

**MIND MATTERS TECHNICAL REPORT MAY 2020  
BECKY F ANTLE, PHD, MSSW, LMFT  
SAM COOPER, MSSW, CSW**

**SUMMARY OF KEY FINDINGS**

The following summarizes key findings across domains of capacity building (training evaluation and fidelity), population description (demographics, trauma, and baseline functioning), and preliminary outcomes (knowledge and skill acquisition).

**Building Capacity:** Training Evaluation and Fidelity

The training of facilitators was an effective approach to promote knowledge and facilitation skills for the Mind Matters curriculum, as evidenced by knowledge test scores and fidelity scores for adherence to the curriculum. There is a need to address secondary and vicarious trauma of facilitators as they reported high ACE scores of their own.

**Population Description:** Demographics, Trauma Experience, Baseline Functioning

This sample has significantly higher levels of trauma and impairment than the national average. They reported significantly more impairment in social competence, resilience, emotional regulation, and overall behaviors. The average number of ACES was 4.9, placing them in the highest category of risk for long-term outcomes. Subsequently, they also reported significantly higher numbers of PTSD symptoms than the national average.

**Preliminary Outcomes:** Knowledge and Skill Gain

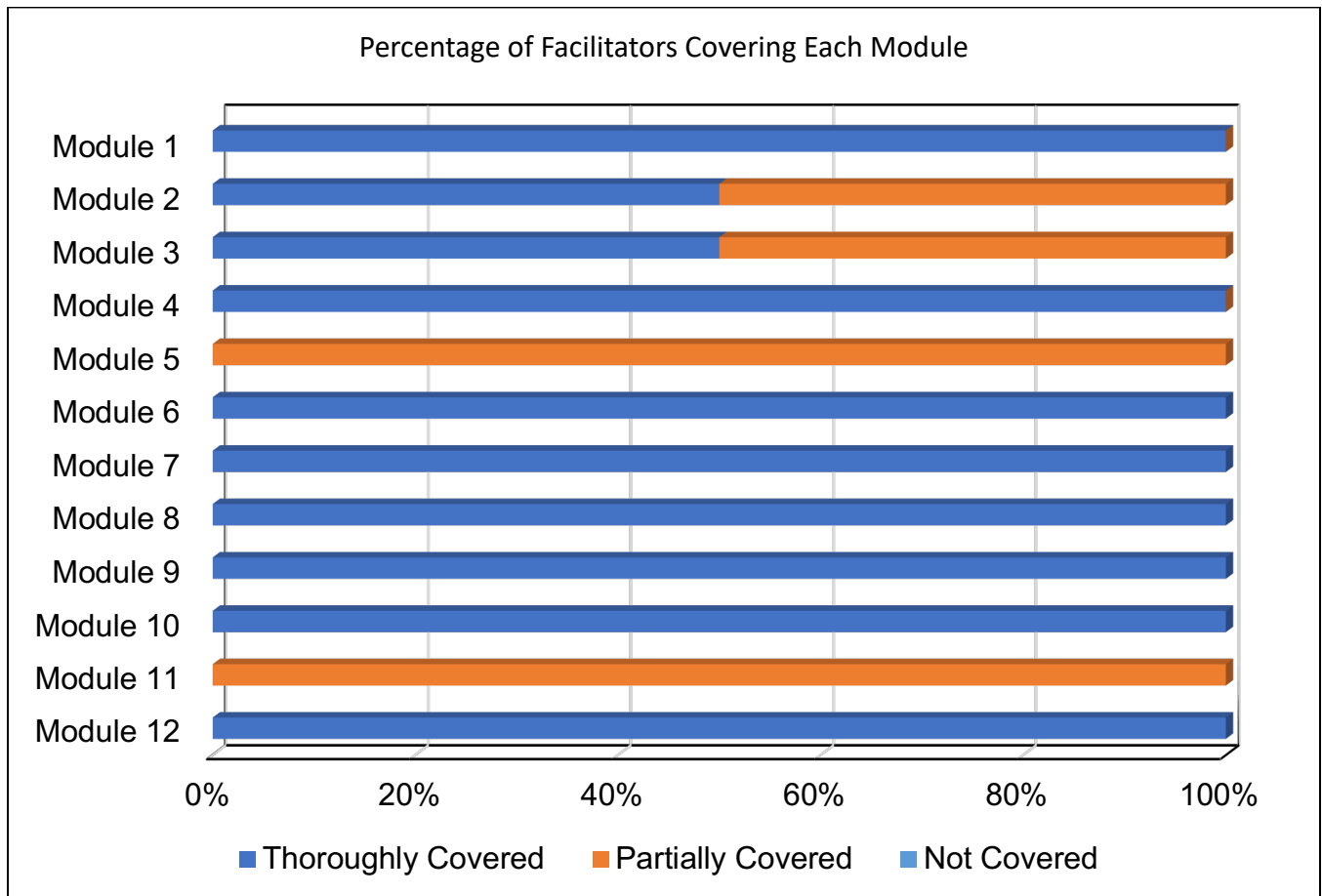
Preliminary analysis shows statistically significant improvement in knowledge and skills from pre- to post-intervention. Participants developed better knowledge and skills for coping with trauma and adversity. Partners report youth using the skills in daily life in residential treatment.

## PRELIMINARY IMPLEMENTATION DATA

### Numbers enrolled and served to this date:

- **KYCC - 13 Total Participants**
  - 9 participants in the Experimental Group
  - 4 participants in the Control Group
- **MARYHURST - 73 Total Participants**
  - 35 participants in the Experimental Group
  - 38 participants in the Control Group
- **TOTAL - 86 participants**
  - 44 participants in the Experimental Group
  - 42 participants in the Control Group

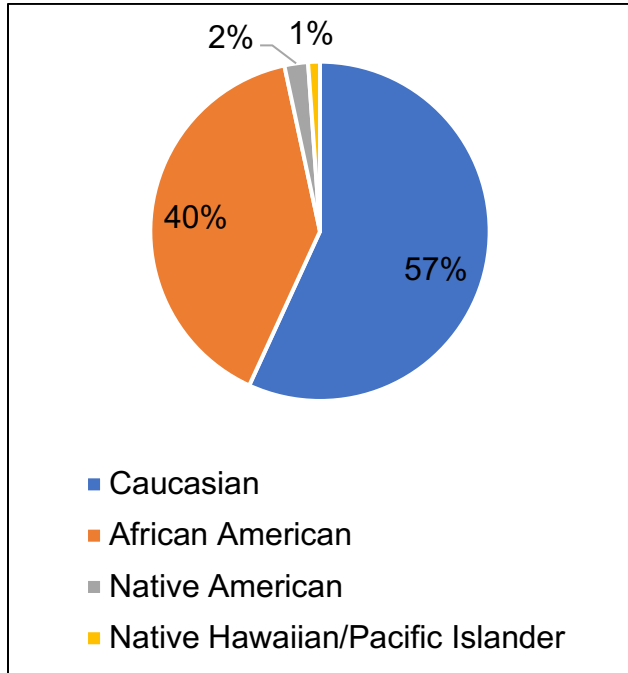
## FIDELITY DATA



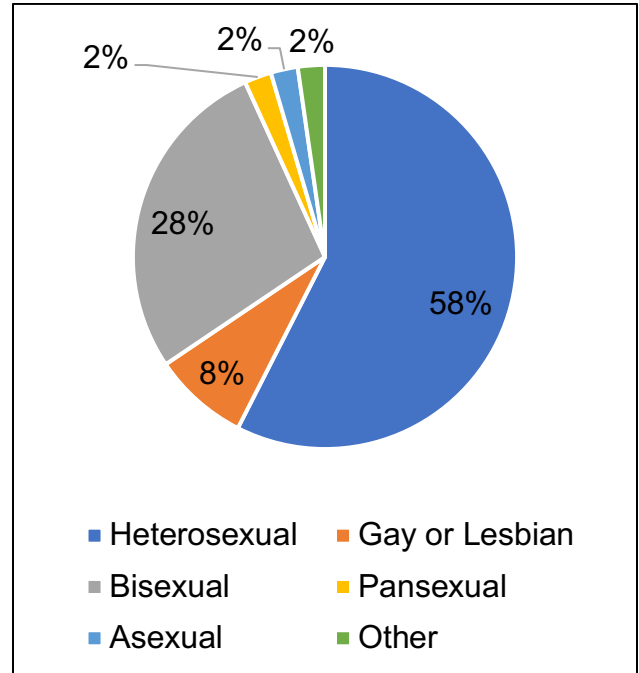
## PRELIMINARY DATA

86 participants have completed baseline surveys for Mind Matters. The following summarizes demographic data on participants. The average age of participants was 15.91.

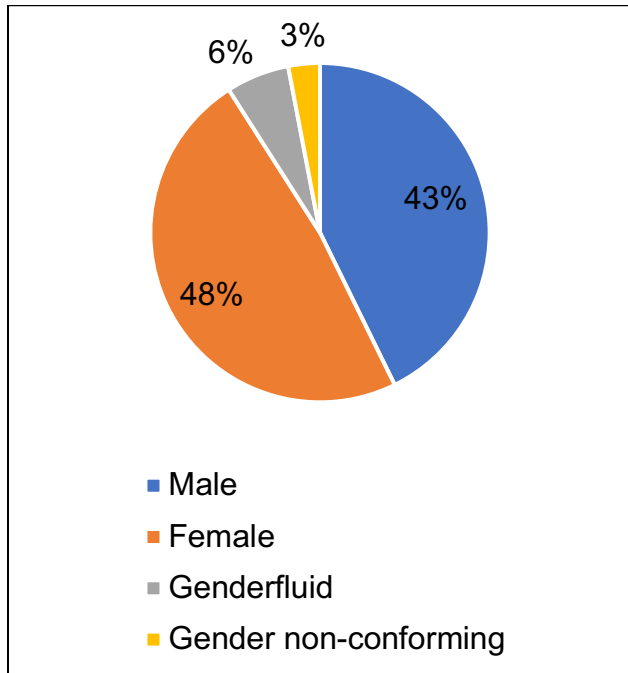
### RACE



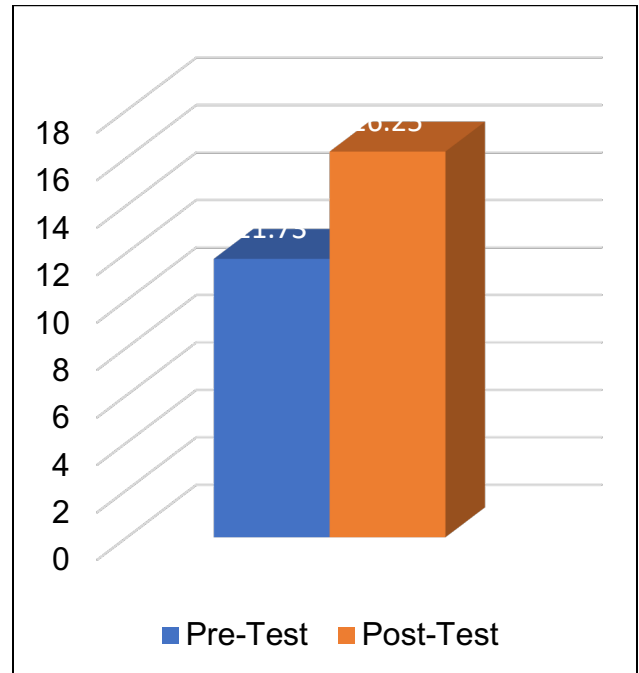
### SEXUAL ORIENTATION



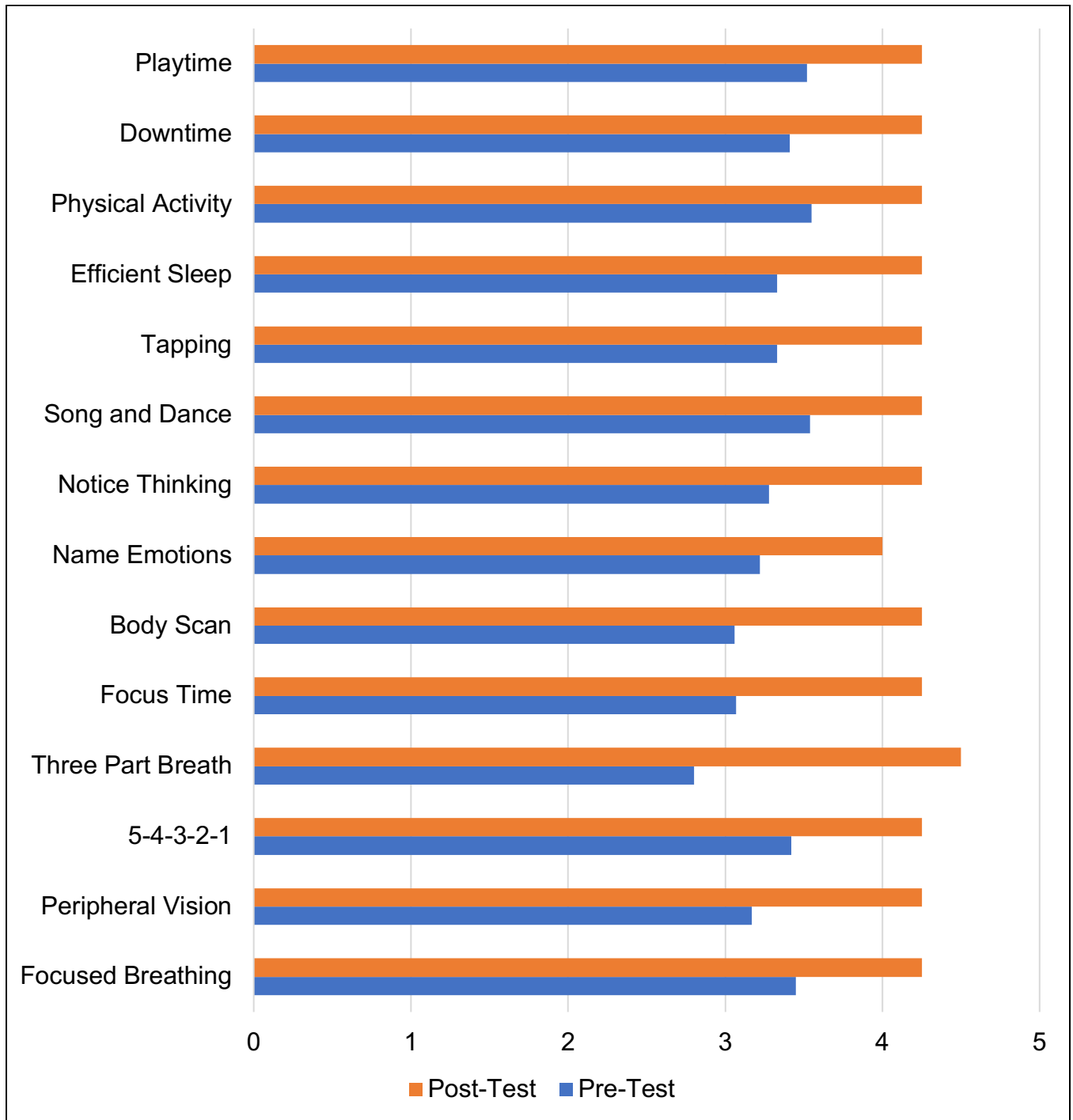
### GENDER IDENTITY



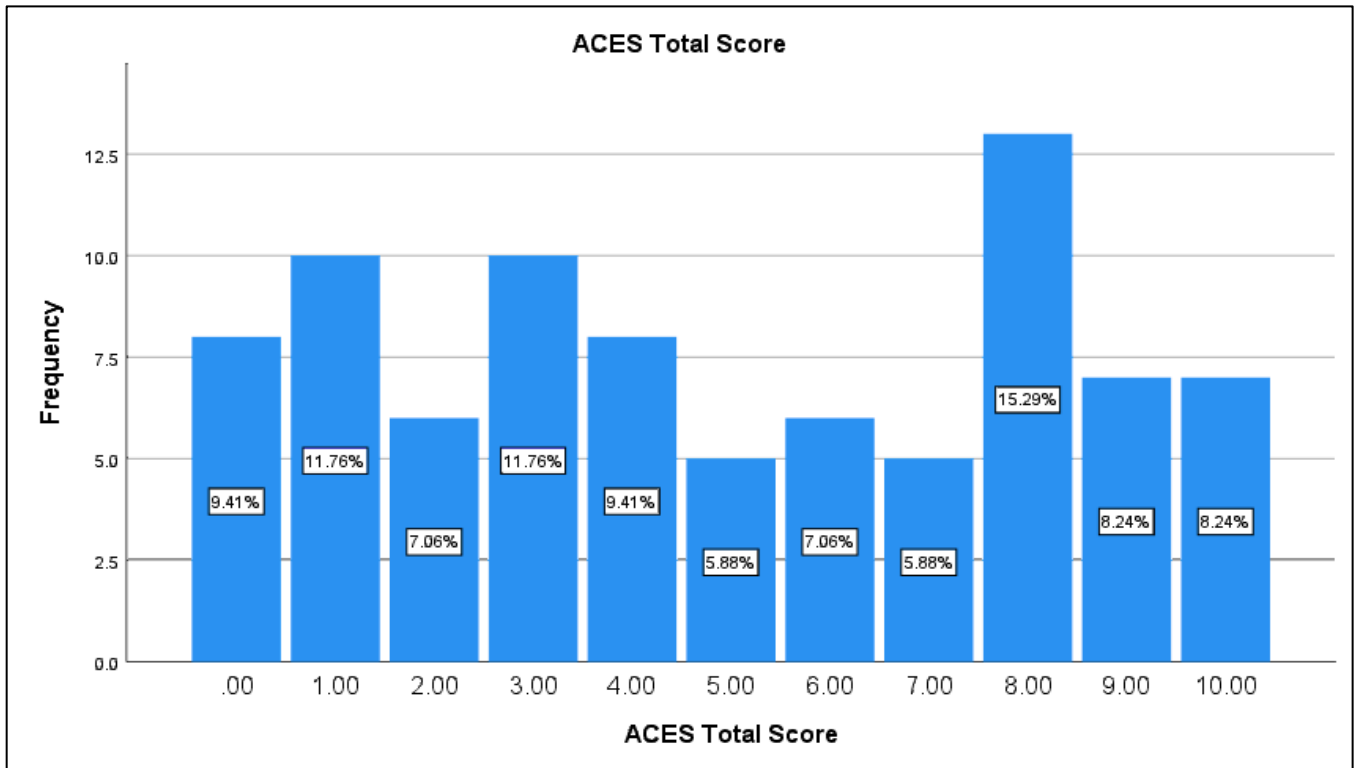
### KNOWLEDGE GAIN



## SKILL ACQUISITION



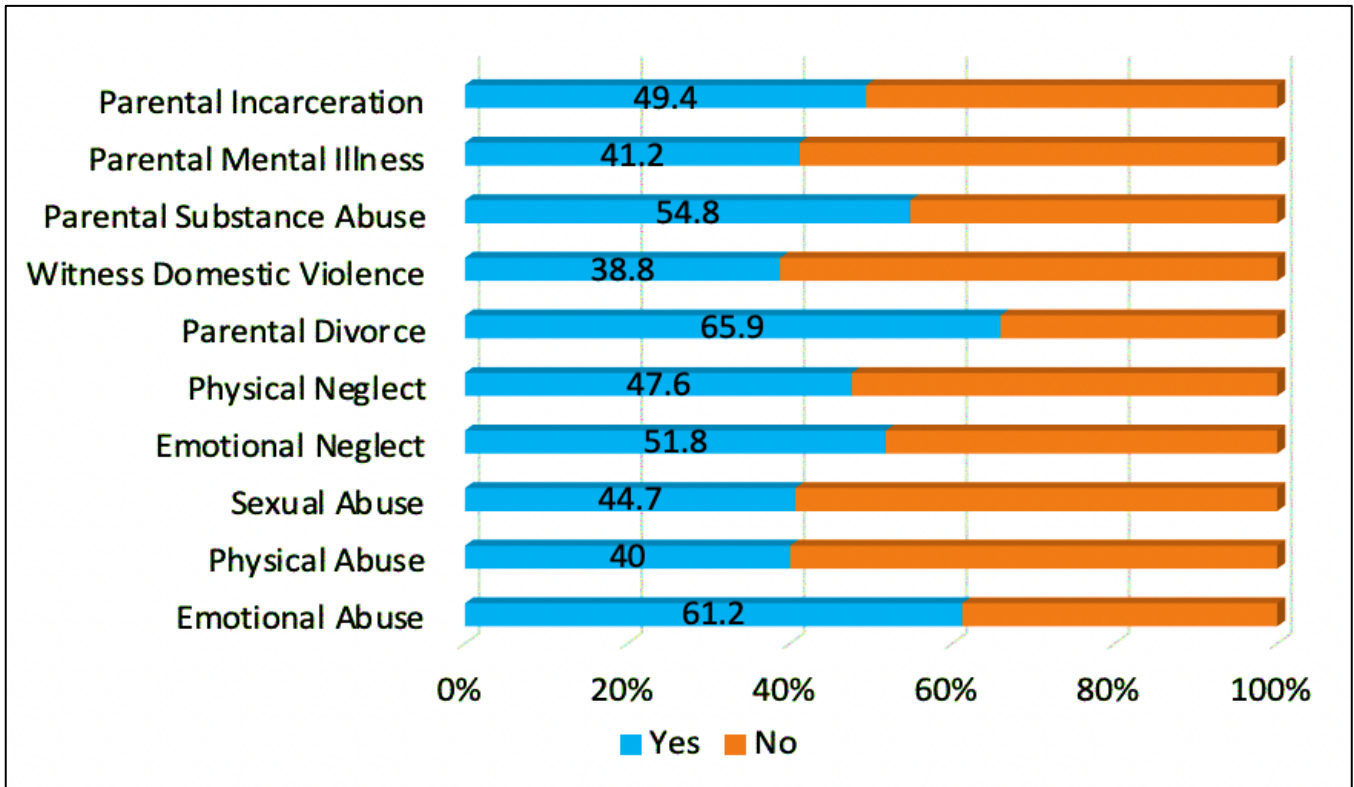
## SAMPLE DISTRIBUTION OF ACES



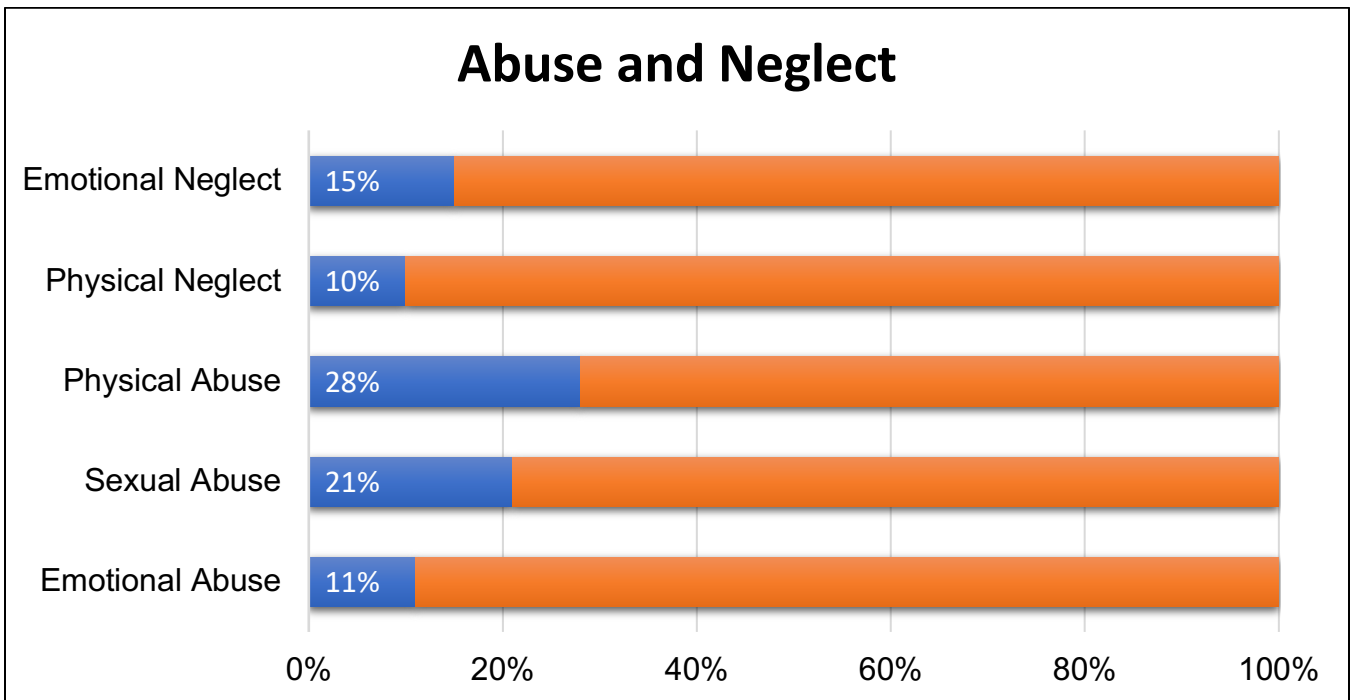
## NATIONAL DISTRIBUTION OF ACES

| Number of Aversive Childhood Experiences (ACE Score) | Women | Men  | Total |
|--|-------|------|-------|
| 0  | 34.5  | 38.0 | 36.1  |
| 1  | 24.5  | 27.9 | 26.0  |
| 2  | 15.5  | 16.4 | 15.9  |
| 3  | 10.3  | 8.6  | 9.5   |
| 4 or more  | 15.2  | 9.2  | 12.5  |

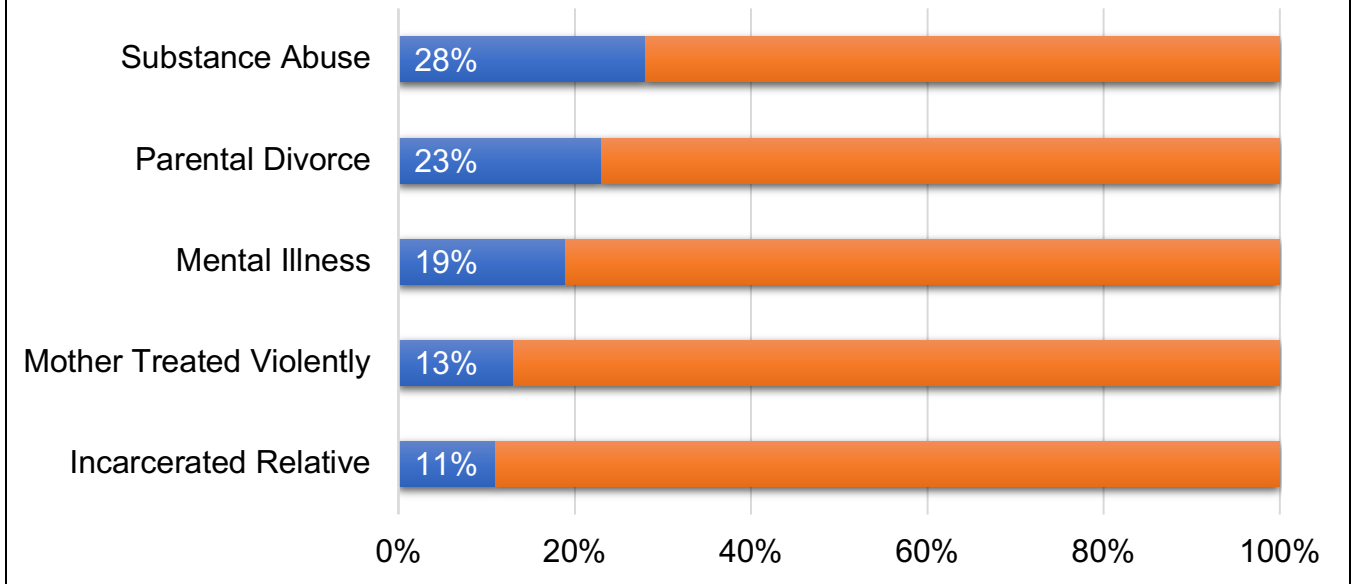
### SAMPLE PREVALENCE OF ACES BY TYPE



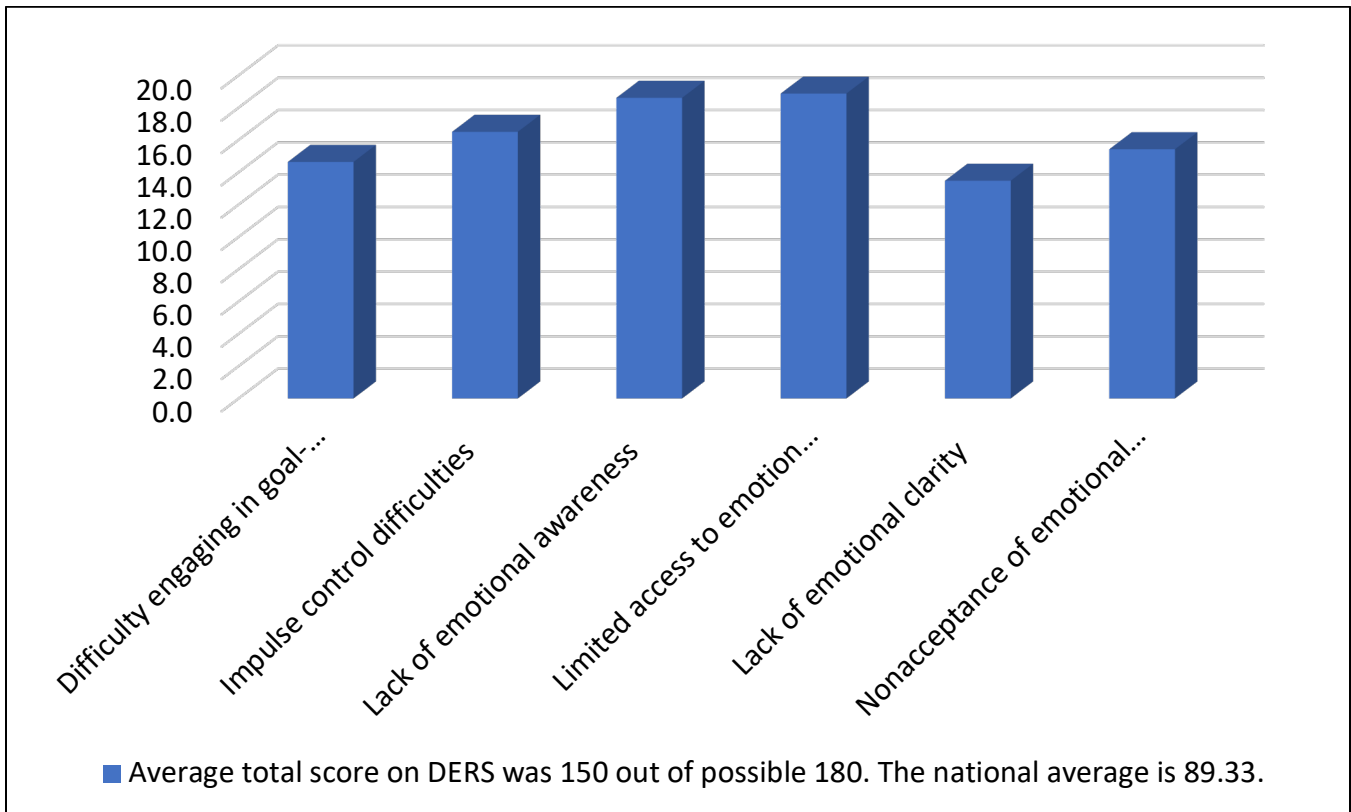
### NATIONAL PREVALENCE OF ACES BY TYPE



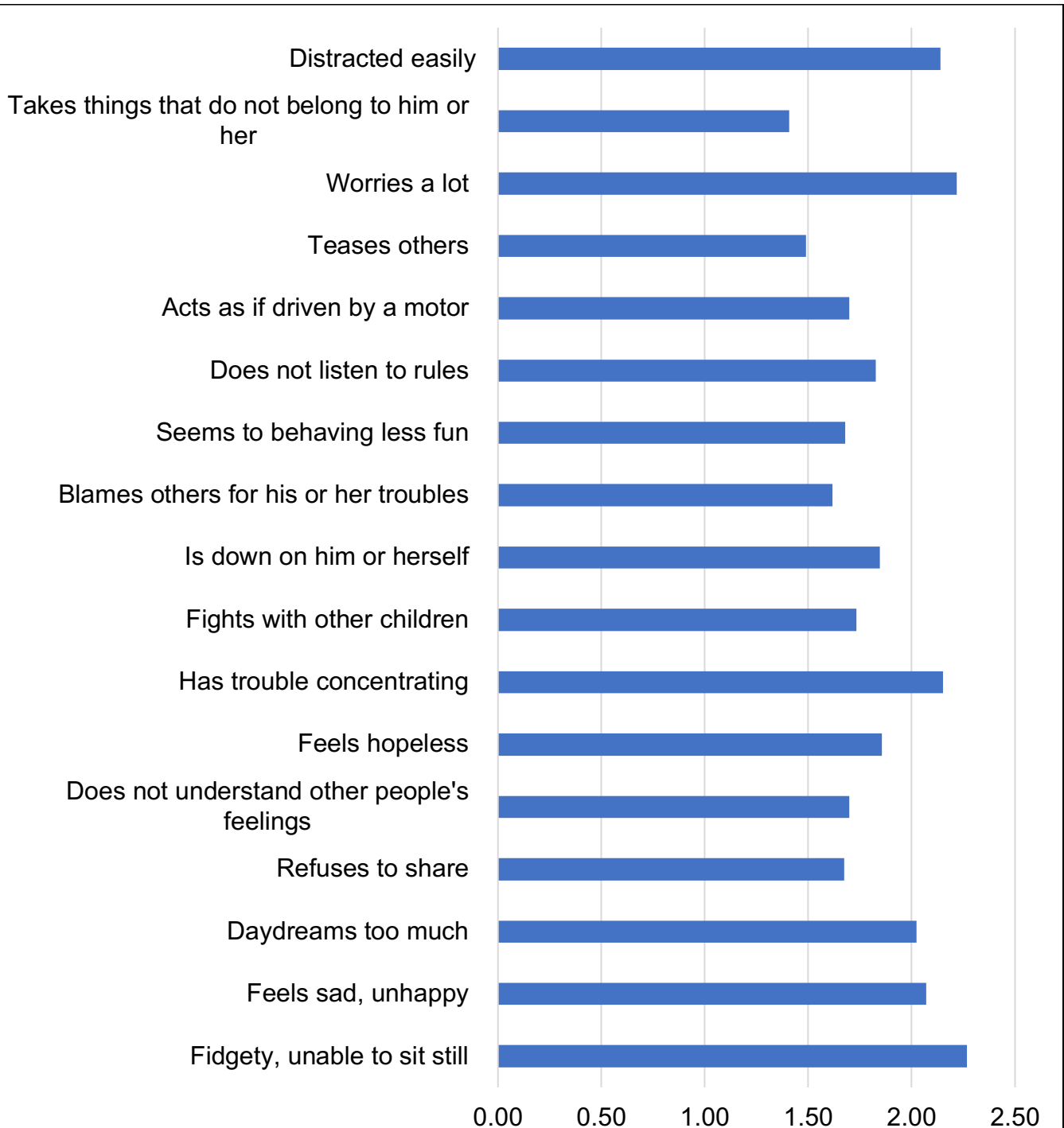
## Household Challenges



## DIFFICULTIES IN EMOTIONAL REGULATION



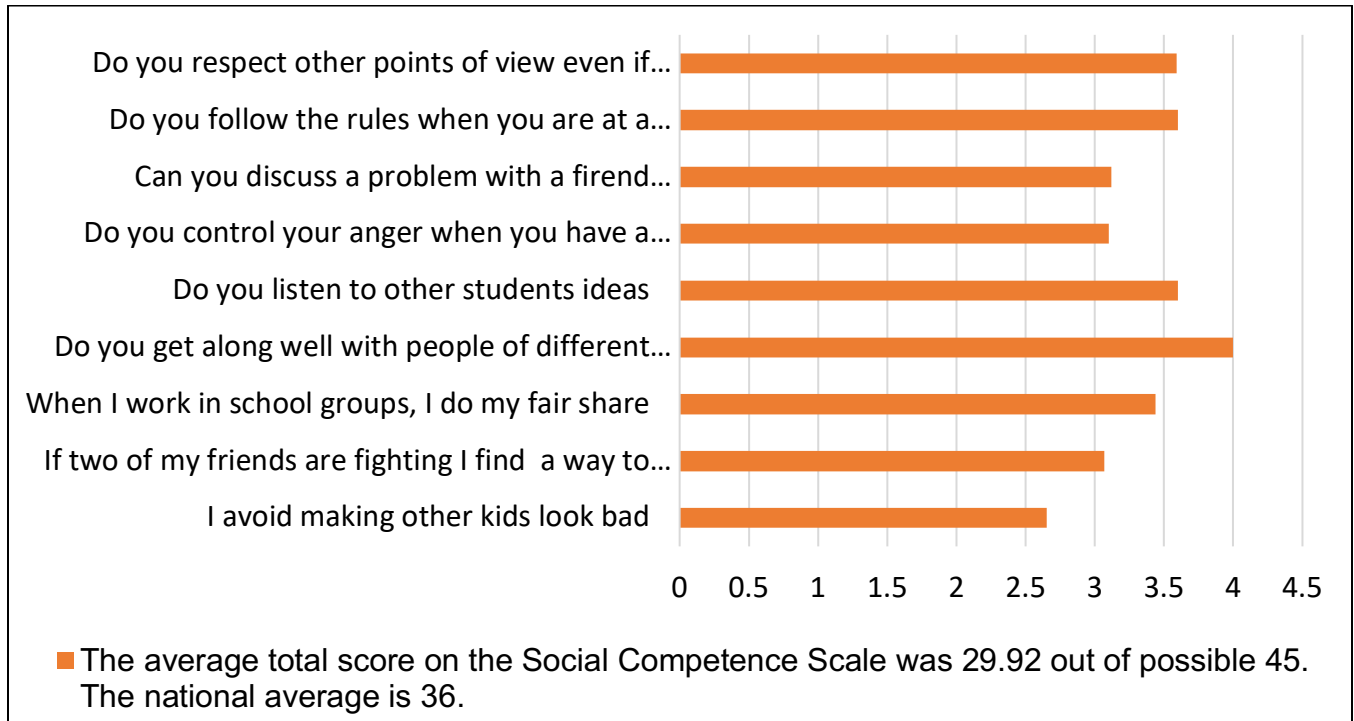
## PEDIATRIC SYMPTOM CHECKLIST



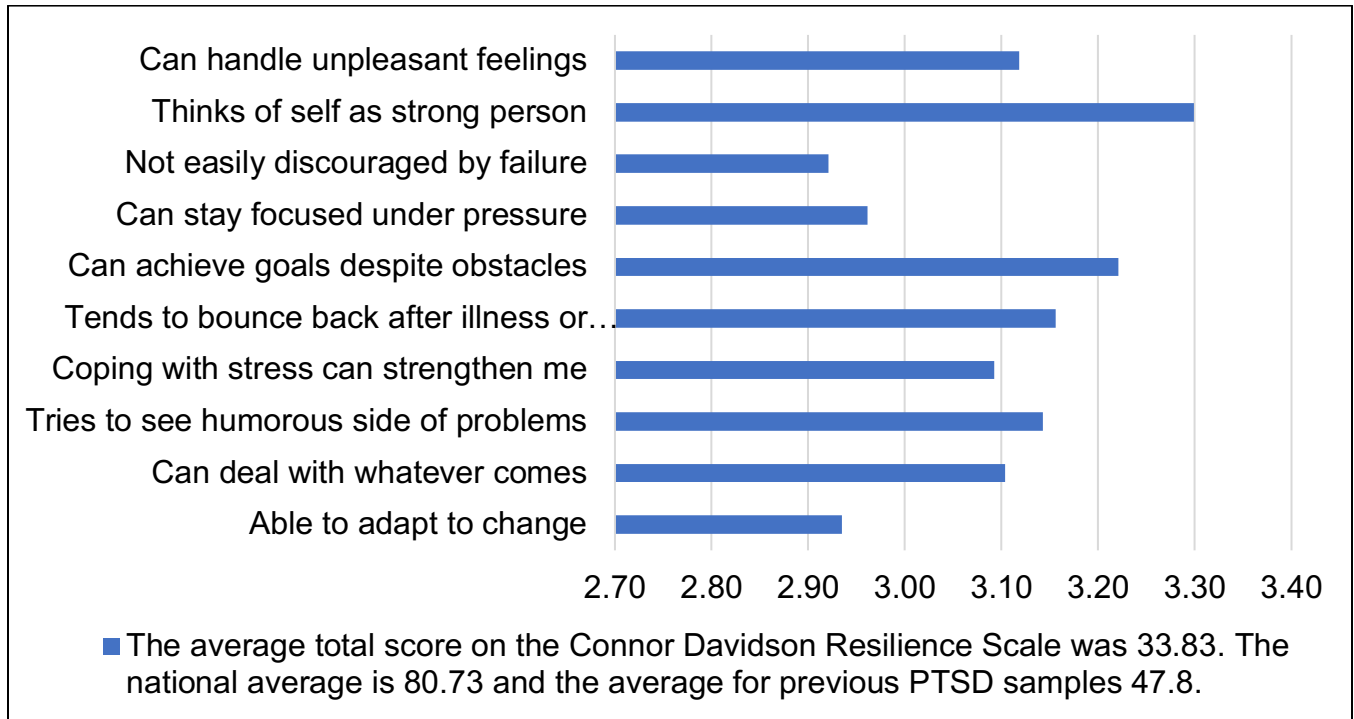
■ The mean PSC total score was 31.14 out of possible 51. The clinical cutoff is 28 (impaired). Mean externalizing score was 11.44. Mean internalizing score was 9.49. Mean attention score was 10.21. Any total on a subscale above a 7 is considered high risk.



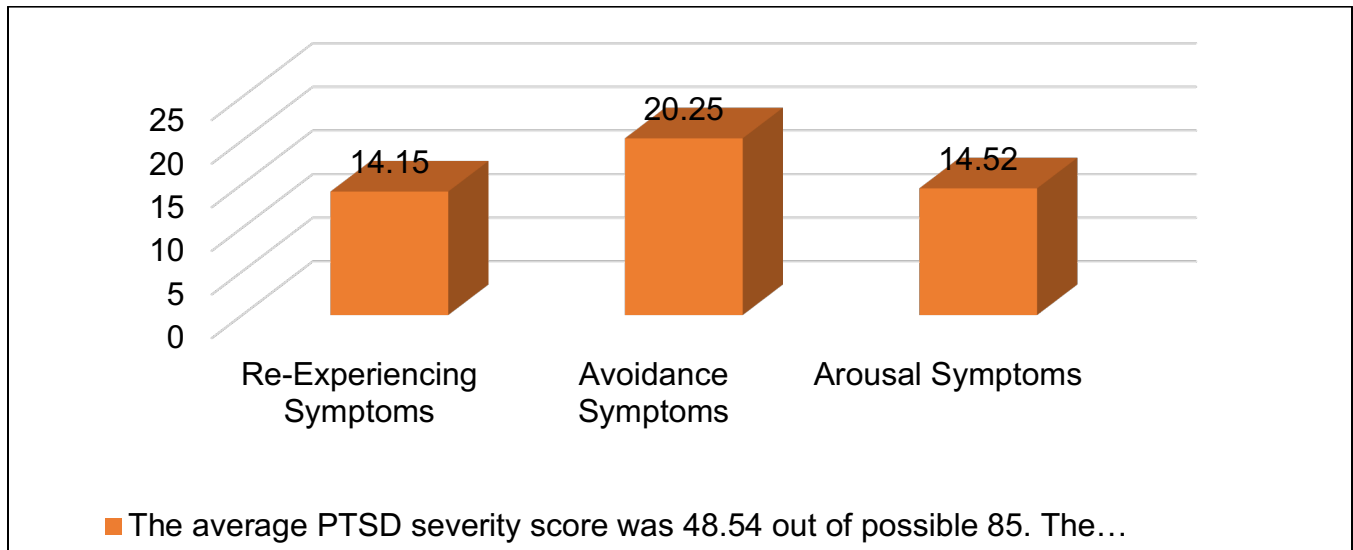
## SOCIAL COMPETENCE



## RESILIENCE



## PTSD SYMPTOMS



## SUMMER PLANS

- KYCC plans to resume in person when able
- Maryhurst will begin another round of implementation June 2020
- Family Scholar House & Home of the Innocents have been contacted to discuss summer implementation possibilities
- Follow up data from Maryhurst to be analyzed
- Begin collection of 3-month follow up data

## FUTURE IMPLICATIONS

### Trauma-Centered Practice

Trauma such as that experienced by the youth in this study has significantly long-term effects on multiple domains of functioning and should be a treatment priority.

Preliminary findings suggest that this curriculum may be an effective strategy to promote knowledge and skills for coping with trauma.

This program may be incorporated into a variety of treatment settings. The program should be embedded into regular programming and supports such as incentives used to promote attendance.

### **Trauma-Focused Research**

Given the abundance of research on the impact of ACES on long-term functioning, research is needed on whether participation in programs such as Mind Matters can build resiliency skills and different trajectories for high risk youth.

There is also an opportunity to explore secondary or vicarious trauma of staff and the way in which staff trauma histories help or hinder their trauma practice with youth.

### **Trauma-Informed Organizations**

Trauma informed organizations embed skills from programs like Mind Matters into formal programming but also incorporate in the therapeutic milieu.

Staff in organizations that serve high risk youth often have significant trauma histories of their own. Organizations must be mindful of the potential for secondary or vicarious trauma as they work with youth around trauma issues and provide organizational supports to address these needs.