

University of Rochester Medical Center

Introduction

•Progress monitoring is considered a key component of best practices and evidence-based care in mental health treatment (APA, 2008).

•The purpose of the current project: create and implement a new progress monitoring tool uniquely designed to assess symptom change within a brief, outpatient Crisis Intervention Service (CIS).

Crisis Intervention Service

•CIS provides brief, outpatient psychotherapy for families with a high need for urgent care.

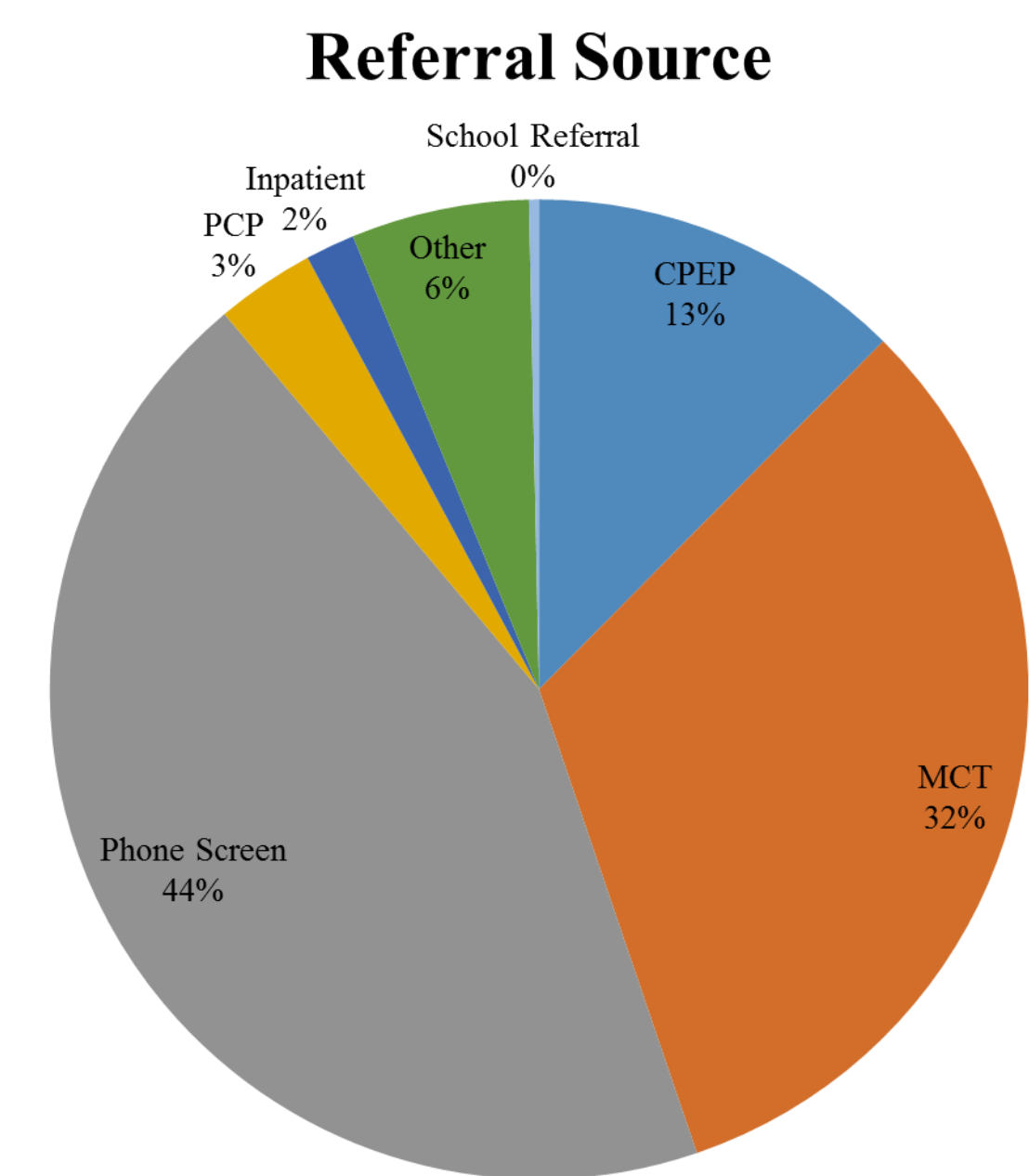
•Reasons for referral: safety concerns, potential for self-harm or other-harm, school issues, legal problems, and inadequate housing.

•CIS services CIS:

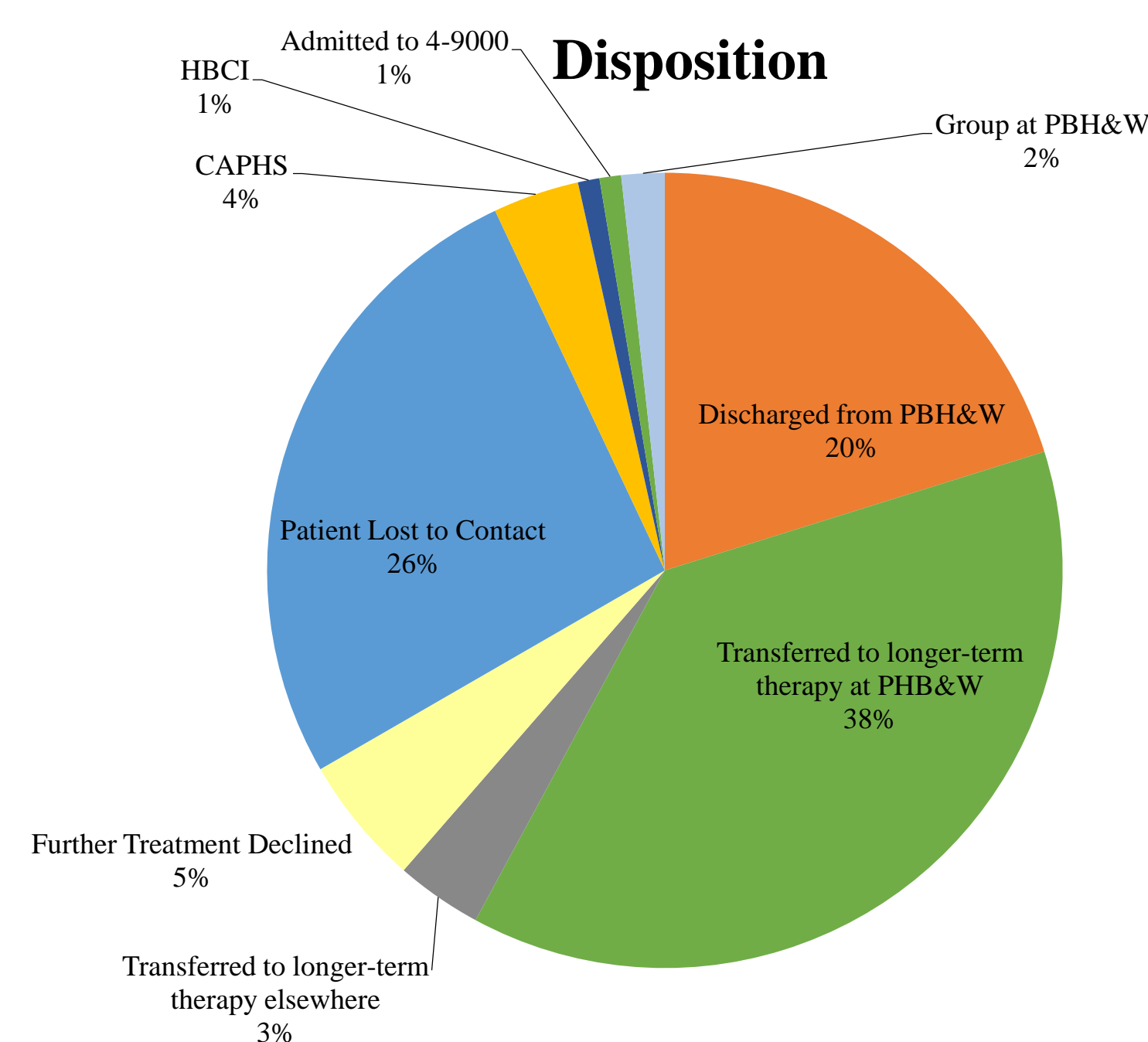
- Assessment
- Short-term, solution-focused mental health treatment
- Safety-planning
- Consultation
- Linkage to services and community supports

CIS Demographics and Utilization

•Approximately 296 patients referred to CIS between July 2018 and April 2019.



•Patients discharged from CIS: completed an average of 4 sessions (out of a possible 6), largely identified as male ($n = 53$; 51.4%), and were 2 to 17 years ($M = 12$; $SD = 3.54$).



Progress Monitoring Implementation Procedures

•Progress monitoring linked with improved patient outcomes (e.g., faster symptom improvement), particularly for high-risk patients (Goodman et al., 2013).

•Only a small portion of surveyed clinicians (13.9%) report using standardized progress monitoring regularly, and the majority of clinicians (61.5%) report never using them (Jensen-Doss et al., 2018).

CIS Service Utilization Data Collection and Literature Review

•Identified need for progress monitoring in CIS across 3 domains: 1) perceived stress, 2) coping, and 3) functional impairment.

•We found **no existing, brief tools for regularly measuring changes across these domains for caregiver and youth reports**. We chose to modify an existing measure that targeting some of the domains of interest.

•The *Crisis State Assessment Scale* (CSAS; Lewis, 2005) measures two domains: 1) the Perceived Threat (PT), and 2) the Coping Efficacy (CE) subscale. The CSAS was previously piloted in CIS.

New CIS Progress Monitoring Tool

Modification of Existing CSAS Measure

•The modified **CIS Progress Monitoring Tool** consists of 3 sections for caregivers and patients (age ≥ 8) to complete separately:

1. Describe the challenge that brought them in for treatment,
2. Rate current experiences with **stress** related to the challenge, ability to **cope** with the challenge, and impact of the challenge on daily **functioning**.
3. Rate the perceived level of difficulty of the challenge.

•Caregivers are also prompted to provide information about the patients' recent engagement with the Pediatric ED, CPEP, MCT, or their pediatrician.

CIS Progress Monitoring Implementation

•Pilot launched to inform ongoing modifications of the progress monitoring tool.

•Data collected from 27 participating families to date across various time points in treatment.

Implementation Procedures

•Reports completed at each session, hand scored by the treating clinician, and immediately entered into the session note to be readily available for future sessions.

•Integrated results table into notes template to streamline E-record integration.

Ongoing Modifications

Examples of revisions post-launch include:

- Clarifying the caregiver instructions.
- Rewording questions to increase readability.
- Adding N/A response options for items on the caregiver forms assessing functional impairment related to work.
- Adding 3 additional items to the caregiver forms assessing caregiver perception of the *patients'* overall stress, coping, or functional impairment related to the initial challenge.
- Adding questions about parent employment and patient's school status.

Modification of Existing CSAS Measure

Original Crisis State Assessment Scale (CSAS)

Parent/Guardian Name: _____ CSAS
 Date: _____
 Child/Adolescent's Name: _____
 Child/Adolescent's Date of Birth: _____
 Circle One: PARENT REPORT CHILD SELF-REPORT

Please identify the recent crisis that brought you here today:

This questionnaire is designed to measure the way you feel as a result of the crisis. Answer each item in relation to the crisis as carefully and as accurately as you can by placing a number beside each one as follows.

	1	2	3	4	5	6	7
	Never	Very Rarely	Rarely	Sometimes	Often	Almost Always	Always
1. I think about the crisis when I don't want to.							
2. I feel like the crisis throws my life off balance.							
3. I feel like my physical or emotional well-being is threatened by the crisis.							
4. The crisis is very distressing to me.							
5. The crisis makes me feel like I am going crazy.							
6. I feel like I don't have the resources and/or energy to deal with the crisis.							
7. I don't know what to do to make this crisis manageable.							
8. I feel like I cannot handle the crisis.							
9. I don't deal well with crises like this one.							
10. I am confident that I can cope with the crisis.							

Imagine that you are facing the easiest situation that you have ever experienced; consider that feeling a 0. Now imagine that you are facing the most difficult situation that you have ever experienced in your lifetime; consider that a 10. On a scale from 0 to 10 indicate the difficulty of the crisis described above by circling a number below.

Easy: 0 1 2 3 4 5 6 7 8 9 10: Most difficult

New CIS Progress Monitoring Tool

Your Name: _____
 Relationship to Child: _____
 Date: _____

Please identify the recent challenges that brought you here today:

This questionnaire is designed to measure the way YOU feel as a result of the recent challenges. Answer each item in relation to the recent challenges and how often each item describes how YOU think/feel.

	Never	Very Rarely	Rarely	Sometimes	Often	Almost Always	Always	N/A
1. I think about the challenges when I don't want to.								
2. I feel like the challenges throw my life off balance.								
3. I feel like the challenges affect my health.								
4. The challenges are very upsetting to me.								
5. The challenges make me feel like I am going crazy.								
6. I feel like I have what I need to deal with these challenges.								
7. I know what to do to deal with these challenges.								
8. I feel like I can handle the challenges.								
9. I deal well with challenges like these.								
10. I am confident that I can cope with the challenges.								

Imagine that you are facing the easiest situation that you have ever experienced. Now imagine that you are facing the hardest situation that you have ever experienced. On a scale from 1 (easiest) to 10 (hardest), how hard have the recent challenges been (circle the number below).

1 2 3 4 5 6 7 8 9 10

Please turn over →

Please circle the option that is most true about your current job status:

- I am employed and work outside the home.
- I am employed and work from home.
- I am a student.
- I am not currently employed.

OVER THE PAST TWO WEEKS, how much did the recent challenges:

	Never	Very Rarely	Rarely	Sometimes	Often	Almost Always	Always	N/A
11. Get in the way of attending your job.								
12. Get in the way of focusing on your job.								
13. Get in the way of your regular activities (like doing errands, doing things you enjoy).								
14. Get in the way of getting along with family members.								
15. Get in the way of getting along with other adults.								

Answer each item below in relation to the recent challenges and how often each item describes how YOUR CHILD thinks/feels.

	Never	Very Rarely	Rarely	Sometimes	Often	Almost Always	Always
16. The challenges are very upsetting to my child.							
17. My child copes well with the challenges.							
18. The challenges get in the way of my child doing things he/she needs to do.							

OVER THE PAST TWO WEEKS, have you accessed emergency services for your child?

Pediatric Emergency Department Yes No
 Comprehensive Psychiatric Emergency Program (CPEP) Yes No
 Mobile Crisis Team (MCT) Yes No

OVER THE PAST TWO WEEKS, has your child been seen by a primary care doctor or Pediatrician?
 Yes No
 If yes, what was the reason for the visit?

OVER THE PAST TWO WEEKS, have you talked with your child's primary care doctor or Pediatrician about the challenges that brought you here today?
 Yes No

Implementation Timeline

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
PI Orientation to CIS	X	X										
CIS Service Utilization Data Collection	X	X	X	X	X	X	X	X	X	X	X	X
Literature Review- Existing Monitoring Measures				X	X	X						
Modification of Progress Monitoring Measure					X	X	X	X	X			
CIS Progress Monitoring Data Collection								X	X	X	X	X
Integrating Progress Monitoring in E-record											X	X
Data Analysis and Measure Psychometrics											X	X

Discussion and Future Directions

•Current project aimed to create and implement a progress monitoring tool for CIS.

•We modified an existing measure to assess changes reported stress, coping, and functional impairment over the course of treatment.

•We launched pilot of the CIS Progress Monitoring Tool and have collected initial data from 27 families . .

Future directions include:

- Ongoing modifications based on clinician and patient feedback.
- Presenting measure to Family Advisory Board for feedback.
- Streamline assessment and integration: Creating flowsheets within E-record; implementing computerized data collection

Future data analysis projects include:

- Analyze psychometric properties and underlying factor structure of the measure.
- Assess caregiver- and patient-reported changes in stress, coping and functional impairment over time.
- Assess changes in utilization of emergency services for patients post-CIS.
- Qualitative analysis of identified "challenges" and treatment outcomes.

Acknowledgements

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