

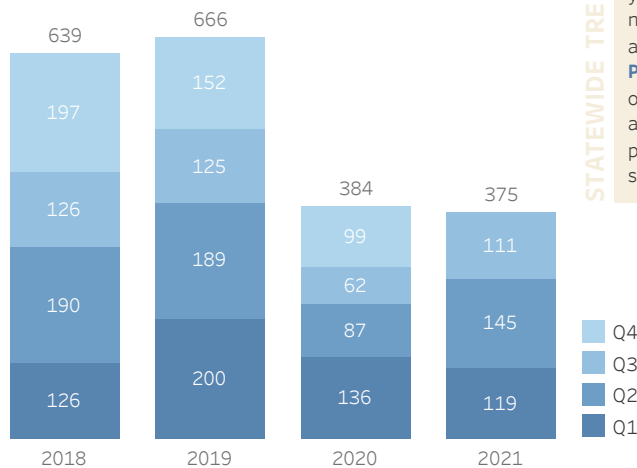
CATS Quarterly Report | July 1 - September 30, 2021

Statewide Data Report

Number of youth served	111
Families referred to FSS	84
Families engaged with FSS	60

Service Volume

Total Number of Youth Enrolled in CATS



STATEWIDE TRENDS

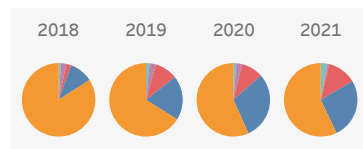
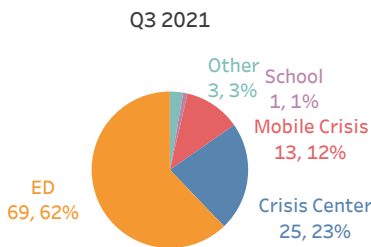
Total Enrolled in CATS: Since data collection began in 2018, over 2,000 youth have been enrolled in CATS. After a significant decrease in the number of youth served in 2020, enrollment numbers in 2021 are more aligned with pre-pandemic volume.

Peer-Delivered Services: In addition to clinical services, families have the option to work with a family peer support specialist. In 2021 so far, we are seeing an increase in engagement between families and peer-delivered services; 76% of families were referred to peer-delivered services and 54% engaged with these services in Q3 2021.

		Families referred to peer support		Families engaged with peer support	
2018		213	33%	124	19%
2019		273	41%	168	25%
2020		209	54%	163	42%
2021	Q1	77	65%	51	43%
	Q2	102	70%	75	52%
	Q3	84	76%	60	54%

Referral Information

Referral Source



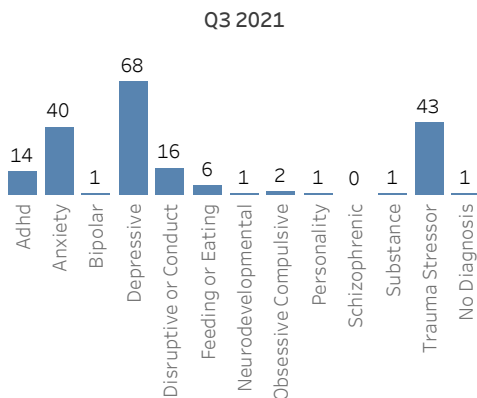
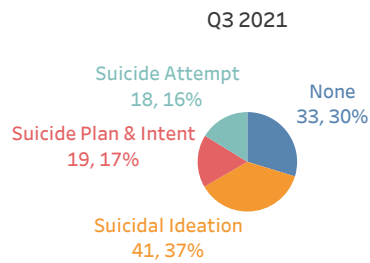
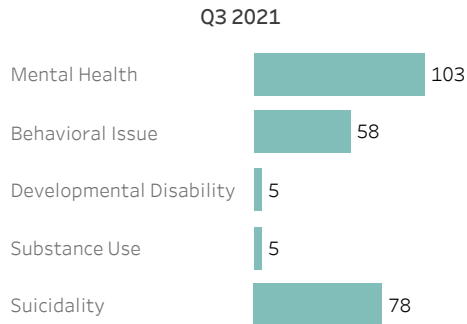
Program Response and Discharge

	2018	2019	2020	2021		
				Q1	Q2	Q3
Responded within 3 hours	569 89%	560 84%	340 89%	102 86%	126 87%	92 83%
Discharged within 24 hrs	434 68%	585 88%	314 82%	88 74%	111 77%	84 76%
Risk Assessment	608 95%	645 97%	360 94%	115 97%	142 98%	95 99%
Safety Plan	585 92%	640 96%	362 94%	116 97%	143 99%	94 98%
Lethal Means Counseling	448 70%	603 91%	348 91%	104 87%	135 93%	91 95%
Home visit within 72 hrs		52 52%	241 38%	52 22%	86 35%	48 28%
Home visit > 72 hrs		6 12%	44 14%	20 17%	15 12%	22 26%
No home visit		12 36%	99 47%	47 61%	44 53%	26 46%

Referral Source: The pie charts above show trends in referral sources over time. In Q3 2021, more than half (62%) of referrals were from the ED, followed by Crisis Center (23%) and Mobile Crisis (12%).

Program Response and Discharge: Programs continue to respond to a majority of referrals within 3 hours. Programs continue to complete a risk assessment, safety planning, and lethal means counseling with most families, with high rates observed in Q3 2021. On average, around 50% of families receive a home visit from the CATS team.

Presenting Referral Information



Presenting Referral Issue: Mental health continues to be the top presenting referral issue, followed by suicidality.

Suicidality: Among youth with suicidality, suicidal ideation is the most common presentation, with the highest percentage (37%) observed in Q3 2021. The percentage of youth with a suicide plan and intent had increased during 2020 and the beginning of 2021, but has since returned to below 20% in Q3 2021. Youth presenting with a suicide attempt had spiked during Q1 2021 and has since returned to its average of around 16%.

Diagnosis: The top three presenting diagnoses are Depressive Disorders, Trauma and Stressor-Related Disorders, and Anxiety Disorders. Most diagnostic categories have remained relatively constant over time.

	2018	2019	2020	2021		
				Q1	Q2	Q3
Mental Health	455	522	323	99	123	103
	71%	78%	84%	83%	85%	93%
Behavioral Issue	254	238	168	47	75	58
	40%	36%	44%	39%	52%	52%
Developmental Disability	24	29	13	2	6	5
	4%	4%	3%	2%	4%	5%
Substance Use	70	42	10	9	5	5
	11%	6%	3%	8%	3%	5%
Suicidality	370	429	283	93	100	78
	58%	64%	74%	78%	69%	70%

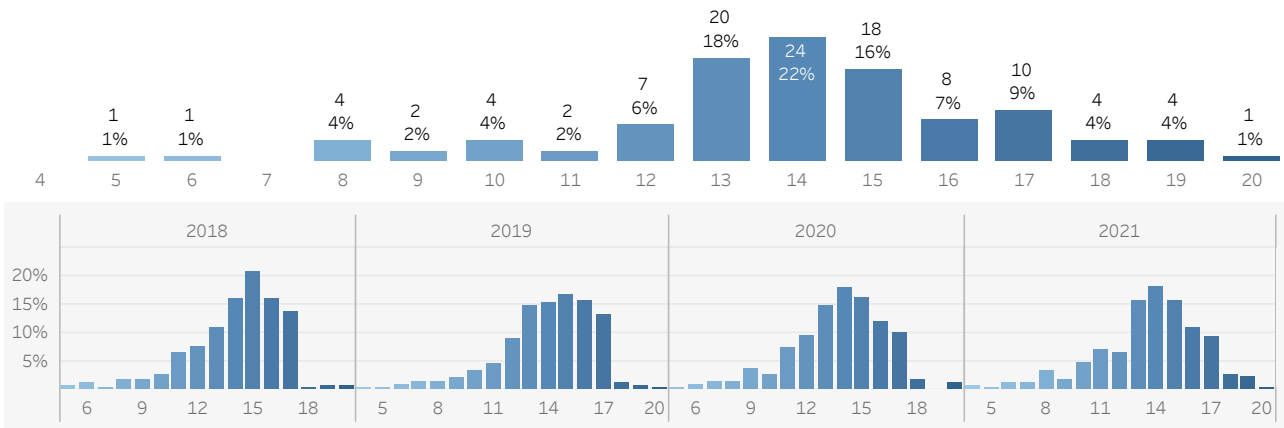
	2018	2019	2020	2021		
				Q1	Q2	Q3
None	270	237	101	26	45	33
	42%	36%	26%	22%	31%	30%
Suicidal Ideation	182	204	125	28	42	41
	28%	31%	33%	24%	29%	37%
Suicide Plan & Intent	89	108	91	30	34	19
	14%	16%	24%	25%	23%	17%
Suicide Attempt	98	117	67	35	24	18
	15%	18%	17%	29%	17%	16%

	2018	2019	2020	2021		
				Q1	Q2	Q3
ADHD	55	77	45	12	14	14
	9%	12%	12%	10%	10%	13%
Anxiety	133	202	86	22	39	40
	21%	30%	22%	18%	27%	36%
Autism	17	31	11	3	10	7
	3%	5%	3%	3%	7%	6%
Bipolar	22	12	6	5	2	1
	3%	2%	2%	4%	1%	1%
Depressive	351	358	229	75	86	68
	55%	54%	60%	63%	59%	61%
Disruptive or Conduct	62	69	31	10	16	16
	10%	10%	8%	8%	11%	14%
Feeding or Eating	6	8	3	2	3	6
	1%	1%	1%	2%	2%	5%
Neurodevelopmental	4	11	6	1	4	1
	1%	2%	2%	1%	3%	1%
Obsessive Compulsive	6	9	3	3	0	2
	1%	1%	1%	3%	0%	2%
Personality	2	3	6	3	1	1
	0%	0%	2%	3%	1%	1%
Schizophrenic or Psychotic	5	10	2	1	1	0
	1%	2%	1%	1%	1%	0%
Substance Use	32	31	11	6	5	1
	5%	5%	3%	5%	3%	1%
Trauma or Stressor	161	209	126	39	44	43
	25%	31%	33%	33%	30%	39%
No Diagnosis	19	19	19	2	2	1
	3%	3%	5%	2%	1%	1%

Demographics

Age

Q3 2021



Gender and Sexual Orientation

	2018		2019		2020		2021					
	Count	%	Count	%	Count	%	Q1		Q2		Q3	
Female	367	58%	380	57%	238	62%	78	66%	80	55%	66	59%
Trans Female	1	0%	5	1%	1	0%	1	1%	3	2%		
Male	248	39%	255	38%	128	33%	36	30%	48	33%	32	29%
Trans Male	14	2%	11	2%	8	2%			4	3%	1	1%
Non-Binary	7	1%	14	2%	7	2%	4	3%	9	6%	12	11%
Other	1	0%	1	0%	2	1%			1	1%		
Asexual					1	0%						
Bisexual			3	0%	23	6%	9	8%	5	3%	6	5%
Gay			1	0%	4	1%	2	2%	1	1%	4	4%
Lesbian					7	2%	2	2%	1	1%	3	3%
Other					7	2%	1	1%	2	1%	1	1%
Pansexual					1	0%			4	3%	5	5%
Queer					1	0%					2	2%
Questioning			4	1%	11	3%	8	7%	9	6%	4	4%
Straight			28	4%	173	45%	34	29%	43	30%	35	32%
Unknown	639	100%	630	95%	156	41%	63	53%	80	55%	51	46%

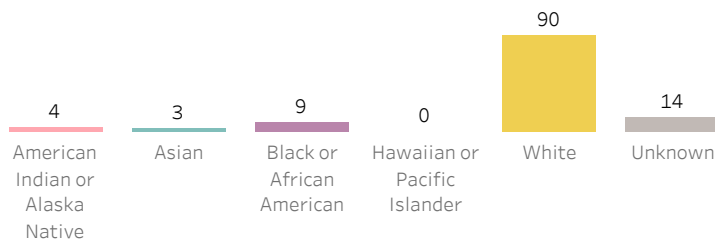
Age: In Q3 2021, a majority of youth were ages 13 to 15. As demonstrated in the annual bar charts above, we are seeing fewer youth ages 16 and 17 over time.

Gender and Sexual Orientation: Similar to previous quarters, a majority of CATS youth in Q3 2021 were female (59%). Q3 2021 also had the highest percentage of youth who identified as non-binary (11%). For sexual orientation, Q3 2021 had the highest percentage of youth who identified as LGBTQ+ (24%).

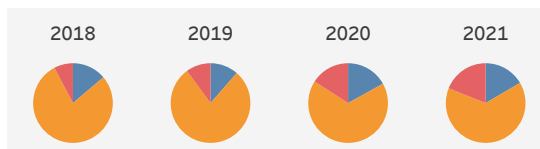
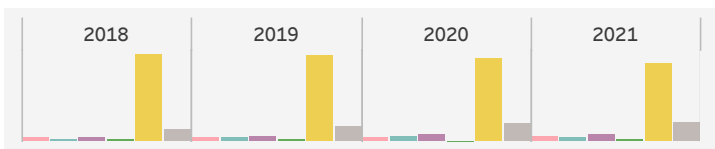
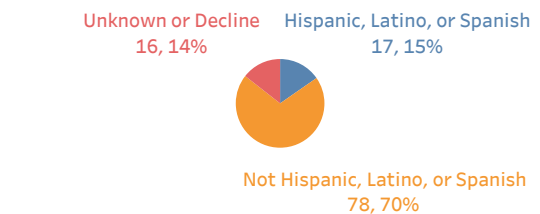
Race and Ethnicity: CATS continues to serve mostly White and Non-Hispanic/Latino/Spanish youth.

Race and Ethnicity

Q3 2021



Q3 2021



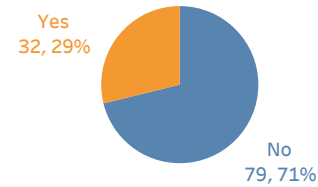
Demographics, continued

History and Social Demographics

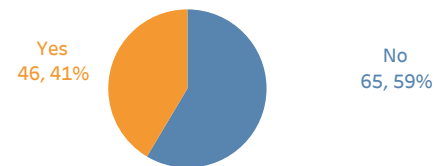
	2018	2019	2020	2021		
				Q1	Q2	Q3
Family required interpreter	6 1%	20 3%	19 5%	2 2%	8 6%	5 5%
Youth was previously or currently in foster care	50 8%	67 10%	40 10%	11 9%	20 14%	7 6%
Youth was previously or currently involved with juvenile justice	56 9%	51 8%	24 6%	7 6%	5 3%	7 6%
Youth has a trauma history	356 56%	412 62%	274 71%	79 66%	88 61%	82 74%
Youth has missed > half of school in the 2 weeks prior to enrollment	100 16%	106 16%	54 14%	30 25%	31 21%	8 7%
Family has significant financial need		79 12%	53 14%	14 12%	17 12%	14 13%
Youth has previously attempted suicide	179 28%	170 26%	113 29%	38 32%	29 20%	32 29%
Youth has previous mental health ED visits	204 32%	171 26%	96 25%	38 32%	27 19%	46 41%
Youth has previous mental health inpatient admissions	90 14%	64 10%	30 8%	15 13%	8 6%	17 15%

History and Social: Q3 2021 had the highest observed percentage of youth with a trauma history (74%), youth with a previous mental health ED visit (41%) and youth with a previous mental health inpatient admission (15%). This suggests that youth served in Q3 2021 may have had more complex or extensive mental health histories than youth in previous quarters. On the contrary, we saw fewer youth who were previously or currently in foster care (6%).

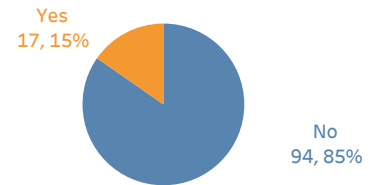
Q3 2021
Youth has Previous Suicide Attempt(s)



Youth has Previous Mental Health ED Visit(s)



Youth has Previous Inpatient Admission(s)



Insurance

Q3 2021

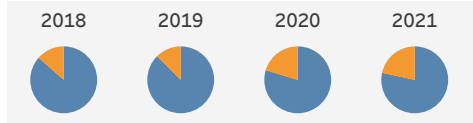
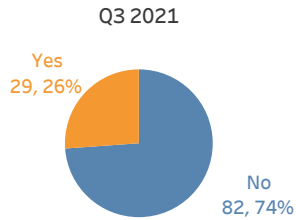


	2018	2019	2020	2021		
				Q1	Q2	Q3
Commercial	274 43%	271 41%	165 43%	46 39%	70 48%	50 45%
OHP	311 49%	368 55%	201 52%	65 55%	70 48%	59 53%
Other	28 4%	10 2%	2 1%	7 6%	2 1%	0 0%
Uninsured	42 7%	40 6%	24 6%	4 3%	4 3%	2 2%

Insurance: In Q3 2021, 53% of youth were on the Oregon Health Plan and 45% had commercial insurance. This is consistent with previous quarters. Two youth were uninsured when they entered CATS; both had insurance in place by the end of the program.

Peer-Delivered Services

FSS Attended the First Team Meeting



Peer Delivered Services: Peers provided over 475 hours of support to 60 out of 111 CATS families in Q3 2021. This quarter had the highest percentage of FSS attending the first team meeting (26%). The percent of families receiving FSS help in identifying natural, cultural, and community supports remains similar to previous quarters.

FSS Helped the Family Identify (% of all youth enrolled)

	2019		2020		2021					
					Q1		Q2		Q3	
Natural supports	85	13%	86	22%	36	30%	55	38%	40	36%
Cultural supports	66	10%	57	15%	13	11%	28	19%	21	19%
Community supports	115	17%	118	31%	38	32%	52	36%	32	29%

Total FSS Hours & Encounters

	2019		2020		2021					
					Q1		Q2		Q3	
# In-Person Encounters	466		304		60		138		125	
# In-Person Hours	820.5		663.3		53.9		180.7		152.6	
# Virtual Encounters	1,322		2,321		629		687		436	
# Virtual Hours	788.3		2,169.1		332.1		691.4		231.9	
# Indirect Hours	416.9		917.1		97.4		181.6		93.4	

Frequency of Clinical Services

	2018		2019		2020		2021						
							Q1		Q2		Q3		
Indiv. Therapy	Daily		2	0%			1	1%	2	1%			
	2-6 x Week	24	4%	24	4%	30	8%	11	9%	20	14%	5	5%
	Weekly	298	47%	299	45%	232	60%	74	62%	95	66%	73	76%
	< Weekly	87	14%	177	27%	57	15%	16	13%	9	6%	9	9%
	Never	228	36%	164	25%	65	17%	17	14%	19	13%	9	9%
Fam. Therapy	Daily								1	1%			
	2-6 x Week	4	1%	7	1%	12	3%	6	5%	7	5%	2	2%
	Weekly	104	16%	119	18%	137	36%	53	45%	70	48%	30	31%
	< Weekly	95	15%	217	33%	119	31%	25	21%	31	21%	41	43%
	None	434	68%	323	48%	116	30%	35	29%	36	25%	23	24%
Skills Training	Daily	4	1%	11	2%	3	1%						
	2-6 x Week	2	0%	10	2%	15	4%	5	4%	4	3%		
	Weekly	52	8%	58	9%	109	28%	33	28%	44	30%	31	32%
	< Weekly	15	2%	103	15%	17	4%	7	6%	6	4%	3	3%
	None	564	89%	484	73%	240	63%	74	62%	91	63%	62	65%
In-Person Crisis	Daily	5	1%	7	1%	2	1%	2	2%				
	2-6 x Week	32	5%	19	3%	9	2%	5	4%	11	8%	3	3%
	Weekly	56	9%	25	4%	36	9%	7	6%	15	10%	9	9%
	< Weekly	176	28%	222	33%	62	16%	14	12%	19	13%	15	16%
	Never	368	58%	393	59%	275	72%	91	76%	100	69%	69	72%
Virtual Crisis	Daily	8	2%	16	2%	6	2%	3	3%	12	8%	5	5%
	2-6 x Week	192	38%	241	36%	49	13%	11	9%	29	20%	13	14%
	Weekly	78	16%	52	8%	42	11%	17	14%	23	16%	10	10%
	< Weekly	97	19%	152	23%	101	26%	31	26%	28	19%	17	18%
	None	127	25%	205	31%	186	48%	57	48%	53	37%	51	53%

Service Information, continued

Intake: services that the family already had in place at intake

CATS Provided: services that the CATS program either directly provided, facilitated, or set up during CATS

Family Declined: services that the CATS program offered to provide/ facilitate/set up, but the family declined

Closure: services the family had in place at closure, including services that already existed at intake plus services set up during CATS

		Intake		CATS Provided		Family Declined		Closure		
Primary Care	2019	534	80%	86	13%	16	2%	533	80%	
	2020	352	92%	30	8%	8	2%	342	89%	
	2021	Q1	103	87%	15	13%	5	4%	97	82%
		Q2	133	92%	23	16%	5	3%	132	91%
		Q3	96	86%	10	9%	2	2%	91	82%
Psychiatric Care	2019	136	20%	236	35%	97	15%	296	44%	
	2020	100	26%	203	53%	64	17%	243	63%	
	2021	Q1	24	20%	63	53%	19	16%	69	58%
		Q2	33	23%	69	48%	31	21%	83	57%
		Q3	32	29%	56	50%	20	18%	58	52%
Substance Use Treatment	2019	10	2%	12	2%	23	3%	25	4%	
	2020	5	1%	2	1%	13	3%	9	2%	
	2021	Q1	0	0%	2	2%	4	3%	2	2%
		Q2	0	0%	4	3%	3	2%	6	4%
		Q3	0	0%	2	2%	1	1%	0	0%
Individual Therapy	2019	265	40%	379	57%	77	12%	495	74%	
	2020	139	36%	310	81%	39	10%	306	80%	
	2021	Q1	30	25%	105	88%	19	16%	96	81%
		Q2	31	21%	127	88%	18	12%	113	78%
		Q3	33	30%	98	88%	11	10%	81	73%
Family Therapy	2019	44	7%	232	35%	73	11%	200	30%	
	2020	28	7%	241	63%	57	15%	182	47%	
	2021	Q1	4	3%	81	68%	15	13%	52	44%
		Q2	9	6%	93	64%	17	12%	76	52%
		Q3	8	7%	77	69%	12	11%	45	41%
Skills Training	2019	10	2%	103	15%	44	7%	112	17%	
	2020	13	3%	146	38%	48	13%	127	33%	
	2021	Q1	2	2%	39	33%	7	6%	35	29%
		Q2	3	2%	47	32%	13	9%	41	28%
		Q3	4	4%	41	37%	6	5%	25	23%

Service Information: CATS programs are effectively connecting youth with Psychiatric Care, Individual Therapy, Family Therapy, and Skills Training over the course of the program, with a substantial number of youth discharging from CATS with these services in place, compared to the number of youth who had these services at intake.

Service Information, continued

Intake: services that the family already had in place at intake

CATS Provided: services that the CATS program either directly provided, facilitated, or set up during CATS

Family Declined: services that the CATS program offered to provide/ facilitate/set up, but the family declined

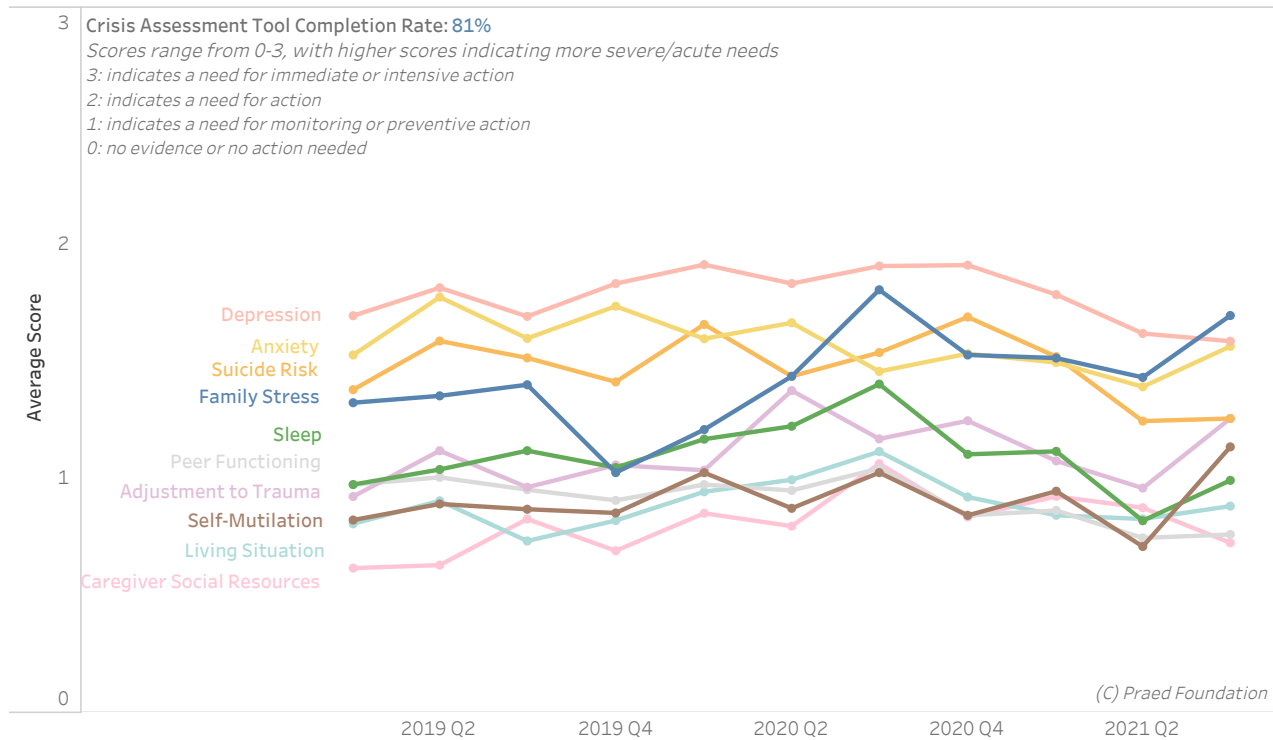
Closure: services the family had in place at closure, including services that already existed at intake plus services set up during CATS

		Intake		CATS Provided		Family Declined		Closure		
Family Peer Support	2019	5	1%	254	38%	76	11%	98	15%	
	2020	7	2%	205	53%	89	23%	95	25%	
	2021	Q1	2	2%	70	59%	30	25%	42	35%
		Q2	3	2%	93	64%	17	12%	62	43%
		Q3	0	0%	83	75%	24	22%	36	32%
Youth Peer Support	2019	5	1%	99	15%	78	12%	57	9%	
	2020	6	2%	86	22%	63	16%	36	9%	
	2021	Q1	1	1%	28	24%	19	16%	15	13%
		Q2	1	1%	32	22%	23	16%	28	19%
		Q3	0	0%	34	31%	14	13%	13	12%
Care Coordination	2019	32	5%	294	44%	39	6%	142	21%	
	2020	9	2%	219	57%	24	6%	82	21%	
	2021	Q1	1	1%	59	50%	8	7%	21	18%
		Q2	3	2%	86	59%	6	4%	32	22%
		Q3	2	2%	67	60%	4	4%	19	17%
Wraparound	2019	16	2%	28	4%	62	9%	39	6%	
	2020	6	2%	22	6%	32	8%	28	7%	
	2021	Q1	0	0%	7	6%	8	7%	7	6%
		Q2	2	1%	14	10%	7	5%	16	11%
		Q3	0	0%	6	5%	4	4%	5	5%
School Support	2019	171	26%	168	25%	108	16%	256	38%	
	2020	130	34%	108	28%	112	29%	181	47%	
	2021	Q1	25	21%	15	13%	27	23%	43	36%
		Q2	48	33%	33	23%	22	15%	67	46%
		Q3	22	20%	16	14%	10	9%	30	27%
Respite Care	2019	3	0%	43	6%	104	16%	17	3%	
	2020	4	1%	27	7%	84	22%	13	3%	
	2021	Q1	1	1%	4	3%	19	16%	2	2%
		Q2	0	0%	8	6%	17	12%	2	1%
		Q3	0	0%	5	5%	7	6%	4	4%

Service Information: As noted earlier in the report, the number of families who receive Family Peer Support during CATS has been increasing over the past four years. Additionally, more families are discharging CATS with external Peer-Delivered Services (both Family Peer Support and Youth Peer Support) in place. In Q3 2021, 60% of families received Care Coordination during CATS, with an additional 4% being offered that service and declining. This is important to note as Care Coordination is considered an essential element in CATS and should be offered to all families.

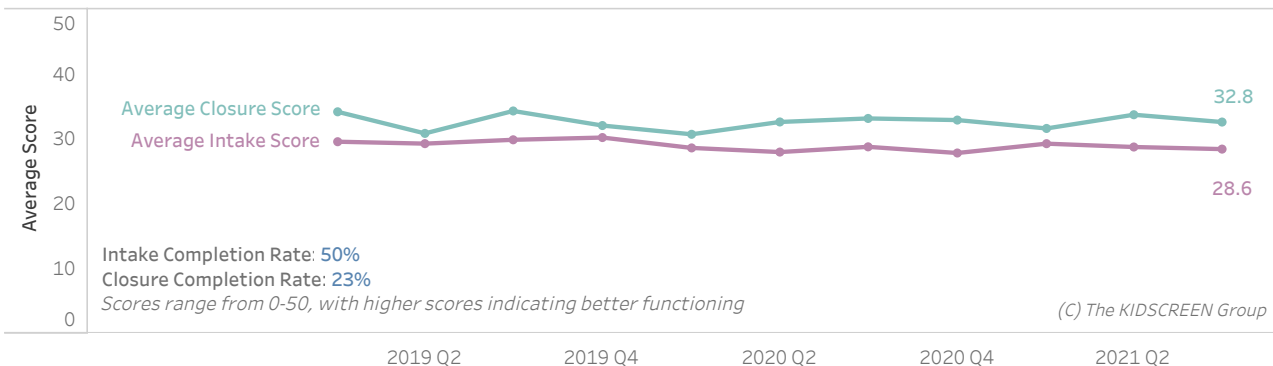
Standardized Measures

Crisis Assessment Tool: Top 10 Domains



Crisis Assessment Tool: The top 10 domains are presented. **Family Stress** was the highest rated domain in Q3 2021 (1.7). This spike in **Family Stress** during Q3 2021 is consistent with past Q3 spikes in 2019 (1.4) and 2020 (1.8). A rating of 1.5-2.0 on this domain indicates that caregivers are having "notable problems managing the stress of child/children's needs. This stress interferes with their capacity to give care." (Praed Foundation). Additionally, **Self-Mutilation** (NSSI) had an elevated rating (1.1) compared to previous quarters, which means that more youth had a history of self-harm or were actively engaging in self-injurious behavior. Lastly, **Depression**, **Anxiety**, and **Suicide Risk** continue to be priority needs in the CATS population.

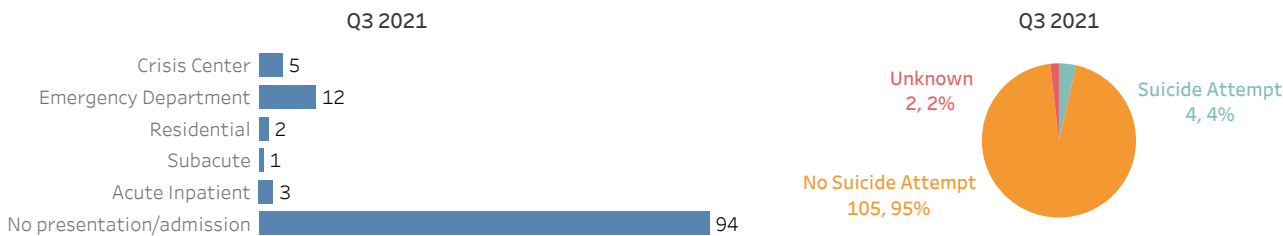
KIDSCREEN-10: Pre- and Post- Total Scores



KIDSCREEN-10: The average **Intake** and **Closure** scores have remained relatively constant over time. **Intake** scores range from 28.0-30.5 and **Closure** scores range from 31.0 to 35.0. Statewide trends suggest that youth are self-reporting an improvement in general functioning from **Intake** to **Closure**; however, it is difficult to make meaningful conclusions about this data due to poor response rates.

Program Outcomes

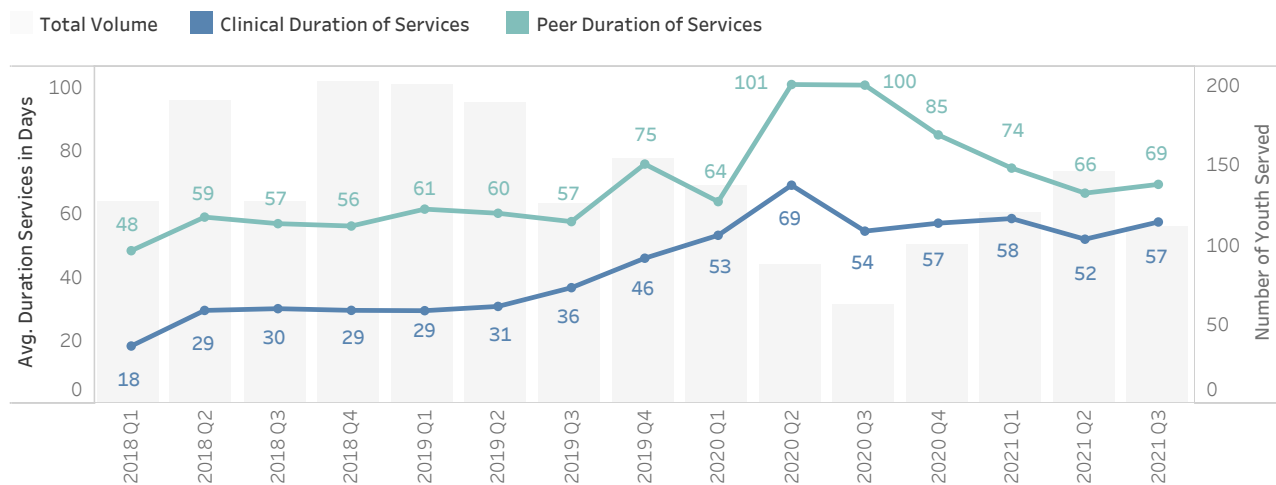
Re-presentations, Admissions and Suicide Attempts During CATS



	Q3 2021						Q2 2021						Q1 2021					
	Crisis Center	Emergency Department	Psychiatric Residential	Subacute Inpatient	Acute Inpatient	None	Suicide Attempt	No Suicide Attempt	Unknown	Crisis Center	Emergency Department	Psychiatric Residential	Subacute Inpatient	Acute Inpatient	None	Suicide Attempt	No Suicide Attempt	Unknown
2020	26	7%	53	14%	7	2%	10	2%	9	2%	306	80%	23	6%	354	92%	7	2%
2021 Q1	5	4%	13	11%	2	2%	3	2%	5	4%	100	84%	7	6%	109	92%	3	3%
Q2	5	3%	13	9%	2	1%	4	1%	3	2%	120	83%	3	2%	138	95%	4	3%
Q3	5	5%	12	11%	2	2%	1	2%	3	3%	94	85%	4	4%	105	95%	2	2%

Re-presentations, Admissions and Suicide Attempts: In Q3 2021, 15% of youth re-presented to an ED/Crisis Center or had an inpatient admission during the program, continuing the downward trend in recidivism during CATS. Suicide attempts during CATS remains around 2%.

Duration of Services x Number of Youth Served



Closure of Care

	2019		2020		2021					
	Count	%	Count	%	Q1	Q2	Q3	Count	%	
Increased number of services in place from intake to closure	400	60%	295	77%	97	82%	108	74%	72	65%
Obtained recommended level of care at closure	2	0%	256	67%	92	77%	114	79%	76	68%
Had a closing meeting	510	77%	283	74%	81	68%	110	76%	78	81%
Completed the CATS program	573	86%	306	80%	96	81%	119	82%	93	84%

Duration of Services x Number of Youth Served: During the height of the pandemic, we observed a substantial decrease in the number of youth served with an inverse increase in the average length of clinical and peer services. So far in 2021, patient volume and length of services are returning to pre-pandemic averages.

Closure of Care: We observed a small decrease in the percentage of youth who obtained the recommended level of care at closure and the percentage of youth who had an increase in services from intake to closure. There was an increase in the percentage of youth who had a closing meeting and who finished the CATS program.

% of Data Entered within 14 Days

Clinical	FSS
53%	49%