Goals (FCS Report)	51%	57%	50%	59%	66%	61%	63%	60%
Positive progress on All Goals (Family Report)	55%	55%	50%	65%	72%	59%	62%	62%
Positive progress on Goal #1 (FCS Report)	76%	86%	83%	82%	87%	88%	83%	84%
Positive progress on Goal #1 (Family Report)	79%	88%	83%	89%	89%	86%	81%	85%
Positive progress on Goal #2 (FCS Report)	77%	82%	67%	74%	85%	83%	77%	79%
Positive progress on Goal #2 (Family Report)	84%	81%	67%	78%	87%	81%	76%	81%
Positive progress on Goal #3 (FCS Report)	83%	84%	67%	77%	83%	79%	74%	79%
Positive progress on Goal #3 (Family Report)	79%	84%	67%	81%	86%	76%	78%	80%

Table 1 (cont.) Family Satisfaction: "IFCS has improved our family life."								
	BALT City	BALT County	BALT Central	MONT	SOMD	TRICO	Central/SOMT	STATE TOTAL
All Starters								
Agree	60%	71%	72%	73%	80%	72%	74%	72%
Disagree	3%	0%	0%	4%	2%	11%	5%	4%
No Opinion	37%	29%	28%	23%	19%	17%	20%	24%
Full Participants								
Agree	79%	79%	83%	76%	83%	75%	76%	78%
Disagree	3%	0%	0%	5%	2%	9%	6%	4%
No Opinion	18%	21%	17%	19%	15%	16%	18%	18%

Table 2: Indicators for Performance Measurement

Performance Measure	Indicators for Measurement
<p>% of youth successfully completing program</p> <p><i>of full participants</i></p>	<p>Successful completion is determined by the following criteria:</p> <ol style="list-style-type: none"> 1) Maintenance of placement in the community without re-offending* 2) Progress in one or more of the following areas: <ol style="list-style-type: none"> a. Improvement in school attendance and performance b. Family’s rating of change per treatment goals c. Obtaining and maintaining employment d. Abstinence from substance abuse <p>*re-offending behavior would not unilaterally eliminate the youth from designation of successful completion if other criteria were met and the family and DJJ agree the youth successfully completed the program.</p>
<p>% of youth with positive progress toward treatment goals</p> <p><i>by family report</i></p>	<p>For multiple treatment goals (unique to each youth/family) as identified in Individual Service Plan, both IFCS staff and Family report perceptions of progress. Treatment goals are linked to primary presenting problems and are ranked in order of importance as agreed upon by all collaterals. This report presents the proportion families who experience progress on all goals, and the proportion of families experiencing progress on each of the 3 top ranked goals.</p>
<p>% of youth who did not re-offend while in program</p> <p><i>of full participants</i></p>	<p>Youth incurring new charges while receiving IFCS services.</p>
<p>% of youth with improved behavior at school</p> <p><i>56% of full participants</i></p>	<p>Comparison of incidents each month; month by month tabulation of incidents of in and out of school suspensions, conferences due to behavior, and contrast of grades for each report segment. Data was submitted for each youth monthly when a youth was suspended or experienced behavior problems during a school day. Information was documented on individual service plans and monthly reports.</p>
<p>% of youth and families linked to community resources</p> <p><i>84% of full participants</i></p>	<p>Identification and tabulation of community resources that client/family was referred to, e.g., substance abuse, recreational, cultural, educational, therapeutic services (Psychiatric, PRP, Medication monitoring, etc.).</p>
<p>% of families with improved family functioning</p> <p><i>of full participants</i></p>	<p>Improvement in communication, participation in family activities, participation in family and individual FCT sessions, compliance with medication prescriptions, compliance with behavioral modification plan, achievement of goals.</p>

<p>% of youth completing community service hours</p> <p><i>14% of full participants</i></p>	<p>Proportion of youth who completed court ordered community service hours during treatment, measured as a proportion of those youth who were court ordered to complete community service. This differs from measures in previous years, which also included youth with educational requirements for community service.</p>
<p>% of families satisfied with services</p>	<p>Proportion of respondents who agreed to the following question, posed at the last meeting with the family: “IFCS has improved our family life.”</p>