



Maryland Department of Juvenile Services

Institute for Family Centered Services, Inc. (IFCS)
Non-Residential Community Based Program
Annual Report
Population Characteristics and Treatment Outcomes
Fiscal Year 2007

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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, 2007).

In what follows, treatment outcomes are presented for all youth discharged from IFCS during the fiscal year, and also for a sub-sample of that population referred to as "Full Participants." Because early attrition is a common problem in mental health care (and this problem is often exacerbated in the DJS population by court decisions), a separate analysis of outcomes for Full Participants highlights the success of youth and families who received at least 10 direct contacts with IFCS. 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.¹ Nevertheless, for the past 3 years IFCS early attrition rate, defined at 10 direct contacts, has held constant at 22% to 24%. Of the 22% of clients who were discharged early in FY07, 35% were detained, 7% were placed out of home, and 14% were AWOL or runaway status.

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

IFCS provides services to Maryland DJS youth in 5 regions across 15 counties. Of the 455 MD DJS youth served by IFCS during the fiscal year 2007, 315 were discharged. 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:

- **77%** did not re-offend while in the program
- **63%** successfully completed the program
- **69%** maintained their placement with family or in independent living
- **56%** of families and **53%** of IFCS staff reported positive progress on every treatment goal
- **87%** of families and **86%** of IFCS staff reported positive progress on at least one treatment goal
 - *Family ratings of success are higher than ratings of IFCS staff.*

**Table 1:
Population characteristics and Treatment Outcomes
Discharged Clients
FY 2007**

| Population Characteristics | STATE TOTAL | Baltimore | Montgomery | Southern Maryland | Tri-County | South Mountain |
|--|------------------------|------------------|-------------------|------------------------------|-------------------|---------------------------|
| Clients served | 455 | 167 | 60 | 85 | 51 | 92 |
| Clients discharged | 315 | 121 | 41 | 60 | 30 | 63 |
| Early Discharges | 69 (22%) | 33 (27%) | 9 (22%) | 12 (20%) | 5 (17%) | 10 (16%) |
| Full Participants | 246 (78%) | 88 (73%) | 32 (78%) | 48 (80%) | 25 (83%) | 53 (84%) |
| Mean age | 16 | 16.3 | 15.5 | 15.8 | 16.3 | 15.9 |
| Age range | 12 to 19 | 13 to 19 | 12 to 19 | 12 to 19 | 14 to 19 | 13 to 19 |
| Race Distribution (% White/Black/Hispanic) | 26%/65%/6% | 19%/74%/2% | 11%/53%/37% | 5%/95%/0% | 47%/53%/0% | 62%/33%/5% |
| % Male | 76% | 76% | 74% | 80% | 83% | 73% |
| # Full Participant's siblings served (approximately) | 344 | 133 | 57 | 67 | 17 | 70 |

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

| | STATE TOTAL | Baltimore | Montgomery | Southern Maryland | Tri-County | South Mountain |
|--|------------------------|------------------|-------------------|------------------------------|-------------------|---------------------------|
| All Clients | | | | | | |
| Maintained Family Placement/Independent Living | 62% | 61% | 71% | 58% | 63% | 59% |
| Placed Out of Home | 9%* | 5% | 7% | 3% | 17% | 21% |
| Detained | 18% | 21% | 15% | 23% | 7% | 16% |
| Runaway/AWOL | 9% | 10% | 2% | 15% | 13% | 5% |
| Non-compliant/Refused Services | 2% | 3% | 2% | 0% | 0% | 0% |
| Other (Judge closed DJS case) | 0% | | 2% | | | |
| Full Participation in Program | | | | | | |
| Maintained Family Placement | 69% | 70% | 78% | 63% | 72% | 64% |
| Placed Out of Home | 10% | 7% | 6% | 4% | 16% | 19% |
| Detained | 13% | 13% | 13% | 21% | 4% | 13% |
| Runaway | 8% | 9% | 3% | 13% | 8% | 3% |
| Non-compliant/Refused Services | 0% | 1% | 0% | 0% | 0% | 0% |
| Unknown | | | | | | |
| Early Discharges | | | | | | |
| Maintained Family Placement | 36% | 36% | 44% | 42% | 20% | 30% |
| Placed Out of Home | 7% | 0% | 11% | 0% | 20% | 30% |
| Detained | 35% | 42% | 22% | 33% | 20% | 30% |
| Runaway | 14% | 12% | 0% | 25% | 40% | 10% |
| Non-compliant/Refused Services | 6% | 9% | 11% | 0% | 0% | |
| Other (Judge closed DJS case) | 1% | | 11% | | | |

* Of the 29 out of home placements, 3 were considered successful outcomes (all stakeholders agreed the placement was in the best interest of the youth), 3 were hospitalizations, and 1 was necessary because the mother refused to take the client into her home.

| All Clients | STATE TOTAL | Baltimore | Montgomery | Southern Maryland | Tri-County | South Mountain |
|---|------------------------|------------------|-------------------|------------------------------|-------------------|---------------------------|
| Length of treatment (average in months) | 4.51 | 4.38 | 4.93 | 4.44 | 4.34 | 4.57 |
| Average number of individual sessions/youth | 21.7 | 13.9 | 25.5 | 26.8 | 24.9 | 28 |
| Average number of family sessions/youth | 13.2 | 10.4 | 16.5 | 13.7 | 16.6 | 14.9 |
| Average number of group sessions/youth | 3.4 | 3.3 | 2.2 | 2.7 | 2.1 | 5.7 |
| % who did not re-offend | 74% | 76% | 68% | 72% | 77% | 75% |
| Successfully Completed Program | 50% | 44% | 68% | 53% | 50% | 49% |
| % of youth attending or completed school | 88% | 89% | 90% | 87% | 83% | 89% |
| % of youth who attended at least 80% of school days | 51% | 44% | 43% | 50% | 61% | 66% |
| % of youth with improved behavior at school | 51% | 50% | 61% | 48% | 50% | 48% |
| % of youth and families linked to community resources | 82% | 95% | 56% | 90% | 67% | 75% |
| % of youth completing community service hours | 11%** | 13% | 7% | 12% | 7% | 29% |
| % of youth and families referred for therapeutic services | 54% | 48% | 62% | 59% | 67% | 49% |
| % of families with improved family functioning | 65% | 59% | 66% | 57% | 63% | 84% |

| Full Participants | | | | | | |
|---|------|------|------|------|------|------|
| Length of treatment (average in months) | 5.39 | 5.53 | 5.92 | 5.16 | 5.10 | 5.16 |
| Average number of individual sessions/youth | 26.7 | 17.9 | 31.2 | 32.3 | 29.3 | 32.5 |
| Average number of family sessions/youth | 16 | 13.2 | 19.7 | 15.9 | 19.5 | 17.1 |
| Average number of group sessions/youth | 4.2 | 4.2 | 2.7 | 3.3 | 205 | 6.7 |
| % who did not re-offend | 77% | 79% | 72% | 75% | 84% | 77% |
| Successfully Completed Program | 63% | 57% | 84% | 67% | 60% | 58% |
| % of youth attending or completed school | 89% | 90% | 91% | 88% | 80% | 92% |
| % of youth who attended at least 80% of school days | 53% | 46% | 45% | 51% | 100% | 63% |
| % of youth with improved behavior at school | 56% | 56% | 73% | 50% | 48% | 53% |
| % of youth and families linked to community resources | 84% | 98% | 59% | 92% | 72% | 74% |
| % of youth completing community service hours | 14% | 17% | 9% | 13% | 8% | 33% |
| % of youth and families referred for therapeutic services | 63% | 59% | 69% | 70% | 80% | 51% |
| % of families with improved family functioning | 71% | 68% | 75% | 65% | 64% | 83% |

** Measurement of this outcome differs from previous years; see Table 2.

**Table 1 (cont.)
Positive Progress toward Treatment Goals**

| | STATE TOTAL | Baltimore | Montgomery | Southern Maryland | Tri-County | South Mountain |
|--|------------------------|------------------|-------------------|------------------------------|-------------------|---------------------------|
| All Clients | | | | | | |
| All Goals (FCS Report) | 49% | 55% | 53% | 45% | 36% | 46% |
| All Goals (Family Report) | 51% | 53% | 63% | 52% | 39% | 44% |
| Some Goals (FCS Report) | 32% | 23% | 37% | 47% | 48% | 27% |
| Some Goals (Family Report) | 30% | 22% | 27% | 43% | 48% | 30% |
| Total with Some or All Goal Attainment (FCS Report) | 81% | 78% | 90% | 91% | 84% | 73% |
| Total with Some or All Goal Attainment (Family Report) | 81% | 75% | 90% | 95% | 87% | 74% |
| Full Participants | | | | | | |
| All Goals (FCS Report) | 53% | 64% | 55% | 46% | 38% | 50% |
| All Goals (Family Report) | 56% | 63% | 62% | 53% | 41% | 48% |
| Some Goals (FCS Report) | 33% | 24% | 34% | 46% | 46% | 30% |
| Some Goals (Family Report) | 31% | 22% | 28% | 42% | 45% | 33% |
| Total with Some or All Goal Attainment (FCS Report) | 86% | 87% | 90% | 91% | 83% | 80% |
| Total with Some or All Goal Attainment (Family Report) | 87% | 84% | 90% | 95% | 86% | 81% |

Table 2: Indicators for Performance Measurement

| Performance Measure | Indicators for Measurement |
|---|---|
| <p>% of youth successfully completing program</p> <p><i>63% 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>87% 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. This report distinguishes between families who experience progress on all goals and those who experience progress on some, but not all, goals.</p> |
| <p>% of youth who did not re-offend while in program</p> <p><i>77% of full participants</i></p> | <p>Number of violations of probation, detainment or additional 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, etc.</p> |
| <p>% of youth and families referred for therapeutic services</p> <p><i>63% of full participants</i></p> | <p>Identification and tabulation of individual or therapeutic service utilized, e.g., assessment, psychiatric evaluation, individual therapy, family therapy, medication management, etc.</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> |