



2021 - 2022

SAN MATEO COUNTY
**PROBATION
DEPARTMENT**

STARVISTA ANNUAL EVALUATION



*Helping People
Build Better Communities*

ABOUT THE RESEARCHER

Applied Survey Research (ASR) is a nonprofit social research firm dedicated to helping people build better communities by collecting meaningful data, facilitating information-based planning, and developing custom strategies. The firm was founded on the principle that community improvement, initiative sustainability, and program success are closely tied to assessment needs, evaluation of community goals, and development of appropriate responses.

AUTHORS

Kim Carpenter, Ph.D.

Connie Chu, B.A.

Kimberly Gillette, M.P.H.

Claire Miller, Ph.D.

Daphna Ram, Ph.D.

Graphic Design: Jenna Nybank, B.F.A.

LOCATIONS

Bay Area:

1871 The Alameda, Suite 180

San Jose, CA 95126

Phone 408-247-8319

Central Coast:

55 Penny Lane, Suite 101

Watsonville, CA 95076

Phone 831-728-1356

Sacramento:

2351 Sunset Blvd., Suite 170-187

Rocklin, CA 95765

Phone 916-827-2811

www.appliedsurveyresearch.org

Contents

PROGRAM DESCRIPTIONS	1
StarVista Insights.....	1
StarVista Victim Impact Awareness (VIA)	2
StarVista Strengthen Our Youth (SOY)	2
StarVista Camp Kemp	2
PROGRAMMATIC CHALLENGES.....	4
StarVista Insights.....	4
StarVista SOY	5
StarVista Camp Kemp	6
EVALUATION METHODS	7
EVALUATION FINDINGS.....	9
Fiscal Year 2021-22 Highlights	9
Profile of Youths Served	9
Risk Indicators	11
Youth Strengths and Service Needs	13
StarVista Insights.....	13
StarVista SOY	16
Justice Outcomes	19
Program Specific-Outcomes.....	20
Evidence-Based Practices	22
Client Stories	25

Program Descriptions

Four StarVista programs are contracted by San Mateo County Probation Department (Probation) under three funding streams:

- StarVista Insights and Victim Impact Awareness (VIA) funded under Juvenile Justice Crime Prevention Act (JJCPA)
- StarVista Strengthen Our Youth (SOY) funded under Juvenile Probation Camp Funding (JPCF)
- StarVista counseling services at Margaret J. Kemp Camp for Girls (Camp Kemp) funded under Youthful Offender Block Grant (YOBG)

STARVISTA INSIGHTS

StarVista Insights (Insights) is an outpatient adolescent counseling program funded by JJCPA that provides services for substance abuse treatment/recovery and mental health issues. This year we have been able to provide a hybrid model to meet client's preference for in person and/or telehealth services. The Insights program offers support to community youths and families at the point when adolescents are at risk of substance-related and/or behavioral issues. The program also provides services to many adolescents who have legal issues and have had problematic substance use experiences. Many of these youths also experience co-occurring mental health issues associated with many traumatic experiences that have become common in their communities.

The Insights program continues to be a low-cost referral for outpatient adolescent counseling. Both sites are also Medi-Cal, and Drug Medi-Cal approved locations. Therapeutic services for those presenting with co-occurring issues remain a limited resource in San Mateo County. Some individuals and families receiving services at Insights may not have obtained these services elsewhere due to financial challenges. If a family at any time expresses hardship with making payments, fees are reduced or waived. If families have no health insurance, they are directed to the process that will help them obtain Medi-Cal through the Health Plan of San Mateo.

Youths receiving services at Insights are typically between the ages of 12 and 21. Most youths are enrolled in high school, although an occasional youth is enrolled in middle school or has achieved a high school diploma or equivalent. Insights' youths experience challenges with school attendance, relationships with authority, positive school-related activities, and healthy peer support. Additionally, several youths report gang involvement.

Insights continues to emphasize the provision of support to schools in the area. Youths referred by their schools have typically been caught in some substance engaging behavior at or around the school. They are strongly encouraged to participate in counseling to remain in good standing with the school administration. This can be seen as a positive progression toward a restorative approach to school discipline, as opposed to a punitive approach in which school officials expel students and/or involve the police, which could lead to arrest. The youths referred by their schools appear to be taking their participation seriously and are actively working to improve their behavior.

Insights continues to serve families from various socioeconomic, racial, and familial backgrounds. The Daly City outpatient population (north San Mateo County) appears to show more uniformity in its socioeconomic status, with a majority falling into the low to lower-middle-income brackets. Youths served at the Redwood City office who reside in South San Mateo County tend to represent a broader socioeconomic range.

STARVISTA VICTIM IMPACT AWARENESS (VIA)

VIA is a trauma-informed, strengths-based educational program designed to teach empathy as it relates to the experience of trauma from victimization. StarVista hosts VIA classes using a curriculum that includes activities, videos, discussions, and guest speakers, all designed to help participants gain a better perspective on what it's like to be a victim of the crimes in which they have been charged. Information is limited on this program in this report for fiscal year (FY) 2021-22.

STARVISTA STRENGTHEN OUR YOUTH (SOY)

StarVista's Strengthen Our Youth (SOY) program serves the needs of at-risk students and families at three high schools and two middle schools in Daly City, South San Francisco, and Half Moon Bay. SOY is an early intervention program designed to increase developmental assets, school engagement, and family functioning. The SOY program has three main components: 1) substance use prevention, 2) individual and group therapy, and 3) parent support and education. In addition to the program's main components, SOY staff also provide family therapy, brief crisis intervention, and case management, which aids in connecting students and their families to community resources.

This past year, the SOY program served 203 clients. Services emphasized substance use prevention by offering individual and group sessions that focused on education about the effects of substances and skills for positive decision making. Additional topics of interest in individual and group sessions included healthy communication and relationships, managing conflict, emotion regulation, empowerment, and negotiating aspects of the current social and political climate.

STARVISTA CAMP KEMP

StarVista has been a community partner of Probation's Gaining Independence and Reclaiming Lives Successfully (G.I.R.L.S.) Program since 2005. The program is based on the principle of "gender responsiveness," which is a concept that female youths commit crime for different reasons than male youths.¹

The G.I.R.L.S. Program is an intensive program court-mandated for incarcerated female youth aged 13 to 18 who come from all over San Mateo County. In December 2006, the residential phase of the program transitioned from Youth Services Center - Juvenile Hall (YSC-JH) to Margaret J. Kemp Camp for Girls (Camp Kemp), a 30-bed facility. A female youth may receive counseling and therapy on different issues, depending on her needs. To support gender responsiveness for the G.I.R.L.S. Program, the following had been provided by StarVista for the G.I.R.L.S. Program in prior fiscal years.²

¹ <https://probation.smcgov.org/girls-program>

² In FY 2021-22, programming for clinical services was later amended and reduced from individual, group, and family therapy to group therapy only.

- Multi-Family Group Therapy: A 16-week Saturday program that engages parents, caregivers, and girls in improving communication and relationships
- Adolescents Group Therapy
- Expressive Art
- Mind Body Awareness
- Individual Therapy
- Family Therapy
- Alcohol and Other Drug (AOD) Individual Counseling

Female youths placed in the program have various issues, specifically trauma-related, substance abuse, mental health, and co-occurring disorders. The girls learn cognitive and independent living skills while the judge enforces accountability. G.I.R.L.S. is a three-phase program staged based on the custody status of the female youth: Phase 1 is for female youth in custody; Phases 2 and 3 are managed by Deputy Probation Officers (DPOs) when female youths are back in their communities.

Programmatic Challenges

StarVista staff noted the following challenges for youth and for their programs in FY 2021-22.

Insights program staff and clinicians continue to notice challenges in the community around high-risk behavior, including but not limited to gang involvement, drug dealing, breaking and entering, robbery, and excessive drug use. Conflicts appear to escalate very quickly, whether it be an internal or external escalation. As we have transitioned out of Shelter-In-Place, we still see the lingering effects COVID has had in the youth we serve from depression, anxiety, and interpersonal issues. Throughout this time, there has been a higher risk for overdoses, which is accounted for by increases in suicide attempts and ideation in the communities.

Clinical staff have also observed that substances are easily accessible and often used as medication for the internal suffering many youths experience. Youths can find substances with relative ease, whether it is in the community or on the internet. This places further emphasis on educating youths about wellness and healthy living, hoping to give young people the appropriate tools and information to make healthy decisions for themselves and their futures.

Substances that continue to present amongst Insights' youths are cannabis, alcohol, cocaine, Xanax, and opiate derivatives (pills and syrups). Cannabis use in different forms (oils, edibles, vaporizing) is most prevalent and makes it easier to avoid detection in public, thus making casual use easier and getting caught more difficult. With legalized adult use allowing greater accessibility in the community, staff believe that youths have another avenue to obtain cannabis. Considering the similar ease with which youth may obtain legalized substances like alcohol from adults and put themselves at risk. This puts an even greater emphasis on the need for early intervention and education about substance use.

Staff also reported a clear need for youths to be educated around the risks of cannabis use at an early age. Youths appear to be using cannabis with a level of casual display and fearlessness that exemplifies a clear lack of understanding of the risks and/or disregard for any potential consequences. Additionally, Insights' clinicians continue to hear reports regarding the ease with which the youth are 'vaping.' Finally, Xanax abuse remains prevalent and is being used in dangerous amounts. Obtaining prescribed Xanax is often too difficult, and youth resort to finding black market or fake Xanax, which is more dangerous.

STARVISTA INSIGHTS

Due to the reduction of court involved youth being referred, Insights has faced a reduction of referrals and clients served. Insights continues to collaborate with Behavioral Health and Recovery Services (BHRS) and Probation services to find alternative methods of delivery, which have been positively received, as Insights is able to provide a hybrid model for services. Also, Insights has worked closely with the Probation Department to amend the contract where unused funds from fiscal years 2020-21 & 2021-22 have been reallocated into FY 2022-23 to provide services under the Parenting Support Group.

Despite challenges, Insights described successes for the year, during which the residual effect of the pandemic and reduction of court involved referrals has impacted service provision:

- Insights has continued to provide services to clients in telehealth with success rates. Services through telehealth break the barrier of transportation. Clinicians have completed more screenings and assessed youths in their various life domains to ensure Insights provides services that best meet youth needs.
- Insights provides in person services if preferred by the client. Offices have safety protocols and supplies in place to reduce the risk of infection. For some clients the in-person services provide the normalcy of a structured space that provides that separation that some clients prefer.
- Insights continues to ensure prompt enrollment into our program by scheduling an intake appointment within a week of a first phone call to intervene quickly for high-risk clients, ensuring the provision of services while the motivation is still fresh, and increasing validation by showing the importance of their needs being met in a timely manner.
- Insights has continued to utilize and improve their file-keeping system to be paperless, utilizing electronic chart systems.
- Clinicians have observed positive group dynamics within the groups we provide, and youth appear to be forthright. StarVista staff continue to support youth around these concerns and offer alternative coping strategies/behaviors that will help establish pro-social behavioral responses to external factors.

STARVISTA SOY

Although presenting issues varied from individual to individual, an ongoing theme many students, teachers, and administrators dealt with during the school year was burnout. Clinicians worked with students on identifying stressors and triggers that contribute to burnout, and taught prevention and coping strategies (e.g., self-care techniques, self-advocacy skills, setting healthy boundaries, creating a dedicated support system among trusted peers, family members, and teachers). Many students were faced with the task of completing large quantities of unfinished assignments. This created overwhelming feelings of guilt and shame because of low motivation, procrastination, and the inability to focus on academic priorities. The clinicians' main objectives were to decrease feelings of shame, to collaborate with the students in creating a realistic plan of action, to increase self-compassion, and to initiate a healthy work/life balance.

Clinicians noted an increase in stress related to COVID, the highly publicized school shooting, and some stressful incidents at one of the schools (death of a student in a car accident, a community event that resulted in high police presence near the school, someone setting off the school shooter alarm). Clinicians were prepared to help students and personnel deal with these upsetting events, and were aware of the importance of processing feelings about disturbing events.

As was true last year, it sometimes was difficult to obtain consent to provide services that students wanted/needed. Once a clinician received a referral, they reached out to the student and/or parent to explain services, obtain consent, and schedule therapy sessions. Due to multiple challenges, including overall burnout of both parents and students, clinicians sometimes did not hear back from either and were unable to initiate mental health services with some of the referred students.

STARVISTA CAMP KEMP

StarVista reported the following challenges in their quarter one and two reports to Probation:

- Challenges engaging students while wearing protective face masks. This made it more difficult to hear the youth during group therapy in addition to the distance between the screens.
- The COVID-19 pandemic impacted clients' ability to maintain hope towards the future and work towards long-term goals. Multiple case management related challenges – struggles to find adequate housing for youth and for youth to obtain life skills through work, or peer activities were some impacts resulting from the pandemic.
- Challenges providing virtual services to mandated youth and parents. Engagement was difficult and there were many barriers to scheduling services, such as competing with other providers when Camp Kemp provides only two computers for youth to access at the same time.
- StarVista's YOBG contract with the County was amended, reducing the clinical services provided, from individual, group, and family therapy to group therapy only. As a result of this change, and in addition to changes in the juvenile justice system, the program struggled with the lack of referrals, and it was projected this would not be changing in the foreseeable future.

In consideration of these factors, StarVista determined that holding this program was no longer financially feasible for the agency, as well as rendering them unable to meet contractual commitments to interns who provided those clinical services. Thus, in addition to the limited number of girls at Camp Kemp, StarVista ended their counseling program at Camp Kemp in January 2022.

Evaluation Methods

Programs provided by StarVista are funded by San Mateo County Probation's (Probation) JJCPA, JPCF, and YOBG funding streams. StarVista monitors programs and reports client, service, and outcome data to Probation and its evaluator, Applied Survey Research (ASR). The methods and tools used to collect this data include:

- **Participants and Services:** Grantee programs collected demographic data (e.g., race/ethnicity, gender, etc.) and service data (e.g., type of services, hours of services, etc.) for individual participants. Program staff entered these data elements into their own data systems prior to transferring the data to ASR for analysis.
- **Risk Factors (JJCPA and JPCF only):** Grantee programs used two assessments, the Juvenile Assessment and Intervention System (JAIS) and the Child Adolescent Needs and Strengths (CANS) assessment, to provide a standard measure of risk, life functioning, and areas of strength and need for youths:
 - **JAIS:** Grantee programs used the Juvenile Assessment and Intervention System (JAIS) to provide a standard measure of risk for youths. This individualized assessment is a widely used criminogenic risk, strengths, and needs assessment tool that assists in the effective and efficient supervision of youths, both in institutional settings and in the community. It has been validated across ethnic and gender groups. The JAIS consists of a brief initial assessment followed by full assessment and reassessment components (JAIS Full Assessment and JAIS Reassessment). The JAIS assessment has two unique form options based on the youth's gender. Probation has elected to administer the JAIS to all youths receiving services in community programs for at-risk and juvenile justice involved youth. The JAIS Girls Risk consists of eight items, and the JAIS Boys Risk consists of ten items. Each assessment yields an overall risk level of 'low,' 'moderate,' or 'high.'
 - **CANS:** This is a multi-purpose tool developed for children's services to support decision-making in determining level of care and service planning, to facilitate quality improvement initiatives, and to allow outcome monitoring. The CANS consists of items scored on a four-point scale of 0-3, with a score of two or three indicating an actionable need. The assessment groups items into several core modules, including Youth Strengths, Risk Behaviors, Behavioral/Emotional Needs, Life Functioning, Caregiver Strengths and Needs, and Acculturation. Secondary modules that can be triggered by answers to specific core module items include School, Trauma, Substance Use, and Juvenile Justice.
- **Outcomes:** Like all JJCPA funded programs, StarVista reports on five justice-related outcomes for JJCPA program participants occurring within 180 days post entry. They are:
 - Arrests
 - Probation violations
 - Detentions
 - Court-ordered restitution completion
 - Court-ordered community service completion

In FY 2021-22, the outcome measures reported for StarVista include Arrests and Probation Violations. The prior year's cohort of program participants serves as the reference or comparison group to interpret FY 2021-22 outcomes.

Additionally, StarVista also collects 14 program-specific outcome measures to track progress toward its goal of improving outcomes for youths.

- ***Evidence-Based Practices:*** JJCPA, JPCF, and YOBG-funded programs are encouraged to follow evidence-based practices. To augment Probation's knowledge of which programs are being implemented by funded partners, each JJCPA- and JPCF-funded program has provided a catalog of its practices since the FY 2017-18 evaluation period. YOBG began this practice in FY 2020-21. After receiving this information, ASR runs each practice reported through several clearinghouses³ to determine whether the practice is an:
 - evidence-based theory or premise
 - evidence-based model, shown by multiple experimental or quasi-experimental studies to be effective
 - evidence-based practice or modality shown to promote positive outcomes
 - evidence-based tool or instrument that have been validated (concurrent and predictive)

³ For the full list of evidence-based practice clearinghouses used to evaluate programs, please see the JJCPA/JPCF Comprehensive Report for FY 2021-22.

Evaluation Findings

FISCAL YEAR 2021-22 HIGHLIGHTS

- The total number of youths served by StarVista programs was 247 youths who were served for an average of 12.8 hours and spent 4.4 months in the program.
- Insights served youths across the risk spectrum (54% scored 'low', 42% 'moderate', and 4% 'high' risk) while SOY primarily served youths who scored 'low' risk (96%) on the JAIS assessment.
- Insights assessed 83% of the youths using the CANS. Results for the 25 youths with baseline assessments in the current fiscal year indicate 64% had three or more actionable needs when they entered the program, primarily in Life-Functioning, Risk Behaviors, and Behavioral/Emotional Needs modules. The number of youths with Behavioral and Emotional needs including Juvenile Justice needs was lower on follow-up assessments compared with baseline assessments.
- SOY assessed 64% of the youths using the CANS. Results for the 125 youths with baseline assessments in the current fiscal year indicate 38% had three or more actionable needs when they entered the program, primarily in Life-Functioning, Behavioral/Emotional Needs, and Caregiver Support and Needs modules. The number of youths with Behavioral and Emotional needs and Life Functioning needs were lower on follow-up assessments compared with baseline assessments.
- A smaller percentage of JJCPA-funded youth served by Insights were arrested for a new violation or had a probation violation in FY2021-22 than in the prior fiscal years.

PROFILE OF YOUTHS SERVED

During FY 2021-22, StarVista served a total of 247 unique youths: Insights served 40 youths; SOY served 203 youths; and StarVista Camp Kemp served 4 youths (Exhibits 1-4). Individual demographic data from StarVista Camp Kemp were limited.

- **Insights (JJCPA):** Youths served by Insights received an average of 15.7 service hours per youth and an average service duration of 2.8 months. The average age of youths was 17.2 years. The majority of youths served by Insights were male (90%) with 10% identifying as female. Insights served a high percentage of Hispanic/Latino (70%) youths, followed by 8% identifying as Asian/Pacific Islander, multi-racial/multi-ethnic, or as another ethnicity (Other), 5% identifying as White/Caucasian, and 1% identifying as Black/African American. Fifty-two percent received individual counseling, 48% received group counseling, and 1% received family counseling.
- **SOY (JPCF):** Youths served by SOY received 11.9 hours of service on average per youth and spent 4.7 months in the program. The average age of youths was 14.8 years, and about half of youths identified as female (51%) and 49% identified as male. SOY served a high percentage of Hispanic/Latino (51%), followed by 26% of youths who identified as Asian/Pacific Islander, 9% identified as White/Caucasian, 6% identified as multi-racial/multi-ethnic or as another ethnicity (Other), and 2% identified as Black/African American. Twenty-nine percent received case management and/or collateral contact, 27% received behavioral health assessment, 25% received individual counseling, 12% received alcohol or other drug counseling, 3% received group counseling, and another 4% received other services.

- **Camp Kemp (YOBG):** Youths counseled in the G.I.R.L.S. Program at Camp Kemp received 28.8 hours of service on average per youth. No other demographic or program information was available.

Exhibit 1. StarVista Youth Services, All Probation Youths

YOUTH SERVICES	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22
All Probation Youths (JJCPA, JPCF, YOBG)					
Youths Served	Data not collected in prior fiscal years			212	247
Average Hours Served				12.9	12.8
Average Time in Program (Months)				4.9	4.4

Exhibit 2. StarVista Youth Services, by Program

YOUTH SERVICES	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22
INSIGHTS (JJCPA)					
Number of Youths Served	101	107	92	72	40
Average Number of Hours Served	15.3	16.5	16.6	19	15.7
Average Time in the Program (Months)	4.3	5.1	5.7	5.5	2.8
SOY (JPCF)					
Number of Youths Served	189	224	86	125	203
Average Number of Hours Served	7.5	5.8	19.5	10.5	11.9
Average Time in the Program (Months)	4.6	3.5	7.2	4.2	4.7
STARVISTA CAMP KEMP (YOBG)					
Number of Youths Served	Data not collected in prior fiscal years			15	4
Average Number of Hours Served				3.5	28.8
Average Time in the Program (Months)				8.4	-

Note: StarVista Camp Kemp data is limited for this report.

Exhibit 3. StarVista Race/Ethnicity Profile, by Program

PROGRAMS	HISPANIC/ LATINO	WHITE/ CAUCASIAN	BLACK/ AFRICAN AMERICAN	ASIAN/ PACIFIC ISLANDER	MULTI- RACIAL/ MULTI- ETHNIC	OTHER
Insights	70%	5%	1%	8%	8%	8%
SOY	51%	9%	2%	26%	6%	6%
StarVista Camp Kemp	-	-	-	-	-	-

SOY n=203; Insights n = 40. Note: Percentages may not total 100 due to rounding.

Exhibit 4. StarVista Gender and Age Profile, by Program

PROGRAMS	MALE	FEMALE	TRANSGENDER/OTHER	AVERAGE AGE OF YOUTH
Insights	90%	10%	0%	17.2
SOY	49%	51%	0%	14.8
StarVista Camp Kemp	-	-	-	-

SOY n=170; Insights n = 40. Note: Percentages may not total 100 due to rounding.

VIA classes were offered four times a year. According to quarterly narratives submitted to Probation, in FY 2021-22, a total of 21 youths attended VIA (Exhibit 5).

Exhibit 5. Youth Services – VIA

	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Number of Youths Served	6	3	5	7

RISK INDICATORS

Insights evaluated three risk indicators upon entry—whether the youth had an alcohol or other problem, a school attendance problem, and/or a suspension or expulsion from school in the past year. In FY 2021-22, one in ten (10%) youths had an alcohol or other drug problem at entry, a decrease of 28 percentage points from FY 2020-21 (Exhibit 6). Additionally, 42% of youths had an attendance problem (a slight decrease from 49% in the prior fiscal year), and 15% had been suspended or expelled in the past year (a 50% decrease from the prior year).

Exhibit 6. Risk Indicators at Program Entry, StarVista Insights

RISK INDICATORS AT PROGRAM ENTRY	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22
Alcohol or Other Drug Problem	66%	74%	61%	38%	10%
Attendance Problem	38%	29%	33%	49%	42%

Suspension/Expulsion in Past Year	44%	45%	48%	33%	15%
-----------------------------------	-----	-----	-----	-----	-----

FY 2021-22 n=24-30.

In FY 2021-22, StarVista Insights served clients across the risk spectrum (Exhibit 7). The 26 participants assessed using the JAIS had criminogenic risk levels predominantly at the ‘low’ (54%) and ‘moderate’ (42%) classification level, with 4% scoring as ‘high’ risk, similar to risk levels seen in FY 2020-21.

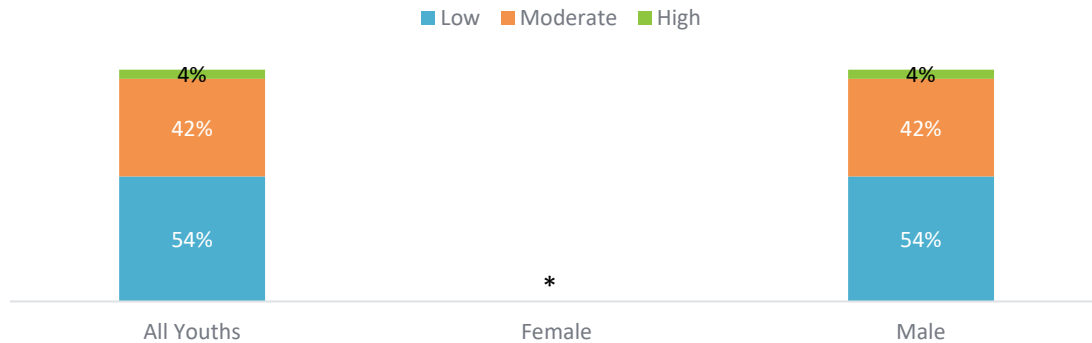
Exhibit 7. JAIS Risk Levels, StarVista Insights

JAIS RISK LEVEL	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22
Low	42%	46%	33%	57%	54%
Moderate	45%	43%	49%	39%	42%
High	13%	11%	17%	4%	4%

FY 2021-22 n=26. Note: Percentages may not total 100 due to rounding.

When disaggregated by gender (Exhibit 8), about half of self-identified males scored ‘low’ (54%) on the criminogenic risk scale. Only two females were assessed with the JAIS Girls Risk Assessment, and their scores have been suppressed due to sample size limitations.

Exhibit 8. Criminogenic Risk Level by Gender, StarVista Insights



All Youths n=26, Female n=2, Male n=24. *Indicates that data were suppressed due to a sample size below five.

In FY 2021-22, SOY primarily served youths who scored ‘low’ risk on the criminogenic risk spectrum (96%, Exhibit 9). As would be expected for a prevention-based service and similar to previous years, SOY has continued to serve youths who score ‘low’ on their JAIS Risk Assessment.

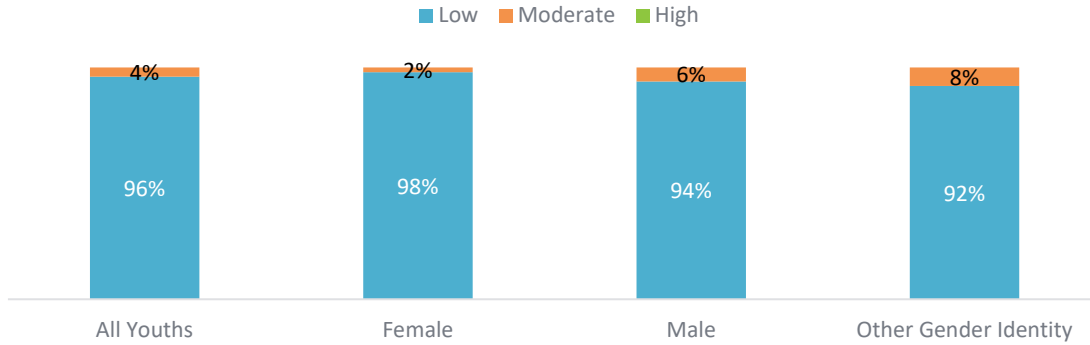
Exhibit 9. JAIS Risk Levels, StarVista SOY

JAIS RISK LEVEL	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 16-17
Low	94%	88%	89%	99%	96%
Moderate	6%	11%	12%	1%	4%
High	0%	2%	0%	0%	0%

FY 2021-22 n=104. Note: Percentages may not total 100 due to rounding.

Exhibit 10 shows that when the data were disaggregated by gender, youths scoring “Moderate” were distributed across gender categories.

Exhibit 10. Criminogenic Risk Level by Gender, StarVista SOY



All Youths n=103, Female n=55, Male n=36, Other Gender Identity n=12. Note: Risk scores for other gender identity combine risk scores for youths who did not self-identify as exclusively male or female, including transgender, gender nonconforming, nonbinary, genderqueer, questioning, and those who declined to answer. Percentages may not total 100 due to rounding.

YOUTH STRENGTHS AND SERVICE NEEDS

In FY 2021-22, StarVista Insights and SOY programs gathered CANS assessment data achieving a completion rate of 68% across programs. Insights assessed 37 of the 40 (93%) participants served at baseline and/or follow-up and SOY assessed 129 of 203 (64%) participants served at baseline and/or follow-up. A total of 150 youths had baseline assessments in the fiscal year (25 from Insights, 125 from SOY), and 119 youths had both a baseline (from any fiscal year) and follow-up assessment (given within the fiscal year; Exhibit 11).⁴

Exhibit 11. Number of Youths with CANS assessments by StarVista Program and Funding Stream

PROGRAM	BASELINE FY 21-22	BASELINE AND FOLLOW-UP
TOTAL	150	119
Insights	25	33
SOY	125	86

STARVISTA INSIGHTS

Baseline Assessment

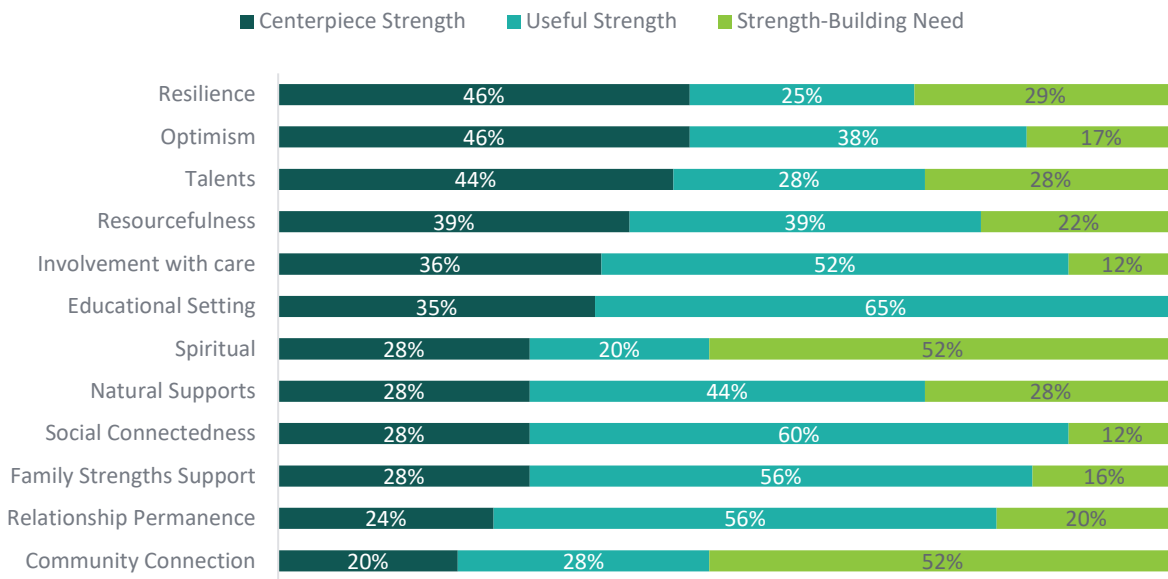
The average number of centerpiece or therapeutically useful strengths identified at baseline per youth was 8.7 out of 12, with 100% of youths identified with at least one strength. Insights participants had more strengths than all programs funded by San Mateo Probation, which averaged 6.1 strengths per youth, and 88% of youths possessing at least one strength. The data show that 100% of the youths served by Insights begin services with

⁴ Staff are certified to administer the CANS every 12 months. Of the 21 staff completing assessments 16 (76%) were certified for all or most of the fiscal year. This may have a small impact on the overall quality of the CANS assessment results.

the strengths involving their school (Educational Setting), a large increase from the percentage from the previous fiscal year (78%). The majority of youth have social networks and relationships to rely on (Social Connectedness, 88%) and were involved in their own care (Involvement in Care, 88%).

The data on youths’ strengths also suggest that, similar to other grantee programs, about half of Insights youth have the opportunity to build developmental assets in spiritual or religious involvement (52%) and connection to their community (52%).

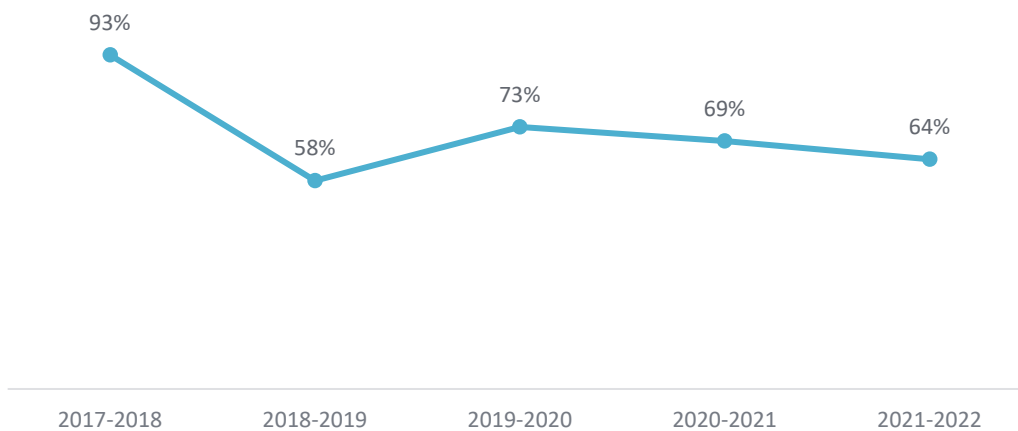
Exhibit 12. Percentage of Insights Youths with Each Strength at Baseline



n=17-25. Percentages may not total 100 due to rounding.

On baseline assessments (Exhibit 13), 64% of youths had three or more actionable needs, which is a slight decrease from the previous fiscal year.

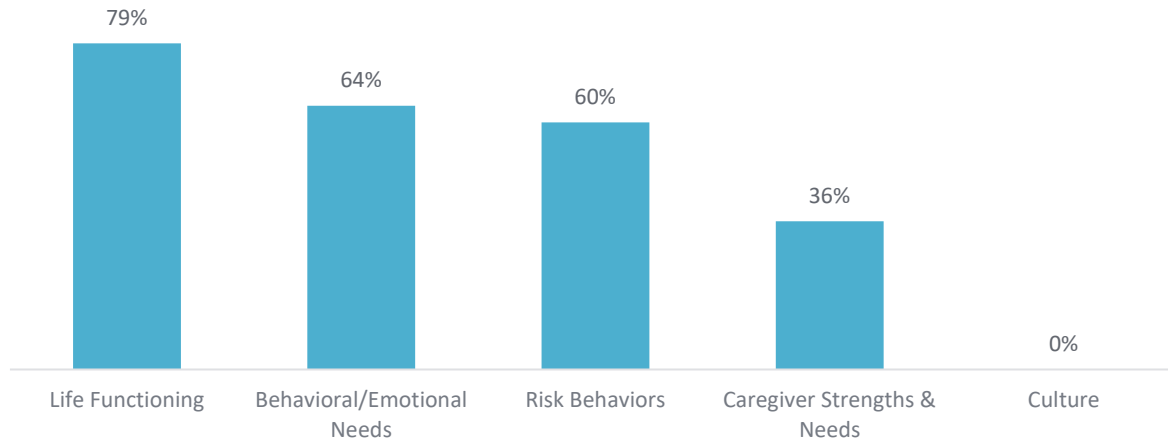
Exhibit 13. Percentage of Insights Youths with Three or More Actionable Needs at Baseline



n=25.

Exhibit 14 presents the percentage of youths administered a baseline CANS assessment having at least one actionable need in that module. A high number of youths had actionable needs, including in the areas of Life Functioning (79%), Behavioral and Emotional Needs (64%), and Risk Behaviors (60%).

Exhibit 14. Percent of Insights Youths with at Least One Moderate or Significant Need Per CANS Module at Baseline



n= 25.

These results indicate that many youths needed to take action to improve how they were functioning across individual, family, peer, school, and community realms, as well as address behavior that can lead to, or has led to, Juvenile Justice involvement.

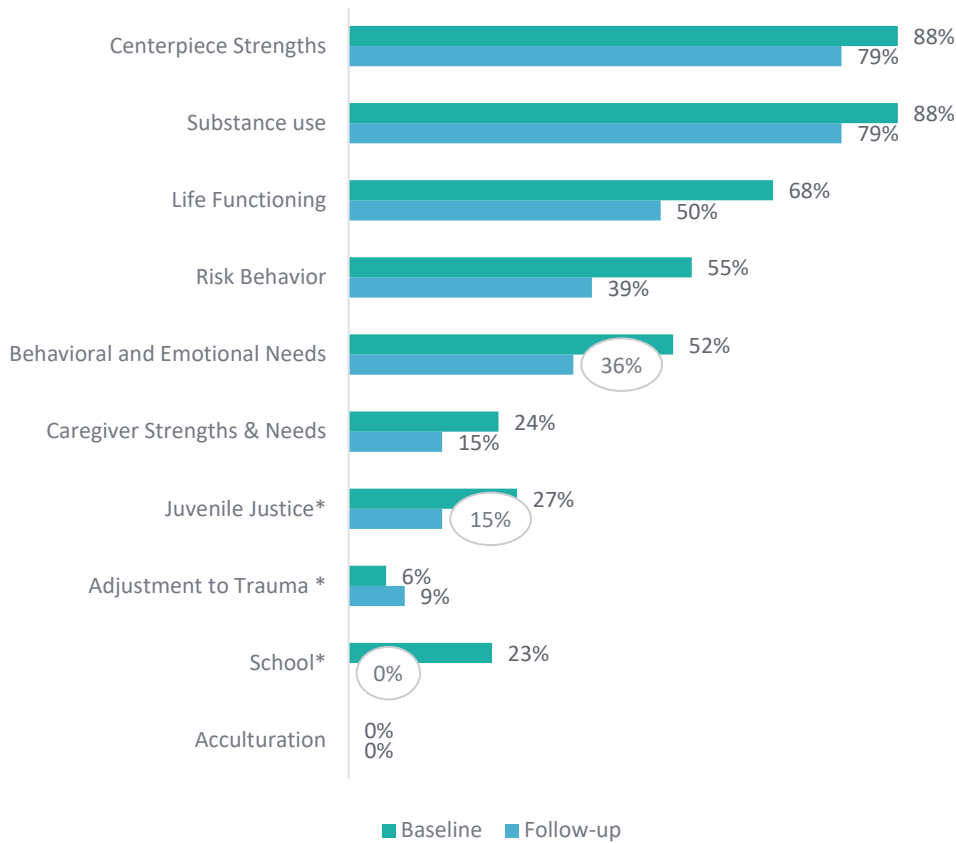
Change Over Time

To evaluate change in actionable needs over time, 33 youths who had a baseline (from any fiscal year) and a follow-up assessment in this fiscal year were analyzed. Only data from youths with at least one baseline and one follow-up assessment were included in the analysis.

The number of centerpiece strengths identified for youths served by Insights decreased slightly over time, from 88% to 79%, though this was not a statistically significant change. However, this downward trend suggests that Insights may want to promote youth maintenance of strengths in addition to cultivating new strengths whenever possible.

Exhibit 15 shows the percentage of youths with at least one actionable need at baseline and follow-up. The results show a significant 16 percentage point decrease in the number of youths with needs around behavioral and emotional functioning, a significant 23 percentage point drop in school needs, and a significant 12 percentage point drop in needs related to Juvenile Justice. Although there were no other statistically significant differences over time, all other modules (apart from Acculturation) showed a promising trend of a decrease in percentage points of youths with actionable needs from baseline to follow-up.

Exhibit 15. Decrease in Percentage of Insights Youths with CANS Actionable Needs Over Time



n= 31-33 for all modules except School (n=22). Note: Circles indicate statistically significant decreases from baseline to follow-up assessment using paired T-tests, p < .05. *Results include needs identified on core items or secondary modules.

To effectively address the needs of all youths served by Insights and to help inform the stakeholders of the strengths and needs of youths, continued attention should be paid to ensuring all youths are assessed with fidelity at both time points, and that data are entered into the data entry platform on all required modules.

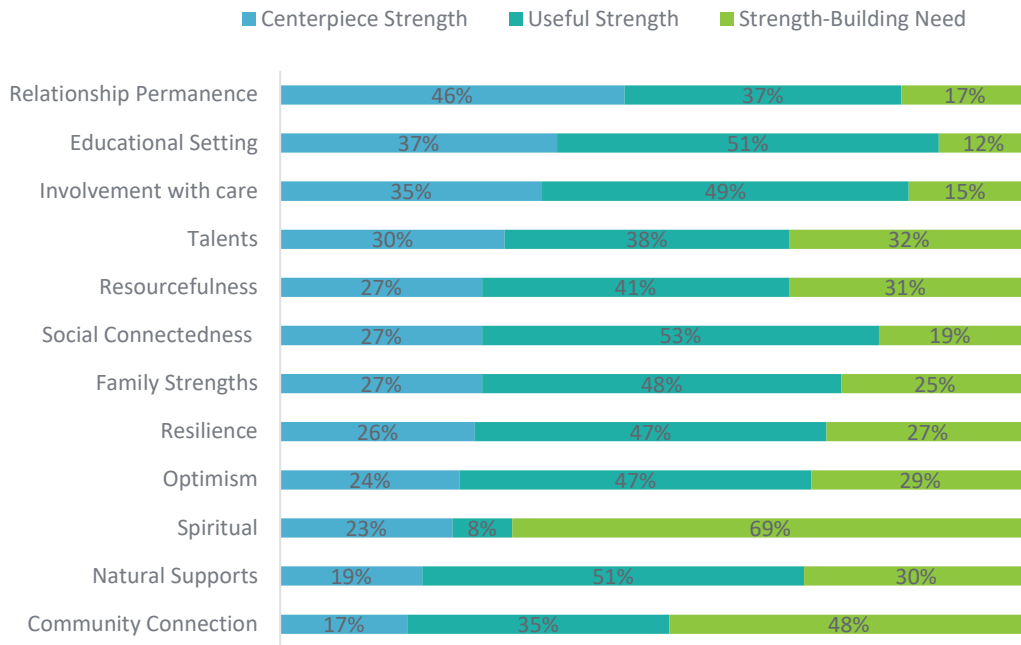
STARVISTA SOY

Baseline Assessment

The average number of centerpiece or therapeutically useful strengths identified at baseline per youth was 8.4 out of 12, with 98% of youths identified with at least one strength. SOY rated their 124 participants with baseline assessments in FY 2021-22 as possessing more strengths than all programs funded by San Mateo Probation, which averaged 6.2 strengths per youth, and 88% of youths possessing at least one strength. The data show that at least three quarters of youths served began services with the ability to enlist and rely on family members (Family Strengths, 75%; Relationship Permanence, 83%) as well as their Educational Setting (88%) and inner motivation (Youth Involvement, 85%) to further their growth and development, including addressing identified needs. Furthermore, 71% of youth endorsed Optimism as a strength, a 15% increase from the previous fiscal year (57%).

These data on youths’ strengths also suggest that, similar to other grantee programs, many SOY youths have yet to build developmental assets in spiritual or religious involvement (69%), and a connection to their community (Community Connection, 52%).

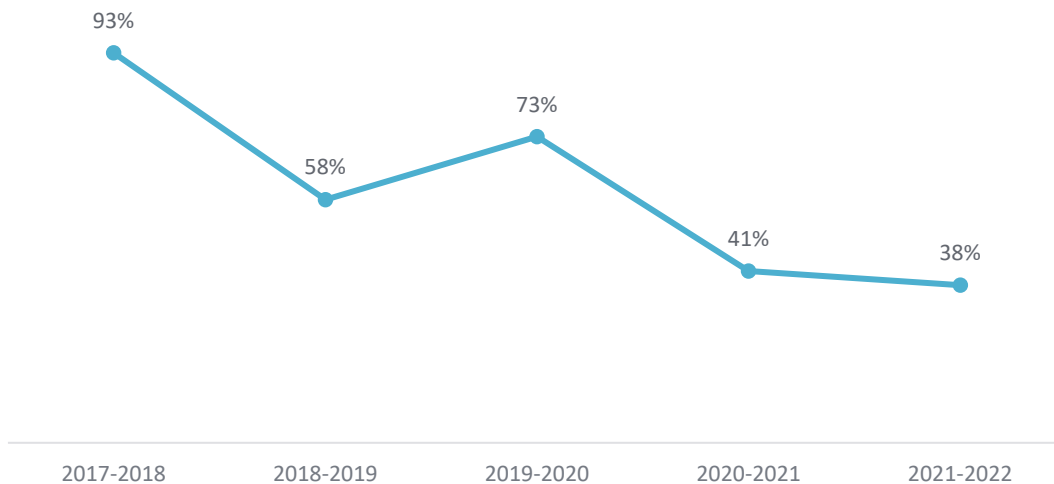
Exhibit 16. Percentage of SOY Youths with Each Strength at Baseline



n=124. Percentages may not total 100 due to rounding.

On baseline assessments (Exhibit 17), 38% of youths had three or more actionable needs, the lowest percentage in the last five fiscal years.

Exhibit 17. Percentage of Youths with Three or More Actionable Needs at Baseline

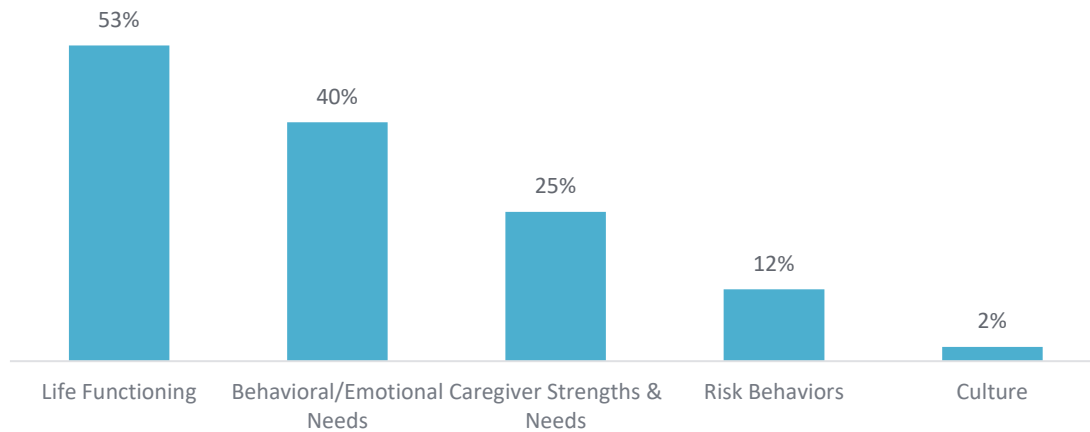


n=125.

Exhibit 18 presents the percentage of youths administered a baseline CANS assessment having at least one actionable need in that module. Half (53%) of the youths served had actionable needs in Life Functioning, meaning that a need to improve how they were functioning across individual, family, peer, school, and

community realms was identified. This need was followed by 40% of youths needing to address Behavioral or Emotional issues. Last, caregivers of 25% of youths had an actionable need to better support youths.

Exhibit 18. Percent of Youths with at Least One Moderate or Significant Need Per CANS Module at Baseline



n= 124-125.

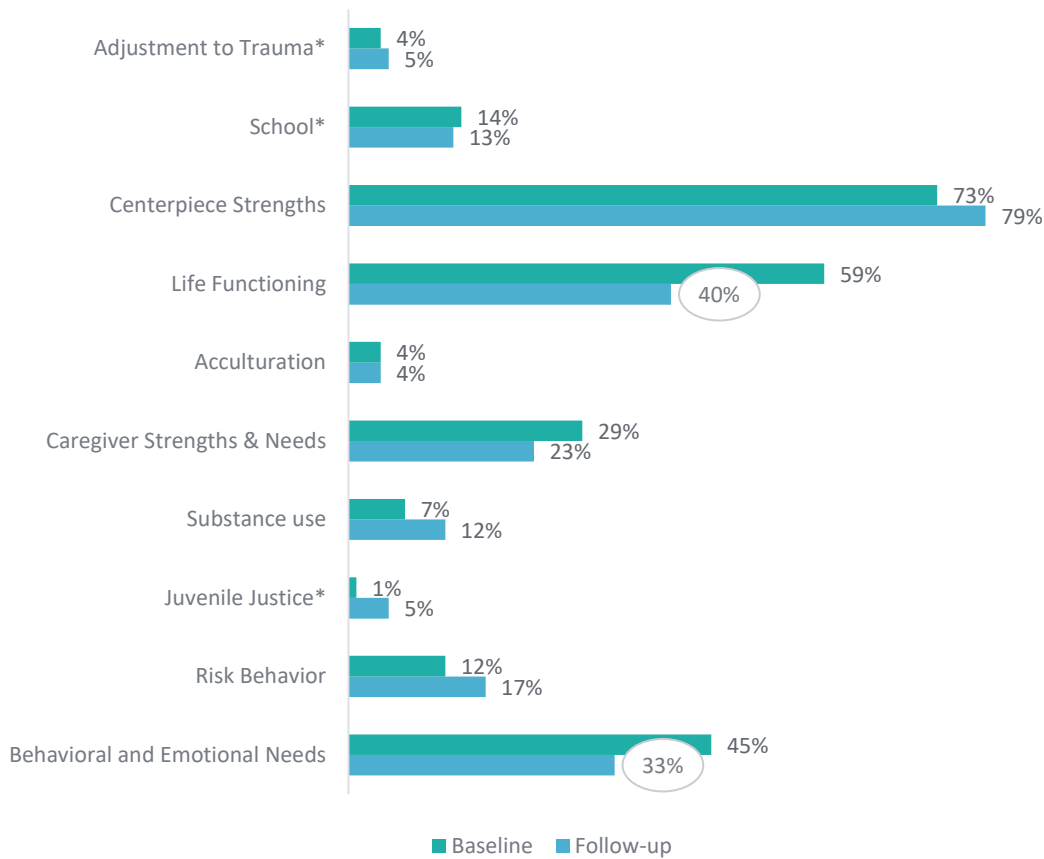
Change Over Time

To evaluate change in actionable needs over time, 86 youths who had a baseline (from any fiscal year) and a follow-up assessment (given in FY 2021-22) were analyzed. Only data from youths with at least one baseline and one follow-up assessment were included in the analysis.

The number of centerpiece strengths identified for youths served by SOY increased slightly over time, from 73% to 79%. This suggests that the program helped cultivate or identify actionable strengths for five youths (5%) who did not have an identified centerpiece strength at baseline.

Exhibit 19 shows the percentage of youths with at least one actionable need at baseline and follow-up. The results show a significant 19 percentage point decrease in the number of youths with life functioning needs and a significant 12 percentage point decrease in the number of youths with behavioral and emotional needs. This indicates that several youths experienced a resolution of moderate to significant needs in these areas. There were no other statistically significant findings, though risk behaviors, juvenile justice needs, and substance use needs increased by around 5%, suggesting emerging needs in youths.

Exhibit 19. Decrease in Percentage of SOY Youths with CANS Actionable Needs Over Time



N=84-86. Note: Circles indicate statistically significant decreases from baseline to follow-up assessment using paired T-tests, $p < .05$. *Results include needs identified on core items or secondary modules.

To effectively address the needs of all youths served by SOY and to help inform the stakeholders of the strengths and needs of youths, continued attention should be paid to ensuring all youths are assessed with fidelity at both time points, and that data are entered into the data entry platform on all required modules.

JUSTICE OUTCOMES

Exhibit 20 presents justice-related outcomes for 20 youths whose six-month post-entry evaluation milestone occurred in FY 2021-22, of which 17 were on formal probation. As presented below, the percentage of youths arrested for a new law violation and youths with a probation violation decreased from FY 2020-21.

Exhibit 20. Justice Outcomes (StarVista Insights, 180 Days Post Entry)

JUSTICE OUTCOMES	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22
Youths Arrested for a New Law Violation	12%	15%	18%	2%	0%
Youths with a Probation Violation	26%	29%	33%	20%	6%

FY 2021-22 n=20 for Youths Arrested for a New Law Violation, n=17 for Youths with a Probation Violation.

PROGRAM SPECIFIC-OUTCOMES

StarVista’s goal for CANS completion rate for the youth participants was 95%. They fell short of that goal, at 68% (Exhibit 21). StarVista was also to have all of their users and trainers current with their certification, and they fell short that goal; 15 out of 21 staff were certified for most or all of the year.

Exhibit 21. Program-Specific Outcomes – CANS

CANS DATA COLLECTION	FY 21-22 TARGET	FY 21-22 RESULTS
CANS Completion Rate	95%	68%
CANS Users/Trainers Current with (Re)Certification	100%	71%

- This year Insights set and met both program goals for their youths to achieve over the course of the fiscal year (Exhibit 22): improvements in decision-making and progress toward an identified goal.
- The VIA program (Exhibit 23) met two of their three goals: youth having an increased understanding of the impact of their criminal behavior and youth who engage in mediation and accomplish a plan of reparation with their victims.
- SOY (Exhibit 24) had three measures this year based on the CANS assessment: decrease in needs in life function domains, in risk behaviors, and behavioral/emotional needs. SOY did not meet their goal for improvement in any area.
- StarVista withdrew from its contract providing counseling services at Camp Kemp effective January 2022 due to a drop in referrals. StarVista was unable to report on any of program-specific outcomes for FY 2021-22 (Exhibit 25).

Exhibit 22. Insights Program Outcomes – JJCPA

PROGRAM-SPECIFIC OUTCOMES	FY 17-18	FY 18-19	FY 19-20	FY 20-21	FY 21-22 TARGET	FY 21-22 RESULTS
Percentage of Participants Showing Progress Toward an Identified Goal	87%	97%	92%	84%	80%	90%
Percentage of Participants Showing Improvement in Decision Making	87%	96%	88%	84%	80%	80%
Percentage of Participants Showing Improved Relationship Skills	89%	93%	93%	81%	N/A	60%

Exhibit 23. VIA Program Outcomes – JJCPA

PROGRAM-SPECIFIC OUTCOMES	FY 20-21	FY 21-22 TARGET	FY 21-22 RESULTS
Percent of youth who demonstrate an increased understanding of the impact of their criminal behavior on victims and the community	75%	85%	100%*
Percentage of youth who engage in mediation and accomplish a plan of reparation with their victims	60%	35%	80%
Youth self-report survey completion rate	75%	95%	N/A**

*100% of the 5 out of 7 youth who completed the program. **Youth self-report surveys have not been collected during telehealth.

Exhibit 24. SOY Program Outcomes

PERFORMANCE MEASURE: Percentage of students who demonstrate...	FY 18-19	FY 19-20	FY 20-21	FY 21-22 TARGET	FY 21-22 RESULTS
Decrease in needs in life function domains	52%	31%	15%	70%	46%
Decrease in risk behaviors	36%	8%	69%	70%	50%
Decrease in behavioral/emotional needs	46%	24%	0%	70%	53%

Exhibit 25. StarVista Camp Kemp Program Outcomes

PROGRAM-SPECIFIC OUTCOMES	FY 20-21	FY 21-22 TARGET	FY 21-22 RESULTS
Percent of youth participating in group and/or individual therapy who report services were helpful in improving emotional regulation ability.	Group: 50% Individual: 75% Mean: 60%	75%	N/A*
Percent of youth participating in group and/or individual therapy who report services were helpful in reducing the need for substances.	Group: 100% Individual: 90% Mean: 95%	70%	N/A*
Percent of youth participating in group and/or individual therapy who report services were helpful in improving pro-social behaviors.	Group: 80% Individual: 80% Mean: 80%	75%	N/A*

*Indicates that outcomes were unavailable. StarVista terminated services at Camp Kemp in January 2022 due to low population.

EVIDENCE-BASED PRACTICES

In FY 2021-22, StarVista programs were asked to provide the practices and curricula they employed in their programs (Exhibits 26-28). As StarVista’s role with G.I.R.L.S. Program (Camp Kemp) ended in January 2022, StarVista did not provide an updated list of practices. What is included for StarVista Camp Kemp is the list from FY 2020-21. ASR evaluated the given practices to determine whether the programs were evidence-based or promising practices based on a search of evidence-based practice clearinghouses.

Exhibit 26. Insights – Evidence-Based Practices

CURRICULUM	CURRICULUM IMPLEMENTATION	RATING
Seeking Safety	Seeking Safety is a present-focused therapy to help people attain safety from symptoms of trauma/PTSD and substance abuse. Topics most commonly applied at Insights include safety, self-empowerment, substance use, high-risk behavior, honesty, asking for help, healthy relationships, community resources, compassion, creating meaning, self-care, coping skills, identifying triggers, and life choices. Insights clinicians receive on-going training and continue to develop creative and interactive ways of engaging clients in the material, using various modalities of therapy.	Promising research evidence according to The California Evidence-Based Clearinghouse for Child Welfare, with a rating of 3 on a scale from 1 to 5 (with 1 as well-supported with evidence and 5 as concerning). ⁵

⁵ California Evidence-Based Clearinghouse for Child Welfare. (2020). Seeking Safety (Adolescent version). <https://www.cebc4cw.org/program/seeking-safety-for-adolescents/>

<p>Motivational Enhancement Therapy (MET)</p>	<p>Insights clinicians utilize principals of Motivational Interviewing and MET to support clients who may be ambivalent about changing maladaptive behaviors. The therapist meets the client where they are and does not attempt to change the client in any way. Rather, the therapist supports the client in identifying values and goals, and how these align or not with their current behaviors and thought processes.</p>	<p>Noted as evidence-based by program but could not be confirmed. MET uses evidence-based motivational interviewing, which is evidence-based practice according to the Center for Evidence-Based Practices.⁶ Elsewhere it is rated as research-based for children in mental health treatment⁷, but the Office of Justice Programs rates the use of motivational interviewing for juvenile substance abuse as having “no effect” for clients age 14-19.⁸</p>
<p>Mindfulness-Based Substance Abuse Treatment (MBSAT)</p>	<p>Insights clinicians also utilize the MBSAT for adolescent curriculum to enhance youth awareness around multiple areas of need. Clinicians work together to continue to develop creative and interactive ways of engaging clients in the material in all modalities of therapy.</p>	<p>A promising practice based upon scientific literature.⁹</p>
<p>Trauma-Informed Practice</p>	<p>Therapists are trained in understanding the impact of complex trauma on the youth and effective ways to address this as an integral part of the therapy.</p>	<p>The Trauma-Informed approach is evidence-based practice according to SAMHSA.¹⁰</p>

⁶ Center for Evidence-Based Practices (2018). Motivational Interviewing. Case Western Reserve University. <https://www.centerforebp.case.edu/practices/mi>

⁷ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

⁸ OJJDP Model Program Guide. (2011). Practice Profile: Motivational Interviewing (MI) for Substance Abuse Issues of Juveniles in a State Facility <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=180>

⁹ Marcus, M. T., & Zgierska, A. (2009). Mindfulness-Based Therapies for Substance Use Disorders: Part 1 (Editorial). Substance Abuse: Official Publication of the Association for Medical Education and Research in Substance Abuse, 30(4), 263. <http://doi.org/10.1080/08897070903250027>

¹⁰ SAMHSA. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

Exhibit 27. SOY – Evidence-Based Practices

CURRICULUM	CURRICULUM IMPLEMENTATION	RATING
<p>Seeking Safety</p>	<p>Najavits, L.M. (2002). Seeking Safety is a coping skills approach to help people attain safety from trauma and/or addiction. It is present-focused and designed to be safe, optimistic, and engaging. Key principles include: safety as the overarching goal; integrated treatment; focus on ideals to inspire hope; cognitive, behavioral, and interpersonal content; and attention to clinician processes.</p>	<p>Promising research evidence according to The California Evidence-Based Clearinghouse for Child Welfare, with a rating of 3 on a scale from 1 to 5 (with 1 as well-supported with evidence and 5 as concerning).¹¹</p>
<p>Dialectical Behavior Therapy (DBT)</p>	<p>Linehan, M. M. (2015). Developed in the 1980s, DBT was originally designed to help people suffering from borderline personality disorder. However, it has also been effective for mood disorders and changing harmful behavioral patterns. As a modified form of Cognitive Behavioral Therapy, DBT focuses on the dialectics of acceptance and change to help both the client and clinician through difficult presenting issues.</p>	<p>Research-based for youth in state institutions and self-harming behavior. Promising for substance use disorder.¹²</p>
<p>Trauma-Informed Systems</p>	<p>The National Child Traumatic Stress Network (2016). A trauma-informed child and family service system is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers, and service providers. Programs and agencies within such a system infuse and sustain trauma awareness, knowledge, and skills into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to maximize physical and psychological safety, facilitate the recovery of the child and family, and support their ability to thrive.</p>	<p>The Trauma-Informed approach is evidence-based practice according to SAMHSA.¹³</p>

¹¹ California Evidence-Based Clearinghouse for Child Welfare. (2020). Seeking Safety (Adolescent version). <https://www.cebc4cw.org/program/seeking-safety-for-adolescents/>

¹² Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

¹³ SAMHSA. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

Exhibit 28. StarVista Camp Kemp – Evidence-Based Practices

CURRICULUM	CURRICULUM IMPLEMENTATION	RATING
Cognitive Behavioral Therapy (CBT)	Using psychoeducation to address automatic negative thoughts, including practice worksheets, giving assignments, and assigning activity projects	Evidence-based for child trauma and anxiety. Research based for children with depression prodromal psychosis. Not statistically significant for relevant outcomes for court-involved youth and children with ADHD. ¹⁴
Dialectical Behavior Therapy (DBT)	Using four components of DBT, including practice worksheets and activities (movement and role playing)	Research-based for youth in state institutions and self-harming behavior. Promising for substance use disorder. ¹⁵
Social-Emotional Learning (SEL)	Using five components of SEL skills, and assigning activity projects	The practice of SEL was rated effective in reducing students’ conduct problems and emotional stress. ¹⁶
Client-Centered Talk Therapy/Art Projects	Using expressive arts interventions (e.g., drawing, journaling, poetry, music, dance) during client-centered talk therapy	Although not recognized as evidence-based or promising practice on its own, many recognized evidence-based practices feature a client-centered approach.

CLIENT STORIES

StarVista Insights and SOY staff provided client stories to help illustrate the effect of their services in FY 2021-22 (Exhibits 29 and 30). StarVista Camp Kemp did not provide a client success story due to program termination in January 2022.

Exhibit 29. Insights Client Story

Name of Client	Martin
Age and Gender	18-year-old Hispanic/Latino male
Reason for Referral	He was initially referred to the program for issues with substance use, primarily marijuana. Martin’s first and only legal trouble occurred on school grounds and involved a physical altercation.

¹⁴ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

¹⁵ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

¹⁶ OJJDP Model Program Guide. (2015). Practice Profile: School-Based Social and Emotional Learning (SEL) Programs. <https://crimesolutions.ojp.gov/ratedpractices/39#pd>

<p>Client’s Behavior, Affect, and Appearance When They First Started in the Program</p>	<p>When he first began the program, Martin was very resistant to discussing this altercation and would often shut down when confronted with what brought him to counseling. During initial sessions, Martin’s participating was dependent on the topic at hand. He often struggled to discuss mental health concerns or any negative symptoms he may be experiencing but did not hesitate to openly discuss his substance use and interpersonal relationships. He demonstrated fairly good insight into his own behaviors at times and exhibited a clear motivation to successfully complete the program.</p>
<p>Activity Engagement and Consistency</p>	<p>As the therapeutic alliance began to build, Martin became more engaged in individual and group sessions. This was primarily seen in his initiative to direct the session agenda each week. Martin expressed a desire to make the most out of his time in the program and after the first few weeks, he was able to do just that. Martin showed curiosity in how to create and maintain healthy relationships, how to manage his substance use, and how to prioritize positive coping and self-care.</p>
<p>Client’s Behavior, Affect, and Appearance Toward the End of the Program</p>	<p>As the weeks went by, Martin began to feel more comfortable sharing more emotionally significant experiences. He discussed how COVID-19 and his probation had affected his family, feelings of shame and guilt that were born out of his probation, and stress related to a pressure to provide for his loved ones.</p>
<p>What The Client Learned as a Result of the Program</p>	<p>His clinician used Mindfulness techniques to assist Martin in gaining more emotional awareness through the practice of meditation and self-reflection. In one session, they worked on utilizing progressive muscle relaxation to deal with negative emotions.</p>
<p>What the Client is Doing Differently in Their Life Now as a Result of the Program</p>	<p>The next week, Martin reported that he had used the guided progressive muscle relaxation script over the weekend to self-soothe before bed. This was especially significant since Martin had primarily been smoking marijuana before bed in an effort to relax and have better sleep. This was a huge step in his progress at Insights.</p>
<p>The Value of the Program in the Client’s Words</p>	<p>At the last day of the 12-session program at Insights, Martin discussed several ways in which the program facilitated his growth and emotional maturity. Martin was motivated to take what he learned in session and continue to apply it in the future. He hopes to continue working on managing his substance use so that it does not negatively impact his life and continue working towards getting his own apartment and becoming more self-sufficient. Martin also showed impressive motivation and resilience when he took the initiative to have his record sealed following his graduation.</p>

Exhibit 30. SOY Client Story

Name of Client	Sandra
Age and Gender	16-year-old cis-gendered female
Reason for Referral	Sandra was referred for individual services for panic attacks, anxiety, and strained peer relationships.
Client's Behavior, Affect, and Appearance When They First Started in the Program	Sandra reported that her panic attacks would come out of nowhere, there were no known triggers, and she maintained a very cavalier attitude as to the severity of the symptoms. Sandra's panic attacks were experienced multiple times a week and not solely within the school environment but at home as well (many times when she was home alone, creating a safety issue). Symptoms included shortness of breath, rapid heartbeat, muscle tension, and dissociation (at times blackouts). The safety issues included incidents of waking from sleep and immediately experiencing panic, and an incident where she had passed out during a panic attack with her friend present. Her friend acted appropriately and called for an ambulance due to loss of consciousness.
Activity Engagement and Consistency	<p>Through building a trusting and safe environment with Sandra the counselor discovered that Sandra had a fear of losing privileges and freedoms from her parents if the severity of the panic attacks were to be revealed. Sandra believed her parents would react fearfully and not let her go out with friends and live a normal life. Sandra shared that both of her older brothers had a history of panic attacks that required medical attention. The counselor helped Sandra learn ways to communicate her concerns to her parents, and ways to collaborate with medical professionals while exercising greater self-agency.</p> <p>A few months into treatment, Sandra revealed a history of trauma. The counselor helped her make the connection between the trauma and the panic attacks. The counselor provided psychoeducation around various trauma responses. The counselor encouraged Sandra to share all symptoms with doctors, her parents, and older brothers so she could get the support she needed.</p> <p>The counselor taught Sandra grounding techniques and ways she could move back into the here and now when she found herself dissociating or was experiencing panic attacks.</p>
Client's Behavior, Affect, and Appearance Toward the End of the Program	Sandra demonstrated decreased anxiety, an increased ability to ground herself when she became emotionally overwhelmed or dissociative, increased willingness to share her thoughts and feelings with others and to express her needs, and increased self-agency.
What The Client Learned as a Result of the Program	Sandra learned skills to manage her anxiety, communicate her concerns, and obtain support. She learned how traumatic experiences likely influenced her anxiety. She learned the importance of self-acceptance and self-care.

<p>What the Client is Doing Differently in Their Life Now as a Result of the Program</p>	<p>Towards the end of the school year, Sandra’s panic attacks decreased and she reported one week without any episodes. Sandra trusted the counseling process and was open to trying new ways of handling stressful situations, along with demonstrating a commitment to self-acceptance and self-care.</p>
<p>The Value of the Program in the Client’s Words</p>	<p>Upon termination Sandra shared the positive impact she experienced from weekly counseling services, how she repaired the strained relationship with her cousin, and how she shared with her older brothers and other family members strategies to deal with anxiety and panic attacks.</p>