

# Expected Outcomes and Measurements Behavioral Health Providers and School Districts

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How do we  
know if  
School-Based  
Behavioral  
Health  
Services are  
Working?



## Measurement Based Care

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Behavioral health providers treating mental health and substance use disorders should implement a system of measurement-based care whereby validated symptom rating scales are completed.

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Measurement-based care will help providers determine whether the treatment is working and facilitate treatment adjustments, consultations, or referrals for higher intensity services when patients are not improving as expected.

# Commonly Expected Outcomes

## Commonly Expected Outcomes include:

- **Functional Improvement**
  - Assessed with the Children's Functional Assessment Rating Scale (CFARS)
  - Tracked and Measured by Providers
- **Increased Days in Schools**
  - Reduction in Truancy
  - Tracked and Measured by Individual Schools and Providers
- **Reduction in Disciplinary Actions**
  - Including Referrals, Detentions, and Suspensions
  - Tracked and Measured by Individual Schools
- **Reduction In Crisis Events**
  - Including Hospitalizations, ER/ED Visits
  - Tracked and Measured by Providers/MRTs and/or Schools

# Additional Ideal Outcomes

Additional Ideal Outcomes Include:

- Threat Outcomes
- Contemporary Assessment and Measurement Tools
  - Increased Social and Emotional Supports and Activities
  - Increased Problem Solving and Coping Strategies



# Final Thoughts/Recommendations

- Accountability is Imperative
- Outcome Measurement is Key to Understanding Effectiveness
- Consistent Outcome Measurement Improves Standardization
- Data Needs to be Collected as Consistently and Reliably as Possible
- Providers and Districts need to be in Partnership Working Together to Continue to Improve the System of Care and Its Effectiveness