

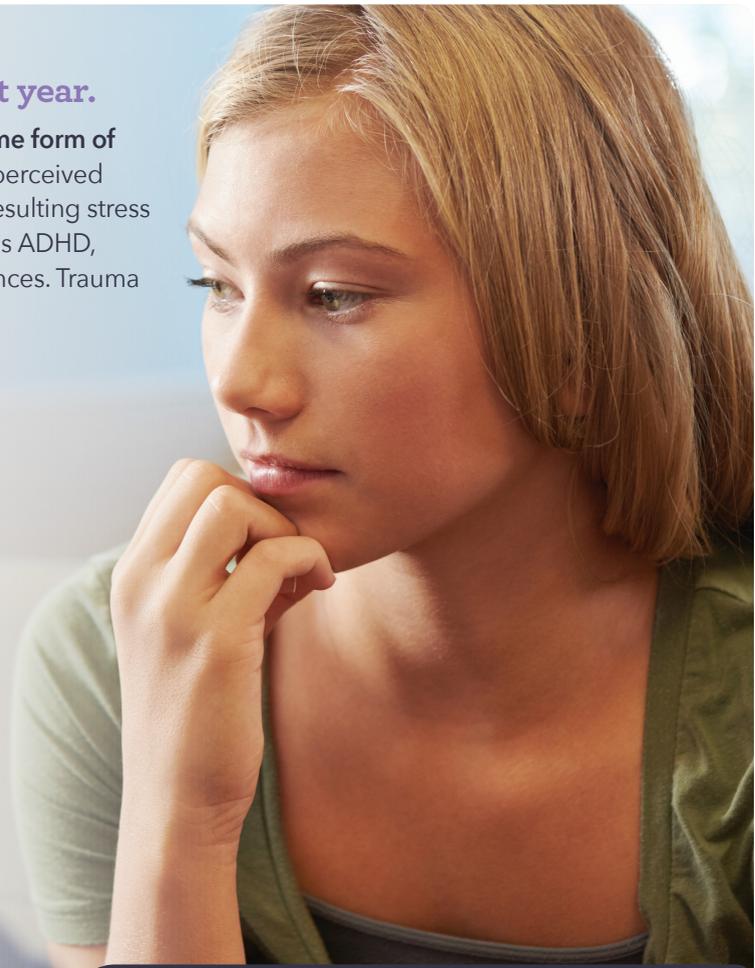
# COACT Colorado Evaluation Results 2016-2018

## Keeping Youth at Home, In School, and Out of Trouble

### Introduction

Nationwide, 1 in 4 youth under the age of 18 have experienced a potentially traumatic event in the last year.

The majority of system-involved youth in Colorado have experienced some form of trauma in their past. Trauma, the experience of being overwhelmed by a perceived threat to oneself or a loved one, can have a lasting emotional effect. The resulting stress and changes to the brain can increase risks for mental health issues such as ADHD, depression, anxiety, bipolar disorder, and other social-emotional disturbances. Trauma can also impact a child's ability to succeed at home and in school.



#### Symptoms of Trauma

SETBACKS IN TOILET TRAINING AND SPEECH	EATING DISTURBANCES	RE-ENACTMENT OF THE TRAUMATIC EVENT
ANXIETY	SLEEPING DISTURBANCES	AGGRESSION
STOMACHACHES AND HEADACHES	DEPRESSION	SOCIAL PROBLEMS
IRRITABILITY	FEARFULNESS	HELPLESSNESS
RAGE	WITHDRAWAL FROM FAMILY AND FRIENDS	RESTLESSNESS
DEFIANCE	DRUG USE	CLINGINESS

### What is COACT Colorado?

COACT Colorado is a grant-funded program led by the Office of Behavioral Health that addresses the complex needs of families raising a child or youth with a mental health challenge. COACT Colorado takes a holistic approach by helping families identify their prioritized needs and create their own plan for future success.

COACT Colorado currently provides training and resources to 15 communities in our state to improve the lives of children and youth with mental health challenges and their families.



### Why Is COACT Colorado Different?

A wraparound team brings together the youth, family, professionals, and people already in the family's life to create and realize a plan to achieve the family vision. The facilitator helps the systems the family is involved in work together to address the prioritized needs so that each family has one integrated plan. A family advocate or support partner with lived experience raising a child with a mental health challenge supports families to develop self-efficacy and increase their natural supports.

# COACT Colorado Evaluation Results 2016-2018

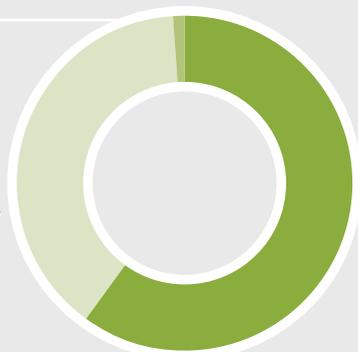
Keeping Youth at Home, In School, and Out of Trouble



## Demographics: Who We Serve

### GENDER

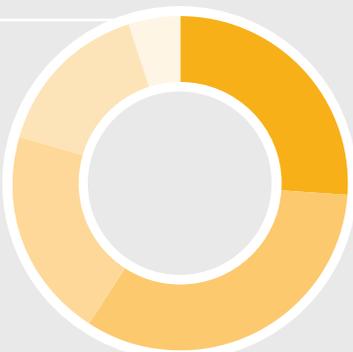
- 60% MALE
- 39% FEMALE
- 1% TRANS-GENDER/OTHER



Self Report N = 274

### AGE

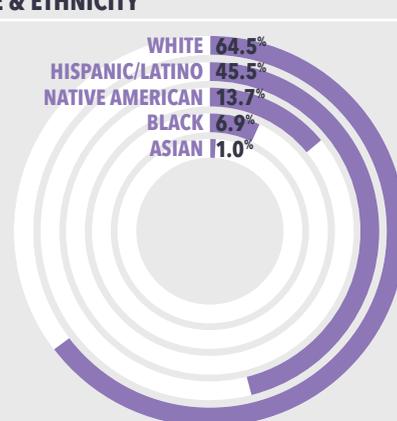
- 27% 16-25
- 34% 13-15
- 21% 10-12
- 13% 5-9
- 5% 0-4



Self Report N = 274

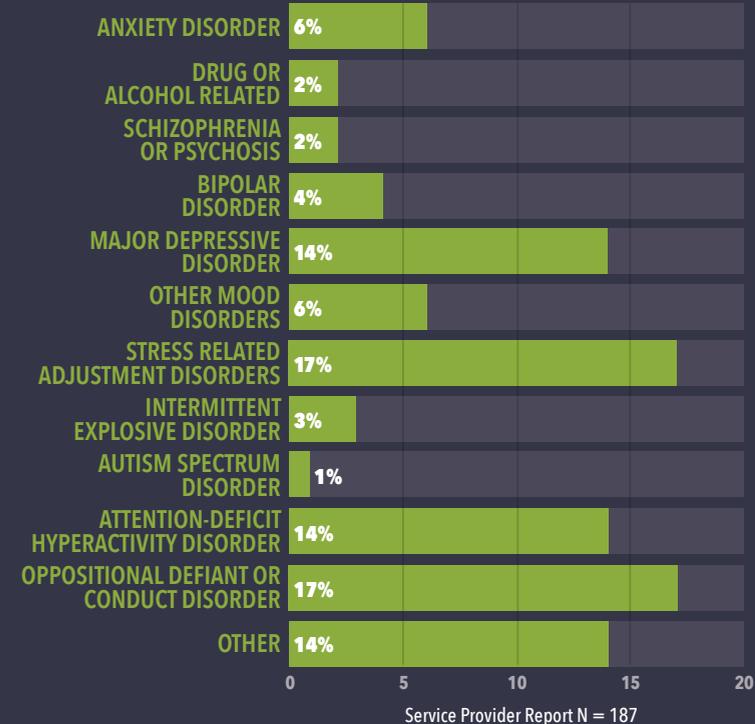
### RACE & ETHNICITY

- WHITE 64.5%
- HISPANIC/LATINO 45.5%
- NATIVE AMERICAN 13.7%
- BLACK 6.9%
- ASIAN 1.0%

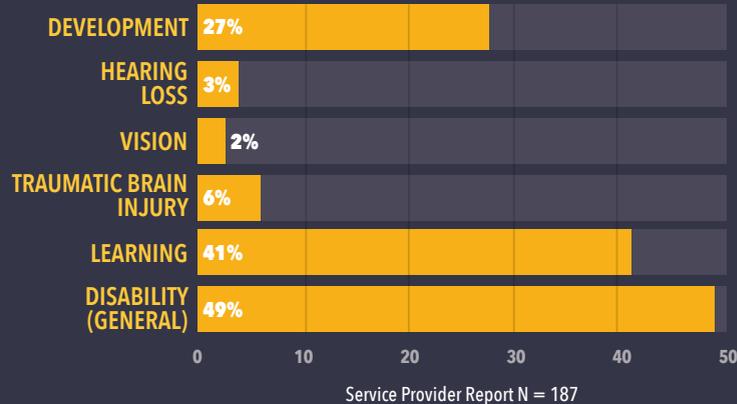


Multiple Response Self Report N = 261

## MENTAL HEALTH PRIMARY DIAGNOSIS



## DISABILITY



## Trauma

### Support For Those Who Need It Most

COACT serves children and youth with the greatest needs in Colorado, including those with a history of trauma and those who are multi-system involved.

REPORTED A HISTORY OF **ABUSE**

**81%**

NO ABUSE 19%



REPORTED A HISTORY OF **TRAUMA**

**98%**

NO TRAUMA 2%



Service Provider Report N = 187

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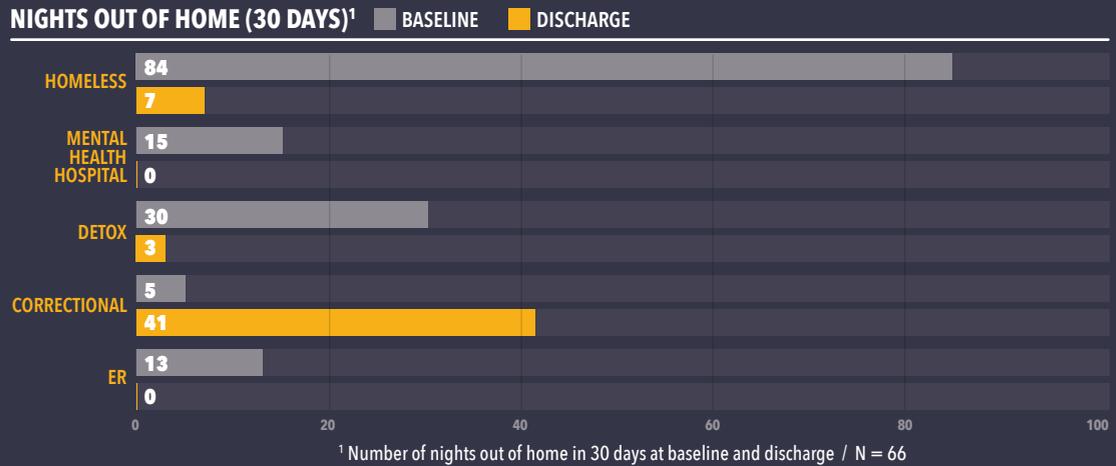
Keeping Youth at Home, In School, and Out of Trouble



## At Home – In School – Out of Trouble.

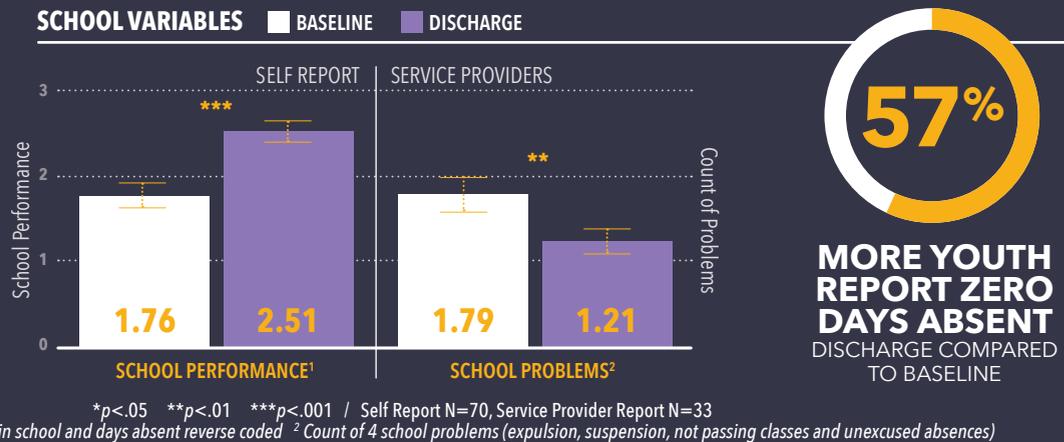
### Results: At Home

COACT builds on family strengths and community-based resources to reduce out-of-home placement and keep children and youth at home.



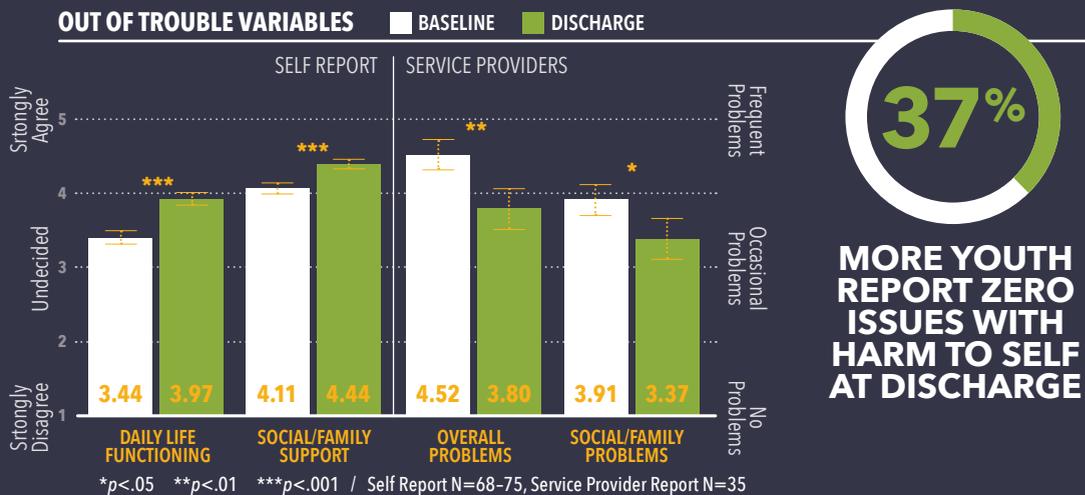
### Results: In School

Both service providers and youth report better school performance and attendance after working with a wraparound team.



### Results: Out of Trouble

Families and youth report higher functioning and have fewer problems after receiving care from a wraparound team in a COACT community.



### People Need Real Results

A third grade boy was referred by the school at the end of the academic year. The school was overwhelmed with his behavior problems, and his mom was overwhelmed with trying to meet both his school and mental health needs. The team worked with the mother to have him reassessed by our local mental health center and he was given a new diagnosis with an updated prescription. He began working with a therapist, who was flexible to meet with him during school hours, and who eventually joined the wraparound team. When he transitioned into 4th grade in the fall, his new classroom teacher joined the wraparound team along with the special education teacher and classroom aide. **Due to the wraparound process, the strengths of this family were uncovered, the needs were explored from a historical and holistic approach, supports were expanded, and solutions were creative. He was able to show more stability and control in school. All members of the family were engaged in mental health supports, and they were able to gain advocacy skills in order to be more self-sufficient in addressing any needs that arose.** There was a fantastic celebration with the entire class at the request of the child, highlighting his hard work and success. Follow up has occurred and the family reports continued self-sufficiency in managing challenges and maintaining a positive path forward.



## Conclusion

### One Family. One Team. One Plan.

COACT Colorado addresses the fragmented system by utilizing high-fidelity wraparound, an evidence-based process to integrate care for children and youth with multi-system involvement and their families. COACT continues to keep Colorado youth At Home, In School, and Out of Trouble.

**Our Goal:** Make wraparound services available to children and youth with complex needs and their families throughout Colorado.

**PREVENTS DUPLICATION  
OF SERVICES**



**FAMILY AND YOUTH  
SATISFACTION**



**CREATES SUSTAINED  
SUCCESS**

