

# Helms Middle School Counseling Services in 2008

In 2008, Bay Area Community Resources conducted an in-depth evaluation of our school-based counseling services, including the New Perspectives program in Marin and the Gateway program in West Contra Costa County. This report shows the counseling outcomes for your school.

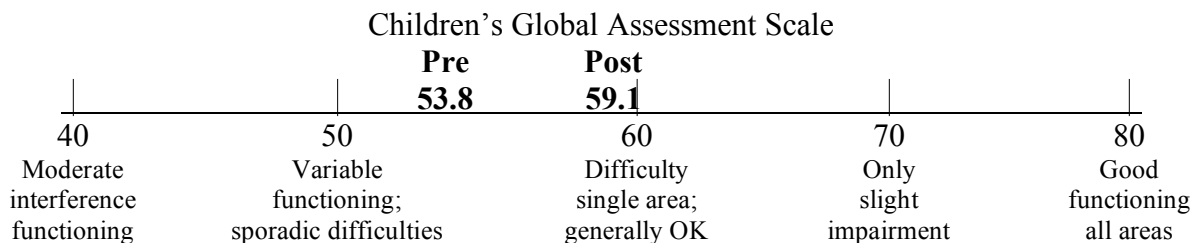
## Key Findings

- ◆ 31 students participated in counseling 4 or more times, resulting in a treatment plan.
- ◆ Most students showed positive change on multiple measures.
- ◆ School staff or others who referred students to counseling saw positive change in a majority the students, usually “small positive change.”
- ◆ Most students said the counseling helped them.

## Children’s Global Assessment Scale (CGAS)

This is a widely used, nationally standardized counseling scale that measures functioning in a variety of areas— e.g., emotions, behavior, or peer relationships at home or school. The score goes from 0 to 100, with 100 a positive score.

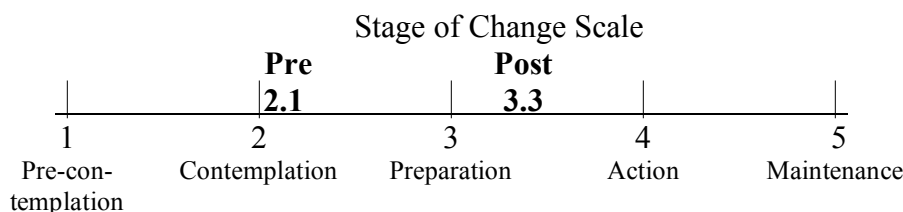
- ◆ The increase in the CGAS score from 53.8 on average at the beginning of counseling to 59.1 at the end was statistically significant ( $p < .001$ ).
- ◆ 87% of clients had positive change, 10% no change, 3% negative change.



## Stage of Change Scale

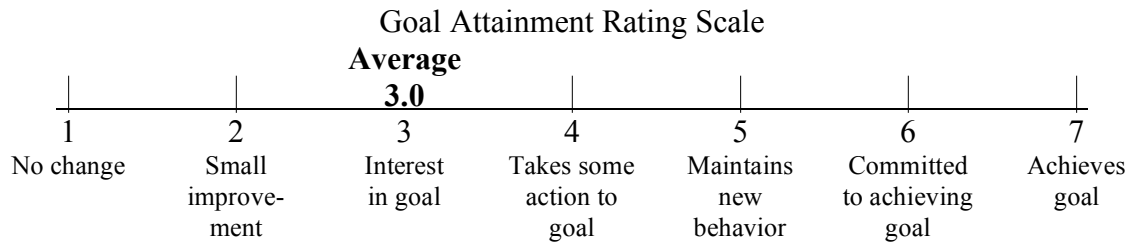
This scale measures client engagement in personal change. The score goes from 1 to 5, with 5 a positive score.

- ◆ The increase in the Stage of Change score from 2.1 on average at the beginning of counseling to 3.3 at the end was statistically significant ( $p < .001$ ).
- ◆ 89% of clients showed positive movement in their stage of change, 9% no movement, 2% negative movement.



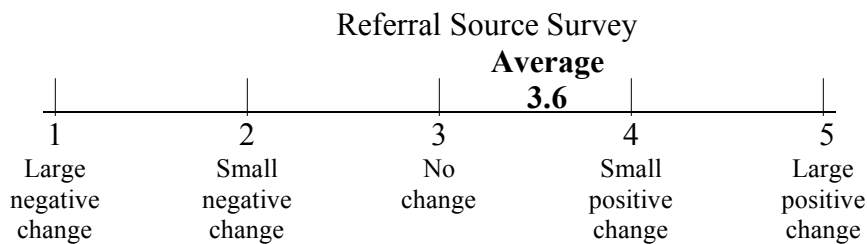
**Goal Attainment Rating Scale**

- ◆ Most clients had 2 or 3 counseling goals. The average Goal Attainment Rating was 3.0 on a 7 point scale, indicating interest in the goal.
- ◆ Clients were rated on the positive end of the scale for 29% of the goals.
- ◆ “Interested” or contemplating change for 44% of the goals, and little or no movement for 27% of the goals.



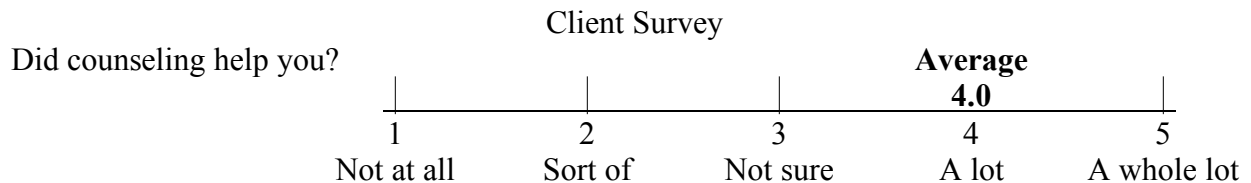
**Survey of People Who Referred Students to Counseling**

- ◆ The average rating by the people who referred students to counseling was 3.6 on a 5-point scale, indicating that on average they saw small positive change in the students.
- ◆ People who referred students said they saw positive change in 50% of those students.

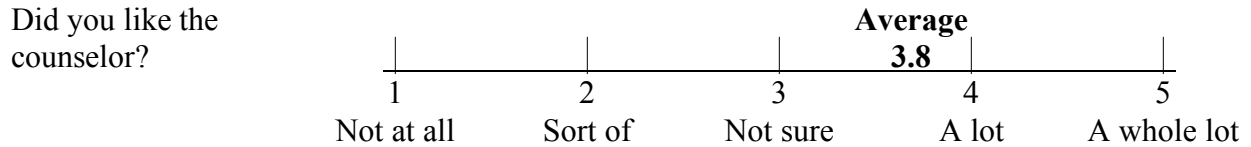
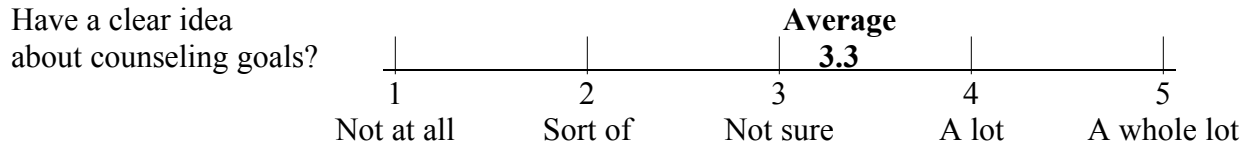


**Client Survey**

- ◆ We surveyed students in counseling. To protect confidentiality and help students be as objective as possible, students completed an anonymous survey, sealed it in an envelope, returned the sealed envelope to the counselor, and counselors submitted the sealed envelopes to their supervisor.
- ◆ The average ratings show that most students gave counseling positive marks.
- ◆ 75% of students said the counseling helped them.



Client Survey — continued



**Reasons for Referral**

- ◆ Almost all students had 1-3 reasons for the referral.
- ◆ In most cases counselors focused the treatment on these same issues. In about a quarter of cases, counselors added other issues to the treatment goals after the assessment.
- ◆ In a small minority of cases, counselors substituted another issue as the primary treatment goal, because the assessment indicated a different underlying reason for the visible problem.

Reasons for Referral	Percent of Reasons
Academic	24%
Behavior at school	25%
Alcohol, drug or tobacco use (known or suspected)	5%
Affect	25%
Family (known or suspected)	14%
Violence and crime	5%
Other	2%