

# Are You **OK**, Fam?

Oklahoma's Family, Youth, and Young Adult Developed Measure of Family Dynamics and Functioning







Presented by:



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# Oklahoma Systems of Care

OKSOC provides services to children, youth, and young adults experiencing serious emotional disturbance. OKSOC began in 2 communities in 1999. State and federal financing and the active sponsorship of the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) have helped OKSOC expand across the state and increase the number of families and children, youth, and young adults served.

OKSOC supports, maintains, and grows local systems of care communities by providing infrastructure, training and technical assistance, and staff professional development. Care is delivered using an integrated team that comprehensively addresses physical, mental health and substance use disorder treatment needs with a goal to ensure access to appropriate services, improve health outcomes, reduce preventable hospitalizations and emergency room visits, and avoid unnecessary care.





# OKSOC is Family-Driven and Youth/Young Adult-Guided

Families have a primary decision-making role in the care of their children as well as in the policies and procedures governing care for all children in their community, state, Tribe, territory, and nation.

Youth and young adults are engaged as equal partners in creating systems change in policies and procedures at the individual, community, state, and national levels.

Family and youth/young adult experiences, their visions and goals, and their perceptions of strengths and needs guide decision-making about all aspects of service and system design, operation, and evaluation.

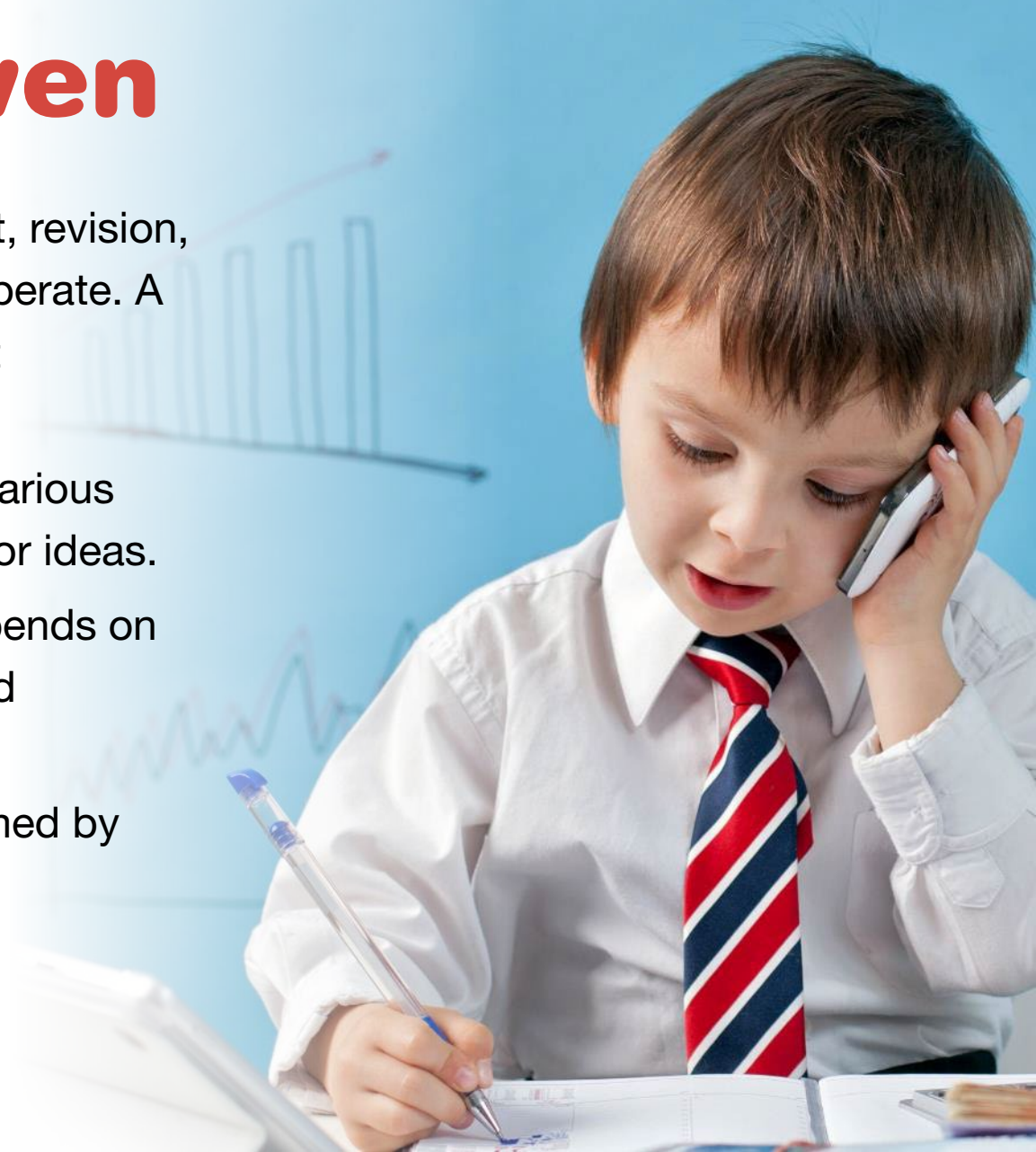
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# OKSOC is Data-Driven

Data-informed organizations have the use of assessment, revision, and learning built into the way they plan, manage, and operate. A data-informed organization has continuous improvement embedded in the way it functions.

- We understand that developing our positions on various issues requires more than opinions, assumptions or ideas.
- Indeed, the credibility of the family movement depends on our ability to bring forth accurate, reliable and valid information.
- The underlying premise is simple. The more informed by data, the better the decision.





# How Families, Youth, and Young Adults Contribute to Data-Informed Decision-Making

Family members can impact decisions in:

- Local Family-Run Organizations
- Governance Committees
- Community Meetings
- Parent Teacher Associations
- Support Groups
- Peer to Peer Programs
- Advisory Boards



# OKSOC Evaluation

Evaluation is an integral part of Systems of Care and provides evidence documenting:

- service utilization,
- program effectiveness, and
- system costs.

The evaluation of Oklahoma Systems of Care is essential to maintain and grow funding to provide services for Oklahoma children, youth, young adults, and families across the state.

Our data allows us to prove that Oklahoma Systems of Care helps better lives and uses funding efficiently and with maximum impact.

# OKSOC Evaluation

## State evaluation committee

- Evaluators from E-TEAM at the University of Oklahoma
- ODMHSAS management leadership and staff
- Community provider leadership and staff
- Family members
- Youth and Young Adults

E-TEAM designed and maintains a statewide evaluation data collection effort through the evaluation portal—EON—a secure, web-based application which provides real-time access to evaluation and program monitoring.







# OKSOC Assessments

Assessments are administered at baseline and at 6-month intervals thereafter.

## OKSOC Assessments

- Days Out of Home Placement
- School (Suspensions, Detentions)
- Self-Harm
- Contacts with Law Enforcement

## Ohio Scales

- Parent/Caregiver, Youth, and Worker reports
- Problems and Functioning scores that can be interpreted as clinically significant
- Levels of clinically significant impairment and improvement

## OKSOC Family Assessment

- Parent/Caregiver and Youth reports
- Family Functioning levels of impairment and improvement



# OKSOC Outcomes

All OKSOC outcomes measures continue to show **substantial positive program impacts.**

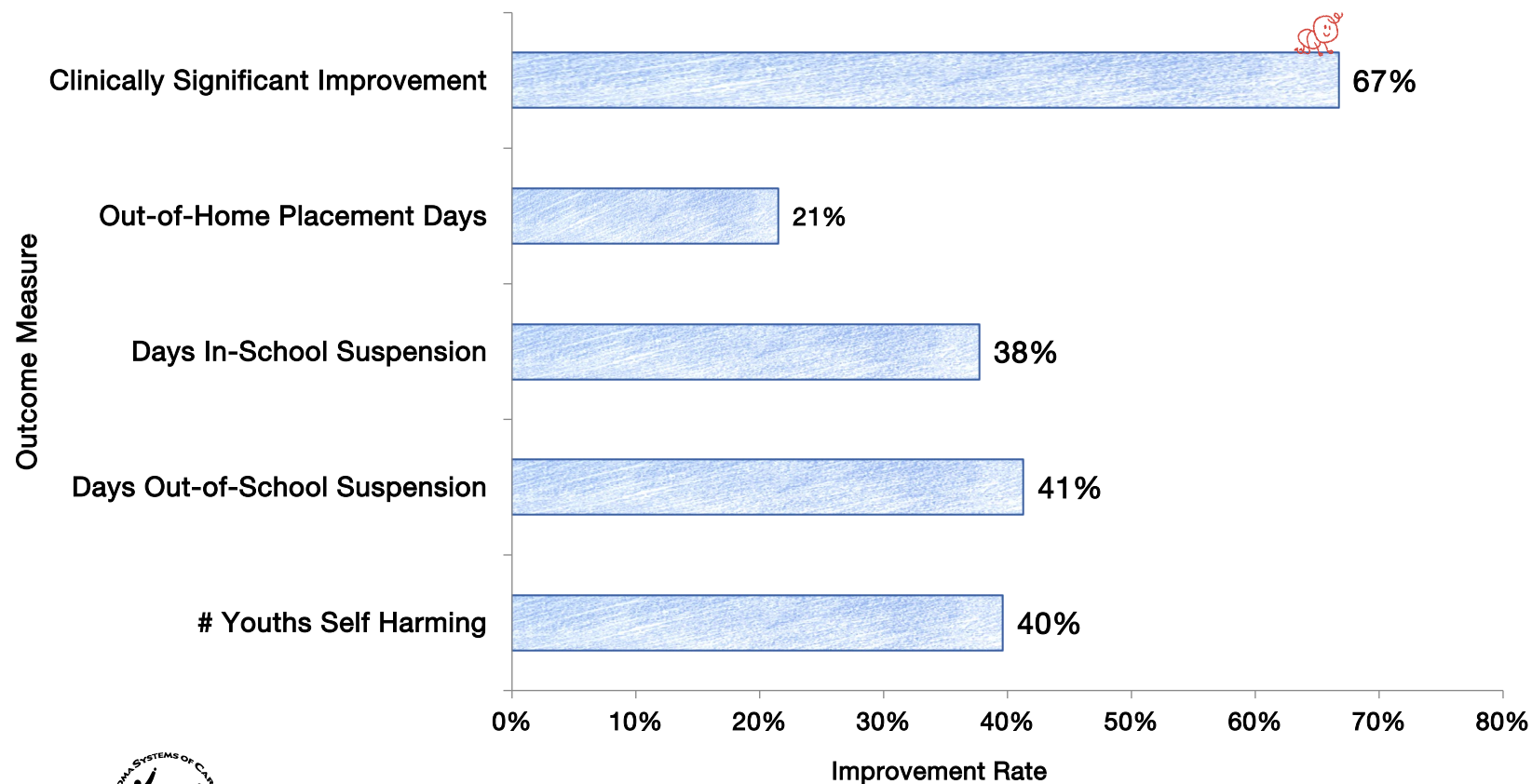
- Decreases in school suspensions and detentions,
- Decreases in contacts with law enforcement,
- Decreases in self-harm and suicide attempts,
- Clinically significant decreases in problem behaviors; and
- Clinically significant improvement in functioning.





# OKSOC Outcomes for Children, Youth, and Young Adults Served Fiscal Years 2018-2021.

Baseline to 6-month Improvement in Outcome Measures  
(N=17642)



# Why a Family Assessment?



To Tell a Family's Story.

To Hear a Family's Story.



To Make Families' Stories Count!







# OKSOC Family Assessment

The OKSOC data system is rich in client and child/youth/young adult detail but has little family-centric data with which to measure outcomes.

OKSOC engages families, youth, and young adults in the evaluation in multiple ways—including developing assessment questions and interpreting data.

OKSOC Coordinator of Family Involvement, family members, and E-TEAM evaluators developed the OKSOC Family Assessment.

- 10 item survey.
- Lower scores represent better functioning.
- Administered at baseline and every 6 months to caregivers and youth/young adults aged 9 and up.



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# OKSOC Family Assessment

Measures caregivers', youth' and young adults' perceptions of various family dynamics.

Allows providers to engage families in talking about

- where the family has been,
- where the family is now, and
- where the family wants to go.

Allows providers to support and validate families

- track progress,
- re-evaluate goals, and
- intervene when needed.





# OKSOC Family Assessment

OKSOC Family Assessment	Strongly Agree	Agree	Somewhat Agree	Somewhat Disagree	Disagree	Strongly Disagree
1. We get along in my family.	0	1	2	3	4	5
2. We know how to work problems out in my family.	0	1	2	3	4	5
3. I feel safe in my home.	0	1	2	3	4	5
4. I know what the rules are in my family.	0	1	2	3	4	5
5. We trust each other in my family.	0	1	2	3	4	5
6. You can say what you really think in my family.	0	1	2	3	4	5
7. My family is there for me.	0	1	2	3	4	5
8. I know what to expect from my family.	0	1	2	3	4	5
9. It's ok to talk about my feelings with my family.	0	1	2	3	4	5
10. My family spends time having fun.	0	1	2	3	4	5

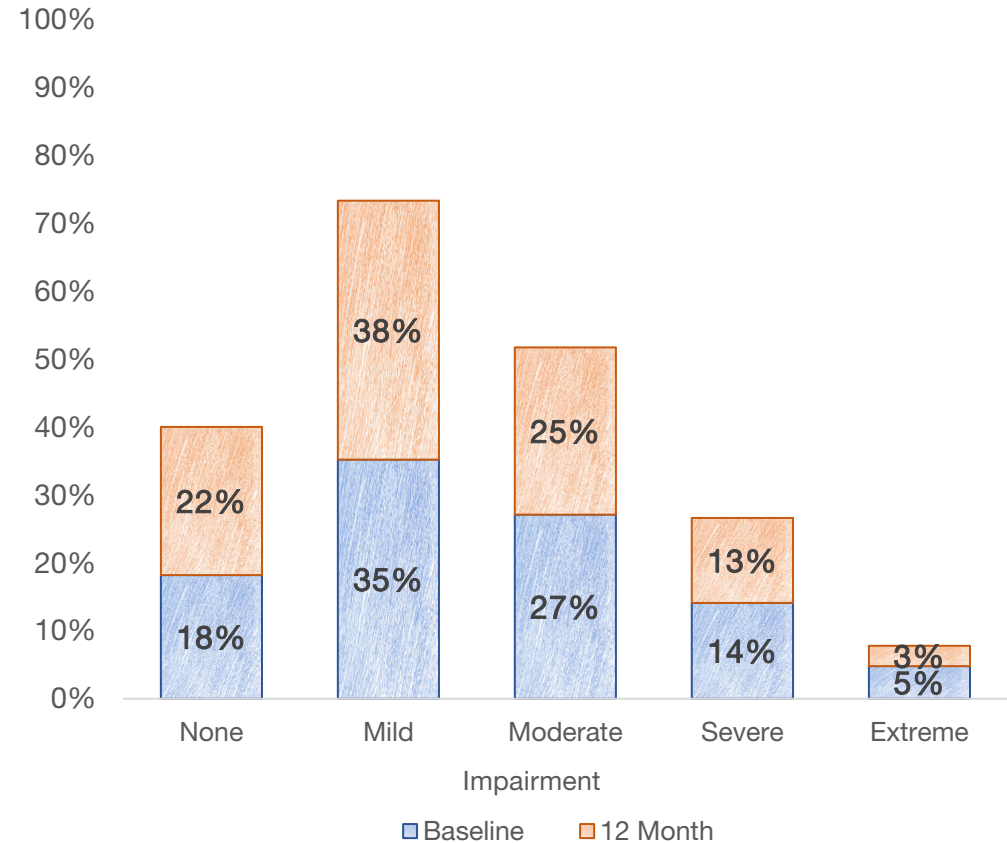
Rating	Score
0 None	0-5
1 Mild	6-15
2 Moderate	16-25
3 Severe	26-35
4 Extreme	36-50

# Caregiver Ratings of Family Dynamics

Most caregivers rated the impairment of their family functioning at the mild level.

Caregivers rated their family functioning as improving during their OKSOC enrollment.

- 18% of caregivers scored their family dynamics at no impairment at baseline, while 22% did so at 12-month follow-up.
- 5% of caregivers scored their family dynamics at extreme impairment at baseline, while 3% did so at 12-month follow-up.

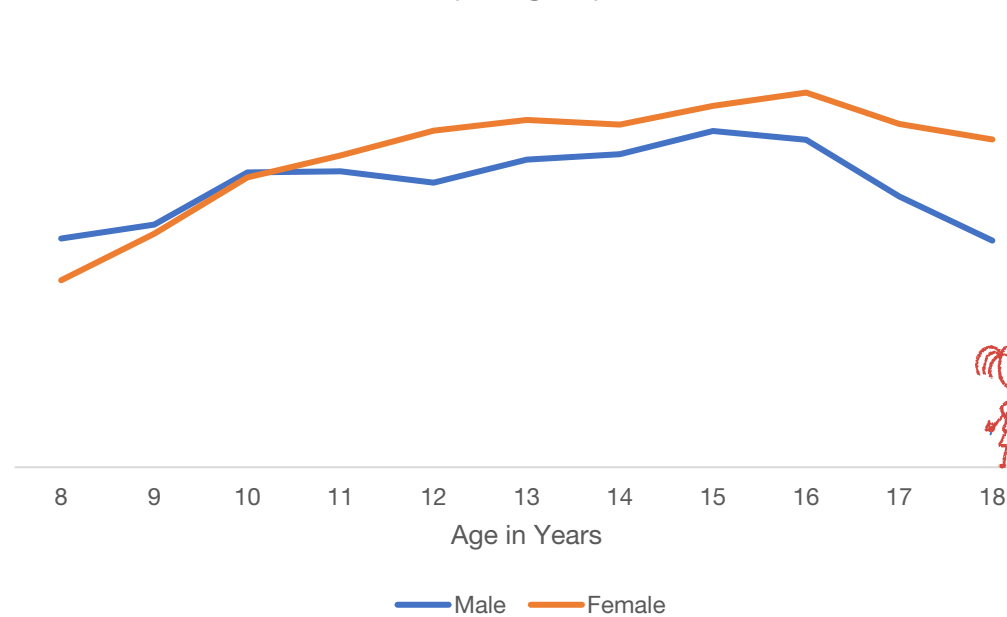




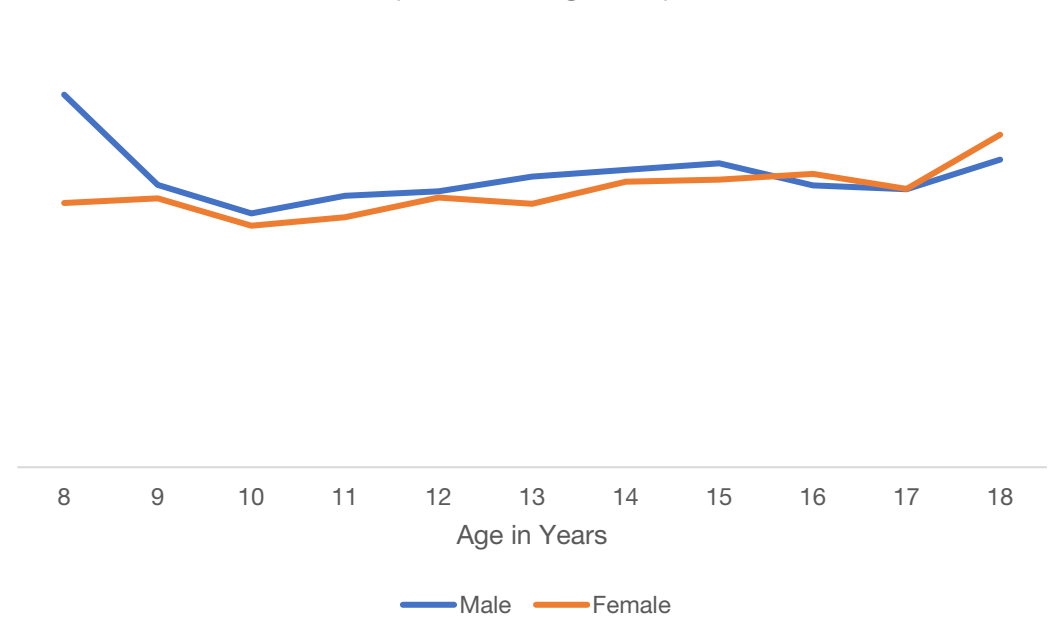
# Differences in Caregiver and Youth/Young Adult Perspectives by Age and Gender

- Caregivers of older females report the lowest family functioning scores.
- Youth and young adults rate their family functioning as similar across age and gender.

Average Baseline Family Assessment Scores  
by Age and Gender  
(Caregiver)



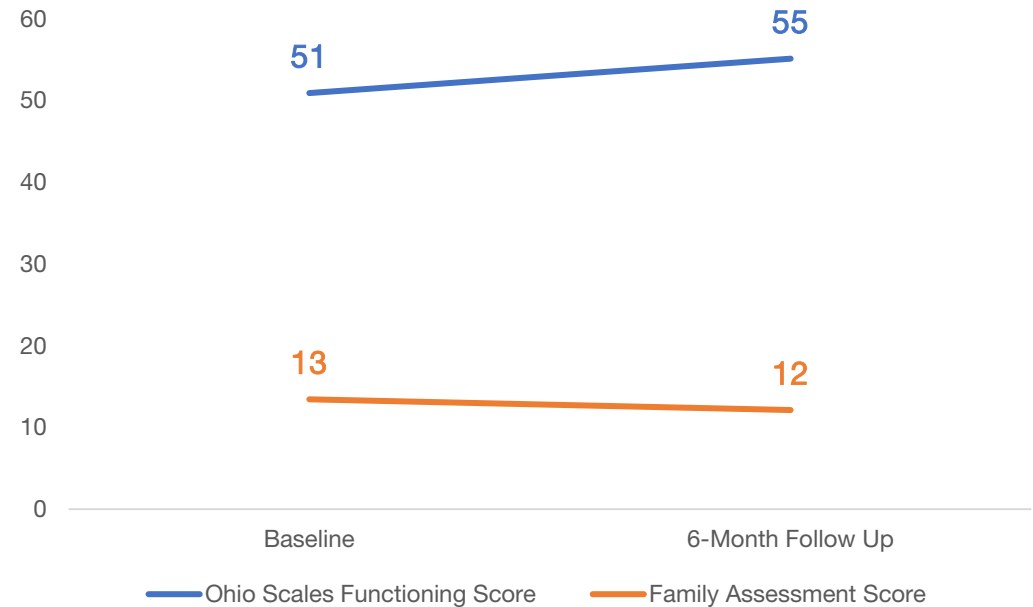
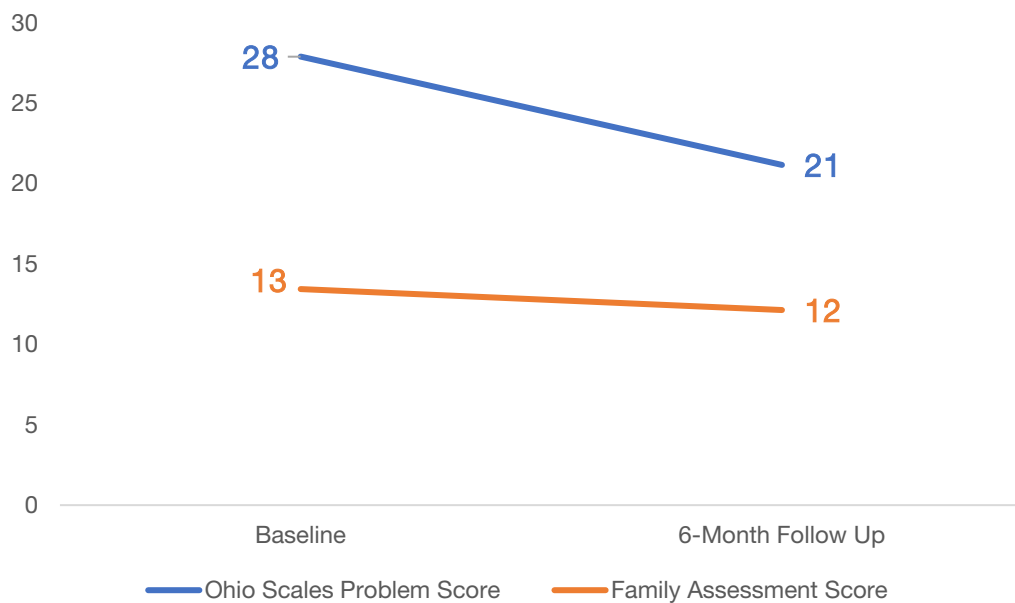
Average Baseline Family Assessment Scores  
by Age and Gender  
(Youth/Young Adult)



# Outcomes and Family Functioning

There is a statistically significant linear relationship between Ohio Scales and Family Assessment scores.

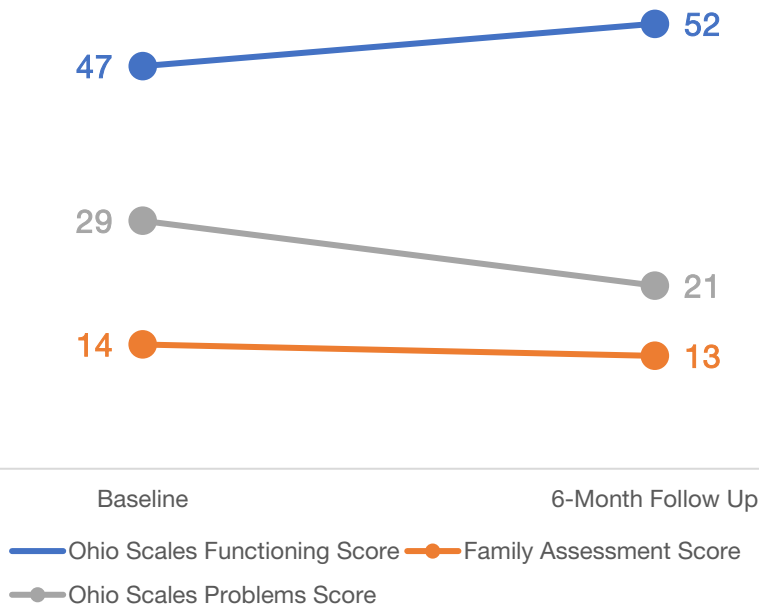
- As youth/young adult problem behaviors decrease, family functioning increases.
- As a youth/young adult functioning increases, family functioning increases.



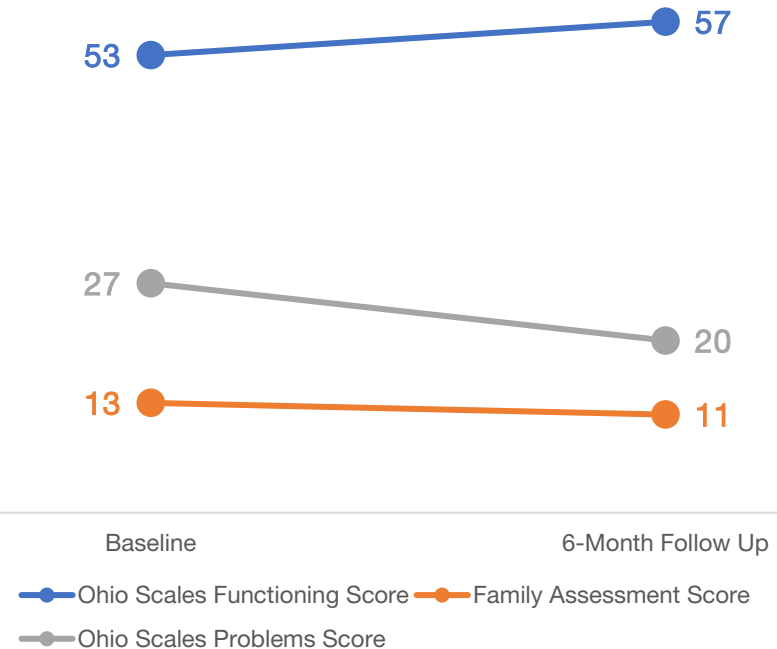
# Differences in Caregiver and Youth/Young Adult Perspectives

Caregivers and youth/young adults report improvement in youth/young adult functioning and problems and in family functioning.

Change in Scores (Caregivers)



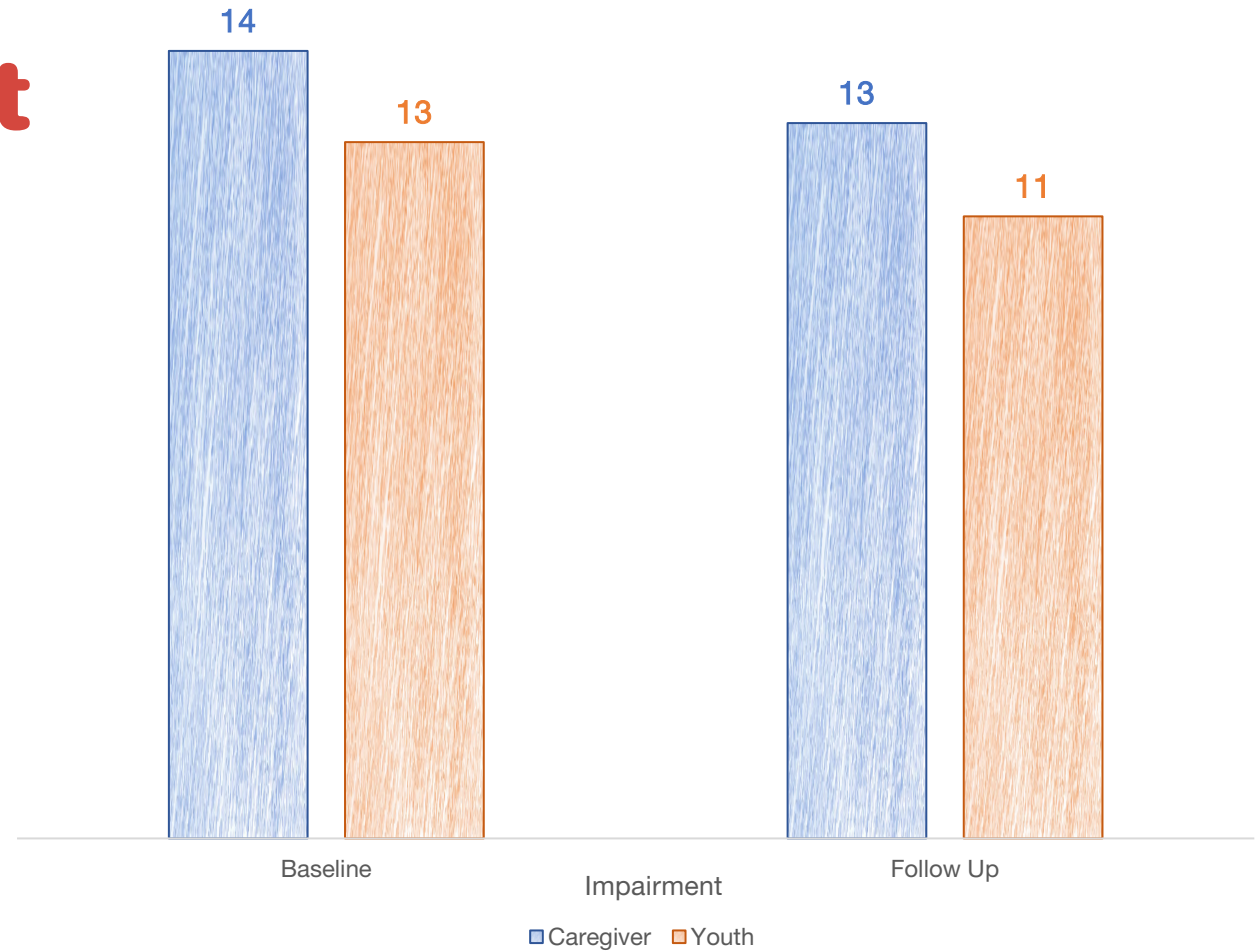
Change in Scores (Youth/Young Adults)





# Differences in Caregiver and Youth/Young Adult Perspectives

- Youth and young adults report better family functioning than caregivers at both baseline and follow-up.
- Family Assessment scores improve for both youth/young adults and caregivers from baseline to follow-up.

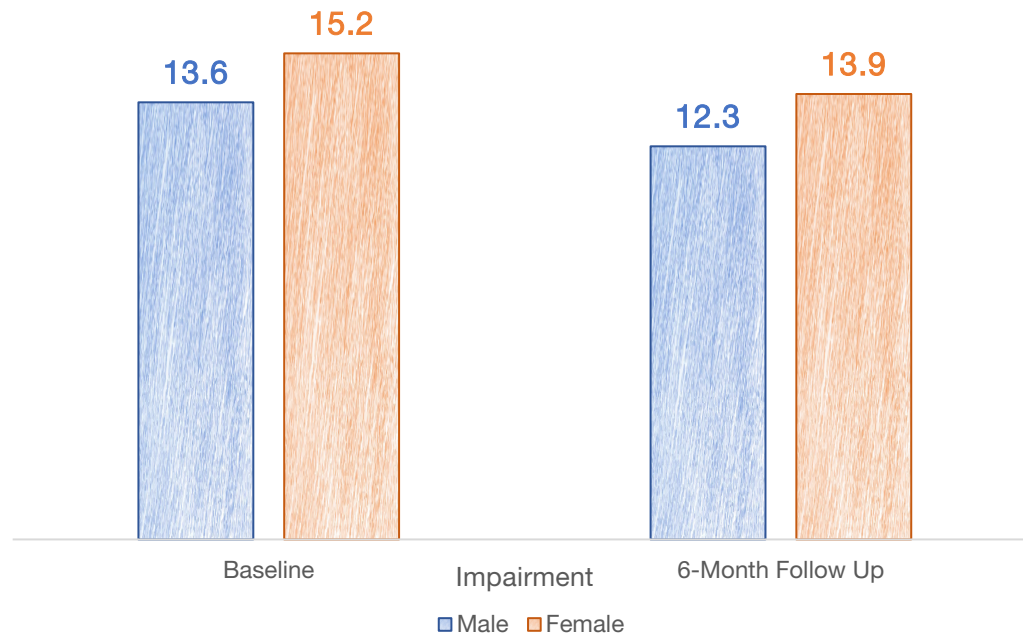


(N = 9,220)

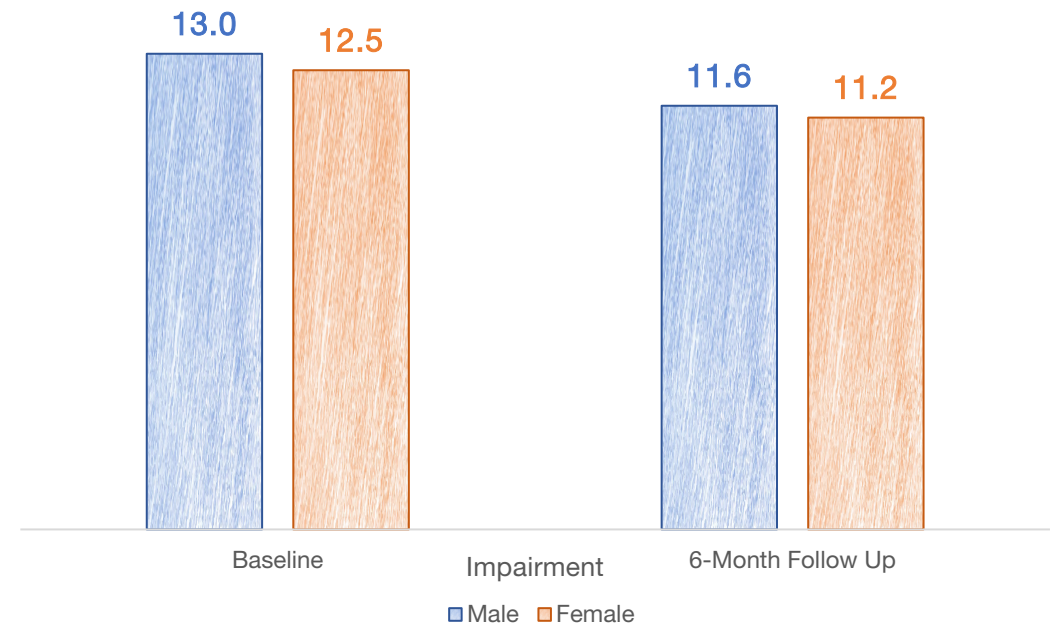
# Differences in Caregiver and Youth/Young Adult Perspectives

- Caregivers with male children rate family functioning better than caregivers with female children.
- Female youth/young adults rate family functioning better than males rate family functioning.

Change in Family Assessment Score by Gender (Caregiver)



Change in Family Assessment Score by Gender (Youth/Young Adult)



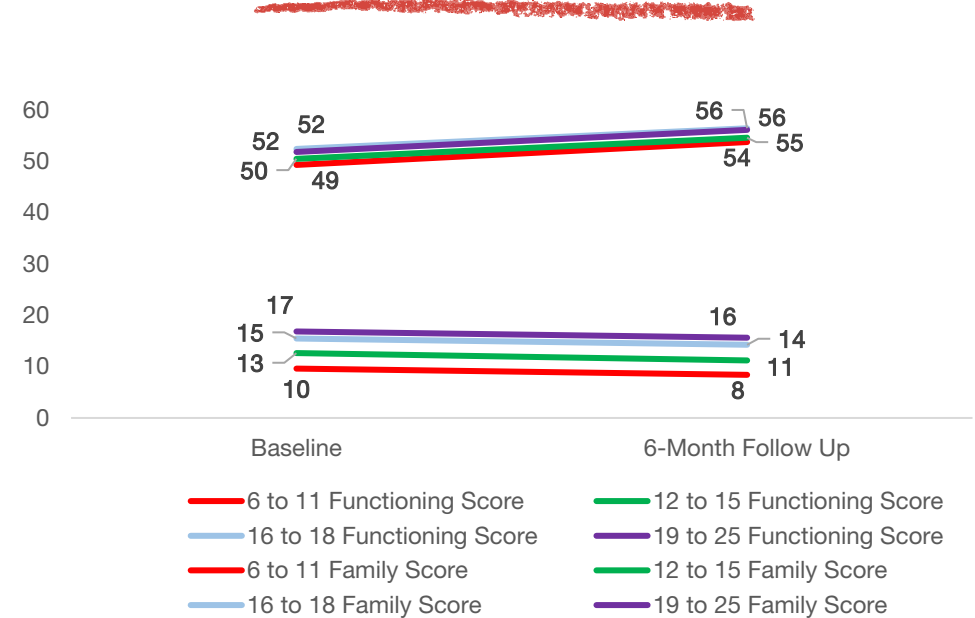
# Outcomes and Family Functioning by Age

There is a statistically significant linear relationship for children, youth, and young adults between their Ohio Scale scores and Family Assessment scores at baseline and 6-month follow-up.

As youth/young adult problem behaviors decrease, family functioning increases.



As youth/young adult functioning increases, family functioning increases.

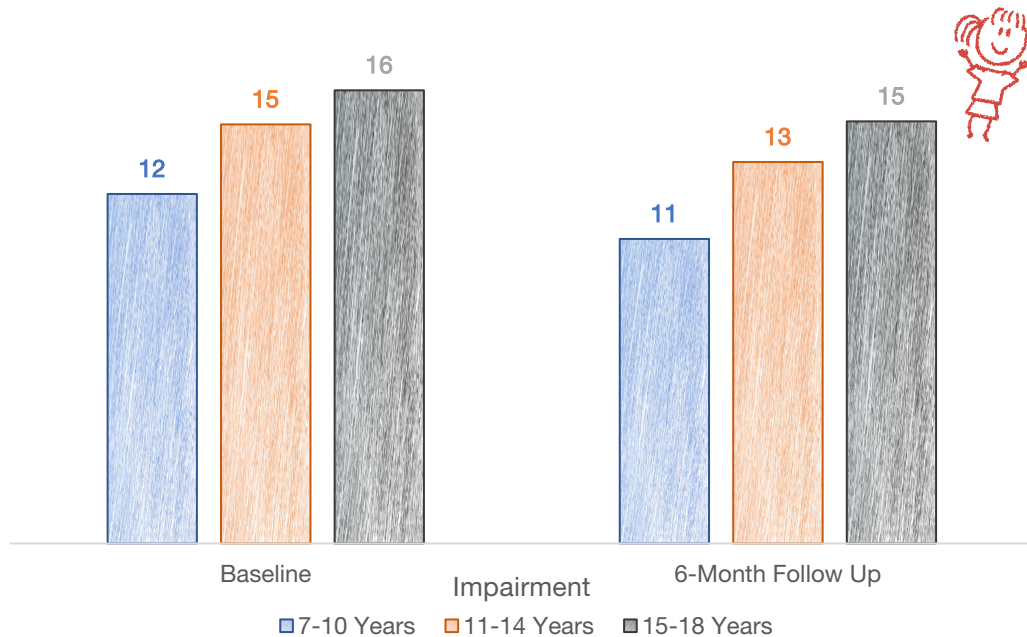




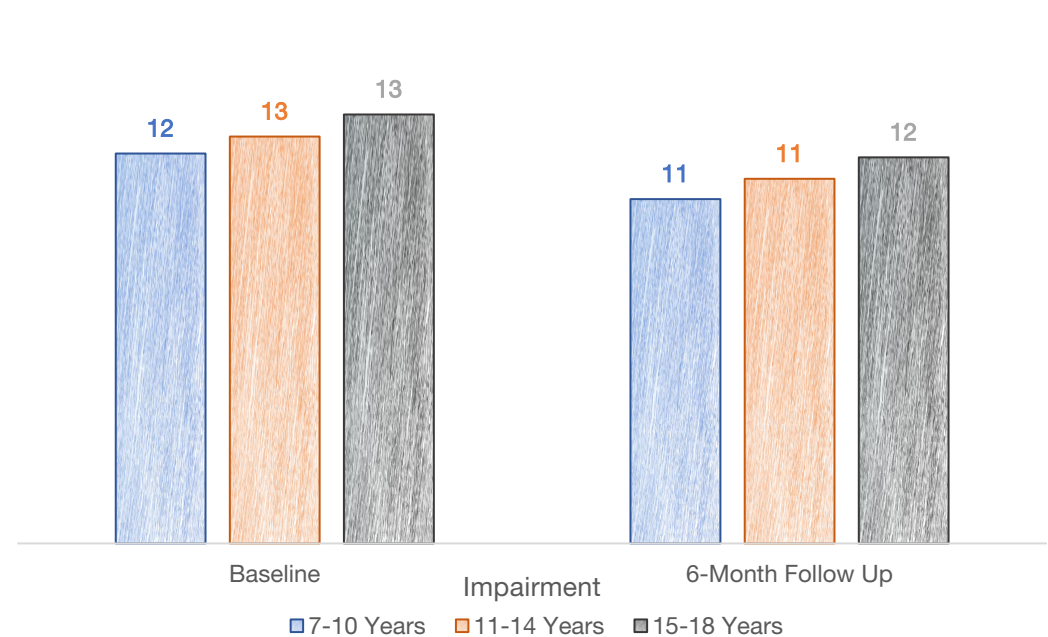
# Differences in Caregiver and Youth/Young Adult Perspectives by Age and Gender

- Caregivers with male children rate family functioning better than caregivers with female children.
- Female youth/young adults rate family functioning better than males rate family functioning.

Change in Family Assessment Scores by Age  
(Caregiver)



Change in Family Assessment Scores by Age  
(Youth/Young Adult)



**We help  
organizations  
make sense of  
data & connect  
the dots.**

E-TEAM, at the University of Oklahoma, designs research and evaluations to help organizations understand and use information and data to solve real-world problems with progress and outcomes monitoring, technology solutions, study findings, and recommendations. All E-TEAM research and evaluations are designed to comply with nationally mandated standards for conducting research involving human participants. E-TEAM recognizes that demographic, sociopolitical, and contextual perspectives matter fundamentally in evaluation.

E-TEAM also recognizes that privilege and intersectionality impact data collection and analysis and interpretation. We align our evaluations from planning, implementation, data collection, analysis, interpretation, and reporting with an understanding of these issues. In service to this, we recruit and hire staff from across many diverse cultures and perspectives.



# **E-TEAM has served as the OKSOC evaluators since 2002.**

E-TEAM provides ongoing design and implementation of OKSOC's statewide evaluation, including development of EON—a secure web-based application which provides real-time access to evaluation and program monitoring data. E-TEAM gathers and assesses evidence documenting service utilization; program effectiveness for children, youth, young adults, and their families; and system costs.

E-TEAM also partners with OKSOC on eLearning and in-person trainings to facilitate continuing professional education for children's behavioral health provider staff across the state. This partnership provides meaningful interactions for learners, promotes and fosters fidelity to OKSOC core values, and reduces travel costs and time away from work.







UNIVERSITY *of* OKLAHOMA  
Land Acknowledgement  
Statement

“Long before the University of Oklahoma was established, the land on which the University now resides was the traditional home of the “Hasinai” Caddo Nation and “Kirikir?i:s” Wichita & Affiliated Tribes.

We acknowledge this territory once also served as a hunting ground, trade exchange point, and migration route for the Apache, Comanche, Kiowa and Osage nations.

Today, 39 tribal nations dwell in the state of Oklahoma as a result of settler and colonial policies that were designed to assimilate Native people.

The University of Oklahoma recognizes the historical connection our university has with its indigenous community. We acknowledge, honor and respect the diverse Indigenous peoples connected to this land. We fully recognize, support and advocate for the sovereign rights of all of Oklahoma’s 39 tribal nations. This acknowledgement is aligned with our university’s core value of creating a diverse and inclusive community. It is an institutional responsibility to recognize and acknowledge the people, culture and history that make up our entire OU Community.”

# Questions?





# Thank you for coming!



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