

### A Bi-Monthly Report on Our Outcomes and Progress

#### Our Vision

Where help for life's challenges is openly sought and compassionately given.

#### Our Mission

To provide mental health and addiction services that touch, teach and heal.

#### Our Values

Compassion, Integrity, Respect, Excellence, Teamwork

#### Youth Resources (YR)

Samaritan Behavioral Health routinely collects information regarding the diagnoses of children and adolescents in our program and services. This information helps us to use therapy models that demonstrate effectiveness in treating conditions such as:

- Post Traumatic Stress Disorder
- Bi-Polar Disorder
- Oppositional Defiant Disorder
- Depression

Served 1670 Youth Resource clients in 2010

#### Get Real – “Girls Training for Real Life”

In response to reports by female clients of a variety of problems such as depression, bullying at school, and self mutilation, therapists at SBHI saw the need for an all girls group which would provide positive emotional support in a safe and caring environment. The group started in November and meets weekly.

Every week the girls share and learn about themselves while searching for solutions. The group members appreciate knowing that they are not the only ones who have felt angry or depressed. They share how wonderful they feel knowing that they have helped another girl in group by sharing some of their stories. Many have learned from the experiences they have gone through.

#### Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

There was recognition by agencies in the community such as the Alcohol Drug Addiction and Mental Health Services Board, Juvenile Court, and Children's Services that more and more youth were experiencing trauma. Trauma Focused CBT has proven successful with children and adolescents who have significant emotional problems related to traumatic life events.

TF-CBT is best delivered by creative, resourceful therapists who have developed close therapeutic alliances with their clients. Eight therapists and three supervisors at SBHI received specialized training in TF-CBT and are utilizing it to help children and parents learn new skills.

#### Customer Satisfaction

- Clients report recommending services to others = 100%
- Satisfied with timeliness of appointments = 98%
- Satisfied with helpfulness of services = 100%
- Satisfied with staff's respect of cultural background = 100%
- Satisfied with the treatment plan and goal setting = 98%
- Clients report overall satisfaction with services = 98%

#### Comments On Our Services

*“She has come a long way from YCATS to now which has done wonders for her behavior. Lots of her problems have dropped off or gotten better since coming here.”*

*“My child's therapist is considerate and she includes me in the treatment plan.”*

*“I really like how the staff listens to you. I also like that they don't judge you.”*

#### Critical Access Clinic

The Critical Access Clinic (CAC) is designed to respond to clients who present on the telephone with emergent needs, e.g., hospital discharge, recent trauma, effects of Post Partum Depression, and who need an urgent face-to-face appointment.

YR is involved in a pilot of the Critical Access Clinic which started August 30, 2010. Two therapists have designated CAC days and times in their schedules for this project. The pilot is to provide approximately eight (8) urgent intake appointments per week.

#### Family Tip

When your child misbehaves or falls short of established expectations, remember the purpose of consequences is to teach. Keep the discipline close in time to the event, and keep the consequence related to the misbehavior.

For example, if your child receives a failing grade in school increase study time with the youth presenting his/her completed work or create a contingency where a video game can be played after the homework is completed.

