

Vermont
CUPS
Children's UPstream Services

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CUPS Evaluation Highlights Parents and Children Receiving Direct Services

134 parents of children ages 1 to 6 participated in the evaluation.

- 67% of the children had severe emotional problems
- 33% of the children were at risk of severe emotional problems
- 62% of parents reported high levels of stress
- 77% of families had inadequate income based on a livable wage
- 53% of families had less than adequate childcare

Significant positive changes were reported after six-months of CUPS services which appear to be maintained after one-year.

- Parent's stress was reduced.
- Children's emotional problems decreased.
- Parent's were more satisfied with their children's progress than before CUPS

These positive changes show a foundation is being built for success in school.

CUPS



State of Vermont Children's Upstream Services Outcome Report

Children's UPstream Services (CUPS) in the State of Vermont assist families with young children with challenges to their development. The methods are training of child care workers, consultation to child care providers, and many families have also received direct services.

The objectives of CUPS are to:

- Support and preserve families with young children
- Strengthen the behavioral health of families with young children
- Increase the incidence of children entering kindergarten with the emotional and social skills necessary to be active learners in school

Families involved with CUPS have multiple, complex needs, and they face many challenges. The report is from the parents' perspective. It is one way of looking at the effectiveness of many agencies working collaboratively to help meet their needs and challenges.



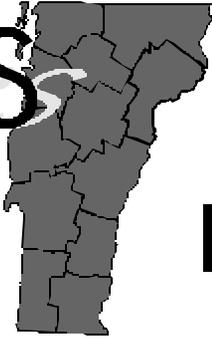
Who is CUPS serving with direct services?

Between April 1, 1999 and June 30, 2003
2392 families received a total of 60,788 hours of direct service
from CUPS Workers.

Families using CUPS direct services between April 1, 1999 - June 30, 2003		
	Children	Adults under Age 22
Female	829	74
Male	1435	3
Missing Gender Data	40	2
Total Served:	2304	79
White American	1771	39
African American	42	1
Hispanic	32	1
Native American/Alaskan	3	
Asian/Pacific Islander	4	
Native Hawaiian	1	
French Canadian		
Unknown Race/Ethnicity	440	38
Other	11	0
Total Served:	2304	79

CUPS

Children's
UPstream
Services



Criteria for Being in the Direct Services Evaluation

- Family with a young child (0-6) with or at risk of developing a severe emotional disturbance
- Receiving CUPS direct services at intake
- Working with two or more community agencies

Method

- Six month follow-up interviews over a three year period
- Telephone interviews with independent evaluator

Following is the description of the sample of children and families who chose to participate in the evaluation of direct services. The sample is 134 of the 2392 children and families receiving direct services through June 30, 2003.



When families first came into the evaluation, they were asked, "What concerns you most about your child?"

% of
Comments

113 Parents or Caregivers made 167 Comments

56% Behavioral concerns

Temper tantrums, aggressive behavior, angry, hitting, biting, swearing, screaming, hyperactivity

14% Emotional concerns

Anxious, emotional roller coaster, depressed, obsessive, fearful, too dependent, no attachment, oversensitive to transitions, lack of communication

11% Concerns related to learning and development

Will his speech get better? How is she going to learn in school? How is he going to learn to make friends? Her developmental delays; His self-esteem

8% Concerns related to child's health and safety

Has no fear of getting hurt; thinks she is invincible; has a weight problem, has seizures, poor health, accident prone, wandering away

5% Mentioned they had no concerns

Nothing really, nothing now, can't think of one particular thing

4% Concerns with physical habits and basic needs

He can't sleep at night. toilet training, under/overeating, sleep problems, security blanket, drooling

2% Concerns about abuse

How will his past abuse affect him? Will he ever be the same? He witnessed physical abuse. What will happen to him?



When families first came into the evaluation, they were asked, “Does your child have any illness or disability (either physical or mental)?”

113 Parents or Caregivers made 144 Comments

% of
Comments

49% Mentioned there was no illness or disability

22% Physical illness

Asthma, allergies, bladder problems, bowel blockages, ear infections, migraines, heart problems, hormone imbalance, reflux, eczema, epileptic seizures

14% Developmental delay (cognitive/social)

Speech problems, PDD, Autism, neurological disorders, learning disability, problems with cognitive skills, speech, sensory integration

7% Developmental delay (physical)

Physical disability, cystic fibrosis, premature, cleft palate, stunted physical growth, large motor skills, failure to thrive, poor balance

6% Disruptive behavior

Attention Deficit Hyperactivity Disorder (ADHD), Behavior Disorder

1% Emotional Problems

Depression, anxiety, ODD

Source: Child Behavior Checklist



Children's UPstream Services

Family and Child Risk Factors

Intake

State of Vermont

	Percent	
	<u>Yes</u>	<u>Number of Families</u>
Family Risk Factors		
Family Violence	35	130
Family Mental Illness	42	130
Psychiatric Treatment for Mental Illness	19	94
Convicted of a Crime	48	130
Family Substance Abuse (ever)	50	127
Substance Abuse Treatment	31	96
Siblings been Institutionalized	3	124
Siblings in Foster Care	9	124
Child Risk Factors		
Child Psychiatric Hospitalization	2	131
Physically Abused	12	130
Sexually Abused	6	127
Runaway	8	131
Suicide	1	131
Child Substance Abuse	0	131
Sexually Abusive to Others	1	131
Expelled from Home	1	131
Chronic Illness	45	131
Medication for Chronic Illness	34	112
Behavioral Health Medication	11	131

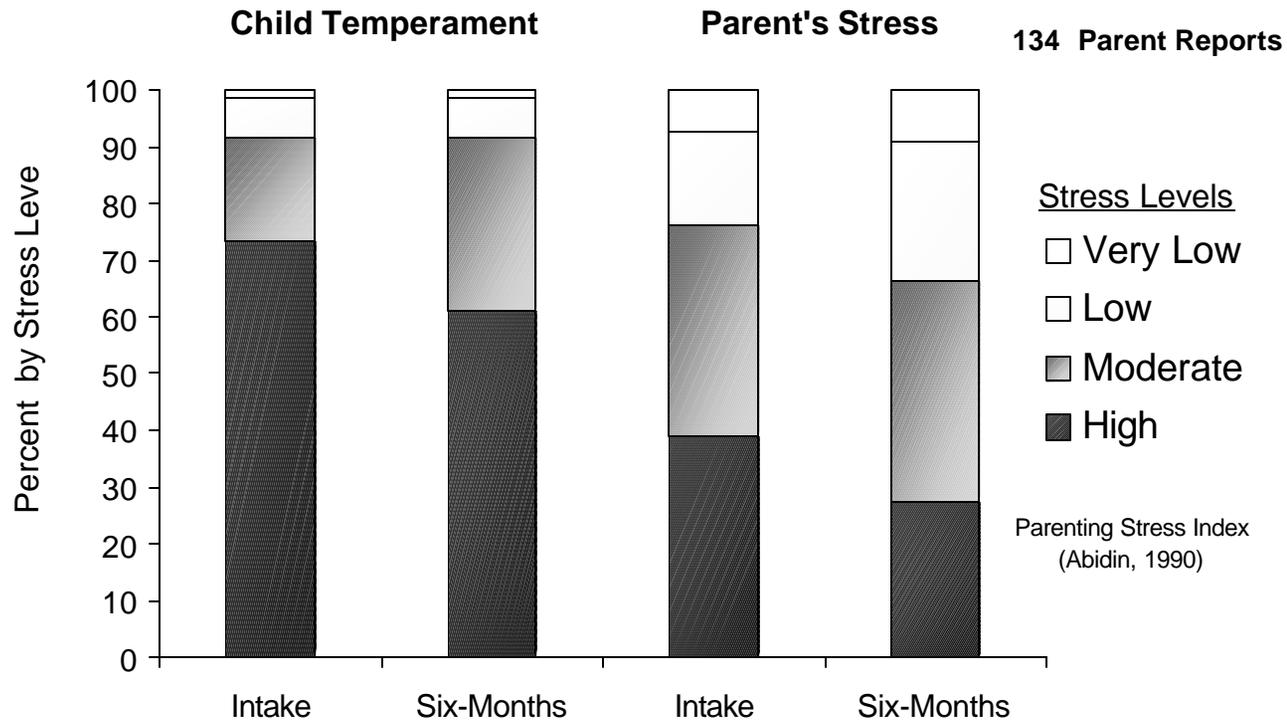
These risk factors have been shown to relate to outcomes for children and families. It is obvious that the child isn't the only area of concern. Parents or other members of their family have a much higher rate of risk factors than the children. The main risk factor for the children is chronic illness, which is certainly a developmental challenge.



Has CUPS strengthened the behavioral health of families?

Changes in Parental Stress

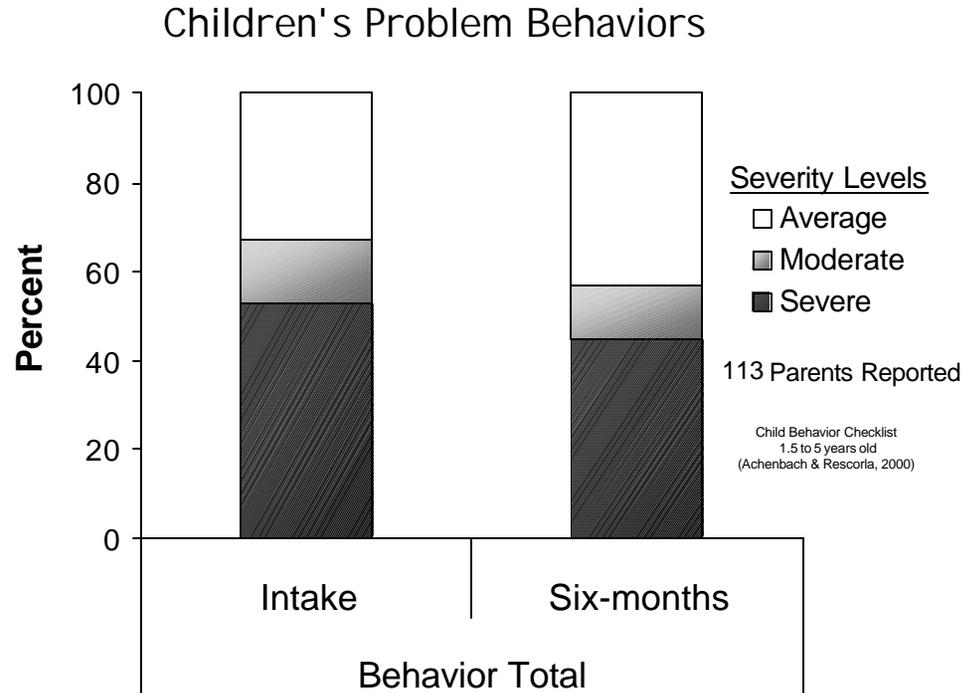
from Intake to Six-months



Parents reported a significant reduction in their stress related to the children's temperament and their own stress as a parent. The gains appear to have been maintained after a year. High stress indicates a need for continued support. Moderate stress is above average but in the normal range.



Has CUPS increased the incidence of children entering kindergarten with the emotional and social skills to be active learners in school?



Parents reported that their children's behaviors indicative of a severe emotional disturbance decreased significantly, and the gains appear to have been maintained at a year. However, continued mental health services are still indicated for about half of the children and families. Moderate severity indicates a possible need for mental health services and severe indicates a definite need.



What has been the most helpful thing about the services you received?

128 Parents or Caregivers made 193 Comments

% of
 Comments

- 26% Taught me about parenting**
 - Parenting skills Anger management Learning what was appropriate for his age
 - Child behavior Gave me ideas, suggestions
- 20% Helped me through specific services**
 - Counseling Respite Teen Parent Group Speech Therapy
 - Daycare Educational Planning One-to-one aide Medication
- 16% Always someone there to talk to and support me**
- 11% Named specific organizations or people**
 - My CUPS worker, Head Start, Early Education Services, WIC worker, my Reach Up worker, Home Health, Child Development Clinic, Success by Six
- 10% Said they were satisfied, but had no further comment**
- 9% Helped me with my life**
 - Helped me get a handle on things, go back to work, to finish school, to set goals. Made me feel good. Gave me money. Helped my life be smoother
- 5% Workers treated us well**
 - Followed up, wrote notes, told me what was happening. They were very friendly, consistent, understanding.
- 3% My child is making progress.**
 - Gets along with other kids better, being more confident, learning to deal with his feelings