

# Tamiscal High 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.

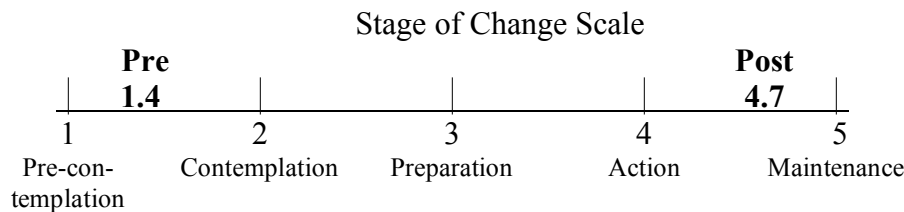
## Key Findings

- ◆ 5 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.

## Stage of Change Scale

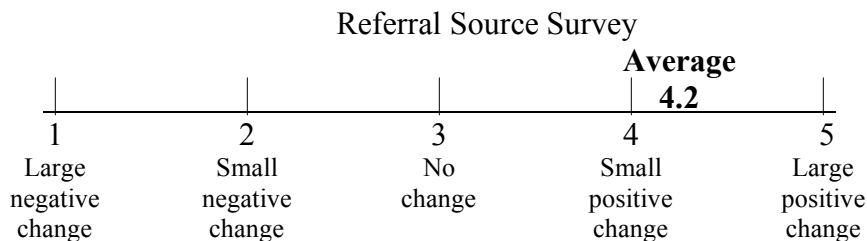
This scale measures client engagement in personal change. The score goes from 1 to 5, with 5 a positive score.

- ◆ The increase in the Stage of Change score from 1.4 on average at the beginning of counseling to 4.7 at the end was statistically significant ( $p < .001$ ).
- ◆ 100% of clients showed positive movement in their stage of change.



## Survey of People Who Referred Students to Counseling

- ◆ The average rating by the people who referred students to counseling was 4.2 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 92% of the reasons for referral, no change in 8%.



**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	14%
Behavior at school	14%
Affect	29%
Family (known or suspected)	14%
Health	14%
Other	14%