

## **CAMP CHALLENGE PROGRAM 2010**

The summer Camp services for 2010 continued to focus on providing clinically coordinated and cost effective interventions that specifically address the needs of the youth served. The emphasis on referrals meeting medical necessity standards for intensive outpatient services remained the focus. All referrals had a moderate to severe functioning problem in one or more of the three GAF spheres with an overall score at 55 or below.

The intensive group counseling treatment protocols were again implemented by all staff facilitating groups to ensure consistency and improve meaningfulness of outcome data. The group counseling services were lead by master's level therapists from the General Outpatient Services Department. The behavioral aide positions were filled by both bachelor and master's level students who were pursuing degrees in counseling, social work and psychology.

During this years Camp, youth who attended were afforded an opportunity to participate in activities that were recreational, while at the same time therapeutic and educational. We adopted an evidence based social skills program called Stop and Think from Project Achieve, which was incorporated into the existing curriculum. The operant programming featured the target behaviors: Listening and following direction, Positive talk and behavior, and Sharing, smiling, helping, and participating, and were consistently implemented and reviewed with each participant and their parent daily via phone contact or written correspondence. The goal behind every activity and group experience was to improve upon maladaptive behavioral responses that have typically disrupted learning or involvement in such activities.

Some of the activities that participants engaged in were field trips to the Mahoning County Experimental Farm, Animal Preserve and Petting Zoo, Ford Nature Center, and nature walks in Mill Creek Park. Additionally, The Youngstown Fire Department visited the Camp and gave a talk and demonstration of their equipment that was well received by the youth in attendance. All participants were exposed to the Challenge Course to further practice and reinforce the target behaviors as well as developing goal setting skills and focus on giving 100% effort to meet those goals. Finally, a nutritionist provided weekly activities that were both social skills and nutrition oriented.

Two Parent Liaisons were utilized this year to work with the families, specifically parents, of the children in each of the three Camp groups. Regular D&E Clinical Services staff fulfilled the Liaison role. Thus, each Liaison was responsible for initiating contact with approximately twenty five parents of children within their assigned group. The Liaisons were also expected to work very closely with the therapist within their assigned groups to obtain current progress reports for the parents. The primary function then, of the Parent Liaisons was to give parents weekly, and occasionally daily progress reports of their child's efforts at Camp and report what the parent can do at home to facilitate continuity and generalization. They also facilitated weekly parent groups to expose them to elements of both the Incredible Years and PMT best practice programs. Parent incentives (gas cards) were provided on a limited basis this year to facilitate parental participation. We believe that while the incentives played a role in this area, having two highly experienced and trained clinicians with strong engagement skills leading this endeavor was also instrumental. Family days at the Camp were also arranged where parents and sibling could observe, participate, and receive modeling of both the skills curriculums and behavior management techniques.

The following pages will outline the participant demographics and some of the outcome assessment data that was collected, and the results. As will be seen, the data is comprised of a parent outcomes evaluation, consumer satisfaction surveys specific to Camp, and pre/post Ohio Scales Ratings on children attending the Camp IOP service.

### **Camp Challenge Demographics**

A total of fifty one (51) children were selected for Camp Challenge services which operated from July 6, 2009 through August 12, 2009 five hours per day. The average daily attendance for Camp 2009 was 37.5, which was a marked increase over last year’s program. It is noted that we received and accepted more referrals than in previous years towards the overall goal of increasing attendance. Six of the initial referrals did not follow through with the program and one participant moved after the third week of camp. The demographic data reported below is representative of the fifty one children who were selected for the Camp IOP service.

<b><u>AGE</u></b>	<b><u>Number of youth</u></b>	<b><u>% of Total Population</u></b>
6-8 years of age	17	33%
9-10 years of age	16	32%
10 - 11 years of age	18	35%
<b>TOTAL</b>	51	100%

<b><u>ETHNICITY</u></b>	<b><u>Number of youth</u></b>	<b><u>% of Total Population</u></b>
African American	29	57%
Caucasian	17	33%
Hispanic	1	2%
Biracial	4	8%
<b>TOTAL</b>	51	100%

<b><u>SEX</u></b>	<b><u># OF YOUTH</u></b>	<b><u>% OF TOTAL</u></b>
Male	38	85%
Female	13	15%
<b>TOTAL</b>	51	100%

<b><u>INCOME</u></b>	<b><u># OF YOUTH</u></b>	<b><u>% OF TOTAL</u></b>
Public Assistance	51	100%
Other	0	0%
<b>TOTAL</b>	51	100%

<b><u>FAMILY STRUCTURE</u></b>	<b><u># OF YOUTH</u></b>	<b><u>% OF TOTAL</u></b>
Single Parent	17	33%
Two Parent	24	48%
Relative	7	13%
Foster parent	3	6%
<b>TOTAL</b>	<hr/> 51	<hr/> 100%

**REFERRAL SOURCES**

Forty nine referrals were generated through existing D & E clientele, via primary therapists or community support staff. Two referrals came from the Children and Family First Council and were opened specifically for the IOP program.

<b><u>TYPE OF DISORDER</u></b>	<b><u>DSM IV</u></b>	<b><u># OF YOUTH</u></b>	<b><u>% OF TOTAL</u></b>
Attention Deficit Hyperactivity Disorder	314.01	17	33%
Oppositional Defiant Disorder	313.81	17	33%
Disruptive Behavior Disorder NOS	312.9	0	0%
Affective Disorders	311/300.00	15	29%
Pervasive Developmental Dis.	309.81	2	4%
<b>TOTALS</b>		<hr/> 51	<hr/> 100%

## OUTCOME DATA - CAMP CHALLENGE 2010

Two outcome tools were utilized to assess services at this summer's Camp Program. A Consumer Satisfaction Survey was utilized to assess parents overall satisfaction with the Camp program. Parents of participants also completed an objective Outcome Survey evaluating their assessment of the progress made by their child. Additionally, the Ohio Youth Scales were administered at the end of the Camp IOP service and utilized as a post-test to compare against a pre-Camp administered Ohio Scales. Parent forms were used in both instances.

### ***Consumer Satisfaction Survey:***

The parents or guardians of youth who received Camp services completed the Consumer Satisfaction Survey. In all, 65% (33) of the surveys were completed at Camp on the last day, or returned after being sent home with the children for their parents/guardians to complete. The responses were generally positive, but included a wide degree of variation in responses. The following is a summary of the responses made:

### **Question:**

1. I have improved in my ability to communicate with my children

Strongly Agree	(5)
Agree	(20)
Neither Agree or Disagree	(7)
Disagree	(1)
Strongly Disagree	-
  
2. The program helped me improve my relationship with my children

Strongly Agree	(5)
Agree	(21)
Neither Agree or Disagree	(5)
Disagree	(2)
Strongly Disagree	-
  
3. The program provided me with new ideas to improve my parent skills

Strongly Agree	(12)
Agree	(15)
Neither Agree or Disagree	(5)
Disagree	-
Strongly Disagree	(1)
  
4. I will be able to use the techniques I learned in this training

Strongly Agree	(7)
Agree	(21)
Neither Agree or Disagree	(3)
Disagree	(1)
Strongly Disagree	(1)

5. The program helped increase my understanding of my children
 

Strongly Agree	(11)
Agree	(16)
Neither Agree or Disagree	(4)
Disagree	(1)
Strongly Disagree	(1)
  
6. The training improved my ability to effectively handle childrearing challenges that I face
 

Strongly Agree	(8)
Agree	(19)
Neither Agree or Disagree	(5)
Disagree	-
Strongly Disagree	(1)
  
7. Through the training I have improved my understanding of the importance of support as I face difficulties in childrearing
 

Strongly Agree	(9)
Agree	(18)
Neither Agree or Disagree	(4)
Disagree	(1)
Strongly Disagree	(1)
  
8. I would recommend the program to others
 

Strongly Agree	(22)
Agree	(9)
Neither Agree or Disagree	(1)
Disagree	(1)
Strongly Disagree	-
  
9. The Gas and Dinner Cards were helpful in my attendance
 

Strongly Agree	(12)
Agree	(11)
Neither Agree or Disagree	(5)
Disagree	(2)
Strongly Disagree	(3)

**Comments:**

1. As of today we have not had the opportunity to implement many of the skills learned as he has not been home. We will definitely implement these skills.
2. No transportation; one on one sessions at home help me stay updated on materials covered during the parent group.
3. Fantastic! Enthusiastic, caring and loving staff. We thank you greatly.
4. I didn't make enough of the meetings to really get the training.
5. I was not able to make any of the parent trainings.
6. I think Kevin was very good during the program, he really enjoyed it. I think the

more we work on it, the better it will get. I thank you all for your care, understanding and compassion.

7. There has been a great change in Brady since starting camp. We do not have to argue with him anymore.
8. Unable to attend group.
9. I think it was nice to offer the gas card and dinner but I would have attended if you didn't offer; just wish I could have come more but it was my job and duty at home. You do a wonderful job.

### ***Outcome Survey:***

The outcome instrument was developed to more accurately measure the progress, or gains made toward the specific goals of the summer intensive program. The questions asked on this survey are directly related to each of the weekly goals that were addressed at Camp, and reinforced with parents through parent meetings, Parent Liaison services, and parent day activities. The following is a summary of those questions and results: N=35

1. Since the Camp Challenge Program, my child's ability to appropriately start conversations, speak respectfully, and show respect for others is  
Greatly Improved (4)  
Somewhat Improved (23)  
Not changed (8)  
Somewhat Worse -  
Much Worse -
2. Since the Camp Challenge Program, my child's ability to more appropriately express feelings like anger, fear, etc. is  
Greatly Improved (2)  
Somewhat Improved (26)  
Not changed (7)  
Somewhat Worse -  
Much Worse -
3. Since the Camp Challenge Program, my child's ability to get along better with other kids and be more considerate of others' feelings is  
Greatly Improved (6)  
Somewhat Improved (22)  
Not changed (6)  
Somewhat Worse (1)  
Much Worse -

4. Since the Camp Challenge Program, my child's ability to pay better attention and follow directions is
 

Greatly Improved	(6)
Somewhat Improved	(16)
Not changed	(12)
Somewhat Worse	(1)
Much Worse	-
  
5. Since the Camp Challenge Program, my child's ability to ignore distractions and inappropriate comments by others is
 

Greatly Improved	(4)
Somewhat Improved	(16)
Not changed	(14)
Somewhat Worse	(1)
Much Worse	-
  
6. Since the Camp Challenge Program, my child's ability to control his/her anger is
 

Greatly Improved	(3)
Somewhat Improved	(15)
Not changed	(16)
Somewhat Worse	(1)
Much Worse	-
  
7. Since the Camp Challenge Program, my child's ability to avoid fighting and arguing with others is
 

Greatly Improved	(4)
Somewhat Improved	(13)
Not changed	(18)
Somewhat Worse	-
Much Worse	-
  
8. Since the Camp Challenge Program, my child's ability to deal with frustration and willingness to "talk it out" is
 

Greatly Improved	(3)
Somewhat Improved	(19)
Not changed	(13)
Somewhat Worse	-
Much Worse	-
  
9. Since the Camp Challenge Program, my child's self-confidence is
 

Greatly Improved	(5)
Somewhat Improved	(25)
Not changed	(4)
Somewhat Worse	-
Much Worse	(1)

10. Since the Camp Challenge Program, my child's interactions within our family and effort to show more respect to family members is
- |                   |      |
|-------------------|------|
| Greatly Improved  | (6)  |
| Somewhat Improved | (16) |
| Not changed       | (14) |
| Somewhat Worse    | -    |
| Much Worse        | -    |
11. Since the Camp Challenge Program, my ability to motivate my child to improve his/her behaviors by rewarding good behaviors is
- |                   |      |
|-------------------|------|
| Greatly Improved  | (4)  |
| Somewhat Improved | (25) |
| Not changed       | (5)  |
| Somewhat Worse    | -    |
| Much Worse        | (1)  |
12. Since the Camp Challenge Program, my child's general social skills are
- |                   |      |
|-------------------|------|
| Greatly Improved  | (5)  |
| Somewhat Improved | (22) |
| Not changed       | (7)  |
| Somewhat Worse    | -    |
| Much Worse        | (1)  |

## Ohio Scales Scores - Problem Severity

Pre	Post	Percentage Difference
73	24	67%
21	12	43%
45	18	60%
16	19	-19%
18	5	72%
54	38	30%
13	7	46%
46	30	35%
18	22	-22%
32	33	-3%
18	14	22%
14	8	43%
35	42	-20%
34	27	21%
16	8	50%
52	52	0%
32	18	44%
38	24	37%
36	28	22%
51	21	59%
38	30	21%
48	48	0%
16	12	25%
59	38	36%
33	27	18%
17	12	29%
24	9	63%
47	15	68%
10	4	60%
20	5	75%
70	52	26%
26	27	-4%
31	19	39%
41	30	27%
19	27	-42%
46	19	59%
71	20	72%
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<b>Average Improvement in Problem Severity Scores</b>		34%
 <b>Percentage of Clients who improved in their Problem Severity Scores</b>		 78%

The data from the Ohio Scales Problem Severity Scales was very positive this year for the 36 completed inventories.

Seventy eight percent (78%) indicated a decrease in problematic behaviors. The parent mentors again noted that several of the families that did not report improvements were less open to the parent training and specifically to the focus of positive reinforcement without “punishment”. Others that did not show improvement were also impacted by ongoing parental mental health needs. In one case where the parent reported worsening of behavior, the client actually had one of the highest point totals for the group. This information was relayed back to primary therapists who will continue to reinforce the target behaviors and work with parents in hopes of generalizing them to home and school setting in the next year.