

## Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Mental Health  
26 Terrace Street, Montpelier, VT 05609

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: Emma Harrigan and Tyler Blouin

DATE: March 28, 2014

RE: Outcomes for Youth Receiving Respite Services

This week's brief report details outcomes for children who received respite services during FY2012. This analysis was conducted in response to a request from Alice Maynard, Quality Management Chief for the Child, Adolescent, and Family Unit at the Department of Mental Health, for information regarding the living and residential arrangements of children receiving respite services.

Analysis is based on Monthly Service Report (MSR) data submitted to the Vermont Department of Mental Health (DMH) by designated community agencies (DAs) for FY2012 and FY2013. Analysis includes all clients served by children and family services in FY2012 and FY2013 with their residential and living arrangement outcomes reported at the end of FY2013.

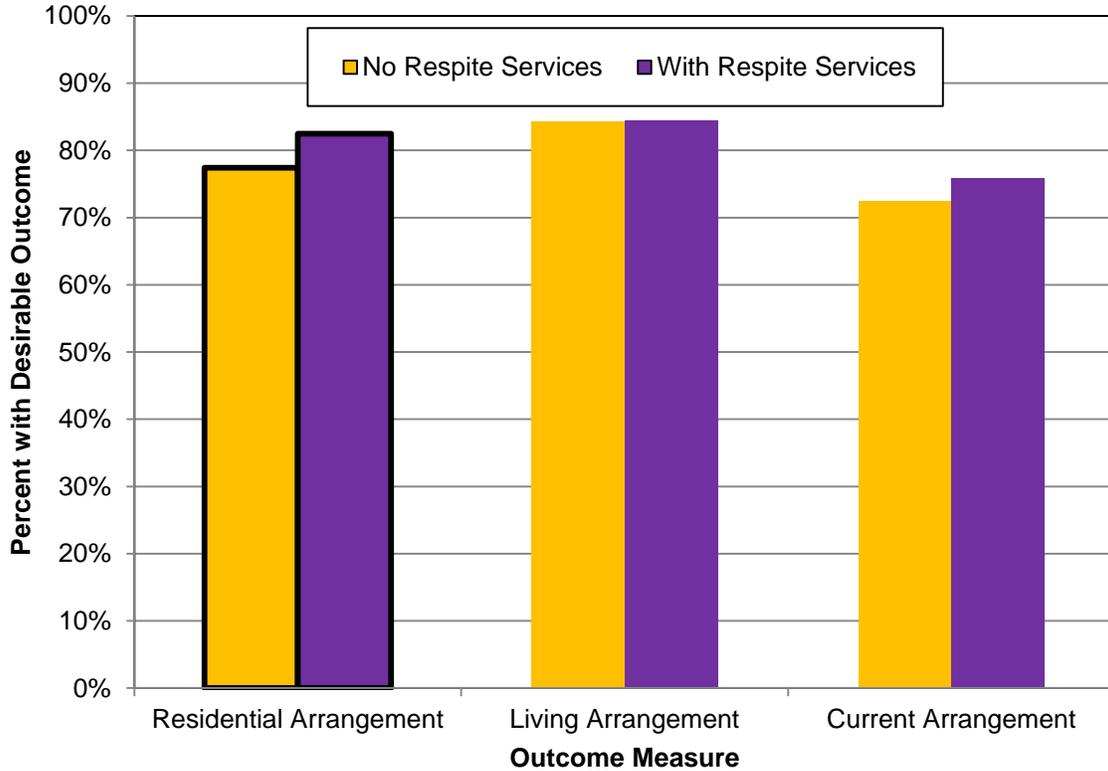
Respite services offer short-term support and relief to the families of children and adolescents with significant mental health issues. Services are intended to help maintain family stability and to enhance mental health within the family, which may help prevent out-of-home placements, deescalate crisis situations, and/or assist a youth to transition back into the home and community. Respite provides a short-term support while the family recharges, regroup, and develops more natural supports. More than 9,700 children were served in FY2012 and more than 10,000 children were served in FY2013. Of these, 6,863 clients were served by children and families services in both FY2012 and FY2013; a small percentage of these clients (4%) received respite services.

A primary intended outcome for respite services is that the child is able to remain in his/her own home. Using the data elements of current living arrangement and current residential arrangement in MSR, we are able to determine the outcome without additional data collection. Desirable residential arrangements for clients receiving respite services include residing with a spouse, child, relatives, or alone. Desirable living arrangements include an owned home, Section 8 housing, or other type of rental. The current arrangement outcome column counts a desirable outcome as those with both a desired residential and living arrangement.

There seems to be no appreciable difference for the living arrangement outcome between the two groups, but those served with respite services were significantly more likely to report desirable outcomes in residential arrangements. When we combine the two outcomes, we still see that separation between the groups, just not at a significant level.

As always, we look forward to your questions, comments, and suggestions for further analyses. We can be reached at [pip@state.vt.us](mailto:pip@state.vt.us).

## FY2012 Clients Served by Children and Family Services Comparison of FY2013 Outcomes for Clients who Receive Respite Services



FY2013 Outcome Measure	No Respite Services (n=6,606)	With Respite Services (n=257)	Paired Differences		
	% Desirable	% Desirable	Mean Difference	T-Statistic	P-Value
Residential Arrangement	76.1%	82.5%	6.4	2.628	<b>0.009*</b>
Living Arrangement	83.1%	84.4%	1.4	0.582	0.560
Current Arrangement	71.1%	75.9%	4.8	1.753	0.081

\* Difference is statistically significant ( $p < 0.05$ ).

Based on analysis of Monthly Service Report (MSR) data submitted to the Vermont Department Of Mental Health by the designated agencies (DAs) during FYs 2012-2013. Analysis includes all clients served by children and family services at Vermont DAs during FY 2012 and their outcomes reported at the end of FY2013. Clients receiving respite services are those who were receiving respite for at least one month in FY2012. Desirable residential arrangements include residing with a spouse, child, relatives, or alone. Desirable living arrangements include an owned home, Section 8 housing, or other type of rental. The current arrangement outcome column counts a desirable outcome as those with *both* a desired residential *and* living arrangement.