

# STATE OF ALASKA

DEPT. OF HEALTH AND SOCIAL SERVICES

**DIVISION OF BEHAVIORAL HEALTH**

*Section of Policy & Planning*

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## **The Client Status Review**

The Client Status Review (CSR) is an instrument developed by the Division of Behavioral Health as part of the Mental Health Performance Measures Project 2001. The CSR functions as an instrument which compares quality of life of a consumer at intake and at subsequent intervals in their treatment and/or recovery process. The idea is, as a result of services, consumers will experience an increase in their quality of life -- a measure of successful treatment and recovery. All substance abuse and mental health providers were required to complete a CSR on all clients beginning July 1, 2004. Results of the CSR are sent to the Division of Behavioral Health for compilation and analysis.

When clients enter the Alaskan behavioral health treatment system, they are asked a series of questions about their "life domains": what is their housing situation (do they live in their own house? are they homeless?) how do they support themselves, how much alcohol have they used in the last month, how physically healthy do they feel, and the like. To measure change during treatment, the same questions are asked of adults every 6 months, and children, every 3 months. Then, when they leave our treatment system, they are asked the same questions. Comparing the answers to these questions gives us an excellent, detailed description of the impact of treatment on their lives.

Consumer responses to the questions on this form are provided in the following tables.

The CSR is an important tool for the Division of Behavioral Health, providers, and other stakeholders. It is used to report Department level performance measures at the state level, and federally required data elements for National Outcome Measures required for federal funding of Block Grants.

CSR's are submitted to the Division one of two ways. Providers using the Alaska Automated Information Management System (AK AIMS) submit the instrument electronically; providers still fine-tuning their capacity to report directly from their respective management information systems using the Electronic Data Interface (EDI) are submitting hard copy forms. The following reporting represents CSR submission from the AKAIMS system only.

The methodology behind the CSR looks at all consumers who have both an intake CSR and a subsequent CSR- 6 month follow up, 12 month follow up, or discharge. The latest subsequent CSR is used for comparison for consumers who have multiple subsequent

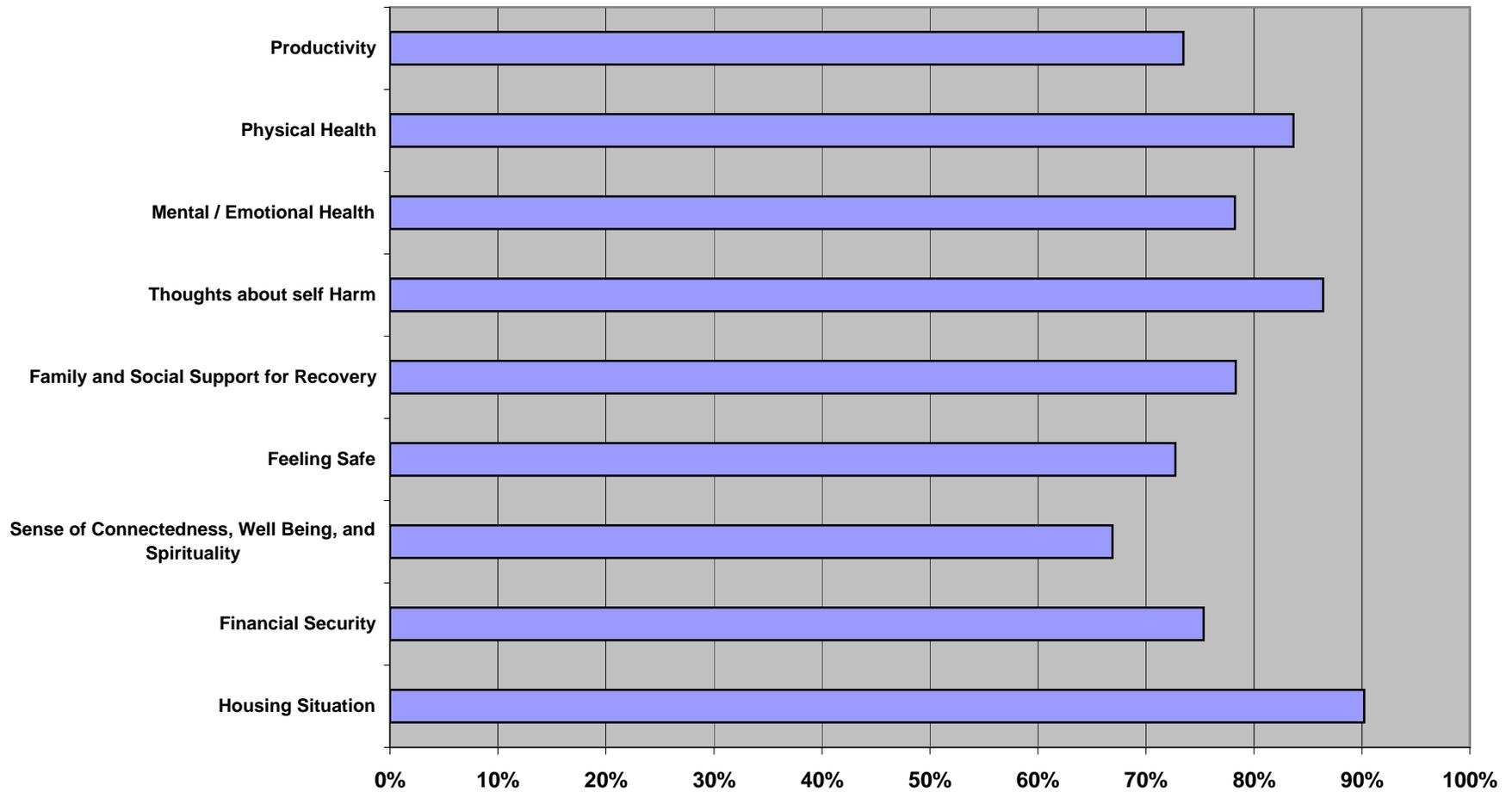
instruments. During SFY 2005, 5,035 usable Client Status Reviews were submitted via AKAIMS. The 5,035 submissions resulted in 461 unduplicated behavioral health consumers having an intake and subsequent CSR.

Consumer responses to each question on the intake CSR are compared to the same responses for subsequent reviews and reported as the percentage of consumers who report the same or improved conditions. The reason that we count both improved and maintained conditions is that, for the population in treatment, maintaining one's position is seen as achievement. Industry standards acknowledge that measurement of treatment outcomes includes both "improvement" as well as "maintenance" of functioning. Severe behavioral health issues are often a life-long challenge requiring skills of recovery and resilience where maintaining higher functioning is a positive outcome.

As more providers begin using AKAIMS and EDI, the number of unduplicated consumers with both an intake and subsequent CSR submission will grow, increasing the number of consumers represented in this analysis.

**Positive Outcomes in Life Domains**  
**Percentage of Youth Behavioral Health Consumers Improving or Maintenance of Quality of Life**  
SFY 2005 AK AIMS Client Status Reviews

**Performance Measure**



# Client Status Review Results- Youth

## Activity, Health, Housing, Economic Domains

Division of Behavioral Health- Policy and Planning

SFY 2005 AKAIMS Submissions

<b>Productivity</b>						
<b>How often do you do activities such as hunting, fishing, berry picking, work, school, sports, church, social or treatment activities, or any other activities?</b>						
<b>Intake</b>		<b>Subsequent</b>				
	<b>Total</b>	<b>None</b>	<b>Between 10 &amp; 20 Hrs a week</b>	<b>Between 20 &amp; 30 Hrs a week</b>	<b>Between 30 &amp; 40 Hrs a week</b>	<b>More than 40 Hours a week</b>
None	11	2	5	1	1	2
Between 10 & 20 Hrs a week	48	2	21	14	2	9
Between 20 & 30 Hrs a week	40	1	12	18	1	8
Between 30 & 40 Hrs a week	1	0	0	0	1	0
More than 40 Hours a week	47	1	13	9	1	23
<b>Total</b>	<b>147</b>	<b>6</b>	<b>51</b>	<b>42</b>	<b>6</b>	<b>42</b>
<b>Number of consumers who improved or remained the same (shaded):</b>						<b>108</b>
<b>Percentage of consumers who improved or remained the same:</b>						<b>73%</b>

<b>Physical Health</b>						
<b>In the last six months how often have physical health problems kept you from doing normal daily activities?</b>						
<b>Intake</b>		<b>Subsequent</b>				
	<b>Total</b>	<b>Almost all the time (usually every day)</b>	<b>Most of the time (2-5 days a week)</b>	<b>Sometimes (5-10 days a month)</b>	<b>Rarely (1-4 days a month)</b>	<b>Almost never (less than 1 day a month)</b>
Almost all the time (usually every day)	2	0	0	1	1	0
Most of the time (2-5 days a week)	5	1	0	1	0	3
Sometimes (5-10 days a month)	13	0	0	2	3	8
Rarely (1-4 days a month)	29	0	1	4	9	15
Almost never (less than 1 day a month)	98	0	1	7	10	80
<b>Total</b>	<b>147</b>	<b>1</b>	<b>2</b>	<b>15</b>	<b>23</b>	<b>106</b>
<b>Number of consumers who improved or remained the same (shaded):</b>						<b>123</b>
<b>Percentage of consumers who improved or remained the same:</b>						<b>84%</b>

## Mental / Emotional Health

**In the last six months, how often have mental or emotional problems kept you from doing normal daily activities?**

Intake	Subsequent					
	Total	Almost all the time (usually every day    Most of the time (2-5 days a week)    Sometimes (5-10 days a month)    Rarely (1-4 days a month)    Almost never (less than 1 day a month)				
		(usually every day)	Most of the time (2-5 days a week)	Sometimes (5-10 days a month)	Rarely (1-4 days a month)	Almost never (less than 1 day a month)
Almost all the time (usually every day)	6	1	2	0	2	1
Most of the time (2-5 days a week)	24	1	6	4	5	8
Sometimes (5-10 days a month)	22	0	1	4	7	10
Rarely (1-4 days a month)	19	0	4	1	3	11
Almost never (less than 1 day a month)	76	0	1	8	16	51
<b>Total</b>	<b>147</b>	<b>2</b>	<b>14</b>	<b>17</b>	<b>33</b>	<b>81</b>

Number of consumers who improved or remained the same (shaded):	115
Percentage of consumers who improved or remained the same:	78%

## Thoughts About Self Harm

**Which of the following statements is true about your thoughts regarding suicide or hurting yourself?**

Intake	Subsequent					
	Total	I have attempted or have a plan    I think about it most of the time    I think about it sometimes    I rarely think about it    I never think about it				
		I have attempted or have a plan	I think about it most of the time	I think about it sometimes	I rarely think about it	I never think about it
I have attempted or have a plan	6	1	0	1	3	1
I think about it most of the time	0	0	0	0	0	0
I think about it sometimes	14	1	0	6	3	4
I rarely think about it	34	1	0	6	11	16
I never think about it	93	0	0	2	10	81
<b>Total</b>	<b>147</b>	<b>3</b>	<b>0</b>	<b>15</b>	<b>27</b>	<b>102</b>

Number of consumers who improved or remained the same (shaded):	127
Percentage of consumers who improved or remained the same:	86%

## Family and Social Support For Recovery

How much do the people in your life support you, your sobriety or recovery?

Intake		Subsequent				
	Total	They are not supportive	They are often not supportive	They are neutral, no support or interference	They are usually supportive	They are very supportive
They are not supportive	7	2	0	1	2	2
They are often not supportive	4	0	3	0	1	0
They are neutral, no support/interference	13	1	0	6	2	4
They are usually supportive	26	0	1	3	10	12
They are very supportive	93	1	3	5	17	67
<b>Total</b>	<b>143</b>	<b>4</b>	<b>7</b>	<b>15</b>	<b>32</b>	<b>85</b>

Number of consumers who improved or remained the same (shaded): 112

Percentage of consumers who improved or remained the same: 78%

Note: Intake total is lower than other domains because some consumers chose not to respond to this question at either intake or subsequent

## Feeling Safe

How safe do you feel in your home, school, and community or village? (General safety refers to issues such as domestic violence, homelessness, safety of community or village, bullying, prejudice, or family conflict.)

Intake		Subsequent				
	Total	I feel unsafe almost all of the time	I feel unsafe most of the time	I feel safe sometimes, unsafe others	I feel safe most of the time	I feel safe almost all of the time
I feel unsafe almost all of the time	1	0	0	0	1	0
I feel unsafe most of the time	5	0	0	0	3	2
I feel safe sometimes, unsafe others	14	1	0	4	6	3
I feel safe most of the time	37	2	0	2	15	18
I feel safe almost all of the time	86	2	0	6	26	52
<b>Total</b>	<b>143</b>	<b>5</b>	<b>0</b>	<b>12</b>	<b>51</b>	<b>75</b>

Number of consumers who improved or remained the same (shaded): 104

Percentage of consumers who improved or remained the same: 73%

Note: Intake total is lower than other domains because some consumers chose not to respond to this question at either intake or subsequent

### Sense of Connectedness, Well Being, and Spirituality

People are often worried or embarrassed by not being able to afford things like clothes, transportation, activities, gas, food, and rent. How often do you or family member worry about these type of things?

Intake		Subsequent				
	Total	Almost all the time (usually every day)	Most of the time (2- 5 days a week)	Sometimes (5-10 days a month)	Rarely (1-4 days a month)	Almost never (less than 1 day a month)
Almost all the time (usually every day)	6	1	0	3	2	0
Most of the time (2-5 days a week)	60	1	4	9	9	37
Sometimes (5-10 days a month)	6	0	3	2	1	0
Rarely (1-4 days a month)	26	0	3	5	6	12
Almost never (less than 1 day a month)	44	2	2	22	9	9
<b>Total</b>	<b>142</b>	<b>4</b>	<b>12</b>	<b>41</b>	<b>27</b>	<b>58</b>

Number of consumers who improved or remained the same (shaded): 95  
 Percentage of consumers who improved or remained the same: 67%

Note: Intake total is lower than other domains because some consumers chose not to respond to this question at either intake or subsequent

### Financial Security

People are often worried or embarrassed by not being able to afford things like cloths, transportation, activities, gas, food, and rent. How often do you or family members worry about these things?

Intake		Subsequent				
	Total	Almost all the time (usually every day)	Most of the time (2- 5 days a week)	Sometimes (5-10 days a month)	Rarely (1-4 days a month)	Almost never (less than 1 day a month)
Almost all the time (usually every day)	6	1	0	3	2	0
Most of the time (2-5 days a week)	6	0	3	2	1	0
Sometimes (5-10 days a month)	44	2	2	22	9	9
Rarely (1-4 days a month)	26	0	3	5	6	12
Almost never (less than 1 day a month)	60	1	4	9	9	37
<b>Total</b>	<b>142</b>	<b>4</b>	<b>12</b>	<b>41</b>	<b>27</b>	<b>58</b>

Number of consumers who improved or remained the same (shaded): 107  
 Percentage of consumers who improved or remained the same: 75%

Note: Intake total is lower than other domains because some consumers chose not to respond to this question at either intake or subsequent

## Housing Situation

Which of the following best describes your housing situation?

Intake	Subsequent					
	Total	Homeless	Hospital	Lock up facility	Residential facility or sheltered care	Independently, w/family/relatives, or foster care
Homeless	3	0	0	0	1	2
Hospital	0	0	0	0	0	0
Lock up facility	4	0	0	0	0	4
Residential facility or sheltered care	23	0	0	0	15	8
Indep, w/family/relatives, or foster care	113	1	0	1	12	99
<b>Total</b>	<b>143</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>28</b>	<b>113</b>

**Number of consumers who improved or remained the same (shaded):** 129  
**Percentage of consumers who improved or remained the same:** 90%

Note: Intake total is lower than other domains because some consumers chose not to respond to this question at either intake or subsequent