

Counseling and Support Programs

Examples of programs	<ul style="list-style-type: none"> • Community Wellness Centers / Family Resource Centers • Parenting programs / Home visiting programs / Family preservation programs • Crisis hotlines / warm lines • School-based bullying and violence prevention programs • Positive youth development programs • Peer-to-peer support / senior advocates and socialization programs
Sample short-term outcomes and benchmarks	<ul style="list-style-type: none"> • Decreased risk behaviors and distress • Increased protective factors, coping skills, resiliency, social support • Improved functioning (at home, work, school) • Enhanced campus climate; reduced campus violence/bullying • Decreased school expulsions, dropouts; disciplinary referrals • Reduced out-of-home placements/enhanced parenting skills • Increased help-seeking/referrals to appropriate services
Key evaluation questions	<p>Program implementation questions:</p> <ul style="list-style-type: none"> • Who is being reached by the program? • How closely do participants match the intended audience? • How many sessions are being delivered and how frequently? • Is program consistent with best practices? • Are participants linked to other needed services? <p>Outcome evaluation questions:</p> <ul style="list-style-type: none"> • For what proportion of clients are risk factors and distress reduced? • What proportion of clients increases their protective factors? • For what proportion of clients is functioning improving? • To what degree are social supports enhanced? • Do improvements in outcomes meet your county benchmark goals?
Potential data sources	<ul style="list-style-type: none"> • Participant attendance and demographic records • School and employment records (behavioral incidences, attendance) • Focus group or key informant interviews • Participant surveys • Standardized assessments
Sample measures and tools	<ul style="list-style-type: none"> • Protective factors (coping, resiliency, social support): Devereux Adult Resiliency Scale, Devereux Student Strengths Assessment (DESSA-mini), Family Quality of Life Survey, Lubben Social Network Scale (LSNS), Mental Health Continuum-Short Form (MHC-SF) • Psychological distress: Kessler 6 or 10 • Comprehensive assessment (i.e., functioning, strengths, needs, risks): Adult Needs and Strengths (ANS), Child and Adolescent Needs and Strengths (CANS) • Other specific risk: <ul style="list-style-type: none"> ○ Behavior (youth): Strengths and Difficulties Questionnaire (SDQ), Massachusetts Youth Screening Instrument (MAYSI) ○ Suicide risk: Columbia Suicide Severity Rating Scale (C-SSRS), Suicide Behaviors Questionnaire (SBQ-R) • School climate: California Healthy Kids/School Climate Survey, DataQuest (http://data1.cde.ca.gov/dataquest/) (<i>Student Misconduct and Intervention data</i>)
Relevant analysis methods	<ul style="list-style-type: none"> • Basic descriptive statistics, including frequencies, means, and standard deviations • Inferential statistics: comparison of outcomes across different groups (participants vs. non-participants) or across points in time for the same individuals (pre-post) • Examination of level and direction of changes scores in comparison to benchmarks • Examination of implementation fidelity (e.g., sufficiency of dosage)