

CLINICAL DEPARTMENT  
Quarterly review 7/1/15 to 9/30/15

Date: March 3, 2016

This reports is a Quarterly Review of clinical programming provided to the youth at CJTS. Each area has been previously evaluated and trends and data collected. Moving forward, the clinical department will be examining and analyzing the services and interventions provided to the youth including outcomes on a quarterly basis in an effort to improve the overall care. Areas of focus -

- Admissions
- GAIN-SS
- Safety Watches
- Census
- Individual and Family Therapy
- Group Therapy
- Discharge
- Outcomes

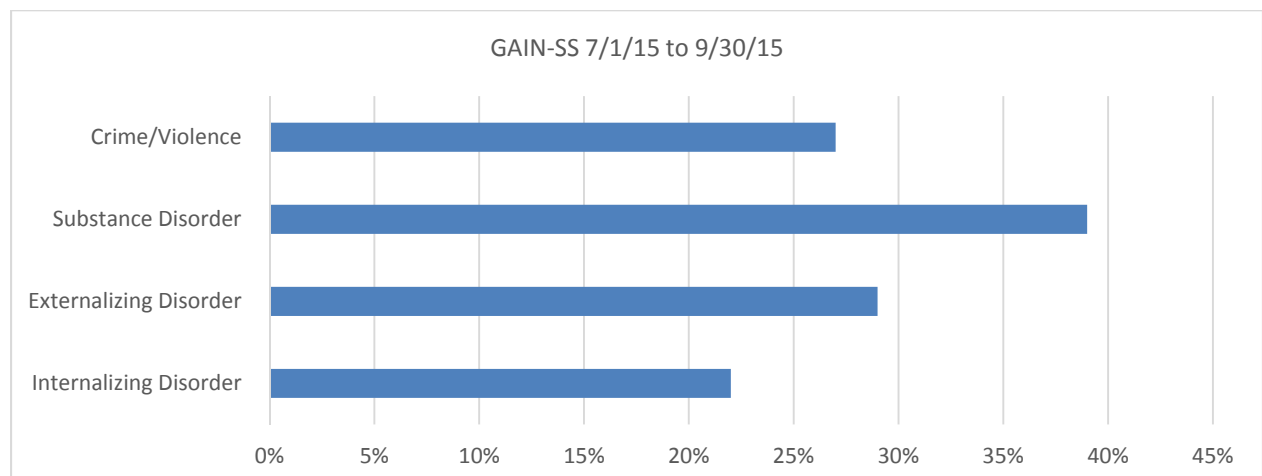
## ADMISSIONS

During the period 7/1/15 to 9/30/15, there were 43 admissions to CJTS. All admission screens were completed. The table below is a breakdown of types of admissions.

Admission Type (7/1/15 to 9/30/15)	Number of Youth
Congregate Care	5
New Commitments	22
Parole Admissions	16

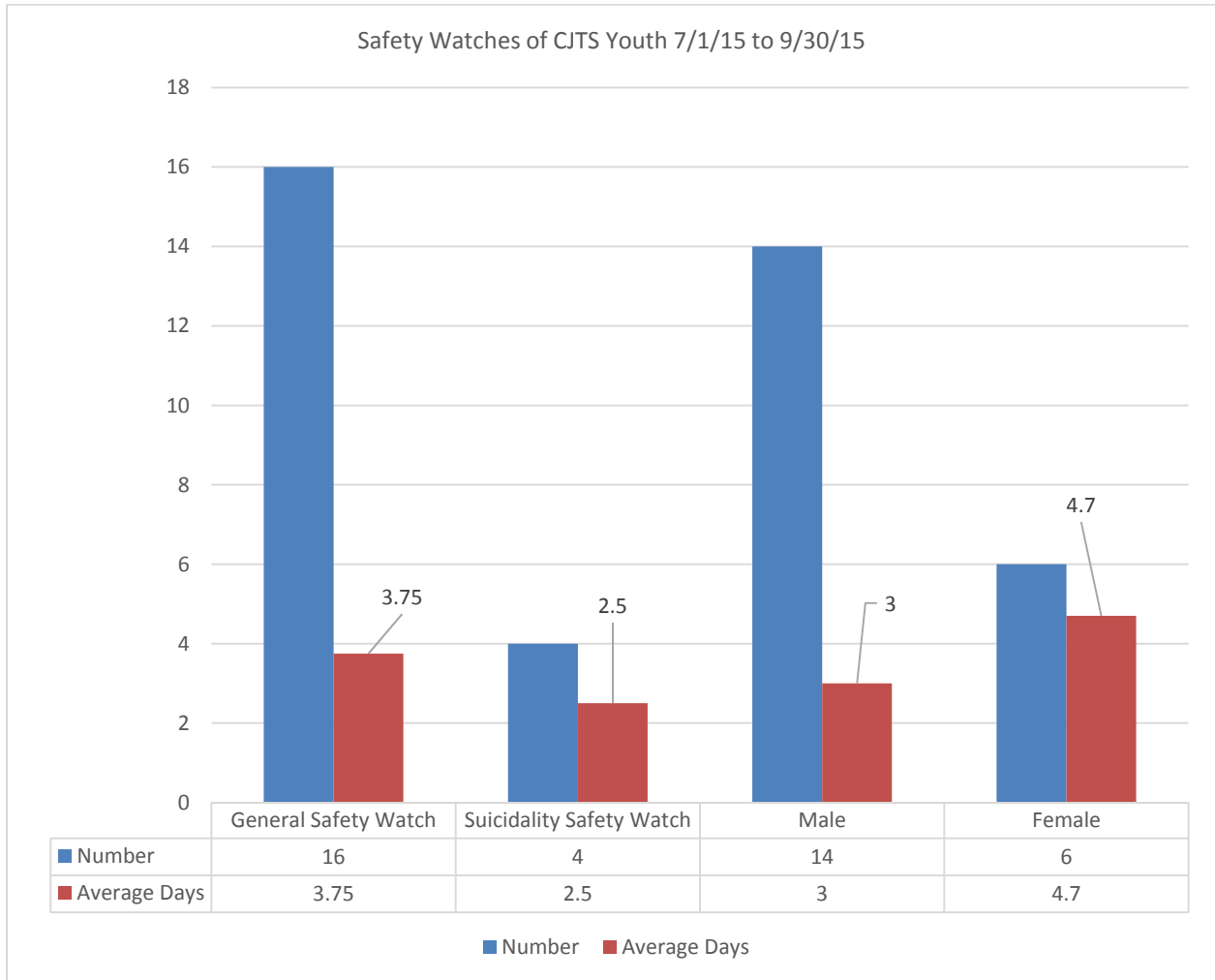
## GAIN-SS

Of the youth admitted to CJTS during this period, the chart below outlines the aggregate results of what the youth endorsed at the time of admission. The following are percentages of “current highs” – the most significant areas of need to be addressed. Substance abuse and Externalizing behaviors rated as the highest, respectively at 39% and 29%. Youth who present with externalizing disorders typically follow a more oppositional and/or aggressive profile.



**SAFETY WATCHES**

During 2015 period 7/1/15 to 9/30/15, there were 20 safety watches issued within CJTS. Out of the 20 watches, 14 of the watches were issued for the males and 6 for the females at Pueblo; 16 General Safety Watches and 4 Suicidality Safety Watches. Average length of time of all safety watches was 2.95 days. The chart below outlines specific regarding gender and watch type, in addition to average days.



**CENSUS / CLIENTS SERVED AT CJTS**

During the period of 7/1/15 to 9/30/15, the average census at CJTS during this three months period was 66 youth. Average census for July 2015 was 71; August 2015 was 63; and September 2015 was 63.

CLINICAL DEPARTMENT  
 Quarterly review 7/1/15 to 9/30/15

**INDIVIDUAL AND FAMILY THERAPY**

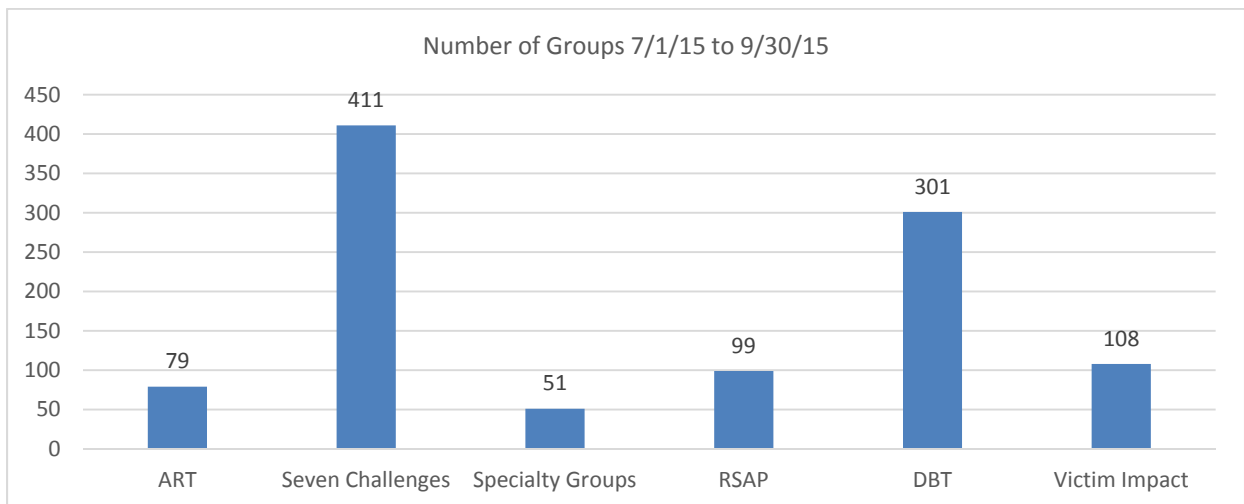
During the period of 7/1/15 to 9/30/15, each youth at CJTS on average received individual therapy 6.5 sessions per month. On average, each youth received 0.62 session of family therapy per month (see chart below)

Type of Intervention	Number of Sessions	Average Census Per Month	Average Sessions Per Month/Per Youth	Goal – Average Sessions Per Month/Per Youth
<b>Individual Therapy</b>	1297	66	6.5	4
<b>Family Therapy</b>	124	66	0.62	1

**GROUP THERAPY**

The clinical department provided a number of group therapy interventions during this review period – ART, Seven Challenges, Victim Impact, DBT, RSAP and other specialty groups. The Seven Challenges and ART data/outcomes has been previously evaluated for 2013, 2014 and part of 2015.

Aggression Replacement Training – ART specifically the anger control training was offered in 3 residential units (5C, 6B, and 6D) during this quarterly review. A total of 79 therapy groups were provided - 26 groups in 6B, 20 groups in 5C and 33 groups in 6D.



- Seven Challenges was held on residential units 5B, 5C, 5D, 6B, and 6D. During this review period 411 groups were held.
- Residential Student Assistance Program, RSAP was run on the intake unit. During this review period, 99 RSAP groups were held for new admission to CJTS.

## CLINICAL DEPARTMENT

Quarterly review 7/1/15 to 9/30/15

- Victim Impact was offered in two units – 5C and 5D. A total of 108 victim impact groups were held.
- Dialectical Behavior Therapy group was held on residential units 5B, 5C, 5D, 6B, and 6D. During this review period, 301 DBT group were held.

Type of Intervention	Number of Sessions	Average Census Per Month	Average Sessions Per Month/Per Youth	Goal – Average Sessions Per Month/Per Youth
<b>Group Therapy</b>	1049	66	5.3	8

Overall a total of 1049 clinical groups were held campus wide during the period of 7/1/15 to 9/30/15. On average each youth at CJTS received 5.3 clinical groups per month during this review period.

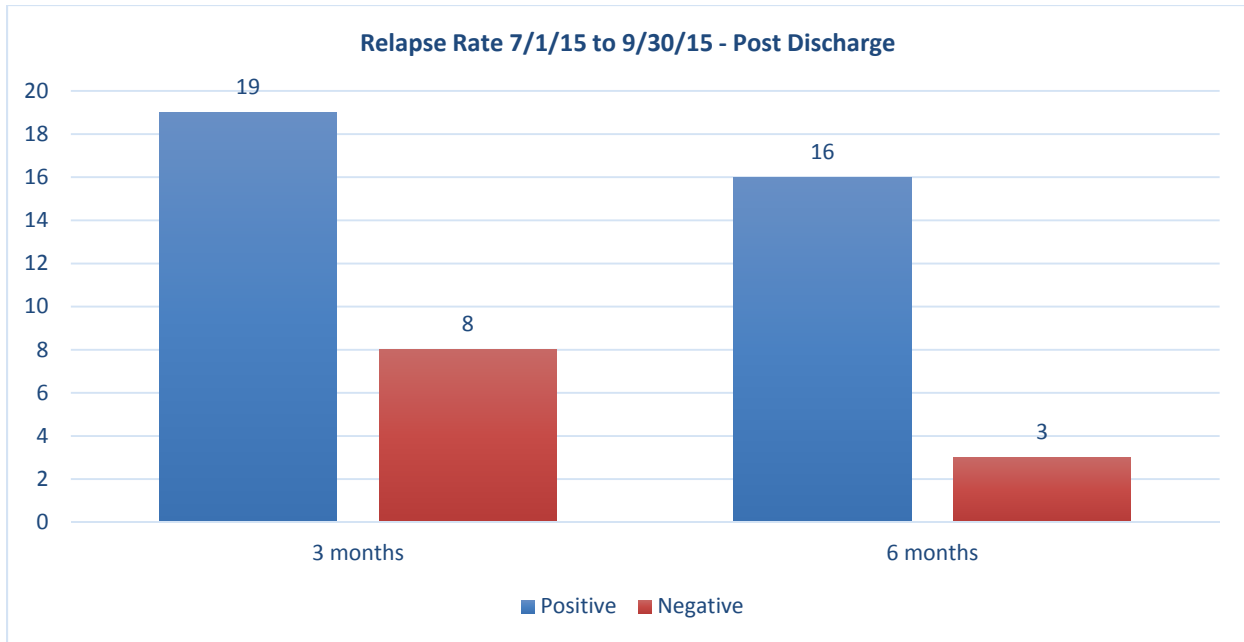
## YOUTH DISCHARGED FROM CJTS

There were 52 youth discharged from CJTS from 7/1/15 to 9/30/15. The average length of stay of those youth was 129 days or 4.3 months. The table below outlines the breakdown of diagnosis of the youth discharged. Diagnosis categories are broken down by behavioral, substance abuse, psychiatric and neurodevelopmental disorders.

Breakdown of Disorders by Category for Youth Discharged	Number of Youth	Percentage
<b>Behavioral Disorders</b>	8	15%
<b>Behavioral and Substance Abuse Disorders</b>	9	17%
<b>Behavioral, Substance, and Psychiatric Disorders</b>	5	1%
<b>Behavioral, Substance Abuse and Neurodevelopmental Disorders</b>	12	23%
<b>Behavioral, Psychiatric and Neurodevelopmental Disorders</b>	5	1%
<b>Behavioral and Neurodevelopmental Disorders</b>	4	1%
<b>Other</b>	9	17%

CLINICAL DEPARTMENT  
 Quarterly review 7/1/15 to 9/30/15

**Relapse outcomes** - Of the 52 youth discharged, 31 youth carried a substance abuse diagnosis. After a review of the case records, 42% of the youth tested negative during the first 3 months in the community post CJTS. The relapse rate increased at the 6 month period as only 19% of the youth remained drug free.



Of the 52 youth discharged from the period 7/1/15 to 9/30/15, the table below identifies the status of the youth 6 months after their discharge from CJTS.

Overall, 83% of the youth discharged from CJTS have either successfully completed their parole, are in congregate care, returned to CJTS or are currently in the community on parole.

Current Status (7/1/15 to 9/30/15)	Number of Youth	Percentage
Congregate Care	3	6%
AWOL	2	4%
In the Community on Parole	23	44%
Successfully Discharged from Parole	6	12%
MYI	7	13%
Returned to CJTS	11	21%