

PK EVALUATION UPDATE - May 2014



What is *Project Kealahou*?

This report highlights a new program for Hawai'i's youth and their families. *Project Kealahou* (PK; meaning "A New Pathway") is a federally-funded *System of Care* project that supports a cross-agency, collaborative approach for serving girls with complex needs. PK is a family and youth centered effort to help youth and their caregivers keep youth at home, in school, out of trouble and leading balanced, connected and responsible lives in the community. PK enhances existing services by providing youth and family with intensified, community-based, outreach and support, and best practices, including cultural, self-advocacy and skill-building group activities.

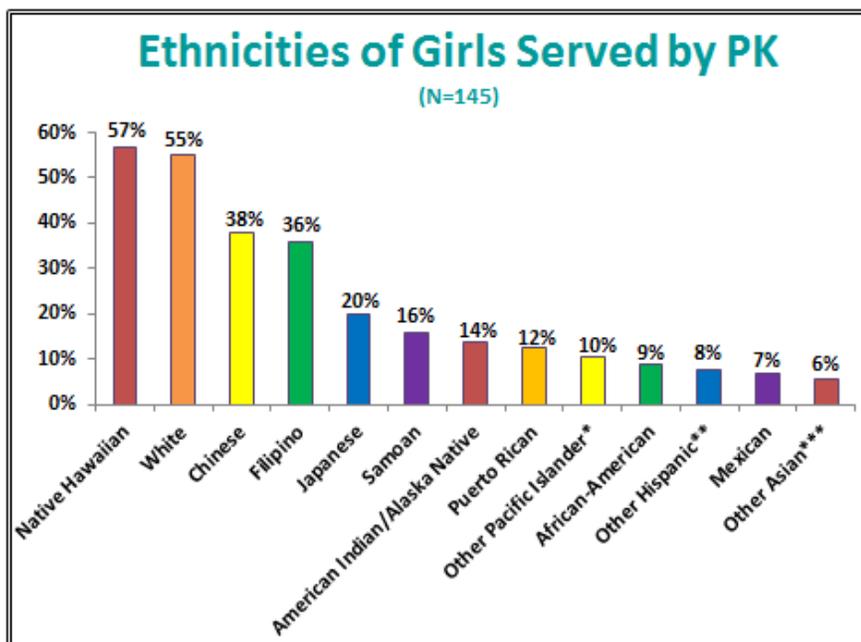
What Services does PK Provide?

Project Kealahou consists of a set of diverse supports and services that are not traditionally available in standard public mental health services, including youth peer supports, parent peer supports, youth and family group activities, Girls Circle Groups, and cultural healing activities, as part of an overall program of trauma-informed care and gender-responsive services.

Who does PK Serve?

PK served 145 girls from September 2011 to April 2014 who reported:

- An average age of 16 years old
- Diverse ethnic backgrounds (See chart below)
- Receiving intensive services from multiple agencies concurrently, typically mental health, family/girls' court, probation and school.
- Experiencing problems with mood, substance abuse, conduct, running away, attempted suicide and physical/sexual abuse.



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 11-21, 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.

What is a System of Care?

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.

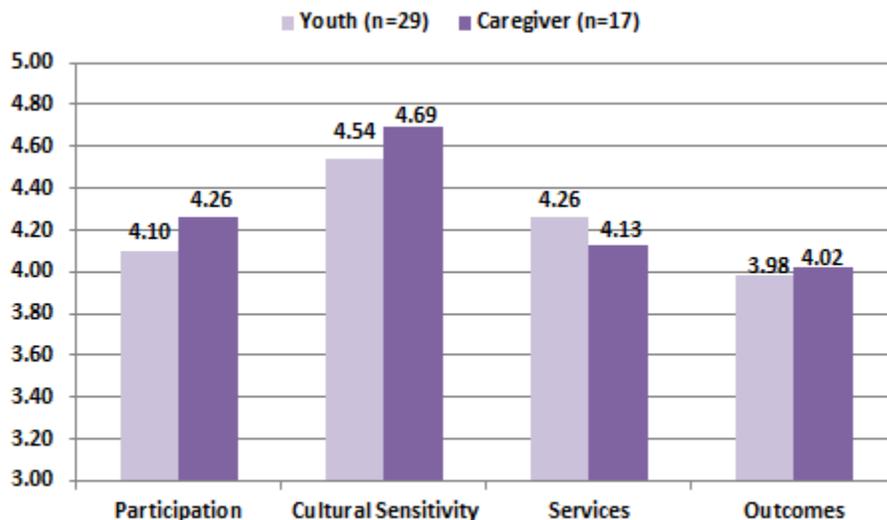
Why a System of Care?

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.

How are PK Youth and Their Caregivers Doing?

Results from the first two years and one half of 6-month 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. See chart below. 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

Youth & Caregiver Satisfaction



Data are based on youth and caregiver responses to the Youth Services Survey (YSS/YSS-F) in regards to the previous 6 months of services received. Scores for each item range from 1 to 5. A score above 3.5 is regarded as positive.



Summary of Outcomes at 6-Month Follow-Up

Follow-up interviews are continuing to demonstrate that, after receiving 6 months of PK services, youth and their caregivers are improving according to every measure of success used in the evaluation of PK. Most of these improvements are statistically significant and many rank PK among the top 25% of System of Care sites around the country. See details below.

- Improved Youth Competence*
 - Decreased Youth Impairment*
 - Improved Youth Strengths*
 - Decreased Anxiety
 - Reduced Depression*
 - Decreased Behavior/Emotion Problems*†
 - Reduced Caregiver Strain*†
 - Improved School Attendance
 - Lower Arrest Rates (from intake to 6-month follow-up)†
 - High Participant Satisfaction with Services/Outcomes†
- *Indicates significant improvement according to a paired samples t-test ($p < 0.05$)*
- †PK ranks among top 25% of System of Care sites nationally on these measures*