



# CAPS: Clinical: Clinical Outcomes FY 2012-13

Public

**Name of Assessment Project:** CAPS: Clinical: Clinical Outcomes FY 2012-13

<b>Name(s) of Person(s) Responsible for Assessment Project:</b>	<b>Role</b>
	Director (Sam Park)

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**Other Contacts:**

**Providing Department:** Counseling & Psychological Services

**Other Units/Departments Involved in Assessment Project:**

### Program, Service, or Event Related to Assessment Project

This project will report on clinical outcomes of students utilizing CAPS Services from July 1, 2012 to June 30, 2013. Outcome data from various clinical measures, such as the Outcome Questionnaire 45 and Flourishing Scale will be included in the assessment.

### Assessment Project Description

This project will assess students' clinical change over the course of treatment at CAPS. Measurements taken at entry, mid, and end of treatment will be assessed and analyzed.

### Unit/Program Specific Goals and Learning Outcomes

Goals: To assess clinical improvement or change over the course of mental health treatment at CAPS.

**Relationship to Student Affairs Learning Outcomes:** Think Critically and Solve Problems, Communicate Effectively, Advance a Plan for Personal, Academic, and Professional Success, Lead in a Diverse Global Society, Engage in a Healthy Lifestyle, Promote Social Justice and Community Responsibility

**Assessment Project Start:** 7/1/2012

**Assessment Project End:** 6/30/2013

### Population/Sample

Population: Students who utilized CAPS services during the FY 2012-13 were given outcome assessments at the first, fourth, seventh, and last meeting with CAPS.

At intake: 2,283 students were administered the clinical surveys

4th meeting: 285 students

7th meeting: 106

Termination (formal ending, not including drop outs): 81

**Type of Assessment:** Other: Please enter text below

**Other Assessment** Clinical Outcomes

**Type(s):**

**Assessment Methods:** Other: Please indicate below

**Other Assessment** Use of mental health clinical scales and diagnostic measures (by

**Method(s):** therapist)

### Data Collection Tools

Data from clinical database.

### Data Analysis Methods

Measurement of clinical scores over the course of treatment.

### Presentation of Findings

**Progress:**  100%

### Link Assessment Project in Campus Labs Baseline

Source Name	Project Name
No items to display.	

### Summary of Findings

See attached report.

 CAPS Clinical Outcomes Report 2012-13

### Impact of Assessment

The impact of this assessment can be to students, the campus community, and other counseling centers. Using validated measures to assess change can be a powerful tool to provide information to the campus about (1) Student needs and strengths as a whole, (2) The effectiveness of CAPS services, (3) The impact of providing local services that are easily accessible for students.

When we compare these outcome results with our client satisfaction surveys (see CAPS CES report in the Compliance Assist portal), which show over 98% of CAPS users indicate that our department is a valuable service, it is not surprising that our students improve over time. In fact, we would expect positive change to occur for our students.

We would like to utilize these results to educate the campus about the effectiveness of CAPS clinical services, and collaborate with other departments, such as Academic Affairs, to assess if students both improve clinically and are able to STAY and GRADUATE from UCSD.

### Lessons Learned

Clinical outcomes continue to be a challenge at counseling center sites. While the data has shown, consistent with past years, that those that utilize CAPS see clinical gains, it is possible to go "deeper" into measuring outcome change over more controlled time intervals. Gaining regular measurements is a task in which both students and providers must be commit. Lessons learned include:

- Enhancement of automated procedures to gain regular/consistent measurements.
- Using subscale score comparisons.
- Informing students at the first meeting that measurements will be needed throughout treatment.
- Assess validation of both measures for UCSD CAPS students.

### Supplemental Information

-  Corey Keyes on Flourishing
-  Flourishing Scale Scoring
-  FlourishingScale
-  MHC-SF Brief Description 9.5.12
-  oq45
-  OQ-45 Interpretation

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