Trauma Focused Cognitive Behavioral Therapy
CIMH Community Development Teams

LA PEI Program Performance Dashboard Report
March 2012 Data Submission

This program performance dashboard report describes children served through Trauma Focused Cognitive Behavioral Therapy (TF-CBT) in agencies receiving Prevention and Early Intervention (PEI) funding in Los Angeles County. Data were submitted in spring and summer of 2012, reflecting children served through the end of January 2012. Please note that this report may include clients served through other funding sources.

Sixty-four LA PEI-funded private-provider agencies submitted data to CIMH in spring and summer of 2012, reflecting children served in their TF-CBT programs through January of 2012. This report presents data from:

- Alma Family Services
- Amanacer
- Aviva
- Bienvenidos
- California Behavioral Health Care
- Child & Family Center
- Child and Family Guidance Center
- ChildNet
- Children's Hospital, L.A.
- Children's Institute, Inc.
- CIFHS – The Family Center
- Community Family Guidance Center
- Counseling4Kids
- Didi Hirsch
- Drew Child Development Center
- D'Veal Family and Youth Services
- El Centro de Amistad
- El Centro del Pueblo
- EMQ/FF Hollygrove
- ENKI Health and Research Systems

- Exceptional Children's Foundation
- Five Acres
- Foothill Family Services
- For The Child
- Harbor View CSC
- Hathaway-Sycamores
- Hillsides
- IMCES
- Kedren Mental Health
- Los Angeles Child Guidance Clinic
- Maryvale
- Masada Homes
- McKinley Children's Center
- Optimist Mental Health
- Pacific Clinics
- Pacific Clinics CCSP
- Para Los Ninos
- Pasadena Unified School District
- Penny Lane
- Providence
- Pasadena Unified School District

- Rosemary Children's Services
- San Fernando Valley Community Mental Health Center
- San Gabriel Children's Center
- Shields for Families
- South Bay Children's Center
- Special Service for Groups
- St. Anne's
- St. John's
- Star View
- Stirling Behavioral Health
- Tessie Cleveland
- The Guidance Center
- The Help Group
- The Village Family Services
- The Whole Child
- United American Indian Involvement
- Vista del Mar

This dashboard report reflects a total of **7,780** children referred to the TF-CBT programs in these agencies.

Table 1. TF-CBT Status LA PEI (N=7,780)	
Entry Rate	**Dropout Rate**
97.8% (n=7,607)	25.7% (n=1,956)

Note1: Entry Rate is defined as children who were referred to TF-CBT and have a first session documented.
Note2: Dropout Rate is defined as children who stopped participating prior to successfully completing TF-CBT.

Table 2. Client Demographics – Children Who Entered TF-CBT (n=7,607)										
	Gender		**Ethnicity**					**Primary Axis I Diagnosis**		
Age (in years)	**Female**	**Male**	**African-American**	**Asian/ Pacific Islander**	**Caucasian**	**Hispanic/ Latino**	**Other**	**PTSD**	**Other Anxiety/ Mood/ Adjustment**	**Other**
11.3 (n=7539)	54.6% (n=4151)	45.4% (n=3452)	15.9% (n=1208)	1.0% (n=76)	8.4% (n=638)	71.3% (n=5426)	3.3% (n=250)	25.0% (n=1902)	55.6% (n=4228)	19.2% (n=1457)

Note1: Percentages may not total 100 due to missing data.
Note2: Age calculated as the difference between the date of the first session and child's date of birth.

Table 3. Process Data – Children Who Entered TF-CBT (n=7,607)	
Clients With At Least One* Completed UCLA Post-Traumatic Stress Disorder Reaction Index (PTSD-RI) Prior to TF-CBT	**Clients With At Least One* Completed Youth Outcome Questionnaire (YOQ or YOQ-SR) Prior to TF-CBT**
80.4% (n=6,044)	72.0% (n=5,255)

*Including parent/caregiver report and/or child/youth self-report. A measure is valid if it has been administered within the appropriate age range and has a valid score; and, the denominator only includes children within the valid age range for a particular measure.
‡Please see Appendix A. for a description of the UCLA Post-Traumatic Stress Disorder Reaction Index and the Youth Outcome Questionnaires.

Table 4. Service Delivery Data – Children Who Completed TF-CBT (n=2,401)	
Average Length of Therapy	**Average Number of Sessions**
31.6 weeks (+14.7) Range 1 – 149 weeks (n=2,349)	25.6 (+11.9) Range 1 – 128 sessions (n=2,352)

Note1: Completion of TF-CBT is defined as having a "yes" documented for completion status.
Note2: Duration is calculated as the difference between the date of the last session and the date of the first session.

| Table 5. Outcome Data[±] – Clients who Completed TF-CBT (n=2,401)					
Youth Outcome Questionnaire (YOQ and YOQ-SR) Total Score					
	Percent Improvement[±] from the Average Pre-TF-CBT Score to the Average Post-TF-CBT Score	**Effect Size Estimate[±] (Cohen's *d*)**	**Percent of Clients Showing Reliable Change[±] from Pre-TF-CBT to Post-TF-CBT**		
			Positive Change	**No Change**	**Negative Change**
Parent/Caregiver	37.9%* (n=1,028) [pre=53.1]	.61	51.5% (n=529)	39.4% (n=405)	9.1% (n=94)
Child/Youth	36.6%* (n=481) [pre=51.7]	.63	48.2% (n=232)	45.1% (n=217)	6.7% (n=32)
PTSD-RI Total Score					
	Percent Improvement[±] from the Average Pre-TF-CBT Score to the Average Post-TF-CBT Score	**Effect Size Estimate[±] (Cohen's *d*)**	**Percent of Clients Showing Reliable Change[±] from Pre-TF-CBT to Post-TF-CBT**		
			Positive Change	**No Change**	**Negative Change**
Parent/Caregiver	36.5%* (n=1,084) [pre=23.7]	.56	29.5% (n=320)	66.1% (n=717)	4.3% (n=47)
Child/Youth	42.4%* (n=1,313) [pre=26.5]	.79	39.9% (n=524)	56.6% (n=743)	3.5% (n=46)

[±]Please see Appendix A. for a description of the TF-CBT outcome measures and the outcome indicators (percent improvement in average scores; effect size estimate; and, percent of clients showing reliable change).
Note1: Possible YOQ and YOQ-SR Total Scores range from -16 – 240, with a clinical cutpoint of 47 for parent/caregiver report and 46 for youth self-report. Possible PTSD-RI scores range from 0 – 68 with a clinical cutpoint of 38 or higher.
Note2: Follow-up analyses of aggregate data revealed no significant differences in entry rate, dropout rate, duration of therapy, number of sessions, or change in outcomes by gender or ethnicity.
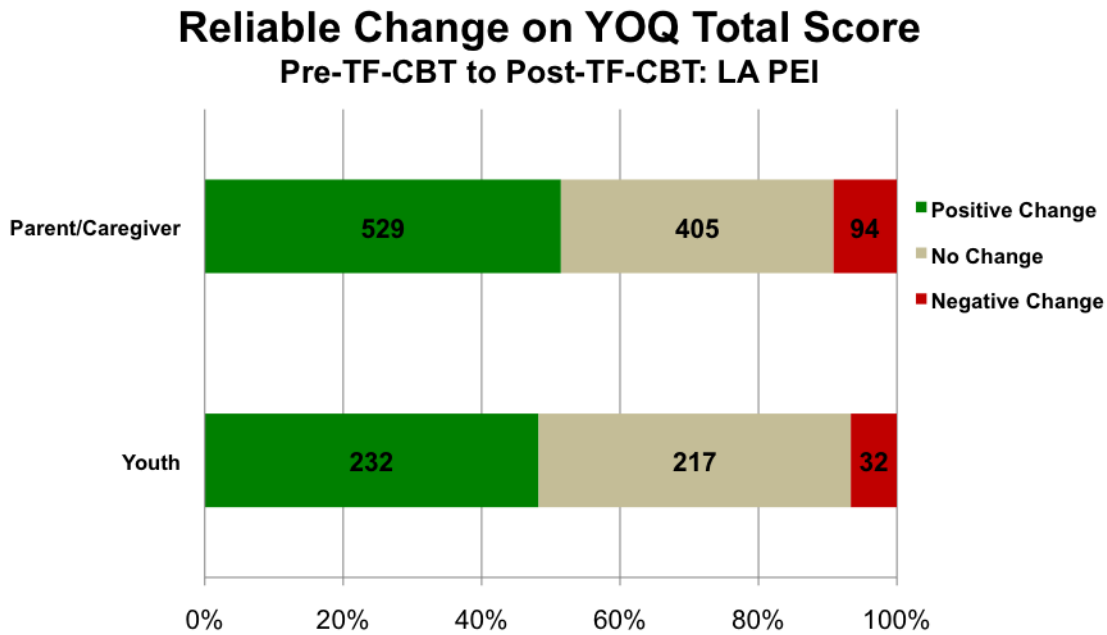*Paired t-test indicates a statistically significant difference, $p \le .01$.

Graph 1. TF-CBT LA PEI Outcomes: PTSD-RI Total Severity Score – Children who Completed TF-CBT (n=2,401)

Youth Outcome Questionnaires
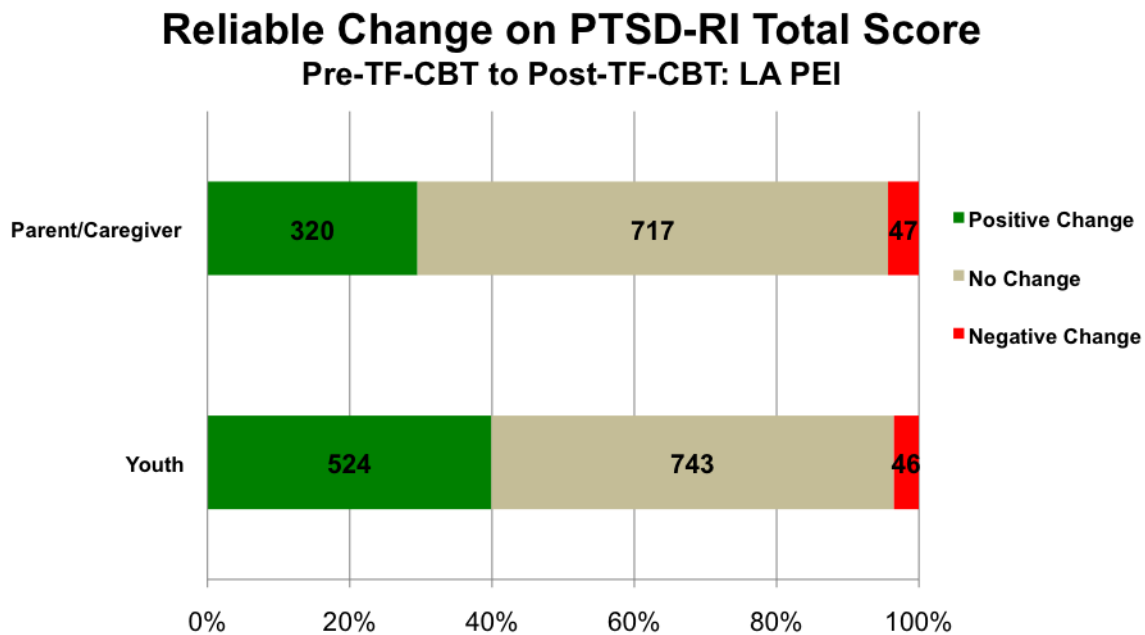### Total Score - TF-CBT: LA PEI
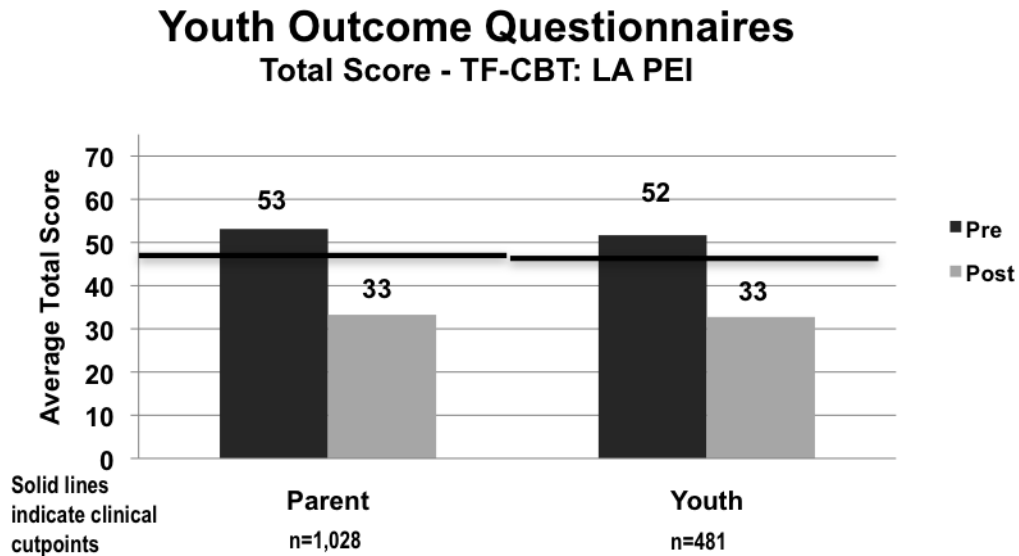
Graph 2. TF-CBT LA PEI Outcomes: YOQ and YOQ-SR Total Scores – Children who Completed TF-CBT (n=2,401)

Post-Traumatic Stress Disorder
Reaction Index
Total PTSD Severity Score
TF-CBT: LA PEI
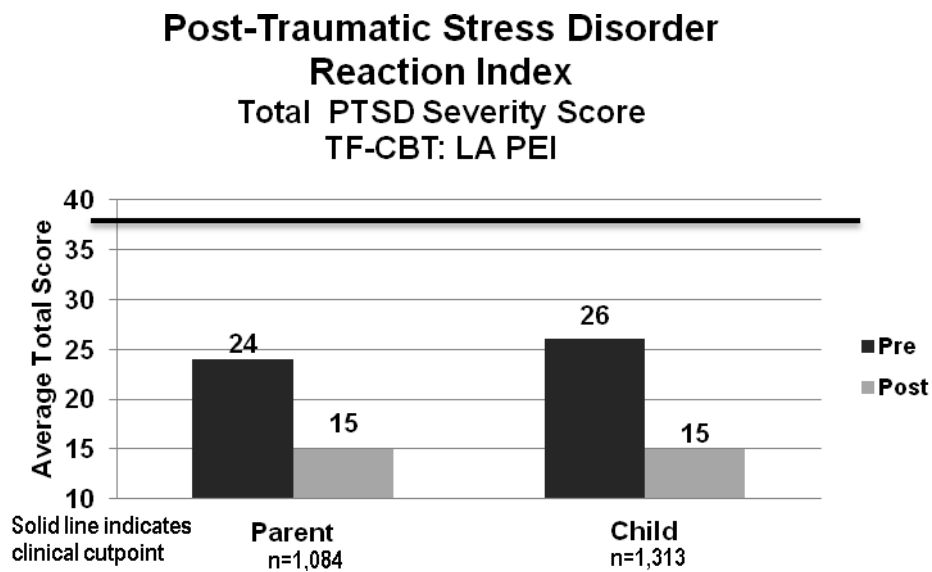
Graph 3. TF-CBT LA PEI Outcomes – Percent of Children Showing Reliable Change on the PTSD-RI after Completion of TF-CBT

Reliable Change on YOQ Total Score
Pre-TF-CBT to Post-TF-CBT: LA PEI

Parent/Caregiver: 529 (Positive Change), 405 (No Change), 94 (Negative Change)

Youth: 232 (Positive Change), 217 (No Change), 32 (Negative Change)

Legend:
- Positive Change
- No Change
- Negative Change

X-axis: 0% 20% 40% 60% 80% 100%

Graph 4. TF-CBT LA PEI Outcomes – Percent of Children Showing Reliable Change on the YOQ and YOQ-SR after Completion of TF-CBT

Reliable Change on PTSD-RI Total Score
Pre-TF-CBT to Post-TF-CBT: LA PEI

Parent/Caregiver: 320 (Positive Change), 717 (No Change), 47 (Negative Change)

Youth: 524 (Positive Change), 743 (No Change), 46 (Negative Change)

Legend:
- Positive Change
- No Change
- Negative Change

X-axis: 0% 20% 40% 60% 80% 100%

Appendix A. Description of TF-CBT Outcome Measures and Outcome Indicators

TF-CBT Trauma Measure: Post-Traumatic Stress Disorder Reaction Index (PTSD-RI)
The *UCLA Post-Traumatic Stress Disorder Reaction Index* (PTSD-RI) is an outcome measure completed before and after participation in TF-CBT. The evaluation component of this measure has 20 items that assess the frequency of occurrence of post-traumatic stress disorder symptoms during the prior month according to both child/youth self-reports and reports of their parents/caregivers (for children ages 3-18).

Possible Total PTSD Severity Scores range from 0-68; and scores of 38 or higher have the greatest sensitivity and specificity for detecting PTSD.

TF-CBT General Outcome Measure: Youth Outcome Questionnaires (YOQ and YOQ-SR)
The *Youth Outcome Questionnaires (YOQ and YOQ-SR)* are outcome measures completed before and after participation in TF-CBT. These 64-item standardized questionnaires assess children's global mental health functioning within the prior week according to both youth self-reports (ages 12-18) and reports of their parents/caregivers (for children ages 4-17).

Possible Total YOQ and YOQ-SR scores range from -16-240. Scores of 47 or higher for parent/caregiver report and 46 or higher for youth self-report are most similar to clinical populations.

Outcome Indicator: Percent Improvement in Average Pre- and Post- Scores
The percent improvement in the average YOQ scores from pre-TF-CBT treatment to post-TF-CBT treatment is reported each outcome measure, when available. A paired t test analysis is conducted with each set of scores; and, when the difference observed is not likely to be due to chance ($p<01$), this is indicated with a footnote.

In addition to reporting the percent of change in average scores in Table 5, Graphs 1 and 2 present the average pre-scores and the average post-scores for each informant on each measure, with solid lines indicating the clinical cutpoints.

Outcome Indicator: Effect Size Estimate, Cohen's *d*
Cohen's *d* is a standardized effect size measure that estimates the magnitude, or strength, of a relationship. In this dashboard report it estimates the strength of the relationship between the average pre score and the average post score, expressed in terms of standard deviations. An effect size of .5 indicates that the average pre score is .5 standard deviations greater than the average post score. While there is no absolute agreement about what magnitude of an effect size is necessary to establish practical or clinical significance, conventional interpretations of Cohen's *d* are that effect sizes of .2 to .3 represent a "small" effect; effect sizes around .5 reflect a "medium" effect; and, effect sizes of .8 or greater represent a "large" effect. However, an alternate schema has been proposed for the social sciences, where the recommended minimum effect size representing a "practically" significant effect is .41, with 1.15 representing a moderate effect and 2.70 a strong effect [see Ferguson, C.J. (2009). An Effect Size Primer: A Guide for Clinicians and Researchers. *Professional Psychology: Research and Practice, 40 (5),* 532-538].

Appendix A. Description of TF-CBT Outcome Measures and Outcome Indicators (cont'd)

Outcome Indicator: Percent of Clients Showing Reliable Change
The percent of clients showing reliable change reflects those with an amount of change on an outcome measure from pre-TF-CBT to post-TF-CBT that meets or exceeds the value of the Reliable Change Index (RCI). RCI, as calculated using the Jacobson-Truax (1991) method, is the amount of change that can be considered reliable based on the difference from pre- to post-, taking the variability of the pre-treatment group and measurement error into consideration. It reflects an amount of change that is not likely to be due to measurement error (p<.05) [see Wise, E.A. (2004). Methods for Analyzing Psychotherapy Outcomes: A Review of Clinical Significance, Reliable Change, and Recommendations for Future Directions. *Journal of Personality Assessment, 82(1),* 50-59].

The percent of clients with positive change, no change, and negative change are reported in Table 5; and, Graphs 3 and 4 present reliable change in these three categories for each informant on each measure.