



Cardinal Success Program Evaluation:
July 2019 – June 2020



Program Evaluation Authors

Hannah Widmer, M.S.Ed., LPCA Graduate Assistant, Cardinal Success Program; Doctoral Student, Department of Counseling and Human Development

Patrick Pössel, Dr. rer. soc., Director, Cardinal Success Program; Professor, Department of Counseling and Human Development

Brooke Rappaport, Ph. D., Assistant Director, Cardinal Success Program; Postdoctoral Associate, Department of Counseling and Human Development



Cardinal Success Program Partners

University of Louisville, College of Education & Human Development

Amy S. Lingo, Ed.D., Dean, College of Education & Human Development

Mark Leach, Ph.D., Department Chair, Department of Counseling and Human Development

Amanda Mitchell, Ph.D., Faculty, Counseling Psychology Program, Department of Counseling and Human Development

University of Louisville, Kent School of Social Work

David Jenkins, Ph.D., LCSW, Dean, Kent School of Social Work

Laura Frey, Ph.D., LMFT, Faculty, Couple and Family Therapy Program

Emma Sterrett-Hong, Ph.D., Program Director, Couple and Family Therapy Program

Jefferson County Public Schools (JCPS)

Martin “Marty” Pollio, Ed.D., JCPS Superintendent

KyMBERly Rice, Principal, The Academy @ Shawnee

Louisville Metro Youth Detention Services

Ursula Mullins, Ph.D., Director

Kentuckianaworks

Jennifer Welch, M.A. Program Coordinator

Cardinal Success Program Staff

Leadership:

Director:

Patrick Pössel, Dr. rer. soc., LP, HSPP (August 2018 – present)

Katy Hopkins, Ph.D., LP, HSPP (June 2017 – July 2018)

Eugene Foster, Ed.D., LP, HSPP (2015 – June 2017)

Assistant Director:

Brooke Rappaport, Ph.D. (August 2019- Present)

Vacant (June 2017 –July 2019)

Katy Hopkins, Ph.D., HSPP, LP (2015 – June 2017)

Supervisor, Couples and Family Therapy Sub-clinic:

Laura Frey, Ph.D., LMFT

Emma Sterrett-Hong, Ph.D.

Tonya Clay, Ph.D.

Graduate Assistant(s), Cardinal Success:

Hannah Widmer, M.S.Ed., LPCA (August 2019-June 2020)

Abbie Sell, B.A. (August 2018 – June 2019)

Brooks Harbison, M.A. (June 2017 – June 2018)

Bridget Cauley, M.Ed. (June 2016 – June 2017)

Quentin Hunter, M.Ed., LPCA (June 2016 – June 2017)

Clinical Supervisors:

Patrick Pössel, Dr. rer. soc., LP, HSPP

Amanda Mitchell, Ph.D., LP

Brooke Rappaport, Ph.D.

Sarah Shelton, Ph.D. LP, HSPP

Anna Walton, LCSW

Tonya A. Clay, LMFT

Graduate Student Clinicians:

Doctoral Students in Counseling Psychology:

Abbie Sell

Doctoral Students in Counselor Education and Supervision:

Shipra Singh, MS, CRC

Master's Students in Counseling Psychology:

Lily Lukemire

Madison Bennet

Andrea Sinclair

Meghan Ainsworth

Natalie Hewlett

Emily Edwards

Samantha Weatherhead

Kayla Sheeran

Courtney Grewelle

Nicole Brangan, MSN, MHA, RN

Sarah Grattan

Nancy Adane

Amara Untalan

Daniel Niswonger

Amanda Shircliffe

Caitlin Taublee

Master's Students in Clinical Mental Health Counseling:

Maggie Huber

Doctoral Students in Psychiatric Mental Health Nurse Practitioner:

Luke Houser

Ashley Ricketts

Tiffany Newcomb

Master's Students in Social Work:

Emily Dean

Benjamin Hoffman

Carmellia Jackson

Marva Lewis

Danielle Ludlum

Katherine Phillips

Raymond Pow

Elizabeth Boik

April Smith English

Hannah Woodruff

Rujeko Machinga

Meredith Edelen

Danny Beard

Maria Anderson

Non-Degree seeking:

Autumn Ratliff Warren, M.S. Clinical Behavioral Psychology

Executive Summary

The Cardinal Success Program (CSP) opened its doors in 2014, beginning with a clinic at The Academy @ Shawnee aimed at helping students and teachers. The mission was expanded to helping other members of the greater West Louisville community in 2015 with the opening of the Nia Center clinic in mental health counseling and psychological assessment. As the program evolved, so too did the services provided. Services expanded at both locations during the 2015-2016 academic year to include individual, group, and family counseling, psychological assessment, and consultation. Additionally, group services were embedded within the 9th grade curriculum at The Academy @ Shawnee in the TIM&SARA psycho-educational groups, a dedicated couples and family therapy sub-clinic staffed in collaboration with the Kent School of Social Work, and individual counseling services and psycho-educational groups at the Jefferson County Youth Detention Center were added. During the 2018-2019 academic year, CSP grew beyond the two clinics and evolved into a consortium with multiple collaboration partner organizations. CSP student clinicians are embedded in the facilities of our collaboration partners including Kentuckianaworks, Norton Children's Hospital, Trager Institute, and the Youth Detention Services allowing individuals to receive mental health services where they already receive other related services. This is not only more convenient to patients, but it also allows them to avoid the stigma that is often associated with receiving mental health services. Adapting to the global pandemic due to COVID-19, the Cardinal Success Program began to provide telemental health services through the NIA clinic in April of 2020.

In the 2019-20 academic year, **37 doctoral and masters-level student clinicians** received clinical training and provided services through the Cardinal Success Program. These student clinicians are trainees in the University of Louisville (UofL) Department of Counseling and Human Development (ECPY) (n=20), the Kent School of Social Work's Couples and Family Therapy Specialization (n=14), and the School of Nursing Psychiatric Mental Health Nurse Practitioner program (n=3). As part of their rotation at CSP, all ECPY student clinicians received supervision in one or more hours of individual supervision and 2.5 hours of treatment team/group supervision per week. During the 2019-2020 academic year, five licensed mental health professionals from different disciplines provided supervision.

During its sixth year of operation (2019-2020), the **CSP clinic at the Nia Center served over 57 clients**, through in-person individual, couples and family counseling, as well as psychological assessment, providing 307 sessions of individual counseling 35 sessions of couple/family counseling, and 10 psychological assessment batteries. Community partners provided a consistent flow of referrals to the CSP, collaborating in a broad proactive intervention and providing access to quality mental health and assessments services. In addition, CSP provided 155 telemental health sessions to 38 individuals since April 2020.

During the 2019-20 academic year, at the **CSP@ Shawnee** location, **56 individuals received in-person clinical services, providing 588 sessions of individual therapy**. The rest of the school benefitted from CSP's availability to provide services to teachers and staff, including crisis intervention and consultation services, and to help coordinate important campus events, like the annual depression and suicide training. Thus, as part of the depression and suicide training 62

Academy @ Shawnee students were interviewed by CSP student clinicians to assess for current suicidality.

Finally, the CSP student clinicians embedded in the facilities of our collaboration partners including Kentuckianaworks, Norton Children's Hospital, the Trager Institute, and the Youth Detention Services served **151 individuals by providing 626 in-person sessions of individual therapy as well as 17 sessions of family support.**

INTRODUCTION

The Cardinal Success Program is a partnership between the University of Louisville, College of Education and Human Development, the West Louisville community, and a number of community partners. Further, CSP serves as a training site for graduate students from the College of Education and Human Development, Kent School of Social Work, and the School of Nursing at the University of Louisville and has become a conduit for community engagement. West Louisville includes the neighborhoods of Algonquin, California, Chickasaw, Park Duvalle, Park Hill, Parkland, Portland, Russell, and Shawnee. CSP services were originally developed to target the identified needs of West Louisville residents, with increasing need across the broader Louisville metropolitan area. CSP has expanded some services to a wider range of clientele. Specifically, by embedding student clinicians in the facilities of collaboration partner organizations like Kentuckianaworks, Norton Children's Hospital, and Trager Institute, CSP has been able to offer services to a wider range of individuals. CSP is a prime example of community engagement in the spirit of the University of Louisville Signature Partnership.

CSP's clinic at the Academy @ Shawnee opened its doors in October 2014. Individual, family, and group counseling services are available to Shawnee students, faculty, staff and administrators, and their families. In addition to individual counseling services, faculty and graduate students provide group counseling based on Acceptance and Commitment Therapy and Mindfulness as well as professional development training and consultation to teachers and administrators at the Academy @ Shawnee.

CSP also provides services at its community clinic at the Nia Center. Services provided at this location include the following: individual mental health counseling for children, adolescents, and adults; psychological assessment; and couples and family counseling. The CSP @ Nia is located in the Nia Center, a government-supported center designed to be a one-stop location for resources, including GED materials, vocational rehabilitation, utility set-up, business training, and TARC access. Thus, it is not surprising that with all these services to promote well-being, "Nia" means "purpose" in Swahili. Faculty and graduate students at CSP @ Nia also engaged in community outreach, providing psycho-education about mental health and services available to the community and offering free services to identified individuals in need.

Further, graduate students are embedded in the facilities of our collaboration partner organizations including Kentuckianaworks, an organization assisting clients with their education to encourage youth to remain in high school and transition to higher education; Norton Children Hospital, a pediatric medical provider assisting clients with their physical health needs; and the Trager Institute, a primary care center for adults. When an employee of one of these CSP collaboration partner organizations sees a need for mental health services, they give a "warm handoff" of the client to the CSP graduate student clinicians who can serve the clients immediately.

By offering mental health services where individuals seek other services (e.g., educational, medical), CSP helps to reduce the multitude of barriers (financial, transportation, stigma, etc.) faced by many West Louisville residents. These collaborative partnerships have collectively

increased the capacity of all partners to provide targeted and accessible services that result in clients' increased wellbeing, school/work, productivity, and quality of life.

In March of 2020, CSP at all locations temporarily stopped providing in-person services due to the global pandemic. The CSP staff was able to launch telemental health services through the NIA facility merely four weeks later in order to accommodate the rapidly changing environment.

Cardinal Success Program: Background and History

Cardinal Success Program: Description

CSP is an innovative partnership between the University of Louisville's College of Education and Human Development (CEHD), Department of Counseling and Human Development (ECPY) and The Academy @ Shawnee and West Louisville community. By design, it brings access to evidence-based, culturally-tailored mental health and psychological assessment services to residents of West Louisville, the broader Louisville metropolitan area, and students, teachers, and families at The Academy @ Shawnee. Services are provided by graduate-level student clinicians from the College of Education and Human Development, Kent School of Social Work, and the School of Nursing working under the direct supervision of licensed mental health professionals and faculty from the University of Louisville.

Cardinal Success Program Mission Statement

CSP promotes healthy individuals and families residing in West Louisville through behavioral health and wellness services, clinical training, and research.

In line with this mission, we pursue the following objectives:

- Build healthy communities by helping individuals and families residing in West Louisville through improved access to **evidence-based and culturally tailored behavioral health** and wellness services, counseling, and career and college readiness services.
- Improve the **clinical training of future behavioral health providers** through training in evidence-based and culturally tailored interventions as well as **meaningful immersion in this diverse community**.
- **Actively engage in research and scholarship** that connects the community, clients, and researchers, improving the quality of life of individuals and families residing in West Louisville.

Description of the Cardinal Success Program Goals and Sixth-Year Initiatives

1. Graduate Student Training

A primary goal of the CSP initiative and partnership is to provide UofL graduate students with experiential, real-world opportunities to apply the theoretical knowledge and clinical skills learned in the classroom. Graduate students working at CSP work with clinical supervisors directly to deliver evidence-based and culturally tailored individual and group mental health services. A cornerstone of clinical work is to develop cultural competence and community engagement. CSP provides an opportunity for graduate students to integrate the rich cultures in West Louisville into their professional and personal identities through their immersive work.

Because one of the primary purposes of CSP is to provide a high-quality training site for graduate-level clinicians, **nearly all of the clinical services were provided by clinicians-in-training (n=37)**. The student clinicians included one Counseling Psychology doctoral student, one Counselor Education and Supervision doctoral student, 17 master's-level Counseling Psychology students, one Clinical Mental Health Counseling student, 14 master's-level Marriage and Family Therapy students, three doctoral students in nursing practice, and one non-degree seeking professional.

2. Community Engagement

An ongoing goal of CSP is to create and maintain vibrant partnerships among **Jefferson County Public Schools (JCPS)**, the College of Education & Human Development (CEHD) at the **University of Louisville**, and community leadership and organizations in West Louisville community. CSP engaged broadly with the West Louisville community through efforts at the NIA Clinic and also had a focused engagement with the community at The Academy @ Shawnee.

In 2019-2020, CSP continued its role as one of the **primary social-emotional support system** for the students at **The Academy @ Shawnee**. Graduate student clinicians maintained lines of communication with teachers, where **clinicians provided teachers with feedback and guidance on behavioral management**, and teachers could update clinicians on student progress as seen in the school hallways and classrooms.

3. Clinical Services

The foundation of CSP is its provision of evidence-based culturally tailored mental health services and psychological assessments to residents of West Louisville. CSP clinics and the student clinicians embedded in the CSP community partner organizations offered a wide range of clinical services to meet the needs of the community.

CSP @ Nia

At the CSP @ NIA Clinic, graduate student clinicians from ECPY provided evidence-based culturally tailored **individual, couples, and family counseling** to residents of the greater Louisville metro area. Student clinicians typically scheduled client sessions on a weekly basis for a length of 50 minutes (which is in-line with current Medicaid billing standards). Many clients had challenges that resulted in sporadic attendance (common issues included financial constraints, lack of transportation, problems with childcare/eldercare, physical illness/disability, and need for child's attendance in school). Graduate student clinicians worked to address barriers to treatment and to help their clients overcome challenges that affected attendance, and referrals to external services, including services for food, shelter, and clothing, were made as necessary. CSP made outside referrals for potential clients in urgent distress or those who needed access to services that CSP does not provide (e.g., psychiatry, housing, food, HIV testing, etc.).

Psychological assessment services were also offered to clients at the CSP @ Nia. Graduate student clinicians at CSP @ Nia completed assessment batteries to answer referral questions related to learning disabilities, occupational limitations, substance abuse concerns, trauma history, healthcare concerns, behavioral management, and mental illness diagnosis. CSP @ Nia worked with a variety of organizations to offer assessment services to their clients, including Norton Children's, UofL Pediatrics, Jefferson County Public Schools – Adult Continuing Education, Kentucky Office of Social Security and Disability Services, and self-referred individuals. **Student clinicians at CSP @ Nia completed 10 assessment batteries during the 2019-2020 academic year.** Due to the COVID 19 pandemic, the CSP had to decrease the amount of offered assessments in the 2019-2020 academic year as compared to the 2018-2019 academic year (29 assessments).

CSP Telehealth Services

To accommodate the COVID-19 pandemic, CSP quickly adapted and started to provide telemental health services within one month of closure of in-person services to provide safe services for clients and clinicians. Telemental health services were offered starting in April of 2020. CSP student clinicians provided 155 therapy sessions to 38 individuals within the first 6 weeks of CSP starting to provide telemental health services.

CSP @ Shawnee

CSP graduate student clinicians provided evidence-based culturally tailored **individual counseling** to The Academy @ Shawnee students and staff on a weekly basis, with sessions running from 30 minutes to an hour, depending on the client's needs and age. Individual counseling of Shawnee students often involves consistent and frequent contact with students' parents/legal guardians and the offer of **family support**.

CSP @ Shawnee also provided back-up crisis walk-in support to Shawnee students and staff. Clients who presented for **crisis counseling** did not have to be formal clients with the program to receive services. Student clinicians worked individually with those presenting in crisis to help them identify their emotional and behavioral triggers and reactions and to educate them on coping skills and seeking out effective social support. The CSP student clinicians provided suicide screening for 62 students, including 20 middle-schoolers and 42 high-schoolers. Referrals to CSP or to external services, including services for food, shelter, and clothing, were made as necessary. Many students who received crisis services through CSP or through The Academy @ Shawnee's mental health professional later became regular clients at CSP. CSP staff was also available to provide crisis support to staff and students regarding instances of community violence, including stand-by support at one staff meeting.

Community Partner Organizations

Many individuals needing mental health services experience a multitude of barriers, including transportation and biases against persons with mental health problems seeking services. CSP helps to reduce those barriers by offering mental health services where these individuals seek other services. This is possible by embedding CSP graduate student clinicians in the facilities of our community partner organizations (Kentuckianaworks, Norton Children's Hospital, Trager Institute, Youth Detention Services). When an employee of our community partner organizations sees a need for mental health services, they give a "warm handoff" of the client to the CSP graduate student clinicians who can serve the clients immediately at the facilities of our community partner organizations. At some of our community partner organizations it is only possible to provide a limited number of sessions to a client (Kentuckianaworks, Norton Children's Hospital). At these community partner organizations, if the clients need additional mental health services, the same graduate student clinicians see them in one of our own facilities. These collaborative partnerships have collectively increased the capacity of all partners to provide targeted and accessible services that result in clients increased wellbeing, school/work, productivity, and quality of life. To be more specific, through these partnerships CSP student clinicians embedded in the facilities of our collaboration partners served about 151 individuals and provided approximately 643 sessions of individual therapy and family support.

One of the community partner organizations was the Youth Detention Services until October 2019 when it was closed. Recently, CSP and the Commonwealth of Kentucky's Department of

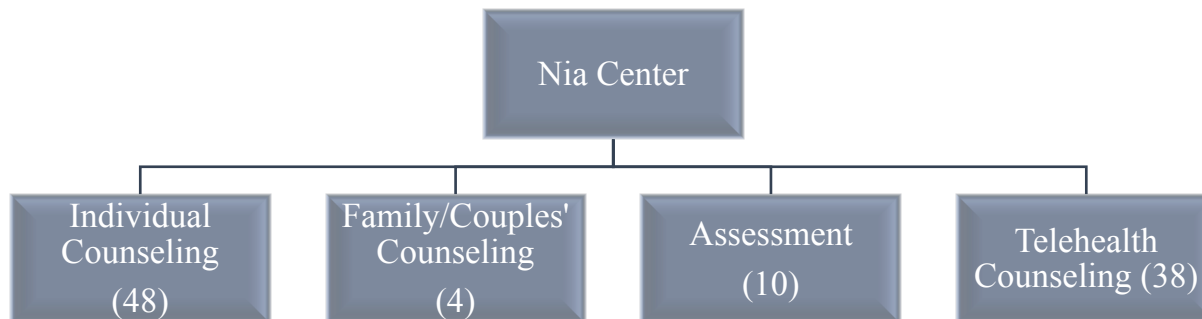
Juvenile Justice, which took over the role of the Youth Detention Services, agreed on a renewal of the partnership and CSP resuming services to youth and their families in September 2020.

4. Transdisciplinary Training

The training of the graduate student clinicians is organized to ensure a transdisciplinary training with student clinicians from different graduate programs within the University of Louisville including the doctoral programs in counseling psychology, counselor education and supervision, and psychiatric mental health nursing as well as the master's programs in clinical mental health counseling and counseling psychology. Further, licensed mental health professionals from different disciplines provide the supervision consistent with the respective licensing regulations of the individual professions. In addition, the graduate student clinicians are placed in diverse settings including mental health (Nia Center), educational (Kentuckianetworks, The Academy @ Shawnee), and medical settings (Norton Children's Hospital, Trager Institute) where they work with and in multidisciplinary teams including educators, physicians, psychologists, nurses, school-based mental health professionals, and social workers. To further diversify the training external experts lead individual sessions of the weekly treatment team. In the 2019-2020 school year Dr. Brian Schaefer from the Department of Criminology and Criminal Justice, Indiana State University talked about "Police and the Community," Ms. Aja Barber from the Louisville Metro Department of Public Health & Wellness, Center for Health Equity discussed "Redlining" with the graduate student clinicians, and Dr. Lali McCubbin presented repeatedly on "Systemic Approaches" to psychotherapy. Finally, graduate student clinicians are encouraged to take classes from other disciplines. In particular, a number of students from non-social work programs are trained and supervised at the on-site couple's and family therapy sub-clinic. This sub-clinic is headed by a licensed marriage and family therapist from the Kent School. As part of the training at this sub-clinic, graduate student clinicians are able to A) provide couples' and family therapy, B) watch therapy being provided by peers in real time, C) provide peer supervision in real time for fellow student clinicians, and D) gain supervision from a licensed marriage and family therapist for both clinical skills provided to clients as well as for the peer supervision provided.

CSP @ Nia Center Impact

Between July, 2019 and June, 2020, CSP provided formal, direct services to 48 individual counseling clients, 2 couples/families, and administered psychological assessments to 10 clients, at the Nia Center clinic. Beginning in April of 2020, 18 clients previously receiving in-person services switched to telemental health services. An additional 20 new clients began telemental health services since then.



Based on the available data for clinical cases between August 2019, and June 2020, the following demographic descriptive data describes the **CSP @ Nia Center client base** (For a more thorough breakdown of client demographics, see Appendix A):

- 41% Black or African American, 27% White, or European American 5% Hispanic/Latinx, 5% Bi/multi race or ethnicity
- 59% identify as female, 40% identify as male
- Age range = 2 – 75+ years

One of the main goals of the CSP is to provide evidence-based culturally tailored mental health services while removing the barrier of service cost. Mental health counseling and psychological assessment services can be very expensive even with insurance coverage. Without insurance or with Medicaid, it can be unrealistic for many clients to pursue these services at all. CSP can approximate its impact on the community by estimating the monetary values of the services it has provided to the community pro bono.

- Average Medicaid reimbursement for in-person individual counseling at market value = \$81.28/hour (source: <https://chfs.ky.gov/agencies/dms/>)
 - CSP provided 307 in-person sessions of individual counseling at Nia that were one hour in length during 2019-2020.
 - **307 individual counseling sessions at \$81.28/each totals a worth of \$24,953**
- Average Medicaid reimbursement for in-person couple/family counseling at market value = \$62.12/hour (source: <https://chfs.ky.gov/agencies/dms/>)

- CSP provided 35 in-person sessions of couple/family counseling at Nia that were one hour in length during 2019-2020.
- **35 in-person couple/family sessions at \$62.12/each totals a worth of \$2,175.**
- Average Medicaid reimbursement for telemental health services at market value = \$79.95/hour (source: <https://chfs.ky.gov/agencies/dms/>)
 - CSP provided 155 telemental health sessions of individual counseling through Nia that were one hour in length during 2019-2020.
 - **155 telemental health sessions at \$81.28/each totals a worth of \$12,598**
- Average Medicaid reimbursement for psychological assessment = approximately \$600/battery (source: <https://chfs.ky.gov/agencies/dms/>)
 - CSP provided 10 psychological battery reports during 2019-2020
 - **10 psychological batteries at \$600/each totals a worth of \$6,000 in assessment services**
- **Taken together, CSP @ Nia provided mental health counseling and psychological assessment services worth an approximate \$45,726 during the 2019-2020 academic school year alone.**

The Academy @ Shawnee Impact

Between August of 2019-March 2020, CSP received 91 referrals for individual clinical services for students of the Academy @ Shawnee. Through the referral process, CSP was able to provide formal, direct services to 56 clients from The Academy @ Shawnee. Services were provided until schools closed due to COVID 19 in March of 2020, with each student client either terminating with CSP or being referred for counseling services.

Faculty and staff at the Academy @ Shawnee referred students to CSP for a variety of reasons, including academic and social/behavioral adjustment. The most common reason a Shawnee student presented for services at CSP for this academic year was for chronic sadness, including 22% of the referrals. Nearly 21% of the student referrals included concerns for low grades. Other common concerns were Peer Relations (18.68%), Self-confidence (19.78%), and Social Skills (18.68%). Other common concerns included Anger (17.58%), Anxiety (14.29%), Low motivation (15.38%) and grief (13.19%). Overall, there were more instances of referrals for social/behavioral reasons than for academic reasons.

Referrals came from numerous sources. Teachers and other faculty, such as coaches, referred students for clinical services. Staff members, such as school counselors and principals also referred students. Although CSP @ Shawnee's original mission was to provide services for school-based concerns (e.g., low grades, absenteeism, etc.), there is a clear need for the mental health and behavior modification services that CSP was able to provide the student population free of charge.

The CSP clinicians provided 3 therapy groups for ROTC students, using the Strong Minds curriculum developed at CSP. Strong Minds is designed for youth and uses guided instruction in mindfulness practices, group dialogue and thoughtful, respectful communication, exercises to enhance awareness in everyday life, daily home assignments to enhance and reinforce guided instructions, and conversation around managing difficult situations. The purpose of the three-

session long program is to enhance emotion regulation, interpersonal effectiveness, and values awareness. Seven group sessions were conducted across three separate groups.

Table 1. Report on incidence of Shawnee referral reasons, separated between academic and behavioral (students could be referred for multiple reasons)

Referral Reason	Incidence	%
Academic		
Low Grades	19	20.88
Low Motivation	14	15.38
Absenteeism	9	9.89
Study Skills	8	8.79
Inattention	5	5.49
Test Performance	4	4.40
Social/Behavioral		
Social Skills	17	18.68
Self-confidence	18	19.78
Peer Relations	17	18.68
Anger	16	17.58
Anxiety	13	14.29
Chronic Sadness	20	21.98
Exposure to violence	4	4.40
Grief/loss	12	13.19
Divorce in Family	3	3.30
Total Referrals	91	

Based on the available data from the 56 of the 91 clients referred between August 2019 and March 2020, the following demographic descriptive data describes the **CSP @ Shawnee client base** (For a more thorough breakdown of client demographics, see Appendix A):

- 50.00% Black, 40.28% White, 9.72% Bi/multi race/ethnicity
- 59.74% identify as female, 40.26% identify as male
- 14.75% 6th Grade, 11.48% 7th Grade, 0.00% 8th Grade, 14.75% 9th Grade, 22.95% 10th Grade, 16.39% 11th Grade, and 19.67% 12th Grade
- Average Medicaid reimbursement for individual counseling at market value = \$81.28/hour (source: <https://chfs.ky.gov/agencies/dms/>)
 - CSP provided 588 sessions of individual in-person counseling to students that were one hour in length during 2019-2020 school year
 - **588 individual counseling sessions at \$81.28/each totals a worth of \$47,793 at the Academy@Shawnee**
- Average Medicaid reimbursement for group counseling at market value = \$16.16/person/hour (source: <https://chfs.ky.gov/agencies/dms/>)

- CSP provided 3 sessions of group in-person counseling to 11 students and 2 sessions to 32 students that were one hour in length during 2019-2020 school year
- **3 group counseling sessions at \$16.16/ person/hour for 11 students and 2 sessions at 16.16/person/hour for 32 students totals a worth of \$1,568 at the Academy@Shawnee**
- **Taken together, CSP @ Shawnee provided mental health counseling and psychological assessment services worth approximate \$49,361 during the 2019-2020 academic school year alone.**

CSP's Impact through Community Partner Organizations

The CSP graduate student clinicians embedded in the facilities of our community partner organizations Kentuckianaworks, Norton Children's Hospital, the Trager Institute, and the Youth Detention Services served 303 individuals by providing 643 in-person sessions of individual therapy as well as 17 sessions of family support during 2019-2020.

- Average Medicaid reimbursement for in-person individual counseling at market value = \$81.28/hour (source: <https://chfs.ky.gov/agencies/dms/>)
 - CSP provided 643 in-person sessions of individual counseling at the facilities of our community partner organizations during 2019-2020.
 - **643 sessions at \$81.28/each totals \$52,263 worth of services provided at the facilities of the CSP community partner organizations**
- **Thus, CSP @ our community partner organizations provided mental health counseling worth approximate \$52,263 during the 2019-2020 alone.**

Program Evaluation Methods and Results

Graduate student clinicians at CSP give their clients **Outcome and Satisfaction Rating Scales** at every individual counseling session. Clients are also asked to rate their satisfaction with the sessions with their counselor: the relationship, the goals and topics, the approach or method, and overall. Clients indicate to what extent they agreed with statements about their relationship to their counselor and their overall functioning. Data was pulled from all available clients at the Nia Center and the Shawnee clinic.

Domains assessed on the Outcome and Satisfaction Rating scales differ across topics. For the **Satisfaction Rating Scale**, domains assessed include Relationship, Goals and Topics, Approach or Method, and Overall. These measures tap into the therapeutic working alliance, the therapist's pursuit of goals and topics, the therapist's clinical theory and methods, and the overall impression of the session, respectively. For the **Outcome Rating Scale**, domains assessed include Individual, Interpersonal, Social, and Overall (note: data is available at Nia for Interpersonal, Social, and Overall). These measures tap into the client's perception of their weekly individual, relational, social, and overall functioning outside of the therapeutic session. They are a proxy for client progress through therapy.

CSP @ Nia Client Survey Results.

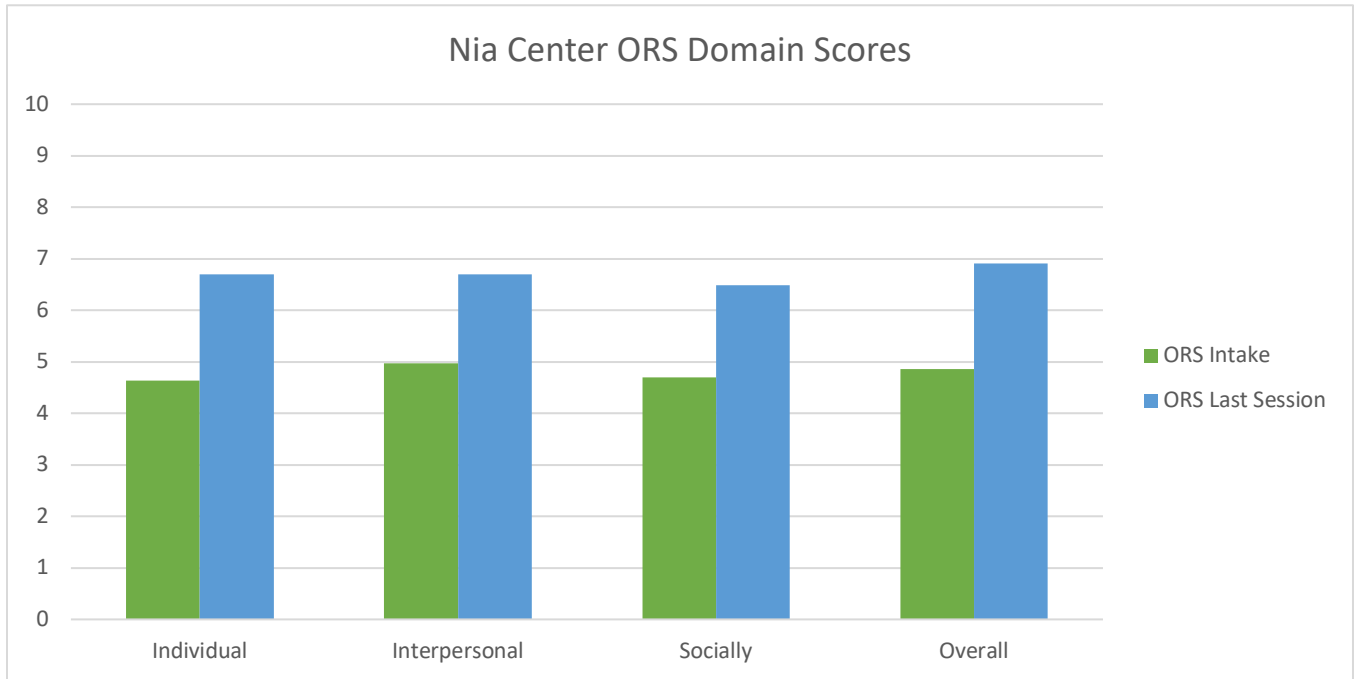


Figure 1. Changes in Nia Client ORS Domain Scores

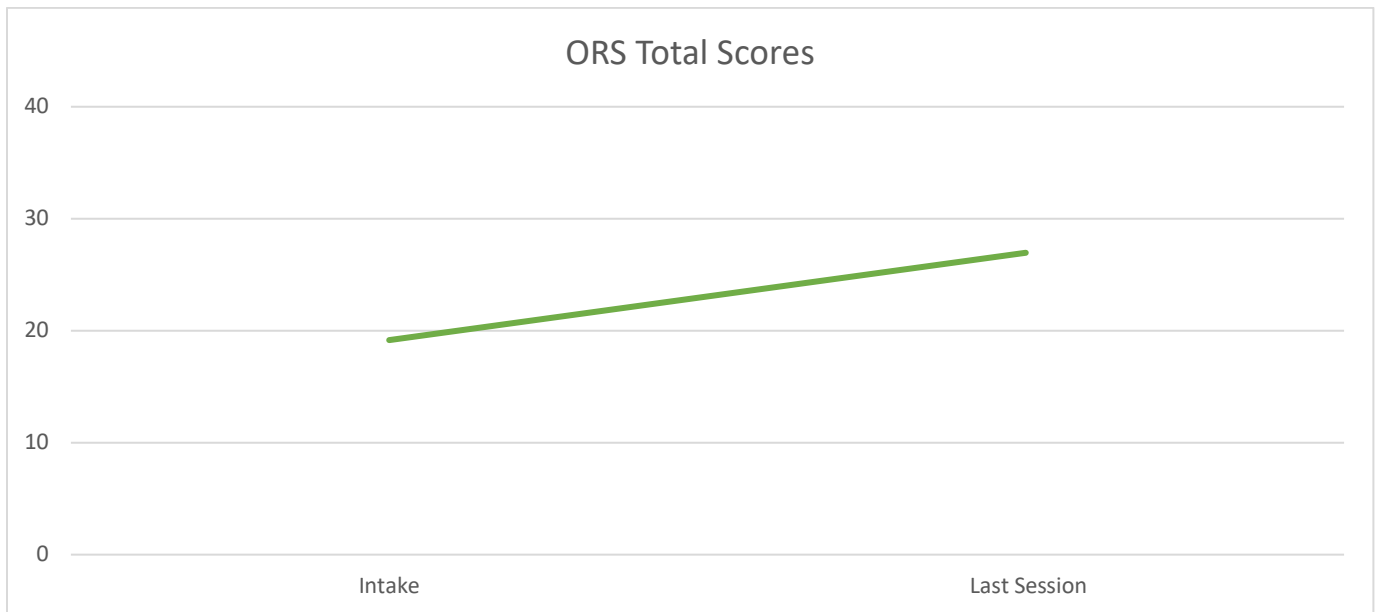


Figure 2. Changes in Nia Client ORS Total Scores

Outcome Rating Scale. For the **Outcome Rating Scale**, domains assessed include Individual, Interpersonal, Social, and Overall. These measures tap into the client’s perception of their weekly individual, relational, social, and overall functioning outside of the therapeutic session. They are a proxy for client progress through therapy. Clients reported meaningful change from their intake session to their last recorded session. In the individual domain, the average score went from a 4.63 to a 6.7 out of 10. In the interpersonal domain, the average score went from a 4.97 to a 6.7 out of 10. In the social domain, the average score went from a 4.7 to a 6.48 out of 10. In the overall domain, the average score went from a 4.86 to a 6.91 out of 10.

When all the domains of the ORS are added up for each patient and averaged, the total ORS scores went from 19.16 to 26.96. This shows a meaningful change in how clients functioned overall outside of the therapy session from the beginning of therapy to the end of therapy.

CSP @ Shawnee Client Survey Results.

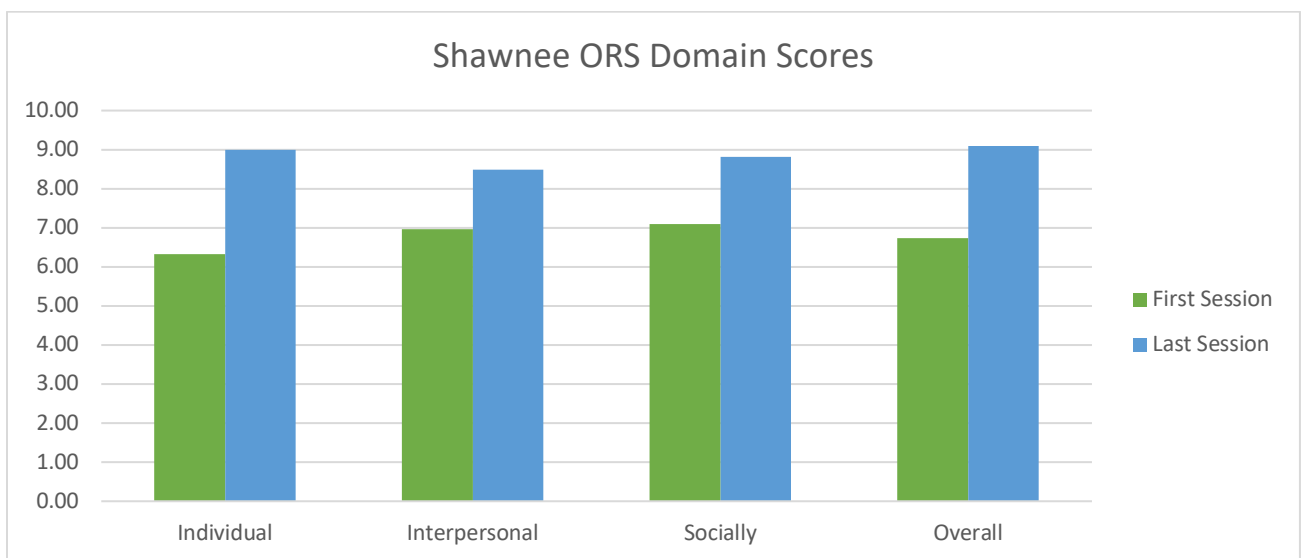


Figure 4. Changes in Shawnee Client ORS Domain Scores

Outcome Rating Scale. For the **Outcome Rating Scale**, domains assessed include Individual, Interpersonal, Social, and Overall. These measures tap into the client’s perception of their weekly individual, relational, social, and overall functioning outside of the therapeutic session. They are a proxy for client progress through therapy. Shawnee clients reported meaningful change from their intake session to their last recorded session. In the individual domain, the average score went from a 6.32 to a 9.0 out of 10. In the interpersonal domain, the average score went from a 6.97 to a 8.5 out of 10. In the social domain, the average score went from a 7.1 to a 8.8 out of 10. In the overall domain, the average score went from a 6.7 to a 9.1 out of 10.

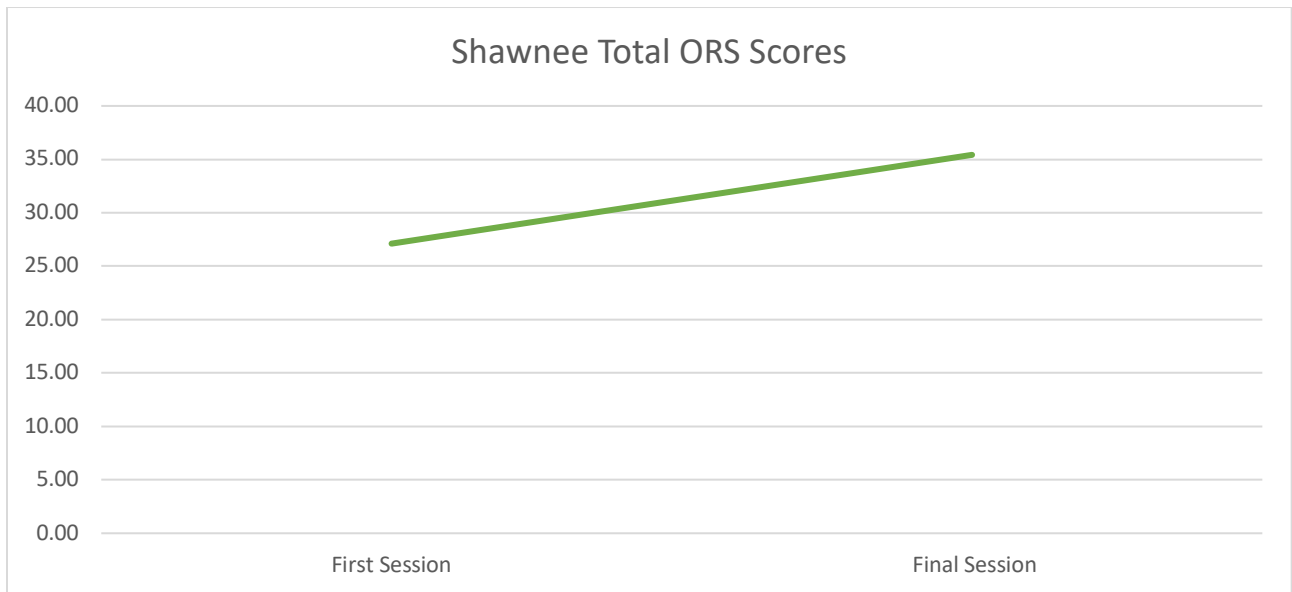


Figure 5. Changes in Shawnee Client Total ORS Scores

When all the domains of the ORS are added up for each patient and averaged, the total ORS scores went from 27.11 to 35.42. This shows a meaningful change in how clients functioned overall outside of the therapy session from the beginning of therapy to the end of therapy.

CSP Overall Client Survey Results.

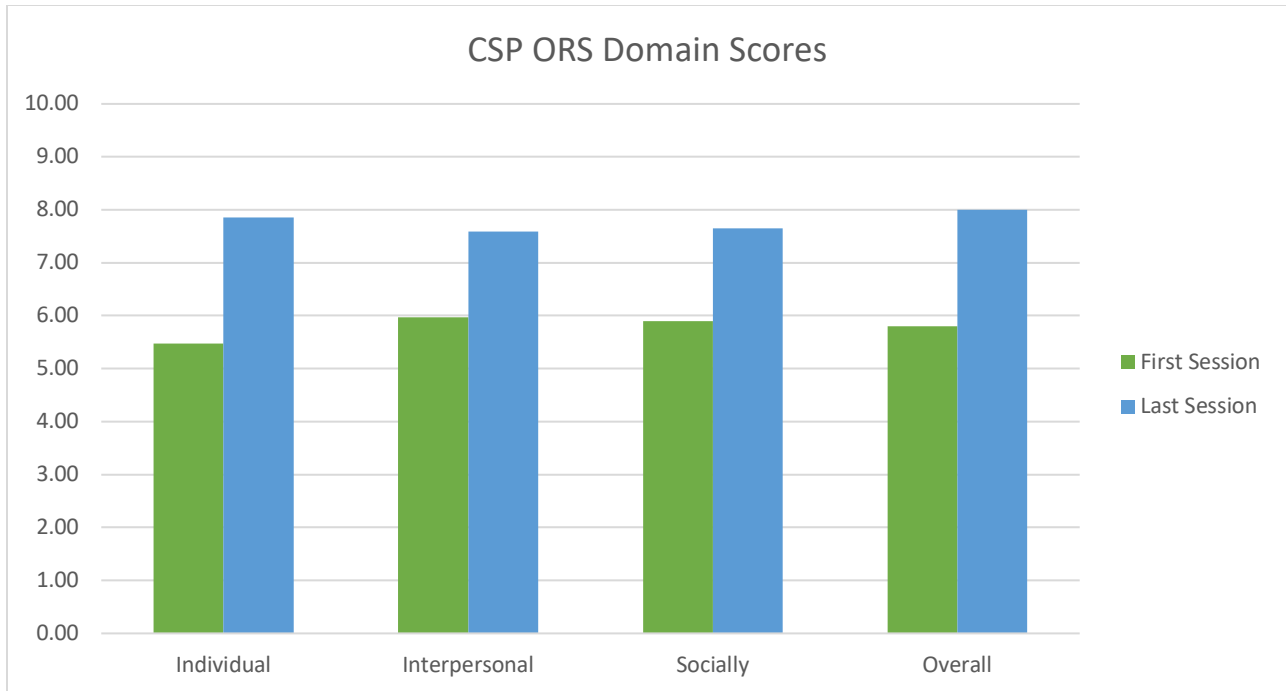


Figure 7. CSP Overall ORS Domain Average Score Changes

Outcome Rating Scale. For the **Outcome Rating Scale**, domains assessed include Individual, Interpersonal, Social, and Overall. These measures tap into the client’s perception of their weekly individual, relational, social, and overall functioning outside of the therapeutic session. They are a proxy for client progress through therapy. CSP Clients reported meaningful change from their intake session to their last recorded session. In the individual domain, the average score went from a 5.48 to a 7.85 out of 10. In the interpersonal domain, the average score went from a 4.97 to a 6.7 out of 10. In the social domain, the average score went from a 5.97 to a 7.60 out of 10. In the overall domain, the average score went from a 5.80 to an 8.00 out of 10.

Evaluation Summary

CSP’s sixth year offered an expansion of current services. During the 2019-2020 academic year, CSP @ Nia served over 59 individual clients, couples, and/or families worth approximately \$43,551. Further, CSP at The Academy @ Shawnee was able to provide individual and group mental health services to 56 students worth an additional \$49,361. Finally, through our student clinicians embedded in the facilities of our community partner organizations CSP was able to provide services to 151 individual clients and families worth another \$52,263. **Combined, CSP’s impact in terms of services during the 2019-2020 academic year is estimated to be \$147,350.**

APPENDICES

Appendix A

Table 2. Cardinal Success Program client demographics

Client Ethnic Identities @ Nia	
Black	62.82%
White	26.92%
Hispanic/Latino(a)	5.13%
Mixed Race/Ethnicity	5.13%
Client Gender Identities @ Nia	
Male Identified	38.32%
Female Identified	61.68%
Client Ethnic Identities @ Shawnee	
Black	50.00%
White	40.28%
Hispanic/Latino(a)	0.00%
Mixed Race/Ethnicity	9.72%
Client Gender Identities @ Shawnee	
Male Identified	40.26%
Female Identified	59.74%
Client Grade Level @ Shawnee	
6 th	14.75%
7 th	11.48%
8 th	0.00%
9 th	14.75%
10 th	22.95%
11 th	16.39%
12 th	19.67%

Note. Based on available data for Shawnee students and Nia clients seen for ongoing services from August 2019– June 2020.

Appendix B – Program Evaluation Scales

Clients were asked to use a sliding scale on an electronic iPad application (scaled from 0 – 10) to indicate to what extent they agreed with statements about their level of functioning over the last week.

Outcome Rating Scale (ORS V.3.0)

Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. If you are filling out this form for another person, please fill out according to how you think he or she is doing.

Individually
(Personal well-being)

I-----I

Interpersonally
(Family, close relationships)

I-----I

Socially
(Work, school, friendships)

I-----I

Overall
(General sense of well-being)

I-----I

International Center for Clinical Excellence
© 2002, Scott D. Miller, Barry L. Duncan, & Lynn Johnson