

Building Character

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HAWK RESIDENTIAL CARE AND TREATMENT HOMES INC.

# Annual Outcomes Summary

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## Hawk Residential Care and Treatment Homes Annual Outcomes Summary 2009

### Highlights 2009

During 2009 we built on the success of our clinical program enhancements from 2008 and saw increased success with the children and youth we serve.

As outlined on page 2, our effectiveness numbers increased significantly in 2009. The year also saw a substantial decrease in incidents (22%) in our girls program.

In September of this year, we introduced an expanded Section 23 program through the addition of an on-site Section 23 classroom located on the Oakwood property. This classroom features a 3 staff to 4 student ratio and has successfully created an academic program for some of our most high needs children and youth.

We are hopeful that the funding for the this classroom will continue from the



Ministry of Education.

Our Section 23 Program also expanded for the first time to include community placements. We are hopeful to be able to continue to provide this service on an ongoing basis.

The end of the year began a period of instability in our sector. Our placing agency partners were under signifi-

cant financial pressure to reduce costs.

While it is clear that 2010 will be an interesting year as the CAS Commission begins announcing change to the child welfare system, there is hope in our sector that longstanding systemic issues may finally be resolved.



### **Contact Information**

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### Agency Information

Hawk Homes is a milieu-based, staff-model therapeutic residential program. Staff use clinical direction from our consulting psychologist in structuring moment-to-moment therapeutic interactions with the residents.

Key therapeutic methods include: attachment-based treatment (Dyadic Developmental Psychotherapy), Cog-

nitive Behaviour Therapy, behavioural interventions (e.g. exposure, reward systems), individual counseling and didactic therapy groups.

All three programs provide services to children and youth with a variety of Axis I diagnoses, often combined with personality issues, complex learning problems and constitutional issues such as FASD and/or pre-natal expo-

sure to drugs, or are dually diagnosed with a developmental delay.

Most of our clients struggle with the ongoing impact of trauma including physical and sexual abuse.

Our three residences are located in the City of Kawartha Lakes and are CARF Accredited Residential Treatment programs



Above photos (left) Equine Therapy Program in Burnt River, (right) our staff-initiated adopt-a-road participation—Thunderbridge Road

# Evaluating the Effectiveness of Our Service

Effectiveness is measured in two ways:

1) Through comparison of the resident's skill development over time as indicated on the *Indicators of Success* checklist.

The *Indicators of Success* Checklist contains a series of concrete measures of skill development arranged into seven broad "Visions". As described in the *Worker Manual for Outcome Measurement and the Plan of Care (Dec 1999)*, the checklist allows that "The results of service are measured in strictly positive terms: *The personal skills and accomplishments of the child*"

(David C. Factor, Ph.D., C.Psych. and Robert J. Fulton M.S.W.)

The individual indicators:

- a) Are based on the skills and accomplishments for the child and family - every item is defined in positive terms
- b) The specific skills and accomplishments are those which

predict the best life span outcomes for the child

Each resident is assessed using the checklist within 30 days of admission and then every 9 months thereafter.

Our performance target was to improve on last years mark of 61% of residents realizing positive skill development through the achievement of *Visions*. The data from 2009 indicate that 73% of residents achieved an improved score on the *Indicators of Success*.

2) Through a survey in which the residents were asked a number of satisfaction related questions including, "Do you feel safe here?" All residents are invited to participate in the voluntary

**"73% of residents achieved an improved score on the *Indicators of Success* checklist"**

survey to allow them to express their level of satisfaction with their placement.

Feeling safe in the environment is an important first step in beginning the therapeutic process and is something we take very seriously.

100% of residents stated that they felt safe in their residence.

In 2010 we will expand our data collection to include new outcome measurement tools.



(above) summer fun in the Oakwood residence pool

## Our Residents

We provided service to 35 children and youth during 2009, our children and youth ...

- Ranged in age from 10 to 19 years
- Had on average 4.4 previous placements (range of 2 to 12 previous placements)
- 44% had a previous residential placement with a CMHO agency
- 52% of children or youth in our care

have been with us 2 years or more

- 21% have been with us for 5 years or more
- 29% identify as First Nations or Inuit
- 21% have an FASD diagnosis
- 30% are dually diagnosed
- 73% have been diagnosed with either attachment or personality disorders

- 71% are Crown Wards
- 13% are Non-wards

96% score High to Very High on the *Risk Screening* assessment (a measure of the probability that the child or youth is currently or will (a) behave in ways that are a danger to self or the public, (b) suffer from a serious, debilitating mental illness, (c) commit crimes and be incarcerated, (d) place their own children at risk of neglect, physical or sexual abuse

(David C. Factor, Ph.D., C.Psych. and Robert J. Fulton M.S.W.)

## Transitions

There were 10 discharges in 2009:

- 5 discharges to family or family based foster placements
- 2 discharges to Independent Living placements
- 2 discharges to alternate residential placements
- 1 discharge to secure treatment

## The Agencies

100% of responding Placing Workers stated they were satisfied with the overall care being provided to their child or youth

8 Children's Aid Societies and 2 Case Coordination agencies had children or youth in our care in 2009

We were contacted 36 times for referrals (59% boys) by 10 Children's Aid Societies and 3 out-of province agencies

## What's in store for 2010

2010 promises to be a busy year. In June we welcome surveyors from CARF International to complete our accreditation resurvey as a Residential Treatment program— we are again hopeful to receive a 3-year accreditation award.

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