

Cayuga Centers Outcome Report

Monroe FFT-OCFS
Follow-up Survey

Table of Contents

Executive Summary.....	3
Purpose.....	3
Findings.....	3
Basic Demographic Information.....	4
Youth Reported Findings	6
Youth Reported Future Outlook.....	7
Caregiver Reported Findings	8
Appendix A	9
Highlights from the Youths' Narrative Responses	9
Highlights from Caregiver Interviews	9
Appendix B	10
Call Dispositions and Respondent Type.....	10
Appendix C	11
Transition After OCFS.....	11

Agency name clarification: *In an effort to provide readily accessible information to all of our stakeholders in a uniform way, previously published reports have been re-formatted into a uniform library of information. At the time this report was first published, the agency name was Cayuga Home for Children. The agency changed to Cayuga Centers in the summer of 2011.*

Elisa Avila, Evaluation and Research Specialist
Cayuga Centers, Winter 2010-2011

Executive Summary

In December 2010, the Monroe County FFT Therapist and staff reached out to former clients to interview youth who had graduated from the program and find out about their quality of life and general outlook. This population is comprised of adolescents and young adults, a majority male, in their late teens and early twenties. The survey was intended to be completed by the youths, but we also widened our net to gather supplemental interviews from caregivers. In order to reach as many graduated youth as possible, the calling period extended through to February 2011.

Our primary youth respondents are part of the American population that is one of the most elusive groups to contact and interview. This was compounded by the challenge that our entire sample population was composed of these already difficult to reach people from a vulnerable group, indicated by their connection to services provided by OCFS and Cayuga Home for Children. Those administering the survey were challenged, both in making contact with program graduates and in completing all survey items.

Purpose

The follow-up survey was requested by FFT staff to see where the youth were now after several years without direct support from Cayuga Home for Children. The survey included questions about their outlook on life, experiences that may indicate recidivism, family communication and dynamics, and whether positive behaviors were sustained. In order to reflect the family dynamic of FFT, we attempted to interview first the youth. If there was a parent or caregiver available, we also interviewed them with a different but similar set of questions to gain some insight on how the youth has developed since they completed FFT with their family and with Cayuga Home.

Findings

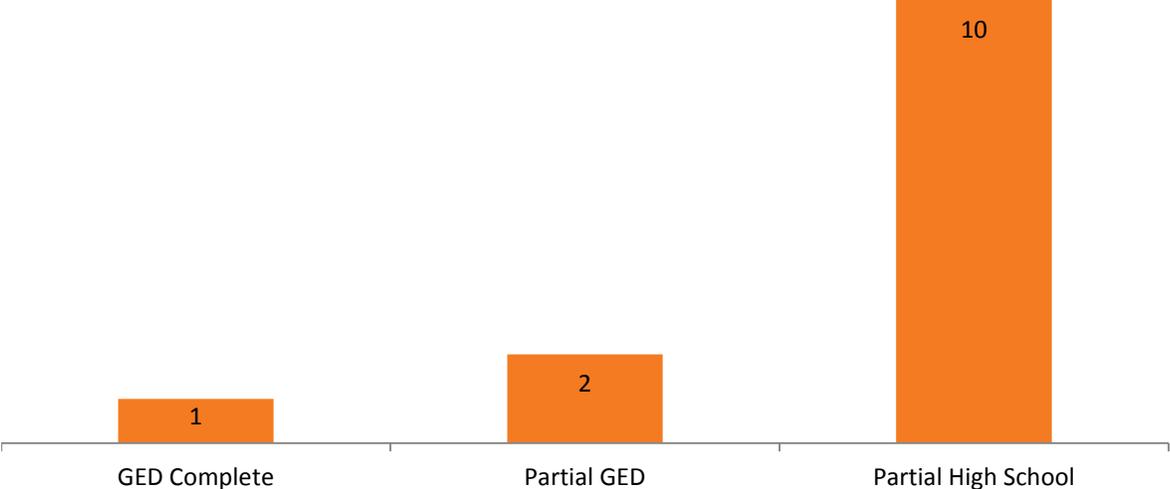
We had 147 cases with contact information, and of these 147, 45 had up-to-date contact information. Of these 45, we spoke with 13 former youth, and 22 caregivers. The caregivers provided important supplemental survey information, particularly since we were only able to speak to less than 10% of our sample of youths. Through a major effort of the Monroe staff, the team needed to go through the phone numbers, call every single number available, sometimes digging into archived files to find any contact information. In spite of our efforts and indicative of the unknown changes that have occurred not just to the individuals we are trying to meet, but also to the families, we only were able to contact and interview 23% of the families. We spoke with 22 caregivers and 13 youths (all but one were from different families), for a total of 34 families contacted and interviewed.

The information collected is not representative of all youths that complete FFT, and is only representative of families that we were able to contact. We found that the majority of the contact information we had for these families was not good (90 cases had bad numbers and 12 had wrong numbers). We were not able to contact 69% of the families. The following are visual charts of the information we gathered from youths and parents that were involved with Cayuga Home for Children from 2005 to 2010. Some youths are still in high school, our sample was quite small and most are still teenagers that recently finished FFT.

Basic Demographic Information

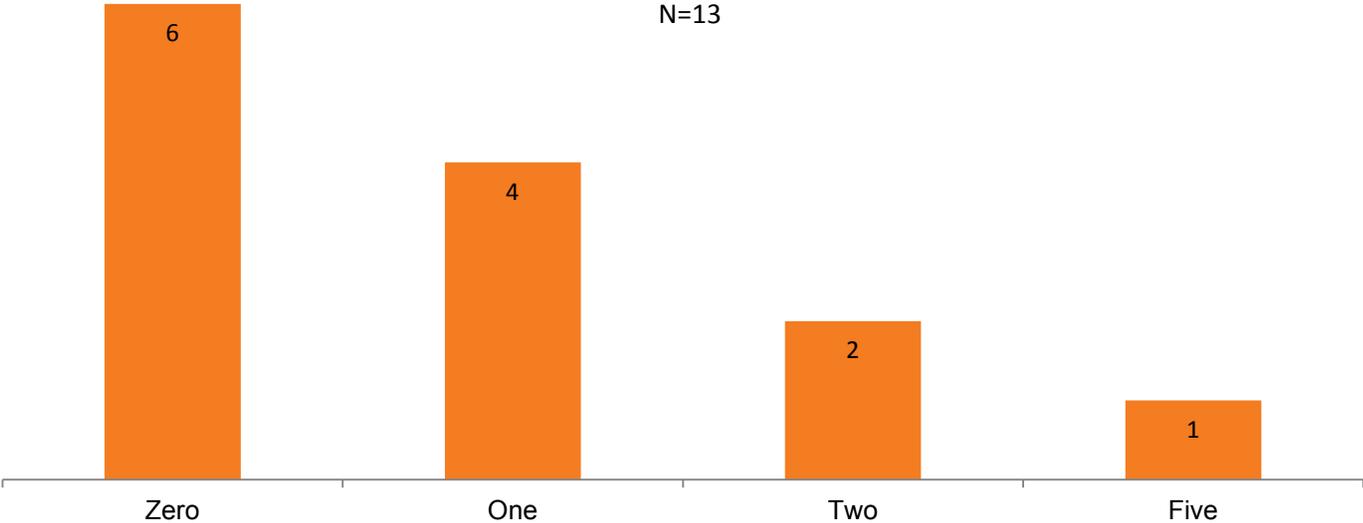
Youth Reported Highest Education

N=13

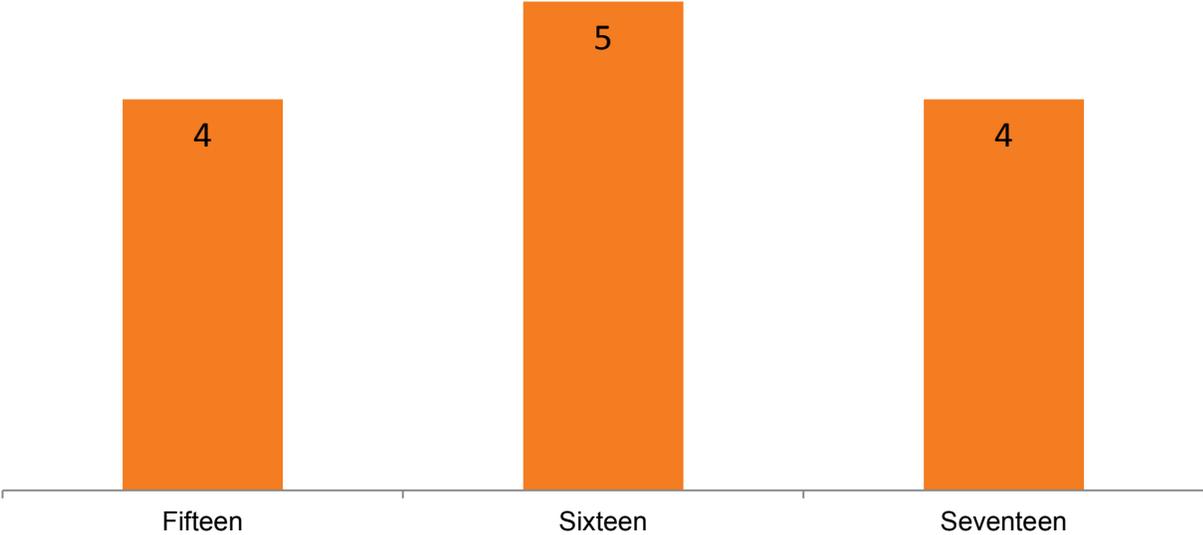


Approximate Number of Years Passed Since FFT to time of Youth Interview

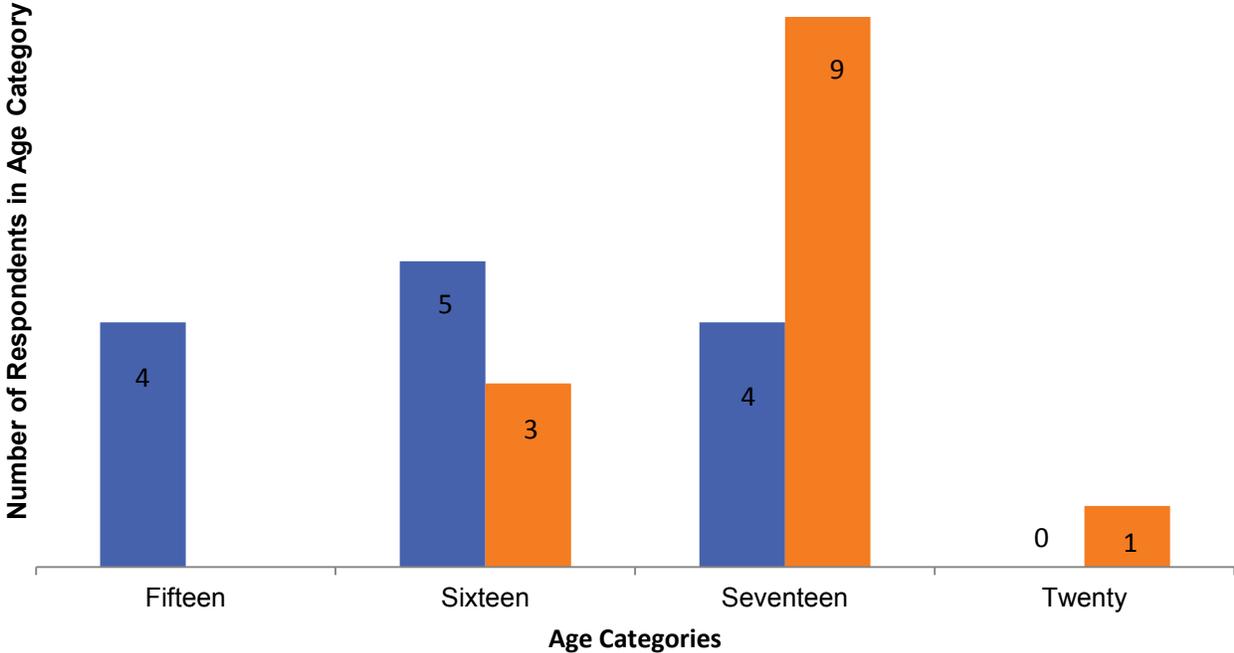
N=13



Age of Youth Respondents at time of Intervention



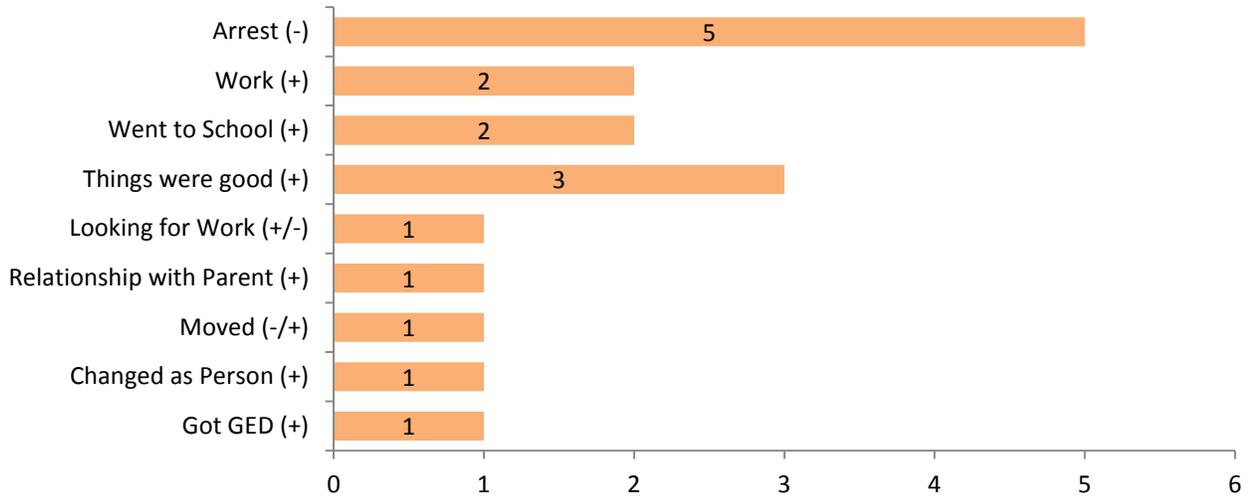
Comparing Ages of Youth at Time of Intervention to Ages Now



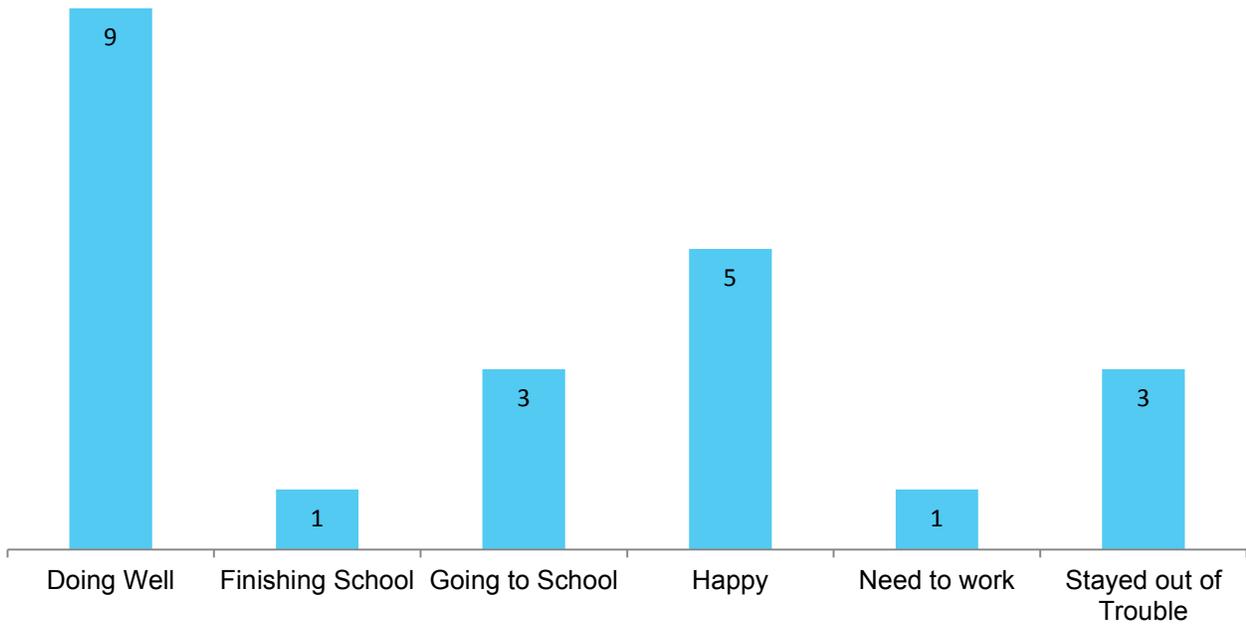
Youth Reported Findings

Major Changes Self Reported by Youth

These are themes that emerged in youth's responses (+) or (-) indicates if it was seen as a positive or negative change. (+/-) could not be determined

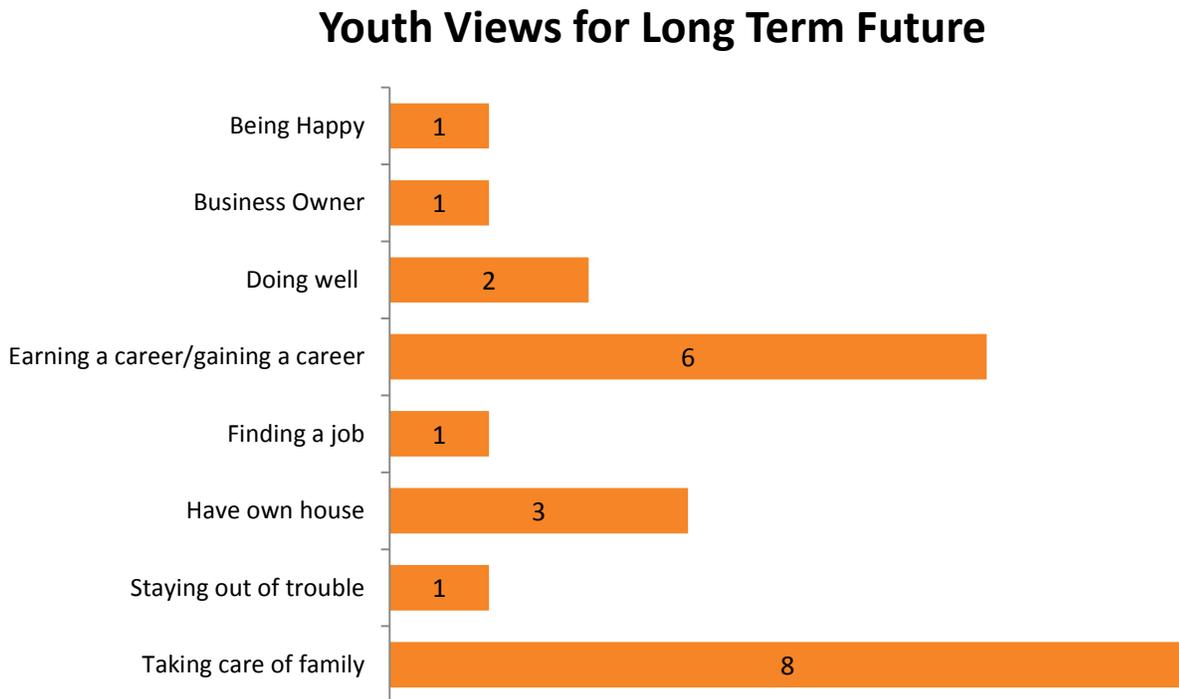
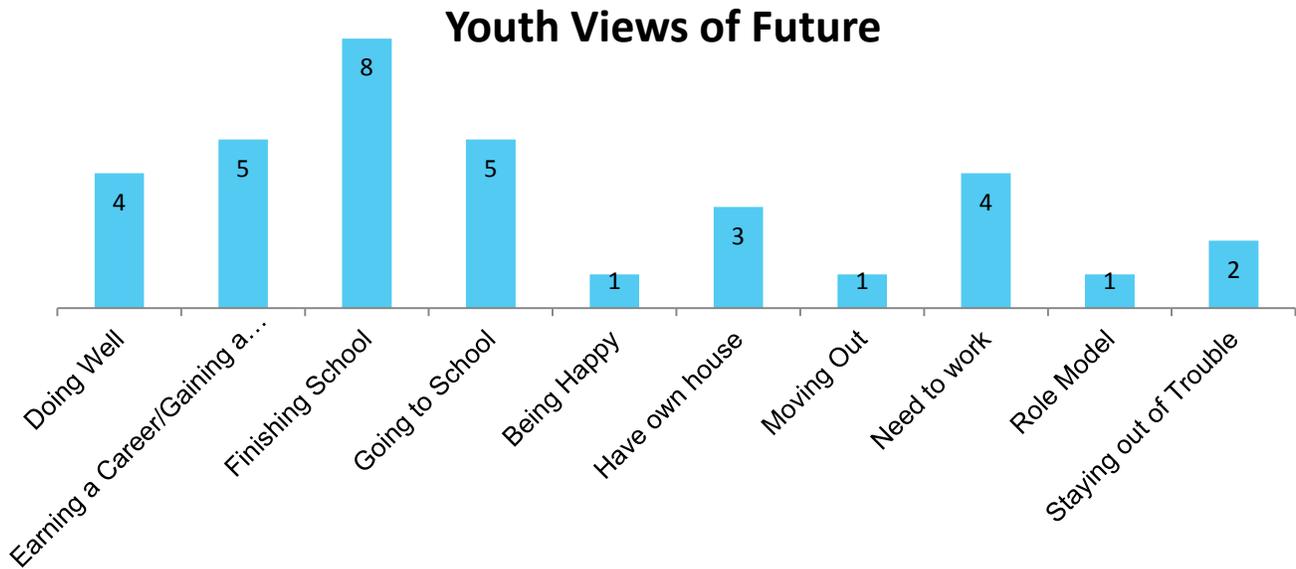


Where Youth Sees Self Now



Youth Reported Future Outlook

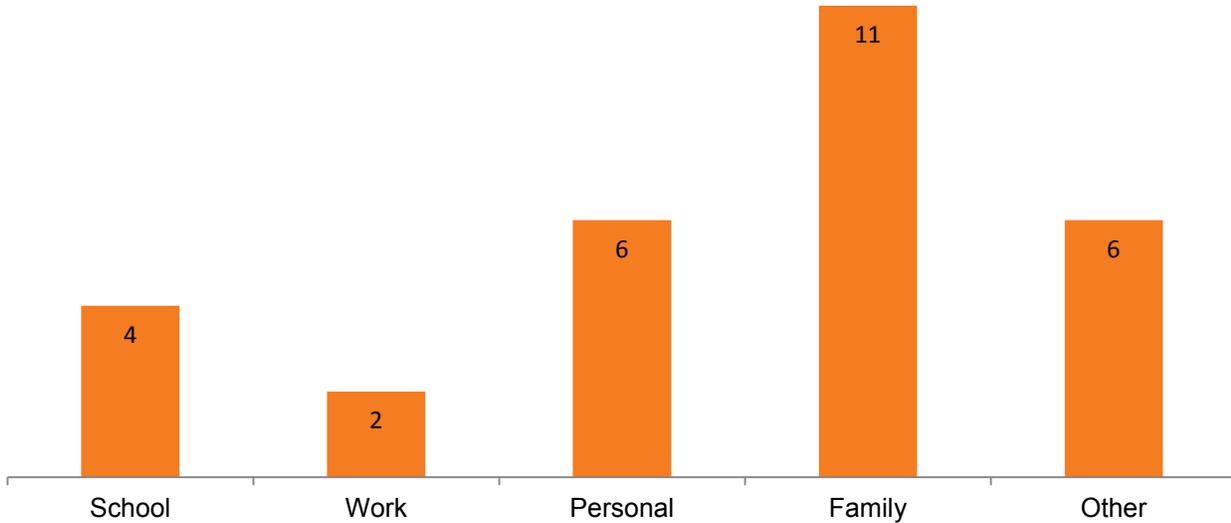
These are themes that emerged from youth responses about how they view their future; e.g. plans on “doing well”
Youth gave many more responses and elaborated on their outlook for the future, these are major themes.



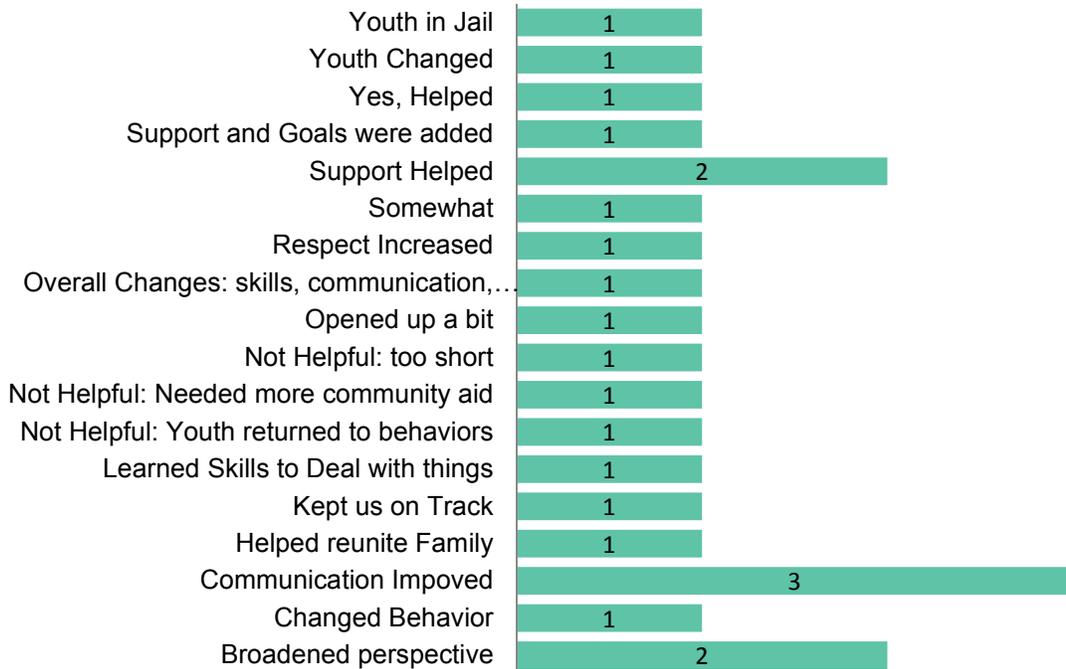
Caregiver Reported Findings

Caregivers were asked open-ended questions and interviewers coded them into one of these categories

Parent's Views on Biggest Accomplishments



Summary of Caregivers Responses to "Effect of FFT on Transition"



Appendix A

All references to youth and caregiver names and gender have been changed to (youth) or (caregiver) to minimize possibility of identifiable information. Otherwise responses are exactly as they were entered by interviewers.

Highlights from the Youths' Narrative Responses

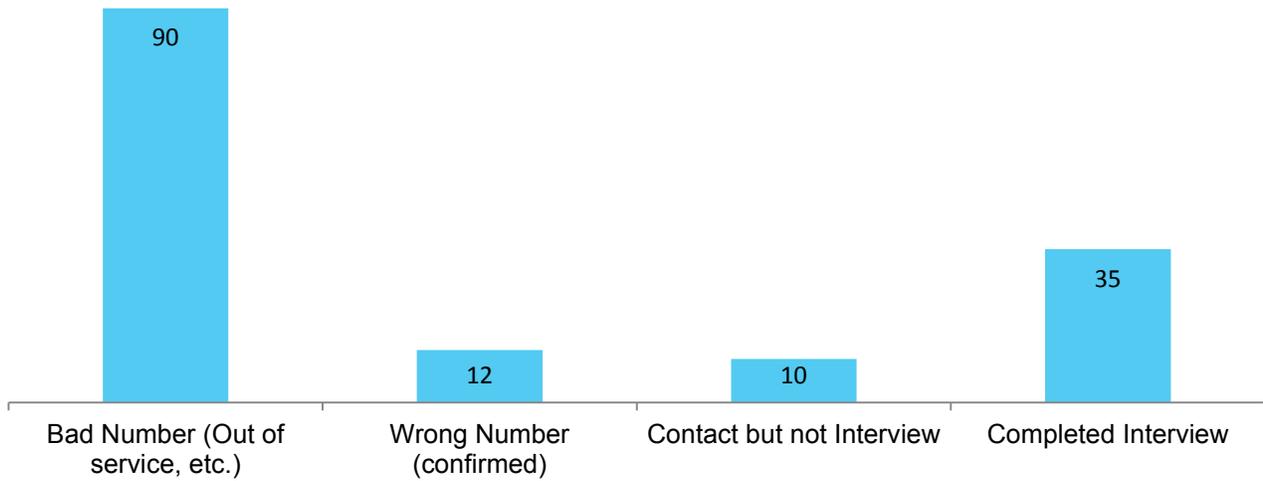
- *Adolescent has been attending regular and are more laid back.*
- *Adolescent has been working on GED*
- *Youth's actually going to school now, before FFT (youth) wasn't going at all.*
- *Now youth is doing things for himself and becoming independent and figuring out strategies to do it on his own.*
- *Our communication is so good!*
- *We relocated, and we all worked together in the process as a family.*
- *Compared to previous years, we didn't talk as much and now we communicate better, understand each other better and happiness in the house.*
- *Family and communication – family priorities have improved; continuation of unity within decisions affecting family and support of family.*
- *(Caregiver) reported big changes in school and personal life-as (caregiver) learned how to work and deal with here (youth).*
- *Our family life is better, recently married. (youth)'s behavior and attitude are much better.*
- *The family has been able to communicate better.*
- *The family was close prior to the risk factors-with the program they were able to get back on track (Caregiver) reported seeing an improvement and stated "the ills are behind (youth)". We have been able to spend more time together and have been doing more things together as a family, so I picked this area. Even though (youths) in jail right now, (youth) will be home very soon and I feel like our family is in a good place.*

Highlights from Caregiver Interviews

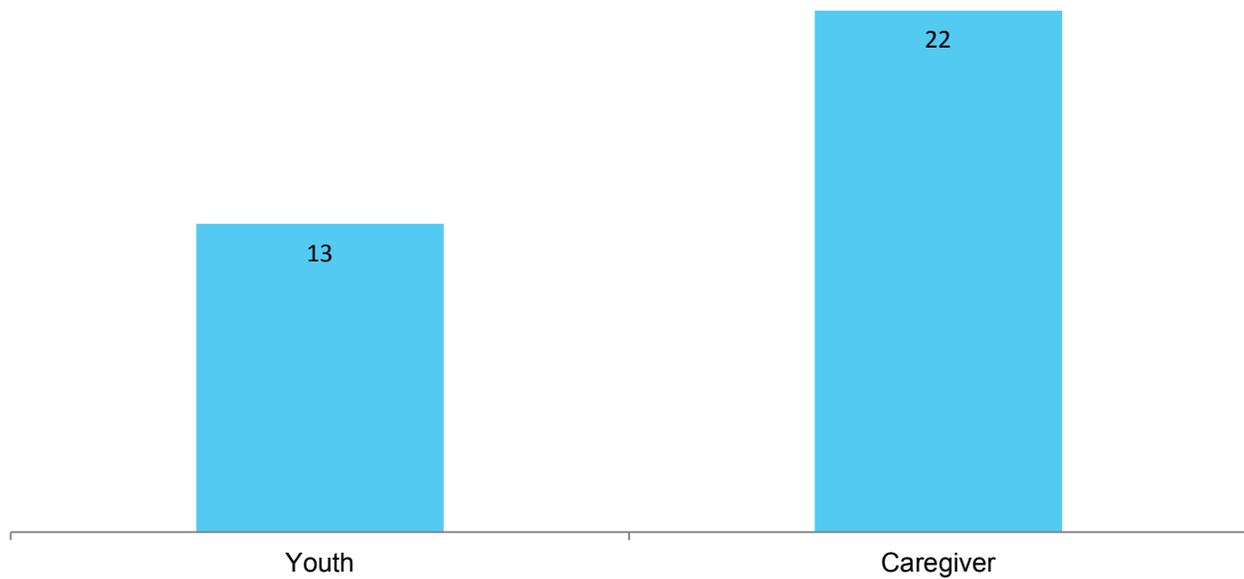
- *Caregivers were asked if they had anything else to add, these are their responses:*
- *Feels the program was a good program and may need minor adjustments-at least with family's dynamic.*
- *Found the program to be helpful for family.*
- *Had worked with several programs and services and felt that the FFT program was the best and most supportive in dealing with family problems.*
- *Would recommend the program to another family dealing with similar issues they experience as (caregivers) felt it improved family's relationships and communication.*
- *I really liked the program. I really felt more comfortable having the support system in place, and if we need a booster we can call.*
- *I think it's a great program and if you have a kid who really wants to do it, you really work closely to build a rapport with a child and the parent, so it creates an opportunity to really help them, as long as the child is willing and open to doing the work.*
- *Keep program going, the therapist helped the family through.*
- *Thank you, I'm really happy the (youth) is going to school now.*

Appendix B Call Dispositions and Respondent Type

Final Disposition of Cases
Disposition describes the type of contact or failed contact with our respondents.
N=147



Our Respondents
Count of the number of youths and caregivers we contacted
N=35

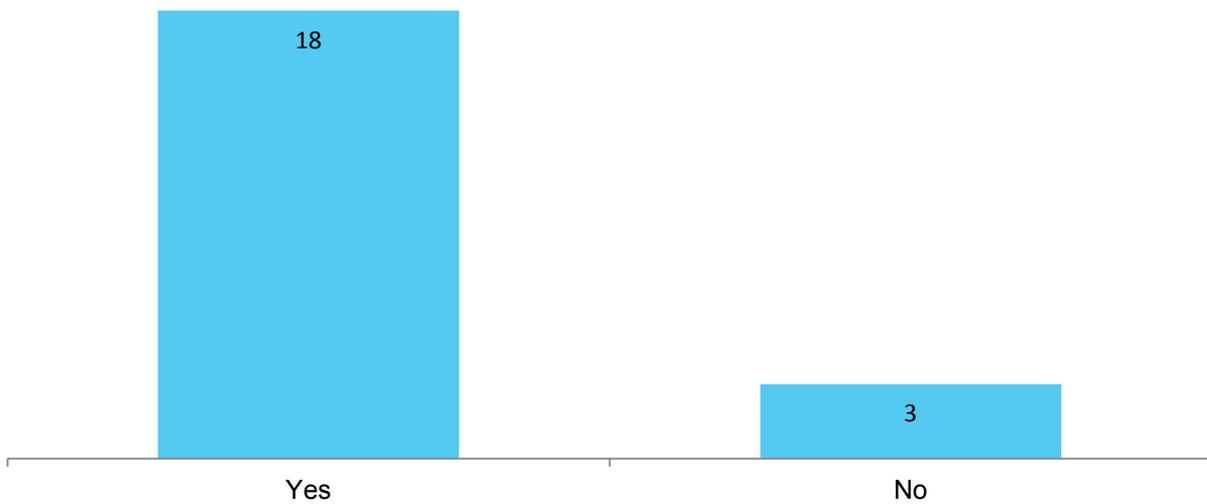


Appendix C

Transition After OCFS

During the collection, interviewers ended up speaking with people that did not have their youths in out of home care, this is reflected in the detailed breakdown of their responses on the next chart.

Transitioning Family Together after OCFS





101 Hamilton Ave. • Auburn, NY 13021 • Ph: (315) 253-5383 • cayugacenters.org