

# PK UPDATE

## February 2014



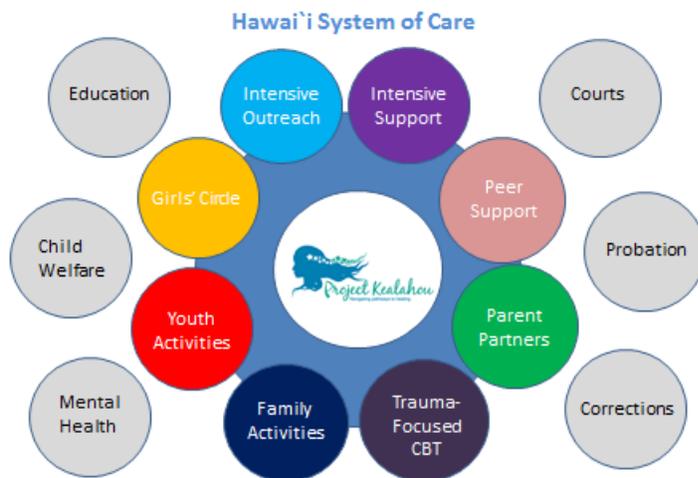
### What is *Project Kealahou*?

This is the third in a series of reports highlighting a new initiative for Hawai'i's youth and their families. *Project Kealahou* (PK; meaning "A New Pathway") is a federally-funded *System of Care* initiative that supports a cross-agency, collaborative approach for serving girls with complex needs. PK is a family and youth centered, collaborative and coordinated, interagency effort to help at-risk girls achieve and sustain improvements in functional, educational, legal and independence domains. PK enhances existing services and access to services by providing youth and family with engaging, intensified, community-based, outreach and case management, evidence-based treatments, and cultural, self-advocacy and skill-building activities.

The goal of this and every *System of Care* is to help youth and their caregivers keep the youth at home, in school, out of trouble and leading balanced, connected and responsible lives in the community.

### What Services does PK Provide?

Project Kealahou consists of a set of diverse supports and services that are not traditionally available in standard public mental health services, and which are coordinated with the larger system of care, including Education, Juvenile Justice and Child Welfare. Please see graphic below.



### Who does PK Serve?

Girls (n=130) served in the two years of PK services reported:

- An average age of 16 years old
- Diverse ethnicities with 57% Native Hawaiian, 55% White, 39% Chinese, 37% Filipino, 18% Japanese and 18% Samoan, among others
- Receiving intensive services from multiple agencies, typically mental health, family/girls' court, school and probation.

### About *Project Kealahou* (PK)

PK is a Department of Health (DOH) Child and Adolescent Mental Health Division (CAMHD) System of Care initiative funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) from 2009 to 2016.

**Locations:** PK's community-based services are available to youth in Honolulu, Central and Windward Oahu.

**Numbers Served:** PK aims to serve 400 girls and their families from 2011 through 2015.

**Collaborative partners:** The Hawai'i Department of Education (HIDOE), the Juvenile Justice programs of the State Judiciary System (i.e., Family Court, Detention Home, Youth Correctional Facility and Probation Division), and the Department of Human Services' (DHS) Child Welfare Services (CWS) Division.

**Target Population:** Females ages 11-18, who have experienced significant negative life events.

**Data Sources:** Data comes from standardized intake and semi-annual follow up interviews with PK youth and their caregivers.

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### What is a System of Care?

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A *System of Care* is a coordinated network of community-based services and supports that is organized to meet the challenges of children and youth with serious mental health needs and their families. Families and youth work in partnership with public and private organizations so services and supports are effective, build on the strengths of individuals, and address each person's cultural and linguistic needs. A *System of Care* aims to help children, youth and families function better at home, in school, and in the community throughout life.

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### Why a System of Care?

About two-thirds of children and youth with mental health challenges in the United States do not receive the mental health services they need. In many communities, services for youth with mental health challenges are unavailable, unaffordable, or insufficient, leaving these youth at risk for difficulties in school and/or the community. The *System of Care* recognizes the importance of family, school and community and seeks to promote the potential of every child and youth, regardless of mental health challenge.

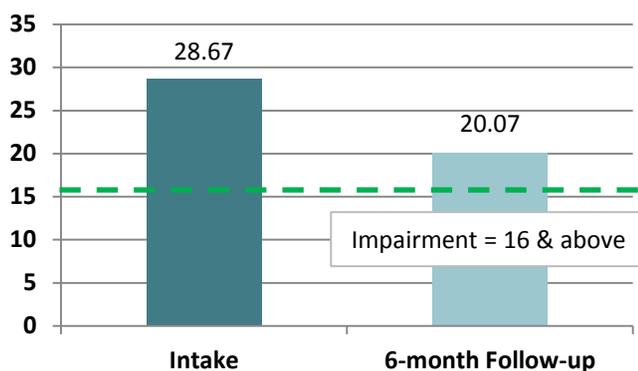
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## How are PK Youth and Their Caregivers Doing?

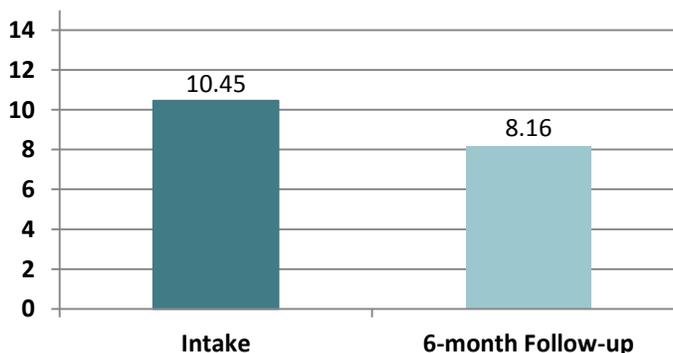
Results from the first two years of semi-annual follow-up interviews are promising. PK is receiving high marks from its clients on their perception of the accessibility of services, their level of participation in services, their outcomes, staff cultural competency and the overall quality of services. These results compare favorably nationwide, with PK scoring in the top 25% of all System of Care sites around the nation on these key indicators of program quality. Data is showing that youth and their caregivers improved significantly after just 6 months of PK services. See charts below for details.

### Youth Impairment (n=15)



Based on caregiver responses to the Columbia Impairment Scale (CIS), youth showed significant improvement (i.e., lower scores) in impairment (e.g., getting into trouble, getting along with others, involvement in activities, feeling sad, nervous, etc.) at 6-month follow-up ( $p = 0.003$ ).

### Caregiver Strain (n=15)



Based on caregiver responses to the Caregiver Strain Questionnaire (CGSQ) where higher scores indicate greater strain (1 to 15), caregivers showed significant improvement in strain at 6-month follow-up ( $p = 0.001$ ).

## Summary of PK Outcomes (Sept 2011 – Dec 2013):

- Improved Youth Competence\*
- Decreased Youth Impairment\*
- Improved Youth Strengths
- Decreased Anxiety
- Improved Depression\*
- Decreased Behavior/Emotion Problems\*
- Reduced Caregiver Strain\*
- Improved School Attendance
- Lower Arrest Rates
- High Youth/Caregiver Satisfaction with Services/Outcomes

\*Indicates significant improvement according to a paired samples t-test ( $p < 0.05$ ).