

EXPANDED SCHOOL BEHAVIORAL HEALTH PROGRAM BACK-TO-SCHOOL TRAINING

School Year 2020-2021



Behavioral Health System
Baltimore

EXPANDED SCHOOL BEHAVIORAL HEALTH (ESBH)

EVIDENCE BASED ASSESSMENT (EBA) INITIATIVE OVERVIEW



Behavioral Health System
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WHAT IS EVIDENCE BASED ASSESSMENT (EBA)?

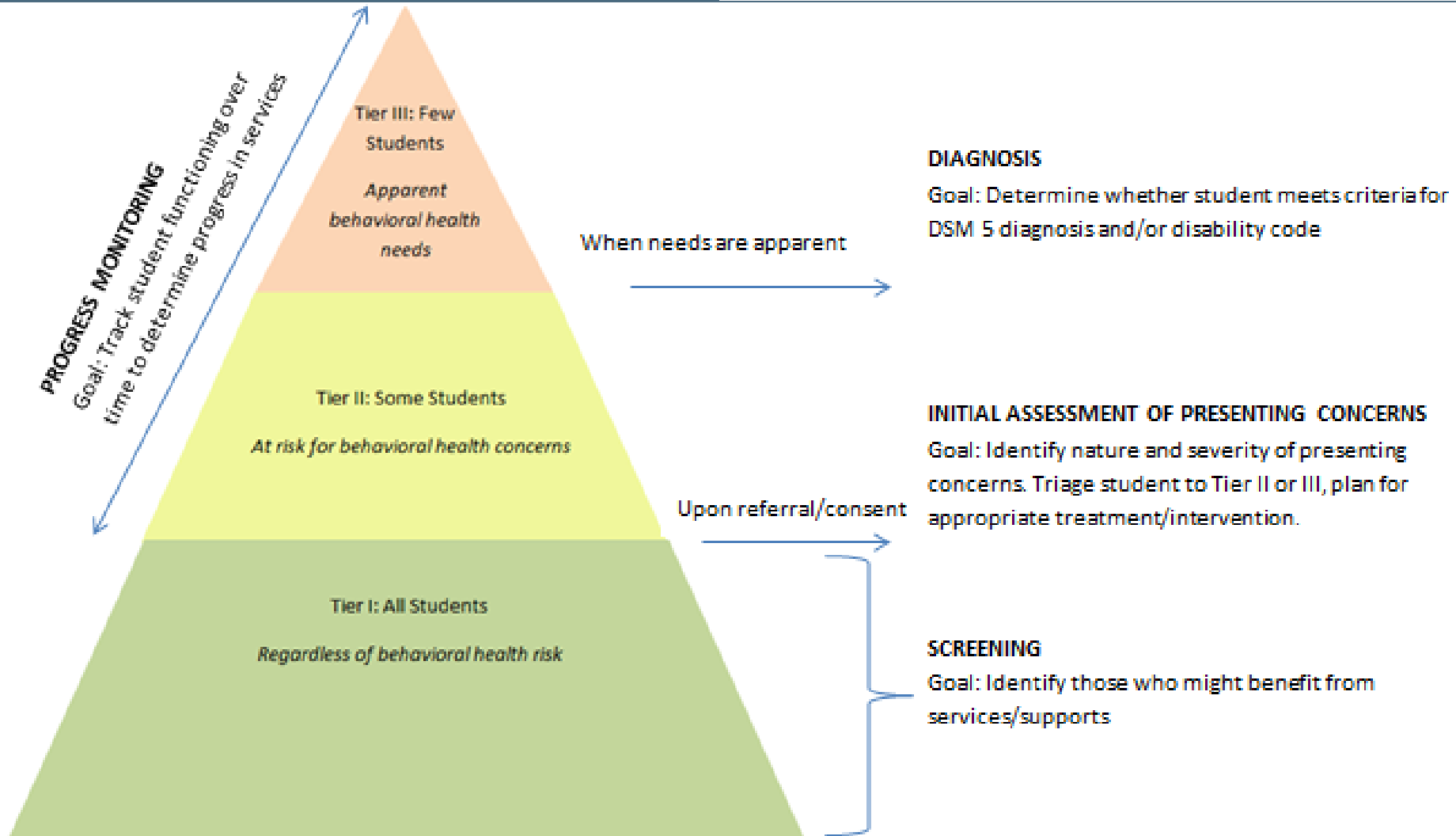
- Evidence-Based Assessment (EBA) involves:
 - **Use of assessments that are reliable, valid, and clinically useful for the intended population**
 - Data collection at regular intervals throughout treatment
 - Informing diagnosis, treatment planning, and outcome
 - Ongoing progress monitoring to inform changes in treatment

WHY IS EBA IMPORTANT?

- Reduces bias and improves accuracy
- Supports data-informed decision making in schools
- Associated with greater treatment success
- Supports school behavioral health quality and accountability

OUTCOME MONITORING AND PROGRAM EVALUATION

Goal: Determine whether students individually, by agency, or entire network are achieving behavioral health outcomes



SCHOOL YEAR 2020-2021

- Selected Tool:
 - PSC-17
- Sample Size:
 - Six (6) youth per school
- Data Collection Timeline:
 - See Handout and Slide 10

THE PEDIATRIC SYMPTOMS CHECKLIST (PSC-17)

- A psychosocial questionnaire with 3 subscales:
 - Attention Problems
 - Internalizing Problems
 - Externalizing Problems
- Assessment Purpose:
 - Screening, Initial Assessment, Progress Monitoring, and Treatment Outcome
- Two versions:
 - Parent version (PSC-17): Ages 3-16
 - Youth Self-Report (PSC-17): Ages 17-18

PSC-17: WHY IT'S AWESOME!

- 17 items; only takes 5 minutes to complete
- Strong reliability and validity
 - Specific and sensitive when compared to clinician's ratings of psychosocial concerns
 - Validated for use with urban, low-SES, African-American youth
 - Predicts academic failure
 - Has cutoff scores to indicate clinical risk
- 4 languages (Chinese, English, Spanish, Vietnamese)
- Easy to score
- Free

PSC-17: WHERE TO GET IT

[HTTP://WWW.MASSGENERAL.ORG/PSYCHIATRY/SERVICES/PSC_HOME.ASPX](http://www.massgeneral.org/psychiatry/services/psc_home.aspx)

PSC-17: WHEN TO ADMINISTER IT

▪ Initial assessment

- 9/21/20-10/30/20 (6 Weeks): Fall Data Collection Window
- Administer the PSC-17 to your 6 most recent intakes

▪ Follow-up assessment

- *February 2021 (6 Weeks): Winter Data Collection Window

**Flexibility in scheduling due to possible impact of weather or data collection; finalized dates will be communicated to ESBH leadership to share with clinicians*

NOTE: Youth ages 17-18 may self-report using the PSC-17 in lieu of a Caregiver report.

PSC-17: ADMINISTRATION TIPS



- Individual/developmental considerations
 - Reading ability
 - Sit side by side, complete it together
 - Help them keep track of what question they are on
 - Provide a visual to illustrate what “Never,” “Sometimes,” and “Often” means
 - Paraphrase items or give examples when the don’t understand what an item means

PSC-17: MORE ADMIN TIPS



- Other considerations

- Over the phone with hard-to-reach parents
- Privacy
- Confidentiality of findings
- Make sure you are available if they have questions.
- Gather examples, explanations as you go
- Make sure you check that they have answered all questions and only provided 1 answer per question!

PSC-17: EXAMPLE INTRO SCRIPT FOR PARENT

- In order to be able to best help Kaylah, I want to find out more about how Kaylah's doing by giving you this questionnaire (*show the questionnaire and point out what you are referring to as you talk*). This questionnaire lists different behaviors and emotions that children show. For each one I want you to tell me (or mark) how often Kaylah shows that behavior or emotion—Never, Sometimes or Often. There is no right or wrong answer, just answer what you think best describes Kaylah. Later we'll talk more about what you answered and discuss the next steps for how to best help Kaylah. You can read it to yourself and answer it, or I can read it to you. What do you prefer?

PSC-17: EXAMPLE INTRO SCRIPT FOR YOUTH

- In order to be able to best help you, I want to find out more about how you're doing by giving you this questionnaire (*show the questionnaire and point out what you are referring to as you talk*). This questionnaire lists different behaviors that children do and feelings that children have. For each one I want you to tell me (or mark) how often you do that behavior or feel that emotion—Never, Sometimes or Often. There is no right or wrong answer, just answer what best fits you. Later we'll talk more about what you answered and what we can do together to best help you. You can read it to yourself and answer it, or I can read it to you. What do you prefer?
- If they choose to read it to themselves, tell them to let you know if they have any questions about what anything means.

PSC-17: FEEDBACK

▪ **Why feedback is important:**

- Enhances communication between therapist, youth and families
- Improves youth outcomes independent of the treatment approach used
- Participants are more likely to continue with counseling if they are in agreement with the clinician on the nature of the problem

▪ **Feedback language:**

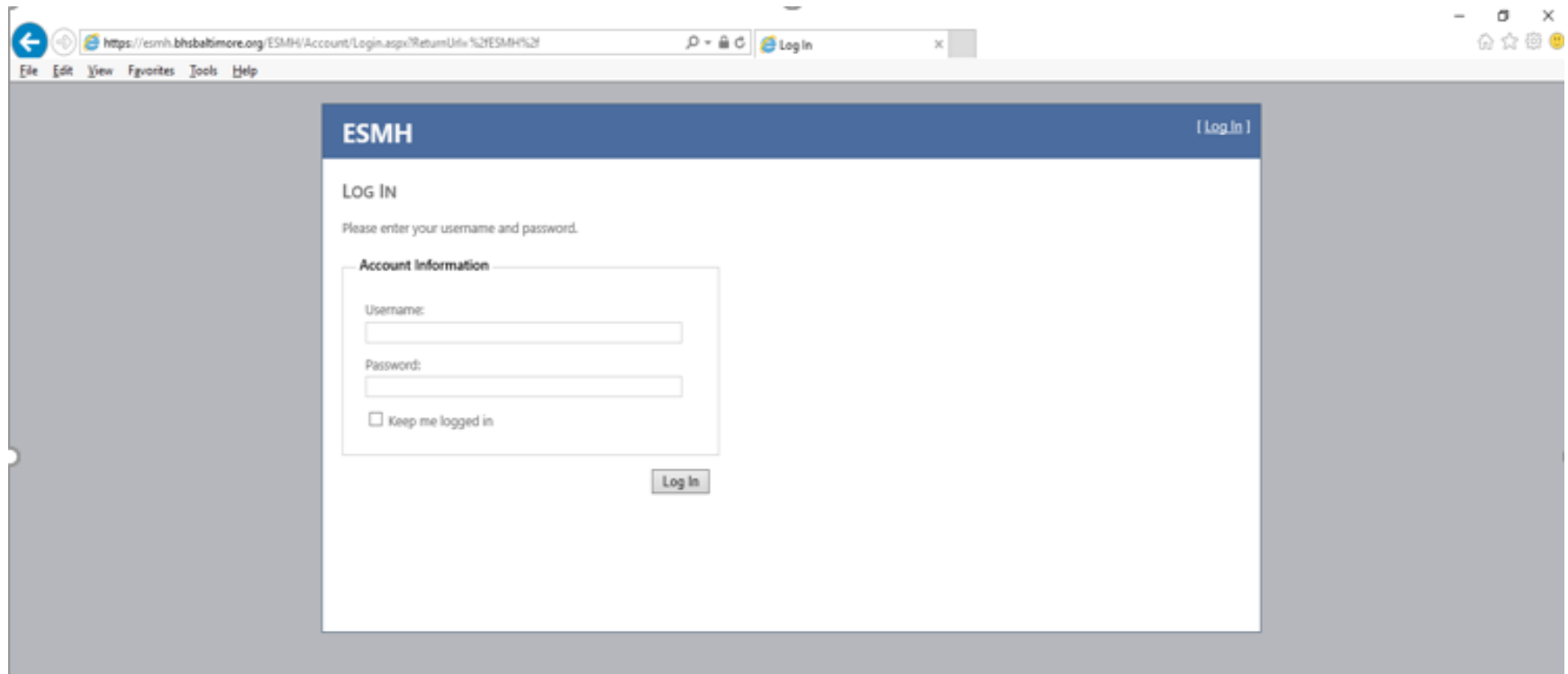
- Don't use jargon; use their words and words they will understand

▪ **Feedback structure:**

- **Ask** permission to give feedback/information
- **Use** a feedback sandwich: strengths, needs, strengths
- **Ask** the parent and student their to reflect on the information provided
- **Provide** psychoeducation/suggestion for on next steps yet...
- **Emphasize** autonomy/ self-directedness

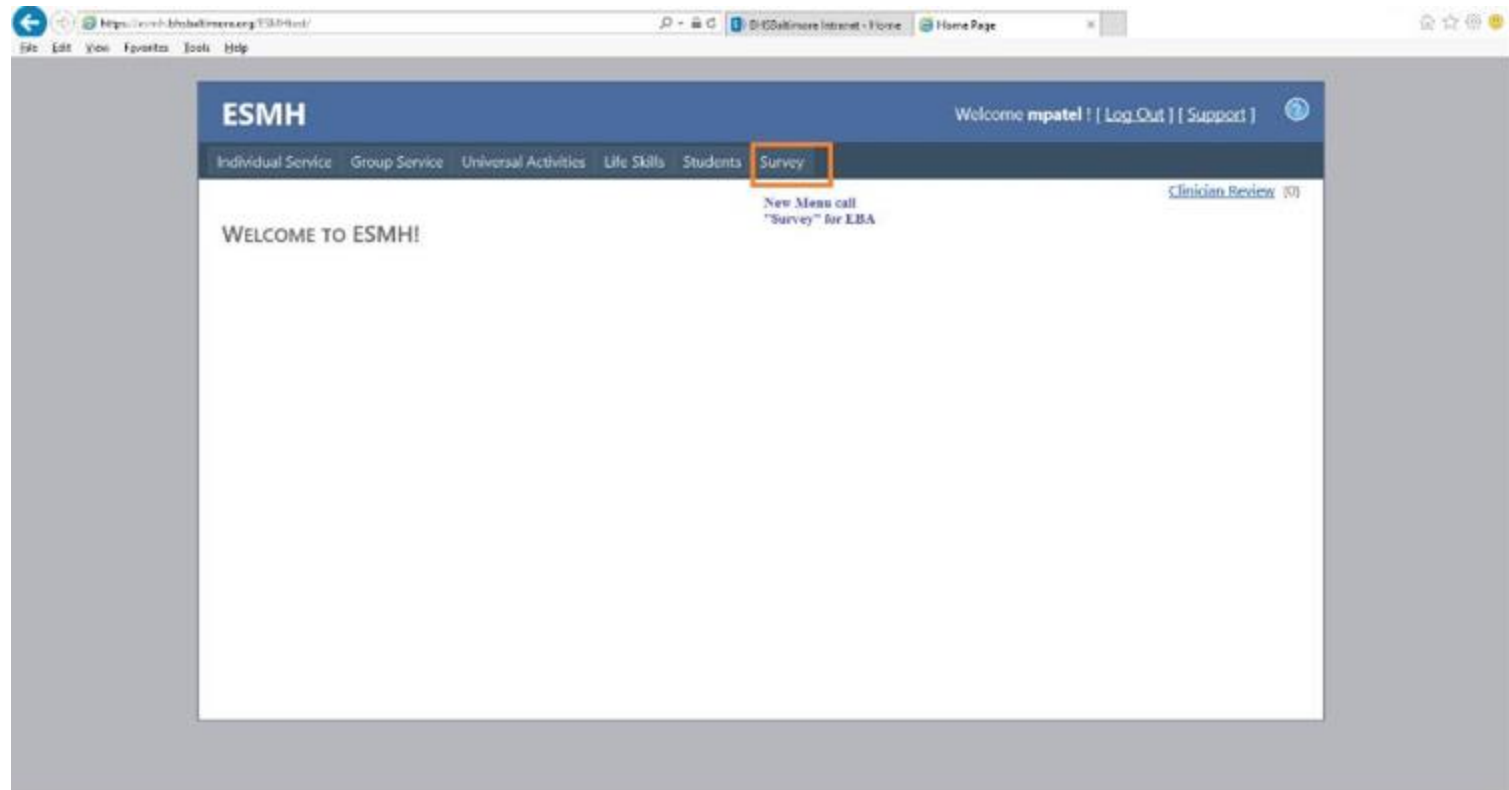
HOW TO SUBMIT EBA DATA

- Go to <http://www.bhsbaltimore.org/>
- Select For Providers Menu
- Go to Database Log-Ins
- Click on [ESMH-Service](#)



The screenshot shows a web browser window with the address bar displaying <https://esmh.bhsbaltimore.org/ESMH/Account/Login.aspx?ReturnUrl=%2FESMH%2F>. The browser's menu bar includes File, Edit, View, Favorites, Tools, and Help. The page content features a blue header with the text "ESMH" and a "[Log In]" link. Below the header, the heading "LOG IN" is followed by the instruction "Please enter your username and password." A form titled "Account Information" contains three input fields: "Username:", "Password:", and a checkbox labeled "Keep me logged in". A "Log In" button is positioned below the form.

HOW TO SUBMIT EBA DATA



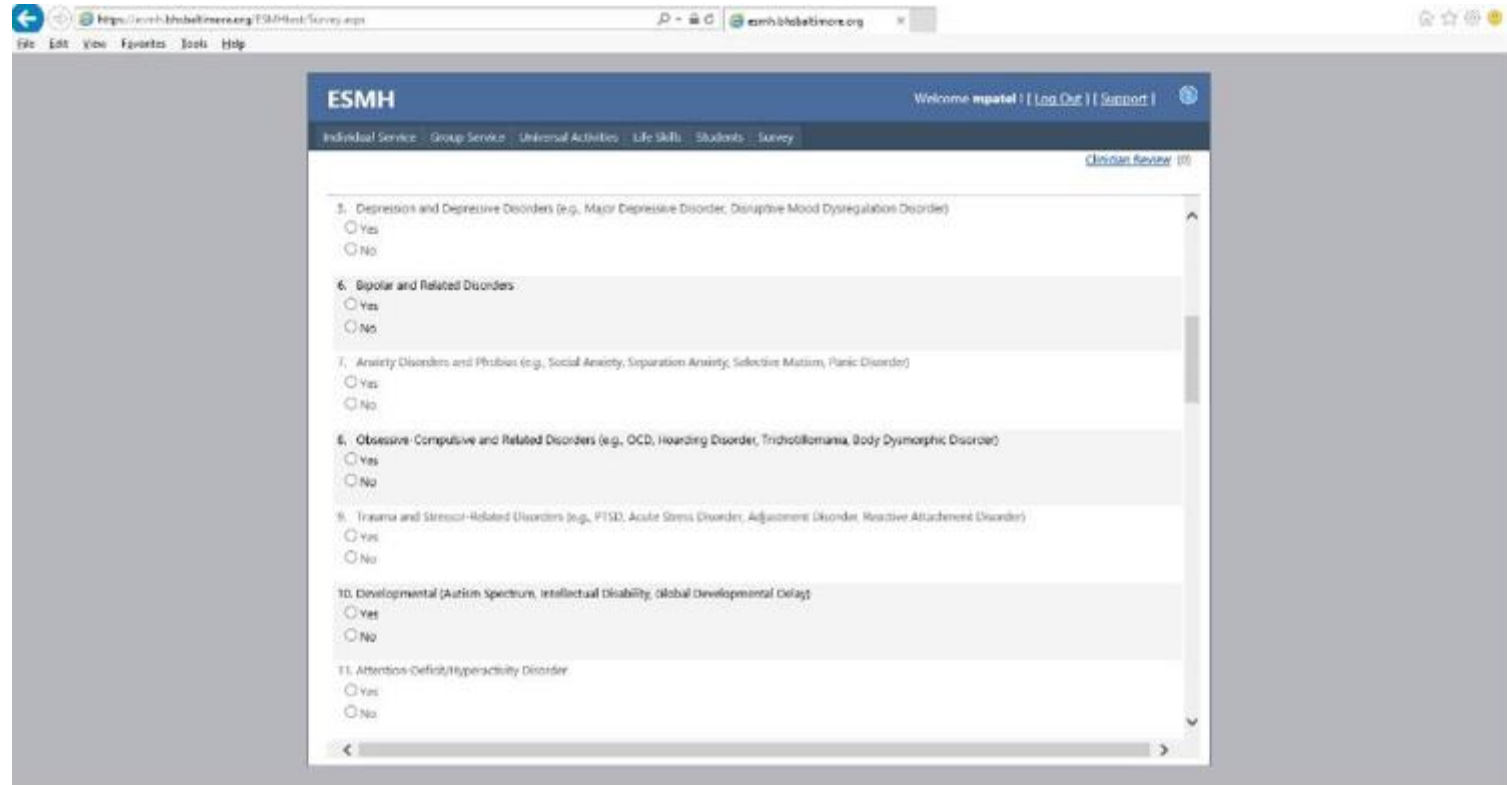
HOW TO SUBMIT EBA DATA

The screenshot shows a web browser window with the URL <https://esmh.bhsbhsirens.org/ESMHome/Forms.aspx>. The page header includes the ESMH logo, a welcome message for 'mpatel', and links for 'Log Out' and 'Support'. A navigation menu lists 'Individual Service', 'Group Service', 'Universal Activities', 'Life Skills', 'Students', and 'Survey'. A 'Clinician Review' link is also visible.

The main content area is titled '2017 Phase 1 Evidence-Based Assessment (EBA) Initiative'. It contains the following form fields:

- 'Please Select a School:' with a dropdown menu labeled 'Select School'.
- 'Please Select a Student:' with a dropdown menu labeled 'Select Student'.
- '1. Intake/Authorization Date:' with a date input field.
- '2. * Caregiver Information:'
 - '• Caregiver First Name:' with a text input field.
 - '• Caregiver Last Name:' with a text input field.
- '3. Caregiver's relationship to student:' with a list of radio button options:
 - Biological/adoptive mother
 - Biological/adoptive father
 - Foster mother
 - Foster father
 - Grandmother
 - Grandfather
 - Uncle
 - Aunt
 - Stepmother
 - Stepfather
 - Other
- '4. Data collection date:' with a date input field.

HOW TO SUBMIT EBA DATA



The screenshot shows a web browser window with the URL <https://esmh.himelibrary.org/ESMHinst/Survey.aspx>. The page title is "ESMH" and the user is logged in as "mpatel". The navigation menu includes "Individual Service", "Group Service", "Universal Activities", "Life Skills", "Students", and "Survey". A "Clinician Review (0)" link is visible in the top right.

The survey content is a list of mental health conditions, each with a "Yes" or "No" radio button option:

- 3. Depression and Depressive Disorders (e.g., Major Depressive Disorder, Disruptive Mood Dysregulation Disorder)
 Yes
 No
- 6. Bipolar and Related Disorders
 Yes
 No
- 7. Anxiety Disorders and Phobias (e.g., Social Anxiety, Separation Anxiety, Selective Mutism, Panic Disorder)
 Yes
 No
- 8. Obsessive-Compulsive and Related Disorders (e.g., OCD, Hoarding Disorder, Trichotillomania, Body Dysmorphic Disorder)
 Yes
 No
- 9. Trauma and Stressor-Related Disorders (e.g., PTSD, Acute Stress Disorder, Adjustment Disorder, Reactive Attachment Disorder)
 Yes
 No
- 10. Developmental (Autism Spectrum, Intellectual Disability, Global Developmental Delay)
 Yes
 No
- 11. Attention-Deficit/Hyperactivity Disorder
 Yes
 No

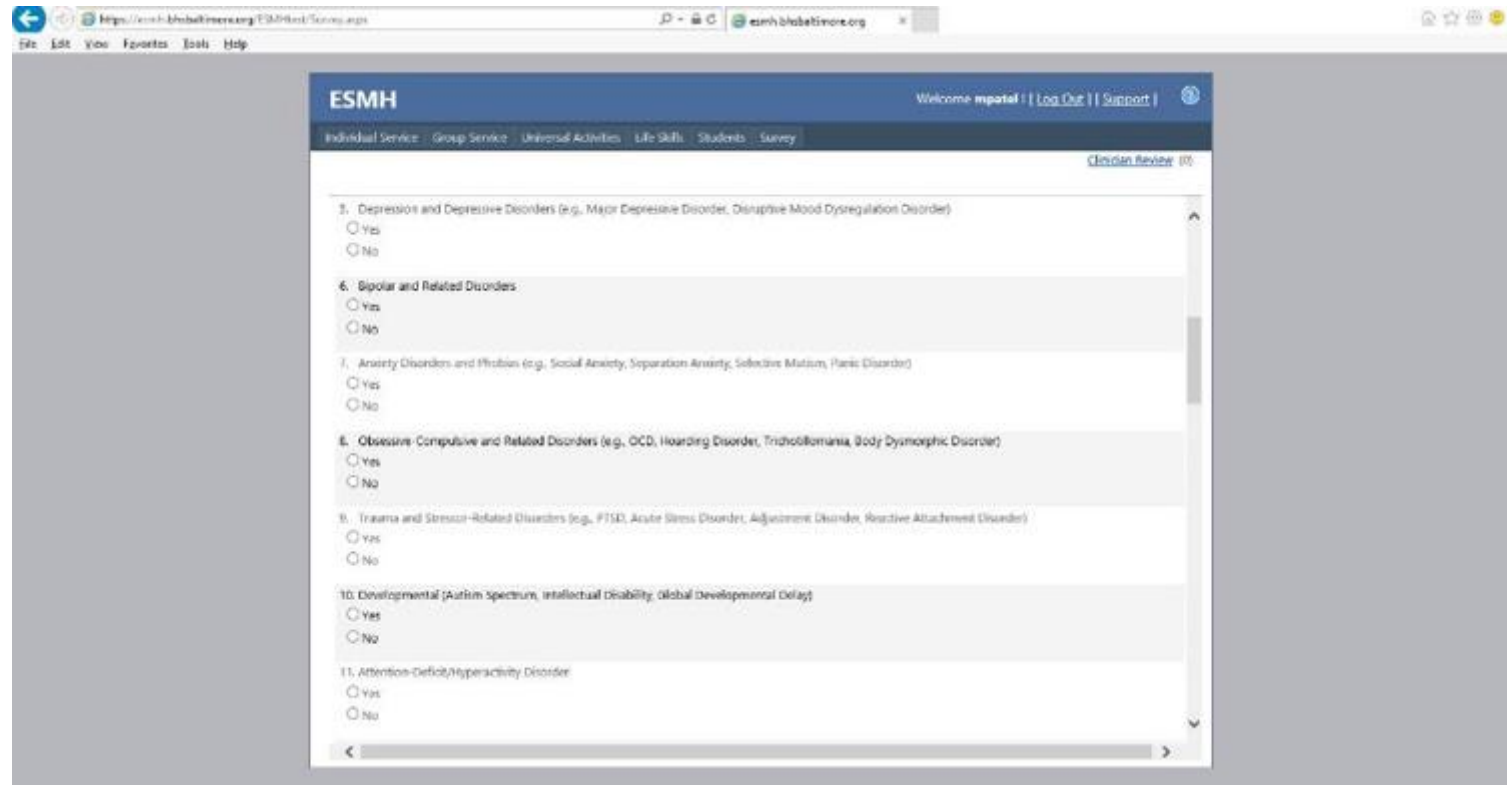
HOW TO SUBMIT EBA DATA

The screenshot shows a web browser window with the URL <https://esmh.bhobaltemer.org/ESMHPdf/Survey.asp>. The page header includes the ESMH logo and a navigation menu with links for Individual Services, Group Services, Universal Activities, Life Skills, Students, and Survey. A 'Clinician Review' link is also visible.

The main content area contains several questions with radio button options:

- 13. Conduct/Disruptive/Impulse Control Disorders (CD, CD, CD)
 Yes
 No
- 15. Substance-related and Addictive Disorders
 Yes
 No
- 14. Schizophrenia Spectrum and Other Psychotic Disorders
 Yes
 No
- 15. Feeding and Eating Disorders
 Yes
 No
- 16. If any other, please describe:
- 17. * These questions are for youth between 4 and 16 years. Caregiver Report: Youth Pediatric Symptom Checklist-17 (PSC-17)
 - Feels sad, unhappy
 Never
 Sometimes
 Often
 - Feels hopeless
 Never
 Sometimes
 Often

HOW TO SUBMIT EBA DATA



The screenshot shows a web browser window with the URL <https://esmh.blobinspire.org/ESMHPortal/Forms.aspx>. The page title is "ESMH" and the user is logged in as "mportal". The navigation menu includes "Individual Service", "Group Service", "Universal Activities", "Life Skills", "Students", and "Survey". A "Clinician Review (0)" link is visible in the top right.

The main content area displays a list of mental health conditions, each with a "Yes" or "No" radio button for selection:

- 3. Depression and Depressive Disorders (e.g., Major Depressive Disorder, Disruptive Mood Dysregulation Disorder)
 Yes
 No
- 6. Bipolar and Related Disorders
 Yes
 No
- 7. Anxiety Disorders and Phobias (e.g., Social Anxiety, Separation Anxiety, Selective Mutism, Panic Disorder)
 Yes
 No
- 8. Obsessive-Compulsive and Related Disorders (e.g., OCD, Hoarding Disorder, Trichotillomania, Body Dysmorphic Disorder)
 Yes
 No
- 9. Trauma and Stressor-Related Disorders (e.g., PTSD, Acute Stress Disorder, Adjustment Disorder, Reactive Attachment Disorder)
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- 10. Developmental (Autism spectrum, Intellectual Disability, Global Developmental Delay)
 Yes
 No
- 11. Attention-Deficit/Hyperactivity Disorder
 Yes
 No

HOW TO SUBMIT EBA DATA

The screenshot shows a web browser window with the URL <https://esmh.bhsbaltimore.org/ESMH/Survey.aspx>. The browser's address bar and menu bar are visible. The page content includes a navigation menu with the following items: Individual Service, Group Service, Universal Activities, Life Skills, Students, and Survey. A user greeting "Welcome mpatel!!" is displayed, along with links for [Log Out] and [Support]. A "Clinician Review (0)" link is also present. The main content area contains several survey questions:

- 12. Conduct/Disruptive/impulse Control Disorders (ODD, CD)
 Yes
 No
- 13. Substance-Related and Addictive Disorders
 Yes
 No
- 14. Schizophrenia Spectrum and Other Psychotic Disorders
 Yes
 No
- 15. Feeding and Eating Disorders
 Yes
 No
- 16. If any other, please describe.
- 17.* These questions are for youth between 4 and 16 years. Caregiver Report: Youth Pediatric Symptom Checklist-17 (PSC-17)
 - Feels sad, unhappy
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 - Often

HOW TO SUBMIT EBA DATA

The screenshot shows a web browser window with the URL <https://esmh.bhsbaltimore.org/ESMH/Survey.aspx>. The browser's address bar also shows esmh.bhsbaltimore.org. The browser's menu bar includes File, Edit, View, Favorites, Tools, and Help. A bookmark labeled "Home - Report Manager" is visible.

The application interface has a dark blue header with the text "ESMH" on the left and "Welcome mpatel ! [Log Out] [Support]" on the right. Below the header is a navigation menu with the following items: Individual Service, Group Service, Universal Activities, Life Skills, Students, and Survey. The "Survey" item is currently selected.

On the right side of the survey area, there is a link for "Clinician Review (0)".

The main content area contains a list of symptoms, each with a radio button and four frequency options: Often, Never, Sometimes, and Often. The symptoms listed are:

- Often
- Is down on him or her self
 - Never
 - Sometimes
 - Often
- Worries a lot
 - Never
 - Sometimes
 - Often
- Seems to have less fun
 - Never
 - Sometimes
 - Often
- Fidgety, unable to sit still
 - Never
 - Sometimes
 - Often
- Daydreams too much
 - Never
 - Sometimes
 - Often
- Distracted easily
 - Never
 - Sometimes
 - Often
- Has trouble concentrating

HOW TO SUBMIT EBA DATA

The screenshot displays a web browser window with the URL <https://esmh.bhsbaltimore.org/ESMH/Survey.aspx>. The browser's address bar shows the site name "esmh.bhsbaltimore.org". The page header includes the text "ESMH" and "Welcome mpatel!! [Log Out] [Support]". A navigation menu contains the following items: "Individual Service", "Group Service", "Universal Activities", "Life Skills", "Students", and "Survey". On the right side of the header, there is a link for "Clinician Review (0)".

The main content area contains a list of behavioral items, each with three radio button options: "Never", "Sometimes", and "Often". The items are:

- Has trouble concentrating
 - Never
 - Sometimes
 - Often
- Acts as if driven by a motor
 - Never
 - Sometimes
 - Often
- Fights with other children
 - Never
 - Sometimes
 - Often
- Does not listen to rules
 - Never
 - Sometimes
 - Often
- Does not understand other people's feelings
 - Never
 - Sometimes
 - Often
- Tease others
 - Never
 - Sometimes
 - Often
- Blames others for his or her troubles
 - Never

HOW TO SUBMIT EBA DATA

The screenshot shows a web browser window with the URL <https://esmh.bhsbaltimore.org/ESMH/Survey.aspx>. The browser's address bar and menu bar are visible. The application interface has a blue header with the text "ESMH" and "Welcome mpatel!! [Log Out] [Support]". Below the header is a navigation menu with items: "Individual Service", "Group Service", "Universal Activities", "Life Skills", "Students", and "Survey". On the right side of the page, there is a link for "Clinician Review (0)".

The main content area contains a list of statements, each with three radio button options: "Sometimes", "Often", and "Never". The statements are:

- Sometimes
 Often
- Does not understand other people's feelings
 Never
 Sometimes
 Often
- Tease others
 Never
 Sometimes
 Often
- Blames others for his or her troubles
 Never
 Sometimes
 Often
- Refuses to share
 Never
 Sometimes
 Often
- Take things that do not belong to him or her
 Never
 Sometimes
 Often

At the bottom of the list, there is a certification statement: "18. I hereby certify that the above statements are true and correct to the best of myknowledge. Yes". Below this statement are two buttons: "Save Survey" and "Cancel".

CONTACT US



Envisioning a city where people live and thrive in communities that promote and support behavioral health

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