

FY 2023-2024 Performance Outcomes Report

Kern County MHSA Prevention and Early Intervention



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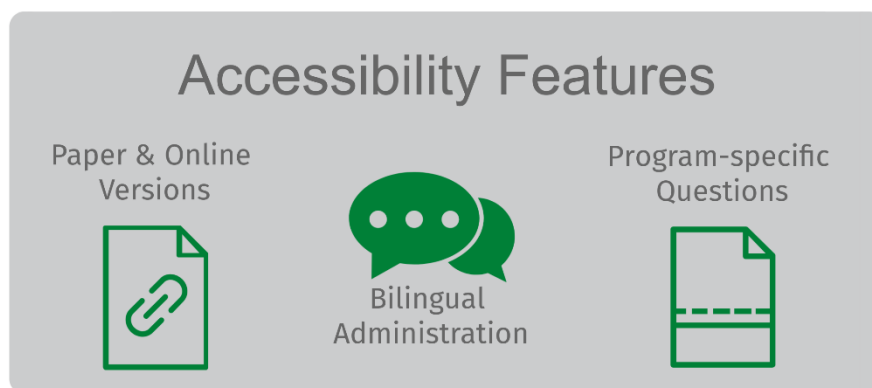
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METHODOLOGY

Evaluation Design

Kern Behavioral Health & Recovery Services (KernBHRS) contracted with EVALCORP to streamline current data collection structures and develop standardized data collection tools that are in alignment with the Mental Health Services Act reporting requirements. Two standardized Prevention and Early Intervention (PEI) outcome surveys were developed: 1) a survey completed by clients about their own experiences; and 2) a survey completed by parents/guardians of children under the age of nine regarding the relevant program. To ensure greater inclusivity and maximum reach, surveys were made available in both online and paper forms as well as in English and Spanish.



Not all PEI programs are required to complete the outcome survey, based on state mandates. An overview of data reporting requirements for PEI programs is provided in Appendix A of this report.

Presentation of Results

Findings are presented (1) in aggregate, by type of survey (i.e., self-report vs. child survey); and (2) by each of the PEI programs required to collect outcome data.

Findings are presented differently depending on how many participants responded to each part of the survey. Survey components or survey modules with more than 30 responses are shown as percentages. Modules with fewer than 30 responses are shown as counts.

PEI OUTCOME SURVEYS: DATA COLLECTION OVERVIEW



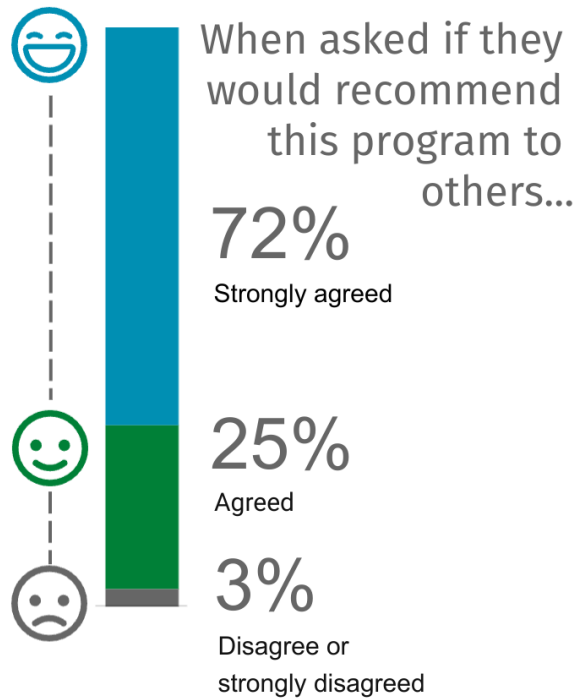
As a result of participating in a Kern PEI program

9 in 10



people say that they *feel better.*




When asked whether they will use what they have learned in Kern PEI programs, **97%** say that they will.



PEI PERFORMANCE OUTCOMES FY 23-24

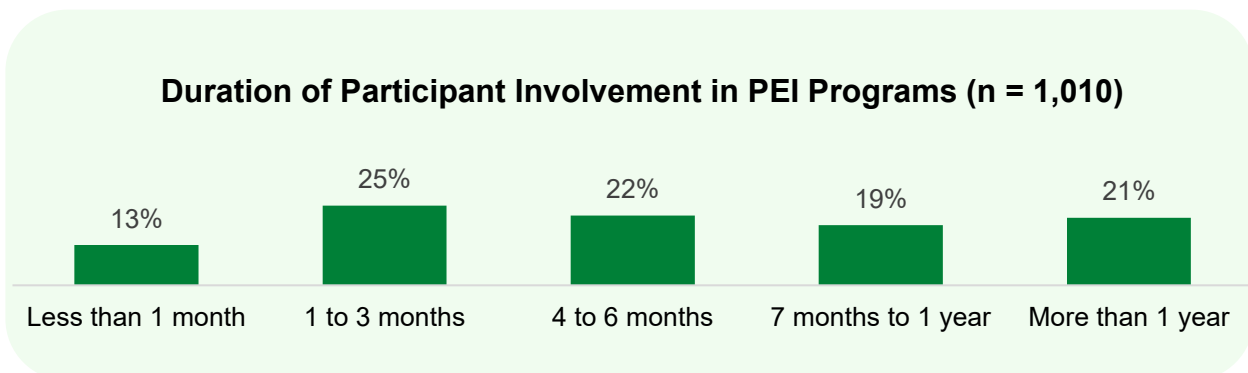
Data collection occurred in two rounds—the first during October 2023 and the second during May 2024. The results from October and May were combined and may contain duplicate individuals depending on the duration for which the individual received services.

Performance Outcome Surveys Collected by Program

PEI Program Name		Survey Outcomes Data
		  
		Number of Surveys
1	Foster Care Engagement	66
2	KCSOS - School-Based Program	37
3	Living Well	95
4	Transitional Age Youth (TAY) Dual Recovery	11
5	Transitional Age Youth (TAY) Self Sufficiency	224
6	Volunteer Senior Outreach Program (VSOP)	71
7	Youth Brief Treatment (YBT)	550
8	Youth Juvenile Justice Engagement	12
Total		1,066

Notes: several PEI programs are not required to collect surveys (e.g., Access to Care: Crisis Hotline) and are not included in this table.

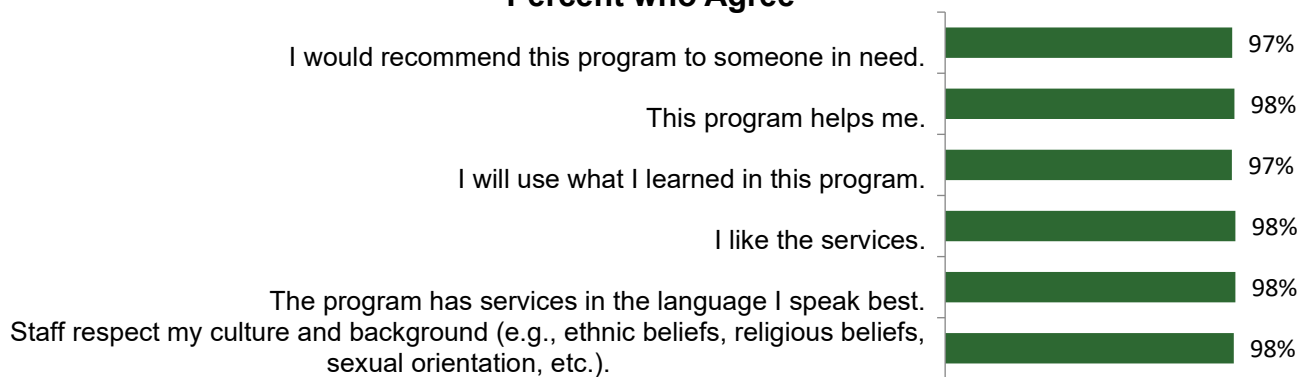
Duration of Participant Involvement



Overall: Self-Report Performance Outcomes (9+ years old)

Survey results across all programs are reported together in this section of the report (n = 1,069). A total of 847 participants completed the self-report survey (i.e., individuals who were 9 years old or older), while a total of 222 participants completed the child survey (completed by the parent or guardian of children under the age of 9 or children requiring assistance completing the survey). Participants could choose whether to take the survey in English or Spanish; 1,063 surveys were completed in English and 6 surveys were completed in Spanish. Since not all programs were required to administer the second page of the survey, the sample size for the modules of the survey on the second page is smaller.

Program Satisfaction and Cultural Competence (n = 837-845) Percent who Agree



Outcomes (n = 798-827)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I have a better understanding of mental illness.	4%	96%
I think treatment can help improve symptoms of mental illness.	4%	96%
I am more likely to seek help for a mental health problem.	8%	92%
I know where to go for mental health services.	4%	96%
I know where to go for substance use services for myself or other household members.	11%	89%

Outcomes (n = 238-246)

As a result of participating in this program...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	7%	93%
I learned how to take steps towards the future I want.	7%	93%
I feel better.	8%	92%
I have more energy during the day.	26%	74%
I feel less worried.	17%	83%
I feel better when I think about the future.	14%	86%
I care more about the things that are happening in my life.	9%	91%
I can handle problems better.	14%	86%
I know when to ask for help with an emotional problem.	15%	85%

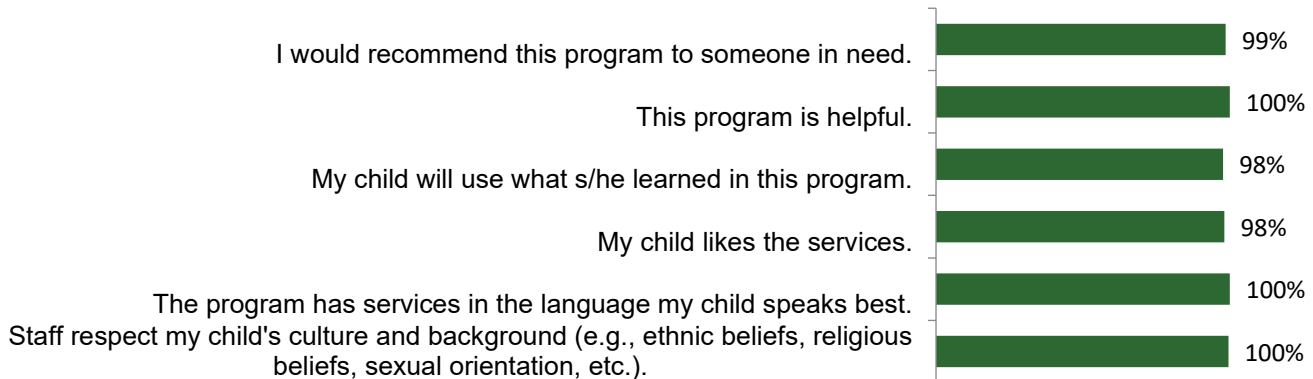
Outcomes (n = 59-208)[‡]

As a result of participating in this program ...	% Gotten Worse	% Stayed the Same	% Gotten Better
My school attendance has...	5%	45%	51%
My grades in school have...	3%	34%	63%
My housing situation has...	1%	44%	55%
My job situation has...	3%	46%	51%
My relationship with friends and family has...	2%	25%	74%

[‡] Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

Overall: Child Performance Outcomes

Program Satisfaction and Cultural Competence (n = 213-217) Percent who Agree



Child Outcomes (n = 198-215)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
My child has a better understanding of mental illness.	8%	92%
My child thinks treatment can help improve symptoms of mental illness.	8%	92%
I know where to go to get mental health services for my child.	1%	99%
My child knows how to get help when s/he has a mental health problem.	8%	92%
I know where to go for substance use services for myself or other household members.	4%	96%

Child Outcomes (n = 132-137)

As a result of participating in this program...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
My child knows more about how to take care of his/her mental or emotional health.	13%	87%
My child is learning to behave more appropriately.	4%	96%
My child feels better.	2%	98%
My child has more energy during the day.	11%	89%
My child feels less worried.	14%	86%
My child feels better when s/he thinks about the future.	11%	89%
My child cares more about the things that are happening in his/her life.	9%	91%
My child can handle problems better.	11%	89%
My child knows when to ask for help with an emotional problem.	12%	88%

Child Outcomes (n = 97-117)‡

As a result of participating in this program ...	% Gotten Worse	% Stayed the Same	% Gotten Better
My child's school attendance has...	1%	44%	55%
My child's grades in school have...	4%	32%	64%
My child's housing situation has...	1%	32%	67%
My child's relationships with friends and family have...	1%	26%	73%

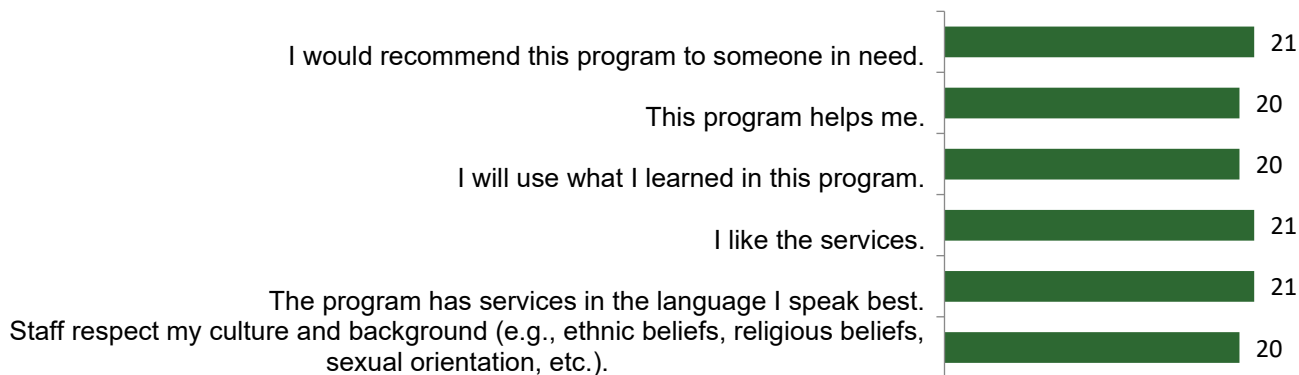
‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

1. FOSTER CARE ENGAGEMENT

This section contains the results of surveys from the Foster Care Engagement program. A total of 66 surveys were completed for this program. Of these, 21 were self-report surveys, while the other 45 were child surveys completed by a parent/guardian about their child. Results from the self-report survey are presented first, followed by results from the child survey. Since the total number of participants who completed the self-report survey and a portion of the child survey were small, counts rather than percentages are presented. Sixty participants chose to take the survey in English and six participants chose to take the survey in Spanish.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 20-21)



Outcomes (n = 15-21)

As a result of participating in this program ...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I have a better understanding of mental illness.	0	21
I think treatment can help improve symptoms of mental illness.	0	21
I am more likely to seek help for a mental health problem.	0	20
I know where to go for mental health services.	2	19
I know where to go for substance use services for myself or other household members.	5	10

FOSTER CARE ENGAGEMENT

Outcomes (n = 12)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	0	12
I learned how to take steps towards the future I want.	3	9
I feel better.	0	12
I have more energy during the day.	1	11
I feel less worried.	1	11
I feel better when I think about the future.	1	11
I care more about the things that are happening in my life.	1	11
I can handle problems better.	0	12
I know when to ask for help with an emotional problem.	0	12

Outcomes (n = 1-9)‡

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My school attendance has...	0	8	1
My grades in school have...	0	7	2
My housing situation has...	0	6	2
My job situation has...	1	0	0
My relationship with friends and family has...	0	2	7

‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

FOSTER CARE ENGAGEMENT

Client Comments

Participants who received services from Foster Care Engagement were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 21)

- Therapeutic Communication (n = 10)
- Improved Symptoms or Behavior (n = 3)
- Nothing or Don't Know (n = 2)
- Availability of Services (n = 2)
- Acquiring Skills or Increased Understanding of Mental Health (n = 2)
- Supportive Staff (n = 2)

What could make this program better? (n = 15)

- Nothing or Don't Know (n = 13)
- Additional Instructional Topics or Information (n = 1)
- Additional Activities or Services (n = 1)

What has changed about how you think, feel, or behave as a result of this program? (n = 16)

- Improved Communication or Relationships (n = 4)
- Improved Emotional Regulation (n = 3)
- Nothing or Don't Know (n = 3)
- More Positive Outlook/Attitude (n = 3)
- Improved Self-Awareness (n = 1)
- Improved Behavior (n = 1)
- Feeling Less Isolated (n = 1)

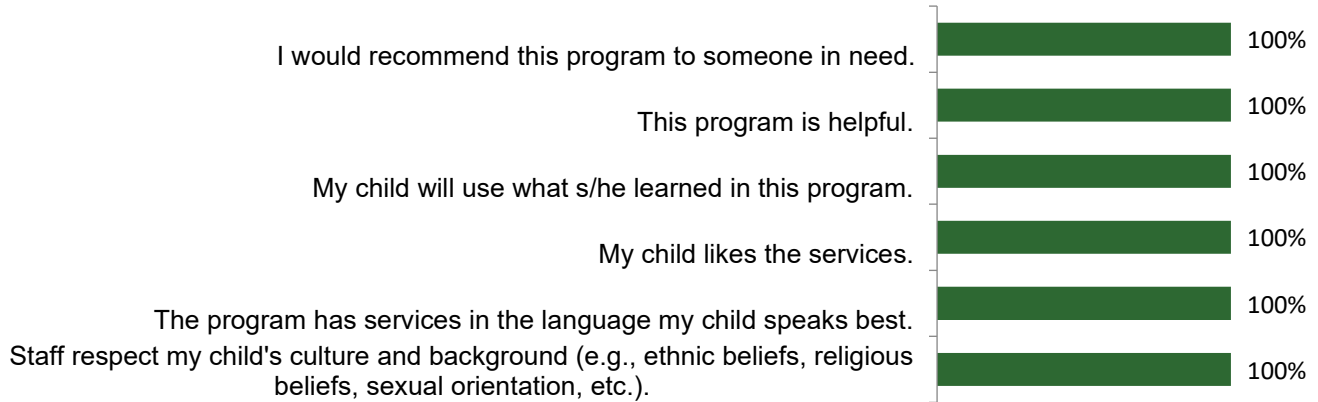
"I have a better understanding of my past trauma and how to manage it."

"I feel less sad because I have learned how to change my mindset to feel happier."

FOSTER CARE ENGAGEMENT

Child Performance Outcomes

Program Satisfaction and Cultural Competence Proportion of Participants Who Agree (n = 43-45)



Child Outcomes (n = 33-45)

As a result of participating in this program ...	% Disagree or Strongly Disagree	% Agree or Strongly Agree
My child has a better understanding of mental illness.	7%	93%
My child thinks treatment can help improve symptoms of mental illness.	7%	93%
I know where to go to get mental health services for my child.	2%	98%
My child knows how to get help when s/he has a mental health problem.	10%	90%
I know where to go for substance use services for myself or other household members.	0%	100%

FOSTER CARE ENGAGEMENT

Child Outcomes (n = 23-28)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
My child knows more about how to take care of his/her mental or emotional health.	2	23
My child is learning to behave more appropriately.	1	25
My child feels better.	1	25
My child has more energy during the day.	1	27
My child feels less worried.	3	24
My child feels better when s/he thinks about the future.	0	24
My child cares more about the things that are happening in his/her life.	2	22
My child can handle problems better.	0	23
My child knows when to ask for help with an emotional problem.	5	22

Child Outcomes (n = 16-22)‡

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My child's school attendance has...	0	6	11
My child's grades in school have...	0	6	10
My child's housing situation has...	1	1	20
My child's relationships with friends and family have...	1	3	17

‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

FOSTER CARE ENGAGEMENT

Child Comments

What's the most helpful thing about this program? (n = 53)

- Therapeutic Communication (n = 18)
- Improved Symptoms or Behavior (n = 11)
- Availability of Services (n = 9)
- Supportive Staff (n = 6)
- Acquiring Skills or Increased Understanding of Mental Health (n = 5)
- Nothing or Don't Know (n = 4)

What could make this program better? (n = 47)

- Nothing or Don't Know (n = 32)
- Additional Activities or Services (n = 7)
- More Frequent or Longer Sessions (n = 4)
- Additional Instructional Topics or Information (n = 2)
- Greater Diversity among Staff or Participants (n = 1)
- Better Communication and Outreach (n = 1)

What has changed about how your child thinks, feels, or behaves as a result of this program? (n = 46)

- Improved Communication or Relationships (n = 14)
- Improved Behavior (n = 11)
- More Positive Outlook/Attitude (n = 10)
- Nothing or Don't Know (n = 8)
- Improved Emotional Regulation (n = 2)
- Improved Self-Awareness (n = 1)

"She can express emotions in healthy ways and is making progress in healing from past trauma."

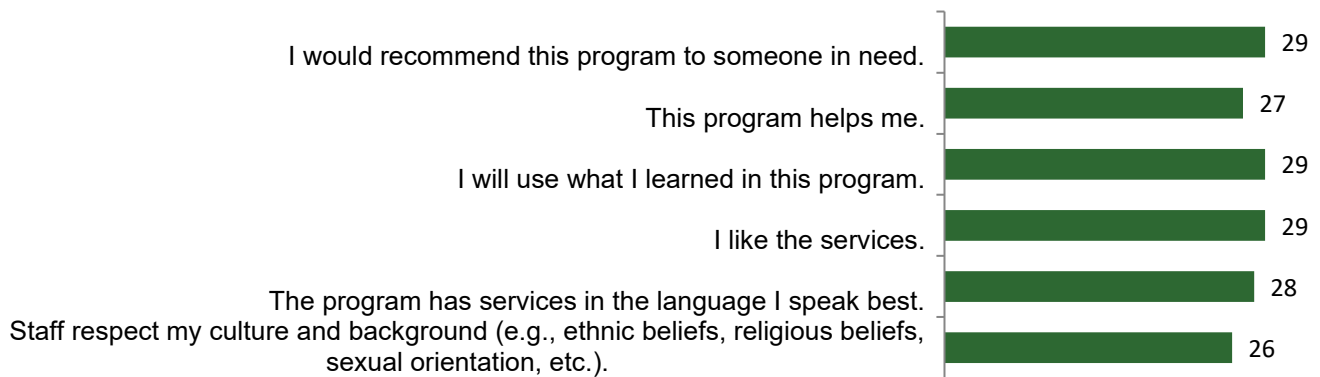
"He is remembering his different communication skills and trying to use them in school."

2. KCSOS SCHOOL-BASED PROGRAM

This section contains the results of surveys from the KCSOS School-Based Program. A total of 37 surveys were completed for this program, where 30 were self-report surveys and seven were child surveys completed by a parent/guardian about their child. Results from the self-report survey are presented first, followed by results from the child survey. Since the total number of participants who completed each type of survey was small, counts rather than percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 30)



Outcomes (n = 27-30)

As a result of participating in this program ...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I have a better understanding of mental illness.	1	29
I think treatment can help improve symptoms of mental illness.	3	27
I am more likely to seek help for a mental health problem.	0	27
I know where to go for mental health services.	3	26
I know where to go for substance use services for myself or other household members.	7	23

KCSOS SCHOOL-BASED PROGRAM

Client Comments

Participants who received services from KCSOS were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 35)

- Acquiring Skills or Increased Understanding of Mental health (n = 8)
- Therapeutic Communication (n = 6)
- Improved Symptoms or Behavior (n = 5)
- Availability of Services (n = 4)
- Inclusive Environment and Sense of Community (n = 4)
- Supportive Staff (n = 2)
- Strategies or Activities for self-care (n = 2)
- Better interactions with family and friends (n = 1)
- Nothing or don't know (n = 1)
- Group Sessions (n = 1)
- Meeting Basic Needs and Finding Employment (n = 1)

What could make this program better? (n = 25)

- Nothing or Don't Know (n = 17)
- More Frequent or Longer sessions (n = 4)
- Additional Activities or Services (n = 3)
- Ability to Test, Diagnose, and Treat (n = 1)

What has changed about how you think, feel, or behave as a result of this program? (n = 36)

- Improved Behavior (n = 8)
- Improved Communication or Relationships (n = 7)
- More Positive Outlook/Attitude (n = 7)
- Improved Self-Awareness (n = 5)
- Improved Emotional Regulation (n = 4)
- Nothing or Don't Know (n = 4)
- Improved Self-Confidence (n = 1)

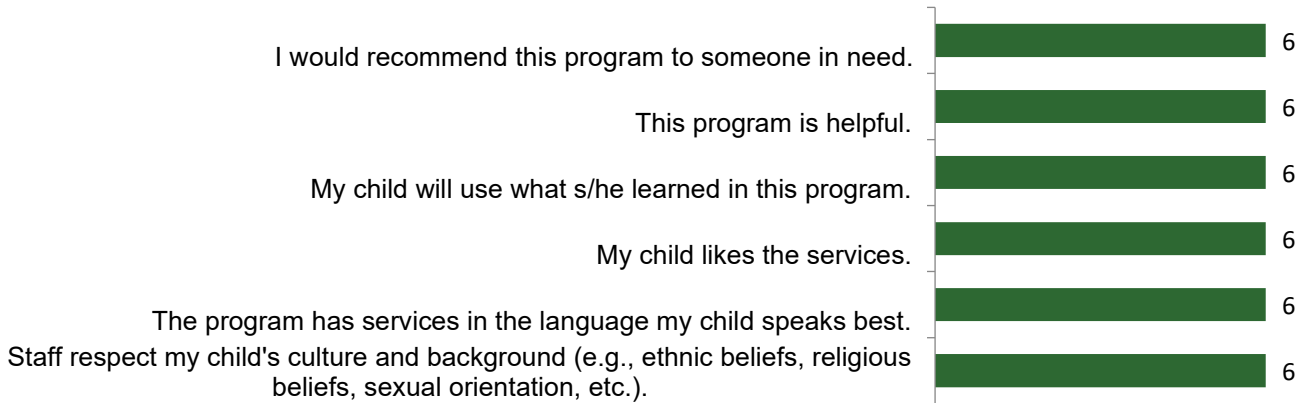
"The most helpful thing is that you can talk to them and not feel judged."

"I have good boundaries, and I love myself more."

KCSOS SCHOOL-BASED PROGRAM

Child Performance Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 6)



Child Outcomes (n = 6)

As a result of participating in this program ...	# Disagree or Strongly Disagree	# Agree or Strongly Agree
My child has a better understanding of mental illness.	0	6
My child thinks treatment can help improve symptoms of mental illness.	2	4
I know where to go to get mental health services for my child.	0	6
My child knows how to get help when s/he has a mental health problem.	0	6
I know where to go for substance use services for myself or other household members.	1	5

KCSOS SCHOOL-BASED PROGRAM

Child Comments

What's the most helpful thing about this program? (n = 5)

- Therapeutic Communication (n = 2)
- Availability of Services (n = 1)
- Group Sessions (n = 1)
- Supportive Staff (n = 1)

What could make this program better? (n = 6)

- Nothing or Don't Know (n = 5)
- More Frequent or Longer Sessions (n = 1)

What has changed about how your child thinks, feels, or behaves as a result of this program? (n = 4)

- Improved Self-Confidence (n = 2)
- Improved Communication or Relationships (n = 1)
- Nothing or Don't Know (n = 1)

"Being able to talk to someone."

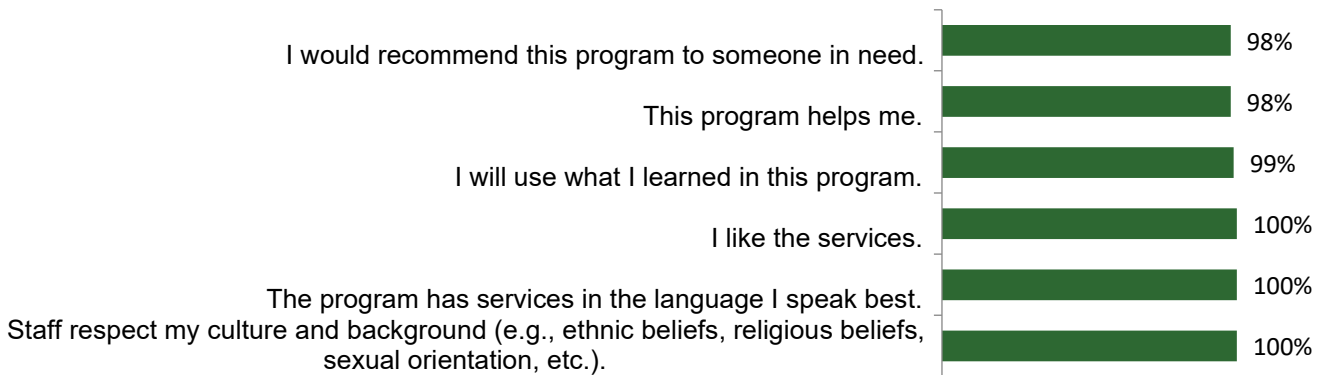
"My child is more confident."

3. LIVING WELL

This section contains the results of surveys from the Living Well program. A total of 98 surveys were completed for this program, with 95 self-report surveys and three child surveys completed by a parent/guardian about their child. Results from the self-report survey are presented first, followed by feedback from parents/guardians about their child’s participation in the program. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Percent of Participants Who Agree (n = 94-95)



Outcomes (n = 78-81)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I have a better understanding of mental illness.	2%	98%
I think treatment can help improve symptoms of mental illness.	0%	100%
I am more likely to seek help for a mental health problem.	2%	98%
I know where to go for mental health services.	2%	98%
I know where to go for substance use services for myself or other household members.	10%	90%

LIVING WELL

Client Comments

Participants who received services from Living Well were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 154)

- Acquiring Skills or Increased Understanding of Mental health (n = 32)
- Meeting Basic Needs & Finding Employment (n = 23)
- Therapeutic Communication (n = 22)
- Availability of Services (n = 20)
- Inclusive Environment & Sense of Community (n = 17)
- Supportive Staff (n = 15)
- Improved Symptoms or Behavior (n = 12)
- Strategies or Activities for self-care (n = 6)
- Group Sessions (n = 4)
- Nothing or don't know (n = 3)

"The most helpful thing is seeing others with the same problems as me and not feeling so alone."

"I feel like I understand more about myself and why I think, feel, and do certain things. I also feel like I have better coping skills and a different perspective on things."

What could make this program better? (n = 99)

- Nothing or Don't Know (n = 55)
- More Frequent or Longer sessions (n = 12)
- Additional Activities or Services (n = 9)
- Better Communication and Outreach (n = 8)
- Additional Instructional Topics or Information (n = 8)
- Greater Diversity among Staff or Participants (n = 4)
- In-Person Sessions (n = 3)

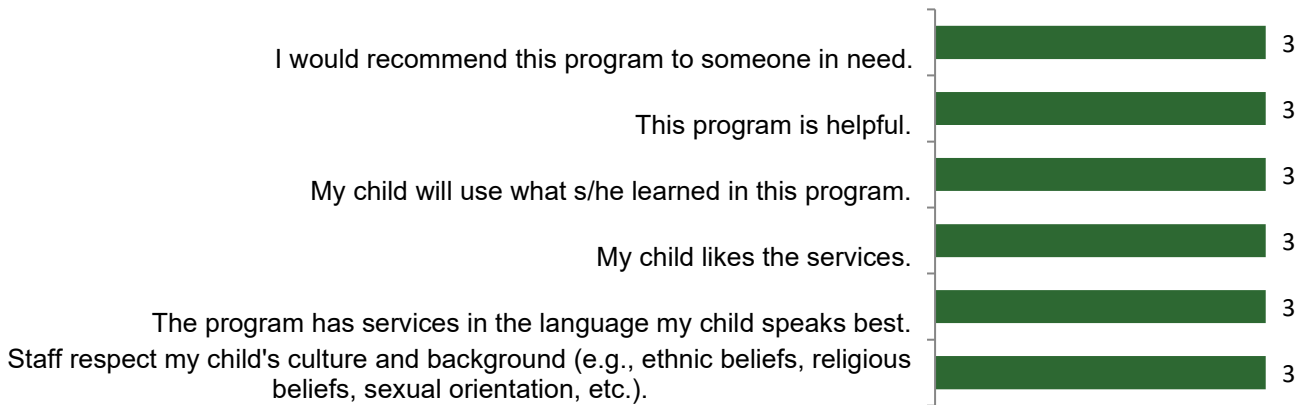
What has changed about how you think, feel, or behave as a result of this program? (n = 165)

- Improved Self-Awareness (n = 40)
- More Positive Outlook/Attitude (n = 33)
- Improved Emotional Regulation (n = 28)
- Improved Behavior (n = 23)
- Improved Self-Confidence (n = 17)
- Improved Communication or Relationships (n = 13)
- Nothing or Don't Know (n = 7)
- Feeling Less Isolated (n = 4)

LIVING WELL

Child Survey Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 3)



Child Outcomes (n = 3)

As a result of participating in this program ...	# Disagree or Strongly Disagree	# Agree or Strongly Agree
My child has a better understanding of mental illness.	0	3
My child thinks treatment can help improve symptoms of mental illness.	0	3
I know where to go to get mental health services for my child.	0	3
My child knows how to get help when s/he has a mental health problem.	0	3
I know where to go for substance use services for myself or other household members.	0	3

LIVING WELL

Child Comments

What's the most helpful thing about this program? (n = 4)

- Therapeutic Communication (n = 2)
- Availability of Services (n = 2)

What could make this program better? (n = 4)

- Nothing or Don't Know (n = 2)
- Additional Activities or Services (n = 2)

What has changed about how your child thinks, feels, or behaves as a result of this program? (n = 7)

- Improved Emotional Regulation (n = 3)
- Improved Communication or Relationships (n = 2)
- More Positive Outlook/Attitude (n = 1)
- Improved Behavior (n = 1)

"She learned how to communicate better with me."

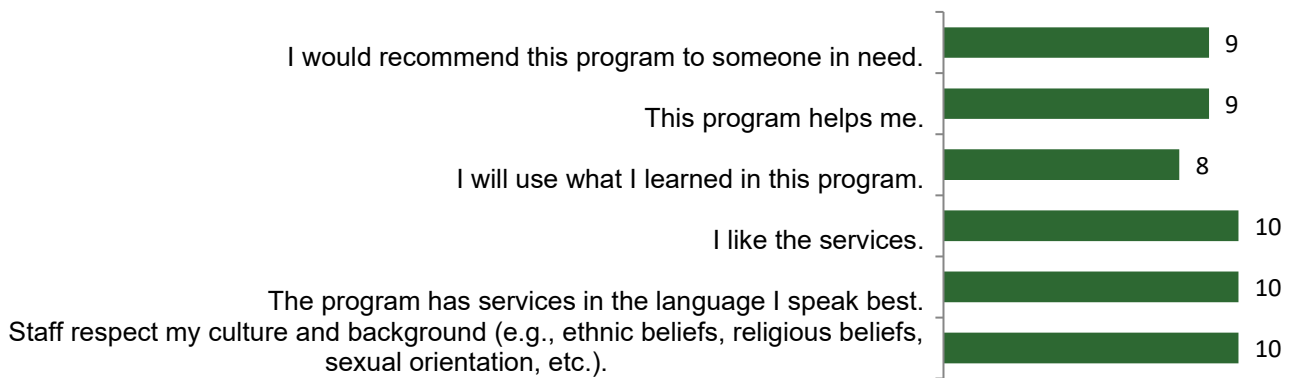
"I noticed that most of his improvement was in his behavior: a better ability to express feelings and less aggression toward family or schoolmates."

4. TRANSITIONAL AGE YOUTH DUAL RECOVERY

This section contains the results of surveys from the Transitional Age Youth (TAY) Dual Recovery program. A total of 11 surveys were completed for this program. All were self-report surveys. Since the total number of participants who completed the survey was small, counts rather than percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 9-11)



Outcomes (n = 10-11)

As a result of participating in this program ...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I have a better understanding of mental illness.	1	10
I think treatment can help improve symptoms of mental illness.	0	10
I am more likely to seek help for a mental health problem.	0	10
I know where to go for mental health services.	0	10
I know where to go for substance use services for myself or other household members.	0	10

TRANSITIONAL AGE YOUTH DUAL RECOVERY

Outcomes (n = 10-11)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	2	9
I learned how to take steps towards the future I want.	1	10
I feel better.	0	11
I have more energy during the day.	0	10
I feel less worried.	0	10
I feel better when I think about the future.	0	11
I care more about the things that are happening in my life.	0	11
I can handle problems better.	0	11
I know when to ask for help with an emotional problem.	1	10

Outcomes (n = 5-10)‡

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My school attendance has...	0	2	4
My grades in school have...	0	1	4
My housing situation has...	0	0	10
My job situation has...	0	2	8
My relationship with friends and family has...	0	1	9

‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

TRANSITIONAL AGE YOUTH DUAL RECOVERY

Client Feedback

Participants who received services from TAY Dual Recovery were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 12)

- Supportive Staff (n = 4)
- Inclusive Environment & Sense of Community (n = 3)
- Group Sessions (n = 3)
- Strategies or activities for self-care (n = 1)
- Meeting Basic Needs & Finding Employment (n = 1)

What could make this program better? (n = 7)

- Nothing or Don't Know (n = 4)
- Additional Activities or Services (n = 2)
- Better Communication and Outreach (n = 1)

What has changed about how you think, feel, or behave as a result of this program? (n = 13)

- Improved Emotional Regulation (n = 3)
- Improved Self-Awareness (n = 2)
- More Positive Outlook/Attitude (n = 2)
- Nothing or Don't Know (n = 2)
- Improved Self-Confidence (n = 2)
- Improved Behavior (n = 1)
- Feeling Less Isolated (n = 1)

"...I have a better understanding of myself, and my mental health is getting a lot better."

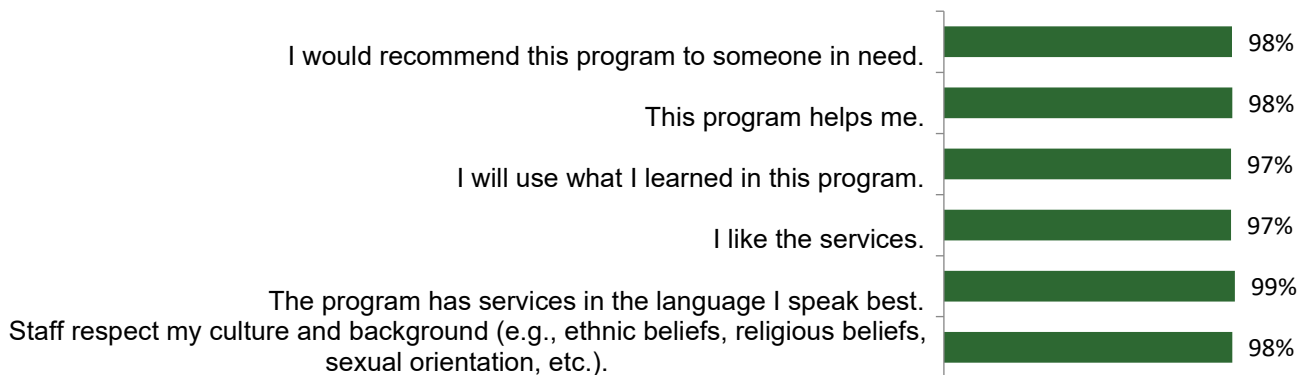
"I would say the support system is very beneficial to my recovery."

5. TRANSITIONAL AGE YOUTH SELF SUFFICIENCY

This section contains the results of surveys from the Transitional Age Youth (TAY) Self Sufficiency program. A total of 224 surveys were completed for this program. All were self-report surveys. TAY participants are required to complete the items on the first page of the outcomes survey but not the second page. Since more than 30 participants completed the self-report survey, percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competency Percent of Participants Who Agree (n = 221-224)



Outcomes (n = 221-223)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I have a better understanding of mental illness.	4%	96%
I think treatment can help improve symptoms of mental illness.	5%	95%
I am more likely to seek help for a mental health problem.	6%	94%
I know where to go for mental health services.	3%	97%
I know where to go for substance use services for myself or other household members.	3%	97%

TRANSITIONAL AGE YOUTH SELF SUFFICIENCY

Client Comments

Participants who received services from TAY Self Sufficiency were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 273)

- Meeting Basic Needs & Finding Employment (n = 118)
- Supportive Staff (n = 69)
- Availability of Services (n = 34)
- Inclusive Environment & Sense of Community (n = 21)
- Improved Symptoms or Behavior (n = 18)
- Therapeutic Communication (n = 7)
- Acquiring Skills or Increased Understanding of Mental Health (n = 4)
- Group Sessions (n = 2)

What could make this program better? (n = 229)

- Nothing or Don't Know (n = 91)
- Additional Activities or Services (n = 79)
- Better Communication and Outreach (n = 26)
- Greater Diversity among Staff or Participants (n = 10)
- More Frequent or Longer sessions (n = 10)
- Additional Instructional Topics or Information (n = 8)
- In-Person Sessions (n = 5)

What has changed about how you think, feel, or behave as a result of this program? (n = 267)

- More Positive Outlook/Attitude (n = 59)
- Improved Self-Awareness (n = 48)
- Improved Behavior (n = 47)
- Nothing or Don't Know (n = 40)
- Improved Communication or Relationships (n = 27)
- Feeling Less Isolated (n = 22)
- Improved Self-Confidence (n = 17)
- Improved Emotional Regulation (n = 7)

"I have people who actually care about me and make me feel like I have a small family."

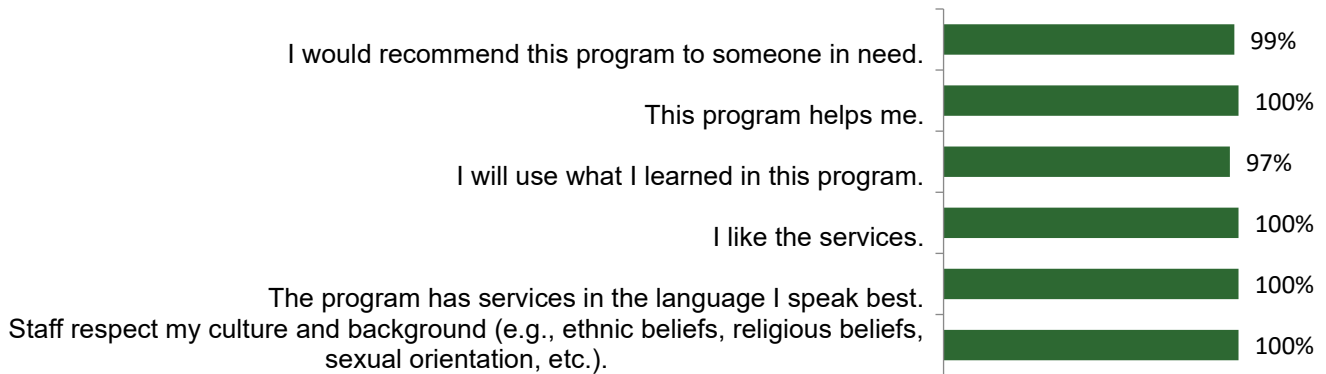
"I wasn't very hopeful about my future growing up, but now I do believe I finally have a chance to be happy."

6. VOLUNTEER SENIOR OUTREACH PROGRAM

This section contains the results of surveys from the Volunteer Senior Outreach Program (VSOP). A total of 71 surveys were completed for this program. All were self-report surveys. For portions where fewer than 30 participants completed the survey, counts rather than percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Percent of Participants Who Agree (n = 69-71)



Outcomes (n = 67-70)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I have a better understanding of mental illness.	0%	100%
I think treatment can help improve symptoms of mental illness.	4%	96%
I am more likely to seek help for a mental health problem.	1%	99%
I know where to go for mental health services.	4%	96%
I know where to go for substance use services for myself or other household members.	9%	91%

VOLUNTEER SENIOR OUTREACH PROGRAM

Outcomes (n = 13-16)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	0	16
I learned how to take steps towards the future I want.	0	16
I feel better.	0	16
I have more energy during the day.	1	12
I feel less worried.	2	14
I feel better when I think about the future.	3	13
I care more about the things that are happening in my life.	0	16
I can handle problems better.	0	15
I know when to ask for help with an emotional problem.	0	16

Outcomes (n = 1-8)[‡]

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My school attendance has...	0	0	0
My grades in school have...	0	0	0
My housing situation has...	0	1	0
My job situation has...	0	0	0
My relationship with friends and family has...	0	2	6

[‡] Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

VOLUNTEER SENIOR OUTREACH PROGRAM

Client Comments

Participants who received services from VSOP were asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 91)

- Therapeutic Communication (n = 28)
- Availability of Services (n = 15)
- Supportive Staff (n = 14)
- Improved Symptoms or Behavior (n = 14)
- Inclusive Environment & Sense of Community (n = 8)
- Acquiring Skills or Increased Understanding of Mental health (n = 7)
- Meeting Basic Needs & Finding Employment (n = 2)
- Strategies or Activities for self-care (n = 3)

"I feel the staff has motivated me to do more things for myself."

"I'm feeling better about reaching out to community more and feeling more connected."

What could make this program better? (n = 52)

- Nothing or Don't Know (n = 39)
- More Frequent or Longer sessions (n = 4)
- Additional Activities or Services (n = 4)
- Additional Instructional Topics or Information (n = 2)
- Better Communication and Outreach (n = 2)
- Greater Diversity among Staff or Participants (n = 1)

What has changed about how you think, feel, or behave as a result of this program? (n = 81)

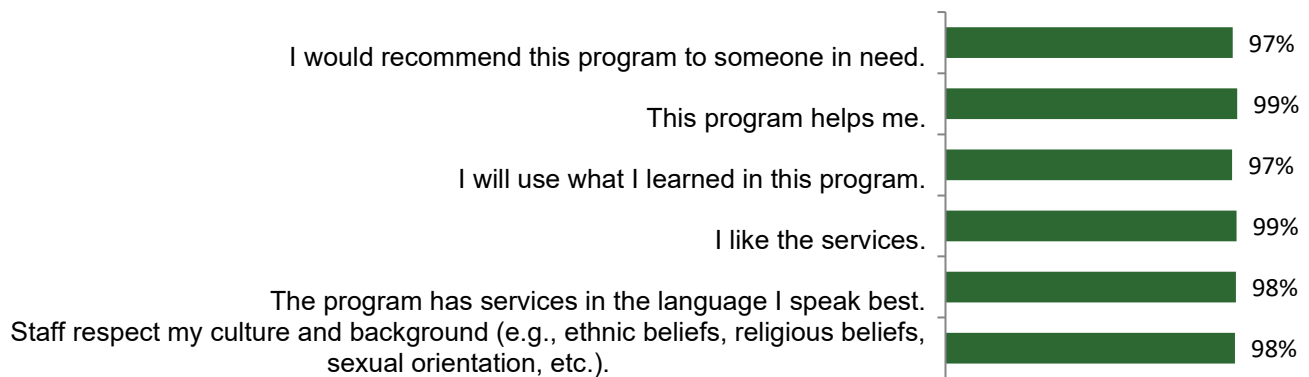
- More Positive Outlook/Attitude (n = 22)
- Improved Emotional Regulation (n = 19)
- Improved Self-Awareness (n = 11)
- Improved Communication or Relationships (n = 11)
- Feeling Less Isolated (n = 7)
- Improved Self-Confidence (n = 4)
- Improved Behavior (n = 4)
- Nothing or Don't Know (n = 3)

7. YOUTH BRIEF TREATMENT

This section contains the results of surveys from the Youth Brief Treatment program. A total of 550 participants completed a survey. Of these, 388 were self-report surveys, while the other 162 were child surveys completed by a parent/guardian about their child. Results from the self-report survey are presented first, followed by results from the child survey. Since more than 30 participants completed each survey, percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction and Cultural Competence Percent of Participants Who Agree (n = 383-388)



Outcomes (n = 368-386)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I have a better understanding of mental illness.	6%	94%
I think treatment can help improve symptoms of mental illness.	4%	96%
I am more likely to seek help for a mental health problem.	12%	88%
I know where to go for mental health services.	5%	95%
I know where to go for substance use services for myself or other household members.	15%	85%

YOUTH BRIEF TREATMENT

Outcomes (n = 192-197)

As a result of participating in this program...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	7%	93%
I learned how to take steps towards the future I want.	6%	94%
I feel better.	8%	92%
I have more energy during the day.	29%	71%
I feel less worried.	19%	81%
I feel better when I think about the future.	15%	85%
I care more about the things that are happening in my life.	9%	91%
I can handle problems better.	17%	83%
I know when to ask for help with an emotional problem.	17%	83%

Outcomes (n = 47-178)‡

As a result of participating in this program ...	% Gotten Worse	% Stayed the Same	% Gotten Better
My school attendance has...	5%	43%	51%
My grades in school have...	3%	33%	63%
My housing situation has...	1%	45%	54%
My job situation has...	2%	53%	45%
My relationship with friends and family has...	2%	26%	72%

‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

YOUTH BRIEF TREATMENT

Client Comments

Participants who received services from Youth Brief Treatment were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 391)

- Therapeutic Communication (n = 168)
- Improved Symptoms or Behavior (n = 73)
- Acquiring Skills or Increased Understanding of Mental health (n = 60)
- Supportive Staff (n = 29)
- Inclusive Environment & Sense of Community (n = 24)
- Availability of Services (n = 14)
- Better interactions with family and friends (n = 9)
- Nothing or Don't Know (n = 6)
- Meeting Basic Needs and Finding Employment (n = 5)
- Strategies or Activities for self-care (n = 2)
- Group Sessions (n = 1)

"It helps me deal with my emotions better."

"I have someone I can talk to and who understands me."

What could make this program better? (n = 262)

- Nothing or Don't Know (n = 188)
- Additional Activities or Services (n = 29)
- Better Communication and Outreach (n = 16)
- More Frequent or Longer Sessions (n = 16)
- Additional Instructional Topics or Information (n = 13)

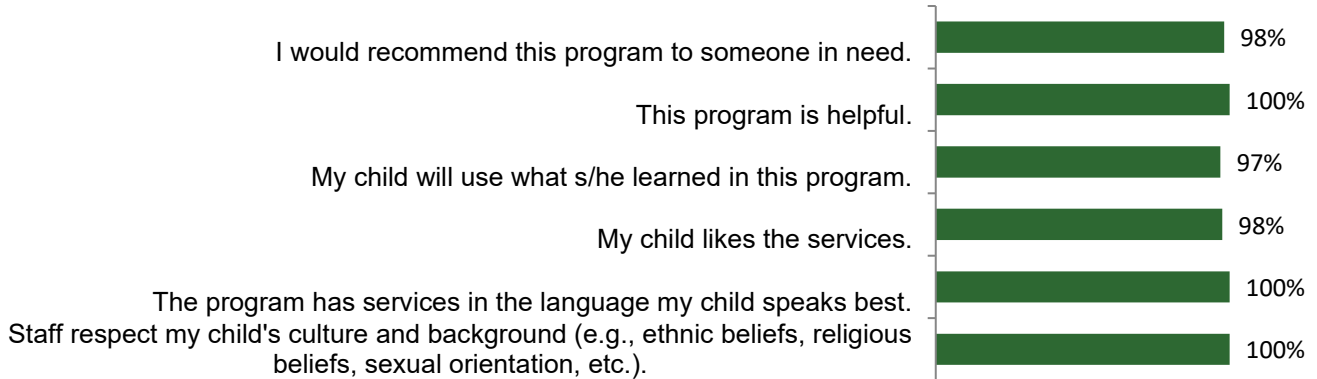
What has changed about how you think, feel, or behave as a result of this program? (n = 390)

- Improved Emotional Regulation (n = 96)
- Improved Self-Awareness (n = 71)
- More Positive Outlook/Attitude (n = 69)
- Improved Behavior (n = 55)
- Improved Communication or Relationships (n = 51)
- Nothing or Don't Know (n = 23)
- Improved Self-Confidence (n = 22)
- Feeling Less Isolated (n = 3)

YOUTH BRIEF TREATMENT

Child Performance Outcomes

Program Satisfaction and Cultural Competence Percent of Participants Who Agree (n = 159-162)



Child Outcomes (n = 154-160)

As a result of participating in this program ...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
My child has a better understanding of mental illness.	8%	92%
My child thinks treatment can help improve symptoms of mental illness.	7%	93%
I know where to go to get mental health services for my child.	1%	99%
My child knows how to get help when s/he has a mental health problem.	8%	92%
I know where to go for substance use services for myself or other household members.	5%	95%

YOUTH BRIEF TREATMENT

Child Outcomes (n = 105-107)

As a result of participating in this program...	% Strongly Disagree or Disagree	% Agree or Strongly Agree
My child knows more about how to take care of his/her mental or emotional health.	14%	86%
My child is learning to behave more appropriately.	4%	96%
My child feels better.	2%	98%
My child has more energy during the day.	11%	89%
My child feels less worried.	14%	86%
My child feels better when s/he thinks about the future.	12%	88%
My child cares more about the things that are happening in his/her life.	9%	91%
My child can handle problems better.	13%	87%
My child knows when to ask for help with an emotional problem.	9%	91%

Child Outcomes (n = 74-92)‡

As a result of participating in this program ...	% Gotten Worse	% Stayed the Same	% Gotten Better
My child's school attendance has...	1%	47%	51%
My child's grades in school have...	4%	32%	65%
My child's housing situation has...	0%	41%	59%
My child's relationships with friends and family have...	0%	28%	72%

‡ Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

YOUTH BRIEF TREATMENT

Child Comments

Participants who received services from Youth Brief Treatment were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and the responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 128)

- Therapeutic Communication (n = 41)
- Acquiring Skills or Increased Understanding of Mental Health (n = 22)
- Improved Symptoms or Behavior (n = 21)
- Supportive Staff (n = 19)
- Availability of Services (n = 7)
- Better interactions with family and friends (n = 7)
- Inclusive Environment and Sense of Community (n = 6)
- Strategies or Activities for Self-Care (n = 2)
- Nothing or don't know (n = 1)
- Group Sessions (n = 1)
- Meeting Basic Needs and Finding Employment (n = 1)

What could make this program better? (n = 98)

- Nothing or don't know (n = 68)
- Additional Activities or Services (n = 10)
- More Frequent or Longer Sessions (n = 10)
- Better Communication and Outreach (n = 5)
- Additional Instructional Topics or Information (n = 3)
- Greater Diversity among Staff or Participants (n = 2)

"She is able to talk to someone without judgement."

"She has learned about good choices and bad choices. Her temper has changed; she can now manage to control it. She can also communicate her emotions, such as when she is mad, sad, or happy."

What has changed about how your child thinks, feels, or behaves as a result of this program? (n = 148)

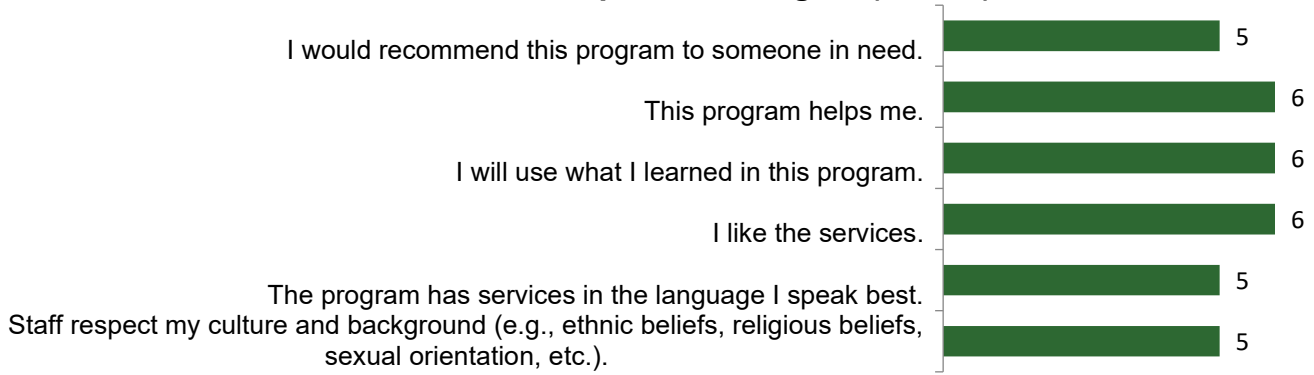
- Improved Behavior (n = 34)
- Improved Emotional Regulation (n = 33)
- Improved Communication or Relationships (n = 31)
- Improved Self-Awareness (n = 20)
- More Positive Outlook/Attitude (n = 15)
- Nothing or Don't Know (n = 12)
- Improved Self-Confidence (n = 3)

8. YOUTH JUVENILE JUSTICE ENGAGEMENT

This section contains the results of surveys from the Youth Juvenile Justice Engagement program. A total of 12 surveys were completed for this program. Of these, seven were self-report surveys, while the other five were child surveys completed by a parent/guardian about their child. Results from the self-report survey are presented first, followed by results from the child survey. Since the total number of participants who completed each type of survey was small, counts rather than percentages are presented. All participants chose to take the survey in English.

Self-Report Performance Outcomes

Program Satisfaction Number of Participants Who Agree (n = 6-7)



Outcomes (n = 7)

As a result of participating in this program ...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I have a better understanding of mental illness.	1	6
I think treatment can help improve symptoms of mental illness.	1	6
I am more likely to seek help for a mental health problem.	1	6
I know where to go for mental health services.	1	6
I know where to go for substance use services for myself or other household members.	1	6

YOUTH JUVENILE JUSTICE ENGAGEMENT

Outcomes (n = 6-7)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
I know more about how to take care of my mental or emotional health.	2	4
I learned how to take steps towards the future I want.	2	5
I feel better.	4	3
I have more energy during the day.	3	3
I feel less worried.	2	5
I feel better when I think about the future.	2	5
I care more about the things that are happening in my life.	3	4
I can handle problems better.	2	5
I know when to ask for help with an emotional problem.	2	5

Outcomes (n = 1-3)[‡]

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My school attendance has...	0	0	3
My grades in school have...	0	0	3
My housing situation has...	0	0	2
My job situation has...	0	0	1
My relationship with friends and family has...	0	0	3

[‡] Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

YOUTH JUVENILE JUSTICE ENGAGEMENT

Client Comments

Participants who received services from Youth Juvenile Justice Engagement were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 6)

- Therapeutic Communication (n = 3)
- Nothing or don't know (n = 1)
- Improved Symptoms or Behavior (n = 1)
- Supportive Staff (n = 1)

What could make this program better? (n = 4)

- Nothing or Don't Know (n = 3)
- More Frequent or Longer sessions (n = 1)

What has changed about how you think, feel, or behave as a result of this program? (n = 3)

- Nothing or don't know (n = 1)
- Improved Communication or Relationships (n = 1)
- Improved Emotional Regulation (n = 1)

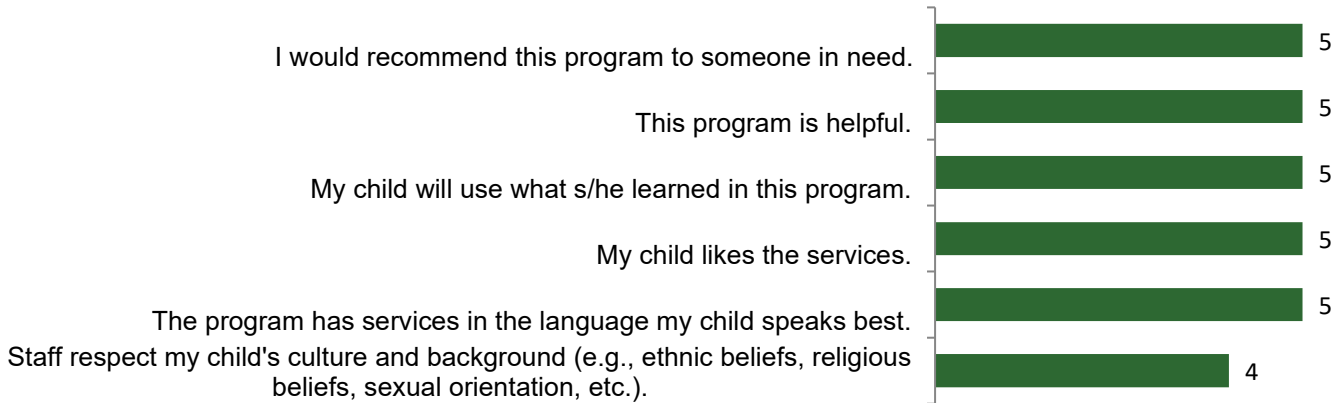
"Talking with staff or people on my team [has been helpful]."

"I am more calm, able to remove myself from a situation that is stressful, and have better coping skills."

YOUTH JUVENILE JUSTICE ENGAGEMENT

Child Survey Outcomes

Program Satisfaction and Cultural Competence Number of Participants Who Agree (n = 5)



Child Outcomes (n = 5)

As a result of participating in this program ...	# Disagree or Strongly Disagree	# Agree or Strongly Agree
My child has a better understanding of mental illness.	1	4
My child thinks treatment can help improve symptoms of mental illness.	1	4
I know where to go to get mental health services for my child.	0	5
My child knows how to get help when s/he has a mental health problem.	0	5
I know where to go for substance use services for myself or other household members.	0	5

YOUTH JUVENILE JUSTICE ENGAGEMENT

Child Outcomes (n = 4)

As a result of participating in this program...	# Strongly Disagree or Disagree	# Agree or Strongly Agree
My child knows more about how to take care of his/her mental or emotional health.	1	3
My child is learning to behave more appropriately.	0	4
My child feels better.	0	4
My child has more energy during the day.	2	2
My child feels less worried.	1	3
My child feels better when s/he thinks about the future.	1	3
My child cares more about the things that are happening in his/her life.	0	4
My child can handle problems better.	0	4
My child knows when to ask for help with an emotional problem.	2	2

Child Outcomes (n = 4)[‡]

As a result of participating in this program ...	# Gotten Worse	# Stayed the Same	# Gotten Better
My child's school attendance has...	0	1	3
My child's grades in school have...	1	1	2
My child's housing situation has...	0	1	3
My child's relationships with friends and family have...	0	2	2

[‡] Participants were given the option to indicate that these questions do not apply to them. Those who said it did not apply were excluded from the analysis.

YOUTH JUVENILE JUSTICE ENGAGEMENT

Child Comments

Participants who received services from Youth Juvenile Justice Engagement were also asked to provide feedback through open-ended response questions. Their comments were grouped by theme and responses are presented below. The number of comments may be different from the total number of themes, as comments touching on more than one theme were categorized as belonging to each theme they addressed. The number of people whose feedback was tagged as belonging to each theme is shown in parentheses.

What's the most helpful thing about this program? (n = 6)

- Improved Symptoms or Behavior (n = 2)
- Therapeutic Communication (n = 1)
- Availability of Services (n = 1)
- Acquiring Skills or Increased Understanding of Mental health (n = 1)
- Nothing or Don't Know (n = 1)

What has changed about how your child thinks, feels, or behaves as a result of this program? (n = 4)

- Improved Behavior (n = 2)
- Nothing or Don't Know (n = 2)

What could make this program better? (n = 5)

- Nothing or Don't Know (n = 5)

"His behavior has changed. He does not go out and drink as much as he used to."

"...teaching my child how to use certain skills to manage his behavior."

APPENDIX A: PEI DATA COLLECTION MATRIX

PEI Programs, Classifications, and Survey Sections for FY23-24

PEI Program Name	Program Classification	Sections of Survey Required to Be Completed
Prepare U	Prevention	Front & back
Transitional Age Youth (TAY) Dual Recovery	Early Intervention	Front & back
Youth Brief Treatment (YBT)	Early Intervention	Front & back
Living Well	Stigma and Discrimination Reduction	Front only
Transitional Age Youth (TAY) Self Sufficiency	Access and Linkage to Treatment	Front only
Youth Juvenile Justice Engagement	Access and Linkage to Treatment	Front only
KCSOS - School-Based Program (formerly known as Kern Youth Resilience and Support Program)	Access and Linkage to Treatment	Front only
Foster Care Engagement	Outreach for Increasing Recognition of Early Signs of Mental Illness	Front only
Volunteer Senior Outreach Program (VSOP)	Outreach for Increasing Recognition of Early Signs of Mental Illness	Front only
Suicide Prevention Outreach and Education (O&E)	Outreach for Increasing Recognition of Early Signs of Mental Illness	None
Zero Suicide	Outreach for Increasing Recognition of Early Signs of Mental Illness	None
Outreach & Education	Outreach for Increasing Recognition of Early Signs of Mental Illness	None
Access to Care: Crisis Hotline	Access and Linkage to Treatment	None
Homeless Outreach Program	Access and Linkage to Treatment	None
Help Me Grow	Access and Linkage to Treatment	None
Community Referral Network	Access and Linkage to Treatment	None
Reengagement	Access and Linkage to Treatment	None
Continuum of Care Reform (CCR) Foster Youth Engagement	Access and Linkage to Treatment	None
Court Appointed Special Advocates (CASA)	Access and Linkage to Treatment	None
The Healing Project (Recovery Station)	Access and Linkage to Treatment	None