



Summary of Findings from DOCCR Programs

2015 Evaluation Report

F E B R U A R Y 2 0 1 6

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Background

Many justice-involved youth have unmet mental health needs¹. In 2014, staff from Hennepin County's Department of Community Corrections and Rehabilitation (DOCCR) determined a need to collect information from a handful of the programs that serve justice-involved youth with mental health needs. The central question they wanted answered is *how can DOCCR programs better capture information about the mental health needs of their clients in a manner that is culturally aware?*

DOCCR requested an exploratory examination of how some of their community-based programs address and track clients' mental health needs. This analysis does not examine each program in the same manner.

The following five funded programs were included in the evaluation:

- **Brief Intervention:** Humble Beginning's Brief Intervention program provides four sessions of one-on-one therapy for youth with mild-to-moderate substance use. This program uses motivational interviewing to raise awareness of the youths' problems, offering a number of strategies for accomplishing the targeted goals, and placing responsibility for change with the youth. Brief Intervention is designed to diminish factors contributing to drug use and promote factors that protect against relapse.
- **Girls Circle H.E.A.R.T.:** The YMCA runs Girls Circle H.E.A.R.T., a gender-responsive curriculum, for Hennepin County-involved adolescent girls. It includes a 16 week curriculum that provides recreational, individual and group learning experiences; community support through individual and family support; crisis intervention, transportation, and trauma-informed resources and referrals; as well as educational support through coordinating support services, monitoring attendance and attending school meetings.
- **Hold Your Horses:** Cairns Psychological Services provides gender-responsive equine-assisted group psychotherapy through their Hold Your Horses program. This equine therapy treatment model focuses on improvement of adaptive functioning skills for youth who have experienced or are at high risk of experiencing sexual

1 Leibenberg, L. & Ungar, M. (2014). A comparison of service use amount youth involved with juvenile justice and mental health. *Children and Youth Services Review*, 39, 117-122. Retrieved from: https://www.researchgate.net/profile/Linda_Liebenberg/publication/260339987_A_Comparison_of_Service_Use_among_Youth_Involved_with_Juvenile_Justice_and_Mental_Health/links/0deec5384f67e4ebad000000.pdf

Underwood, L.A. & Washington, A. (2016). *Mental illness and juvenile offenders*. *International Journal of Environmental Research and Public Health*, 13(2). Retrieved from <http://www.mdpi.com/1660-4601/13/2/228>

exploitation, abuse or trauma. Hold Your Horses assists in the development of these skills by helping youth to focus on mindfulness, self-regulation, self-soothing and self-awareness. Group takes place for two hours, one time per week, for 10 consecutive weeks.

- **The Family Partnership:** The Family Partnership provides Multi-Systemic Therapy (MST) to youth from either juvenile probation and/or human services in Hennepin County. MST is an intensive home-based model designed for youth ages 12 to 17 currently living at home but who are at risk for out-of-home placement. It focuses on collaboration with caregivers, allowing the caregivers to know exactly what is happening and why.
- **Runaway Intervention Program (RIP):** Midwest Children’s Resource Center’s RIP program is an advanced practice nurse-led initiative to help severely sexually assaulted or exploited girls reconnect to family, school and health care resources. The two components of the program are 1) an initial complex health and abuse assessment at the hospital-based Child Advocacy Center and 2) 12 months of ongoing care, including health assessments, medical care, treatment for post- traumatic stress disorder and depression, and confidential reproductive health care.

With the exception of Brief Intervention, all programs serve youth from both DOCCR and the Human Services and Public Health Department (HSPD).

Methods

Data collection occurred between January and December 2015. Because each program has a unique approach in tracking mental health data, our evaluation activities were tailored to the needs of each program, rather than being consistent across all data collection strategies. For RIP and MST, we reviewed their program level reports. For Brief Intervention, we reviewed their intake forms and developed a form to track mental health referrals. For Girls Circle H.E.A.R.T. and Hold Your Horses, primary data were collected through interviews and assessments. The four separate data collection activities are detailed below:

- **In-person interviews:** Wilder Research completed a total of 23 in-person interviews with youth participating in Girls Circle H.E.A.R.T. (N=8) and Hold Your Horses (N=15). Interviews with Girls Circle H.E.A.R.T. participants took place at the YMCA, and interviews with Hold Your Horses participants took place on the Bel Farms horse ranch in Maple Plain, MN. The purpose of the interviews was to gather information about participant experience and satisfaction with the program.

- **Post-assessment surveys:** A total of 23 assessments were completed by youth participating in Girls Circle H.E.A.R.T. (N=8) and Hold Your Horses (N=15). Youth from these two programs were asked to complete an assessment to better understand their experiences and attributes of their emotional and mental health.
- **Program forms:** A total of 84 program intake forms and Wilder Research-created face sheets, which tracked mental health referrals were analyzed to better understand the mental health needs of the clients referred to Brief Intervention.
- **Document review:** Wilder Research reviewed documents that were generated and shared by the Runaway Intervention Program (*Hennepin County Yearly Report*) and The Family Partnership (*MST Program Implementation Report*). The purpose of the document review process was to get a better understanding of the mental health needs of their clients and other outcomes measured.

Demographic information was not collected from youth as part of their participation in the interviews or post-assessments. However, demographic information on the youth served by these programs can be found in the HCCMHC 2015 Annual Evaluation and Metrics report, which should be available in April 2016.

Key findings

Systems-involved youth have mental health needs

A finding that the collaborative was interested in was whether the DOCCR programs served youth with mental health needs. The following summarizes evidence of the programs addressing mental health.

Girls Circle H.E.A.R.T: Almost all the youth reported that their feelings of sadness or being depressed improved, with six youth indicating that it has “improved a lot.” All eight youth reported improved ability to control the desire to do self-harm. Seven learned ways to cope with problems (Figure 1).

1. Girls Circle H.E.A.R.T. “Since being in this program, do you feel the following has changed?” (N=8)

	Improved a lot	Improved a little	Stayed the same	Gotten worse
My feelings of sadness or being depressed...	6	1	1	-
I have learned better ways to cope with problems...	4	3	1	-
My ability to control the desire to do self-harm...	6	2	-	-

Hold Your Horses: Similar results were found in the Hold Your Horses program, where almost all the responses indicated that participants’ feelings of sadness or being depressed improved. Ninety-four percent of the participants indicated improved ability to control the desire to do self-harm. Additionally, all youth learned ways to cope with problems (Figure 2).

2. Hold Your Horses “Since being in this program, how do you feel the following has changed?” (N=15-16)

	Improved a lot	Improved a little	Stayed the same	Gotten worse
My feelings of sadness or being depressed...	81%	13%	6%	-
I have learned better ways to cope with problems...	75%	25%	0%	-
My ability to control the desire to do self-harm...	87%	7%	6%	-

Note: Four participants repeated the Hold Your Horses program more than once, as such there may be duplicate responses as post-assessments were conducted with all participants at the end of the program.

Brief Intervention: Data collected with face sheets developed by Wilder Research showed that one-third of the clients served by Brief Intervention were experiencing mental health concerns (32%). Of those clients, none were referred to culturally specific or supportive services. Half of those clients did not want a referral (see Appendix).

Results from the analysis of Brief Intervention’s data indicated that the program often serves clients with mental health needs. At intake, over half of youth reported experiencing mood swings in the past year (55%). Over one-third of youth reported a lack of motivation (41%) and distraction (34%) in the past year. One in four youth experienced extreme anger, depression, irritability, and a hopeless ‘who cares’ attitude in the past year (25%). Similar responses were reported by the parent or adult caregiver when asked the same questions about the child during program intake (Figure 3). Additional data from Brief Intervention’s intake forms are included in the Appendix.

3. Clients self-reporting specific mental health concerns (N=44)

	Parent/adult	Child/youth
Mood swings	48%	55%
Lack of motivation	27%	41%
Distracted	36%	34%
Defensive	25%	30%
Extreme anger, depression	23%	25%
Irritability	39%	25%
Hopeless, 'who cares' attitude	20%	25%
Poor concentration	32%	20%
Lower attention span	27%	20%
Memory loss	27%	16%
Non-communicative	16%	14%
Out of touch with feelings	27%	9%
Flat affect	7%	5%

The Family Partnership’s Multi-Systemic Therapy (MST): MST is not a diagnosing model. A review of the program outcomes described in the Family Partnership’s MST Program Implementation Report indicated that the program likely serves youth who have mental health needs. Some of the outcomes reported included improved family relations and being involved with prosocial peers and activities.

Runaway Intervention Program (RIP): Evidence of clients’ mental health needs surfaced frequently in the review of the RIP yearly report. Ninety-three percent of the Hennepin County RIP teens likely have PTSD based on diagnostic screenings. Three in four teens enrolled at the Hennepin County RIP had suicidal ideations (74%; Figure 4) and almost half attempted suicide in the past year (47%). Another two-thirds engaged in self-harming behaviors, with 32 percent who inflicted self-harm at least twenty times.

4. RIP: The percentage of those enrolled at MCRC Hennepin RIP who have reported the following behaviors:

Self-harm	68%
Self-harm 20 or more times	32%
Suicidal ideation	74%
Suicidal ideation in past year	63%
Suicide attempt	58%
Suicide attempt in past year	47%

Source: Yearly Report Hennepin County Runaway Intervention Program

Findings about cultural awareness for mental health

Youth felt culture is broader than their race or ethnic identity

When asked how the gender-based programs addressed issues of race, sexual orientation, religion or other cultural aspects, several youth shared that the programs did not address these issues and that they felt it was not necessary because the focus was their trauma and healing.

I don't think they should [address culture]. I feel like here, it doesn't really matter what your skin is, it doesn't matter what sexual orientation you are, it doesn't matter what kind of family you live in or what your past has been. It's kind of like just like a place where you can just focus on who you are like today. Not who you are yesterday or ten minutes ago but who you are right in the moment. – Hold Your Horses participant

We didn't really [address culture]. It was more about ourselves rather than the world. Not that it's not an important topic or anything like that, this is more like—that's why you come out here, to not worry about those types of things. – Hold Your Horses participant

Well, I don't believe they did anything that addresses anything around that because it doesn't matter. – Hold Your Horses participant

There's not really much to say about that because it's really not a factor. – Girls Circle H.E.A.R.T. participant

Others shared that they felt a sense of inclusion in which participants of different racial and cultural backgrounds feel welcomed and accepted.

*I'd have to say they accepted the race and culture for who they are and they didn't judge the girls by what they look like or what their race is or what their culture is. They just accepted us as one big group and it's kind of like we're a big family here in this group.
– Girls Circle H.E.A.R.T. participant*

They never judged you on your race. They accepted you for who you are and if you are from a different culture or if you're a different race or if you're African American, they never judge you. They accepted you for who you are and they make you feel welcomed here. – Hold Your Horses participant

In the post-assessments, youth who completed the gender-based programs were also asked whether examples that were used during group were true of their culture and how well they could relate to these examples.

Girls Circle H.E.A.R.T: All eight youth agreed that the examples used during group were true of their culture and that they could relate to the examples (see Appendix).

Hold Your Horses: Almost all youth agreed that the examples that were used during group were true of their culture. Additionally, most felt that they could relate to the examples about culture that were given in group (see Appendix).

This feedback from participants suggests the gender-based programs appeared to cultivate a sense of belonging where individuals feel understood and they can be themselves, whether that is from a “culturally aware” or “trauma-informed” place. However, given that these two different efforts often overlap, it should be noted that an emphasis on one does not negate the other. Being both “culturally aware” and “trauma-informed” is necessary for holistic understanding of youth mental health.

The document reviews and analyses of intake forms for the other three DOCCR programs provided insufficient information on cultural awareness. As a result, no insights on cultural awareness can be gleaned from the other programs. Findings should be interpreted with caution as the perspective of the Girls Circle H.E.A.R.T. and Hold Your Horses participants may not be representative of the full variety of DOCCR programs taking part in this exploratory study.

Additional findings from the gender-based programs

Given the more in-depth data collection of Girls Circle H.E.A.R.T. and Hold Your Horses, other key findings emerged.

The following are highlights from the post-assessments and in-person interviews which were completed by participants of Girls Circle H.E.A.R.T. and Hold Your Horses at program completion. Youth who did not complete the program were not interviewed and were not asked to take the post-assessments. Given the small number of respondents, findings should be interpreted with caution and are not intended for comparison between the two programs. Additional data from the post-assessments are included in the Appendix.

Several main themes emerged from the interviews and post-assessments of participants from Girls Circle H.E.A.R.T. and Hold Your Horses programs, including the safety felt by program participants, the increase in self-esteem and awareness, the ability to better express feelings and connect with others, the social support and the resilience as exemplified by the hopes and dreams for the future.

Safe space with empathy and no judgement

The group provided a safe space to share their stories and communicate with staff and other participants but when they did not want to share, it was OK.

Girls Circle H.E.A.R.T.: All eight youth who completed the post-assessment strongly agreed that Girls Circle H.E.A.R.T. facilitators did not judge them. Seven of the eight youth felt safe sharing stories with other girls in the group. All eight felt that the group was held in a safe space, and that they could choose not to participate in group when or if that felt like the safest option (see Appendix). In the interviews, youth shared how they felt Girls Circle H.E.A.R.T. is a safe environment to talk, to learn, and to get help. One youth described how ground rules were established to help participants feel comfortable.

When we first began, we wrote values that people can respect, like “no judging” or “being respectful” and “be open to people’s stories” and “try to put yourself in their shoes”

Hold Your Horses: Similarly, all youth who completed the post-assessments agreed or strongly agreed that Hold Your Horses facilitators did not judge them and that they felt safe sharing stories with other girls in the group. All youth also felt that the group was held in a safe space. Three in four indicated that they could choose not to participate in group when or if that felt like the safest option (see Appendix). In the interviews, youth described how receiving therapy at a horse ranch is different from an office setting. They explained that it is a more relaxing environment because nature and animals do not judge them.

I like nature. It was relaxing. Offices will make you feel nervous and feel like you did something wrong that you’re not supposed to say or something. Nature will not judge you for stuff you said.

Animals don't judge you because they can't talk about things that you've said. Being in front of a person asking you this hard question, saying that about your life, will literally make you be nervous and horses will just listen to everything you have been through and they will not judge you.

Another youth described how she prefers therapy with horses to traditional therapy.

I have something to look forward to. I can be a little happier about going to therapy. I think therapy is for people that have problems. But I don't look at it like that when I come here.

Communication skills and connecting with others

Spending time with other youth who share similar experiences help youth with communication skills by providing the opportunity for them to identify and express their feelings.

Girls Circle H.E.A.R.T.: Six of the eight youth who completed the post-assessment agreed that they use words to express their feelings. Five of the eight youth reported improvements with the ability to talk about their feelings (see Appendix). During the interviews, several youth described how sharing their feelings helped with self-regulation. Youth also described how they are now better able to open up and relate to others.

[Girls Circle H.E.A.R.T.] is a good group that helps you with sharing or expressing your feelings, something that you need to express, you can get off your chest, it helps.

You get to know a lot of people and after a while you get comfortable and you can talk about your feelings and what's going on in your life. It's very open. You can just relate to a lot of people.

Working with horses in group provided an opportunity for youth to communicate and bond with horses.

Hold Your Horses: Three-quarters of the post-assessment respondents agreed that they use words to express their feelings. Another 88 percent of respondents indicated improvements with the ability to talk about their feelings (see Appendix). The youth interviewed explained how they bond with horses by talking to them and feel that the horses understand them.

With the horses, you can really connect to them even though they can't talk, but there's someone there that can listen and they can't judge you... I can talk to them about it, it's really fun, especially to get to know the horses and then they know you, they know your scent, they'll know you forever. It's like a friend you'll have that'll never go away, they'll never forget you.

We talk to the horses, too, because the horses they can listen. We'll just walk them around the arena and we'll sit there and talk to them and I like that part the most because even though you don't really talk, I feel like [the horse] understands what I'm going through.

Social support and relationship building

Groups provided an opportunity for relationship building and finding support from others.

Girls Circle H.E.A.R.T.: Two of the eight youth agreed that they sometimes think about running away from home, though, all eight reported having friends they can count on when things go wrong and in general, feel safe where they currently live. Six of the eight youth indicated that their relationships with other people improved. Also, all eight have at least one adult they can trust in their life (see Appendix). In the interview, youth described how Girls Circle H.E.A.R.T. helped her make new friends.

[Girls Circle H.E.A.R.T.] helped me a lot. Because of every friend I've made, good friends that don't do drugs anymore and they don't skip [school] and they get good grades and half of them want to go to Harvard, and I want to go to Harvard. Some new friends are outside of the group and I made a new friend in the group, too.

Hold Your Horses: Thirty-eight percent of the Hold Your Horses respondents agreed that they sometimes think about running away from home. However, 82 percent reported having friends they can count on when things go wrong and in general, all youth feel safe where they currently live. Almost all youth indicated that their relationships with other people improved (94%). All youth reported at least one adult they can trust in their life at the time of completing the survey (see Appendix). In the interviews, a few youth described how they have a supportive adult who they can trust.

I got to trust [Hold Your Horses] because the driver come pick me up every morning. Because usually I get lied to all the time so I don't trust anybody but I can trust them to pick me up and drop me off. So that's one thing I have to be happy about, that they didn't let me down.

I talk to [Hold Your Horses' Staff] about most of my stuff because I feel like I can trust her. I don't know what it is, maybe just because she doesn't judge me so I just tell her a thousand thoughts and how I feel.

Self-esteem and self-awareness

Hearing stories of other survivors help teens to recognize strengths and learn that what happened to them was not their fault.

Girls Circle H.E.A.R.T.: All eight youth who completed the post-assessment felt that they have good qualities and that they forgive themselves when they make a mistake. Additionally, almost all of the youth agreed that hearing people's stories in groups and hearing stories about the strength of survivors of abuse made them feel strong. Seven of the eight youth also felt that learning about how people can be targeted by others who may want to do them harm made them feel strong (see Appendix). When asked what was the most important lesson learned in Girls Circle H.E.A.R.T., youth shared how learning to recognize abuse made them feel safer and that what happened to them was not their fault.

I learned how to know when someone is trying to take advantage of you and you learn about how to take care of yourself.

[Girls Circle H.E.A.R.T.] helped me understand that it's not my fault about everything that happened to me, it's not even my fault at all.

[Girls Circle H.E.A.R.T.] helps us if we've been abused or raped or if we're self-conscious about our self, it just brings up our self-esteem more so we can respect our self and not judge ourselves.

A reason why I was here is because something bad happened to me and it was sexually related so when I came to this group and I heard other girls' stories, it made me feel at ease...this is what I needed.

Working with horses help teens learn how to be more assertive and more self-aware.

Hold Your Horses: All youth who completed the post-assessments felt that they have good qualities. Three in four indicated that they forgive themselves when they make a mistake. Also, almost all the youth reported that their feelings about themselves improved (94%; see Appendix). In the interviews, youth in the Hold Your Horses program shared how they learned to be more assertive and more self-aware.

I learned how powerful assertiveness can be. I knew it was a big deal but when you can tell a huge horse to move up with just your voice and a finger, you learn how powerful your voice can be and if you mean something, how it can matter.

I'm a lot more assertive with myself and others. I'm more honest with myself about my feelings and more confident. I hold myself up higher. Just learning from the horses if you don't hold yourself up well and if you don't say what you mean and say it like you mean it, they won't listen to you.

Therapy through horses definitely helps you learn a lot about yourself. You're not just sitting there repeating the same thing, you're actually more engaged with yourself. You have to take deep breaths every single time you get on the horses so it makes you relax and think about yourself.

Resilience and hopes for the future

Youth have a positive outlook on their future and feel excited to share what they learned.

Girls Circle H.E.A.R.T.: All eight youth felt hopeful about their future (see Appendix). In the interviews, the youth were asked what they hoped for themselves as the program ended. A few shared that Girls Circle H.E.A.R.T. helped them focus on school as well as think about college. Some expressed that they are excited to share what they learn with other girls who have been through similar situations.

This is my last year in high school so I'm excited. That's mainly what I'm focusing on. My main goal is just to go to college and become somebody. I wouldn't even think about college and stuff if it wasn't for this group because I was more into doing bad and not listening and going in and out of juvenile so this brought me to a more calm place where I can just change my life.

I am most excited to meet other girls who have been through similar situations and I can support them and let them know that it's not your fault. You can get through this. There's program like this to help you. [...] So that's one thing I'm excited for, just sharing the word.

Hold Your Horses: Similarly, all youth in the Hold Your Horses program who completed the post-assessments felt hopeful about their future (see Appendix). When asked what they hoped for themselves in the future, several youth shared how they hoped to continue being assertive, positive and self-aware. Many also shared that they will miss the group and wished it was longer.

[Now that the program is ending] I hope I keep my assertiveness, I hope I remember it's not that hard to say no, the world is not going to end if you say no.

[I am most excited that] I know myself now. [Hold Your Horses] teach me to know my boundaries.

[Hold Your Horses] gave me what I needed by making me more happy with myself and getting me to a better place with myself so that I'm able to move forward and fix all the things around me.

Next steps for 2016

The 2016 evaluation will continue some of the efforts that began in 2015, including interviewing participants of Girls Circle H.E.A.R.T and Hold Your Horses. With caregiver or parental consent, the interviews will be combined with previously conducted interviews from 2015 to examine themes that may have emerged with the larger number of interviews. We also plan to continue to do the post-assessment test with participants from both of these programs. Wilder Research will meet with these programs to discuss possible revisions to the post-assessments.

To supplement what we are learning about these programs' outcomes with youth who have experienced trauma and/or mental health crises, we will attempt to conduct interviews with people who did not complete the program. Hold Your Horses has added an aftercare therapeutic component, and their staff will be asked to track dosage of individual therapy to determine if this program component improves the well-being and mental health of the participants.

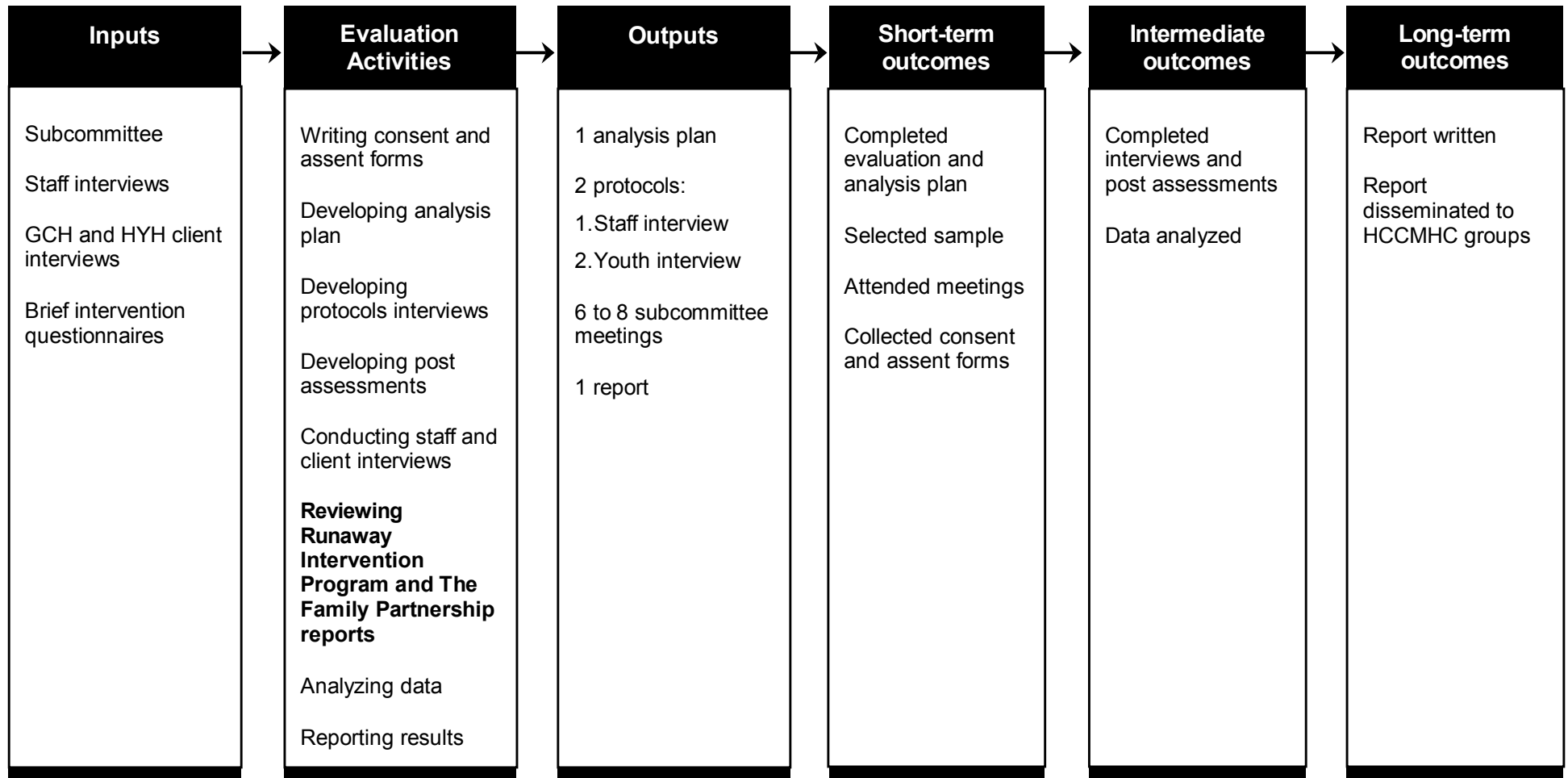
We also intend to interview staff from RIP to find out how they are addressing the mental health needs of their clients, and how they are addressing the trauma and abuse experienced by their clients. We also want to uncover their experience and impression of how they and other providers know the signs of sexual exploitation even when the clients themselves don't know that they have been sexually exploited.

Because of changes in funding, Brief Intervention and the Family Partnership will not be included in the 2016 evaluation.

An evaluation plan has been drafted to detail these activities.

Appendix

Logic Model of 2015 Evaluation for DOCCR



Girls Circle H.E.A.R.T. (GCH) post-assessment data

A1. Girls Circle H.E.A.R.T. Post Assessments (N=8)

	Strongly agree	Agree	Disagree	Strongly disagree
The group was held in a safe space.	7	1	-	-
I felt safe sharing my stories with the other girls in my group.	5	2	1	-
The facilitators did not judge me.	8		-	-
In general, I feel safe where I currently live.	3	5	-	-
I have good qualities.	3	5	-	-
I forgive myself when I make a mistake.	4	4	-	-
I care about the people around me.	5	3	-	-
I sometimes think about running away from home.	-	2	4	2
I have friends I can count on when things go wrong.	6	2	-	-
I have at least one adult I can trust in my life right now.	7	1	-	-
I use words to express my feelings.	4	2	2	-
I feel hopeful about my future.	7	1	-	-

A2. Girls Circle H.E.A.R.T. “What about the program made you feel strong?” (N=8)

	Strongly agree	Agree	Disagree
Hearing people’s stories in group.	6	1	1
Learning about how people can be targeted by others who may want to do them harm.	4	3	1
Hearing stories about the strength of survivors of abuse.	6	1	1

A3. Girls Circle H.E.A.R.T. “Think about Girls Circle H.E.A.R.T, and check the box that best applies.” (N=7 to 8)

	Strongly agree	Agree	Disagree	Strongly disagree
I could choose to not participate in group when/if that felt like the safest option.	5	3	-	-
I felt safe sharing my thoughts in my journal with my counselors.	6	1	1	-
The examples that were used during group were true of my culture.	4	4	-	-
I could relate to the examples about culture that were given in group.	3	5	-	-
I was able to share things about my experiences in group.	5	2	-	1
I felt safe sharing my experiences with my counselors when I met with them individually.	3	3	1	-

A4. Girls Circle H.E.A.R.T. “Since being in this program, how do you feel the following has changed?” (N=8)

	Improved a lot	Improved a little	Stayed the same
My feelings of sadness or being depressed...	6	1	1
My feelings about myself have...	6	1	1
My ability to talk about my feelings has...	4	1	3
I have learned better ways to cope with problems...	4	3	1
My ability to control the desire to do self-harm...	6	2	-
My relationships with other people have...	4	2	2
I know who to turn to when I need to talk to someone...	8	-	-

Hold Your Horses (HYH) post-assessment data

Please note that four participants repeated the Hold Your Horses program more than once. There may be duplicate responses in the results, as post-assessments were conducted with all participants at the end of the program.

A5. Hold Your Horses post assessments (N=15)

	Strongly agree	Agree	Disagree	Strongly disagree
The group was held in a safe space.	94%	6%	-	-
I felt safe sharing my stories with the other girls in my group.	69%	31%	-	-
The facilitators did not judge me.	88%	12%	-	-
In general, I feel safe where I currently live.	69%	31%	-	-
I have good qualities.	56%	44%	-	-
I forgive myself when I make a mistake.	31%	44%	25%	-
I care about the people around me.	81%	19%	-	-
I sometimes think about running away from home.	-	38%	19%	44%
I have friends I can count on when things go wrong.	38%	44%	6%	13%
I have at least one adult I can trust in my life right now.	81%	19%	-	-
I use words to express my feelings.	25%	50%	25%	-
I feel hopeful about my future.	50%	50%	-	-

A6. Hold Your Horses: “What about the program made you feel strong?” (N=16)

	Strongly agree	Agree	Disagree	Strongly disagree
Hearing people’s stories in group.	44%	56%	-	-
Learning about how people can be targeted by others who may want to do them harm.	63%	25%	-	13%

A7. Hold Your Horses: “Think about Hold Your Horses, and check the box that best applies.” (N=15-16)

	Strongly agree	Agree	Disagree	Strongly disagree
I could choose to not participate in group when/if that felt like the safest option.	44%	31%	25%	-
I felt safe sharing my thoughts in my journal with my counselors.	56%	44%	-	-
The examples that were used during group were true of my culture.	53%	40%	7%	-
I could relate to the examples about culture that were given in group.	38%	56%	6%	-
I was able to share things about my experiences in group.	56%	38%	6%	-
I felt safe sharing my experiences with my counselors when I met with them individually.	75%	25%	-	-

A8. Hold Your Horses “Since being in this program, how do you feel the following has changed?” (N=15-16)

	Improved a lot	Improved a little	Stayed the same
My feelings of sadness or being depressed...	81%	13%	6%
My feelings about myself have...	69%	25%	6%
My ability to talk about my feelings has...	63%	25%	13%
I have learned better ways to cope with problems...	75%	25%	0%
My ability to control the desire to do self-harm...	87%	7%	6%
My relationships with other people have...	75%	19%	6%
I know who to turn to when I need to talk to someone...	69%	25%	6%

Brief Intervention

Face sheet data

A9. After working with the family, Brief Intervention identified (or was told about) the client having mental health concerns		N=44
Yes		32%
No		68%
If yes, did you make a referral/s to culturally-specific or supportive services to the family?		N=14
Yes		-
No		100%
If no, check all that apply.		N=14
The client did not want a referral		50%
Other		50%

Data from Brief Intervention checklists

A10. Check all of the things that you have noticed over the past year (N=44)		
Family	Parent/adult	Child/youth
Arguments	64%	61%
Withdrawal from family	30%	41%
Irresponsibility	32%	39%
Coming in late or not at all	36%	36%
Dishonesty, sneakiness	25%	34%
Defiant, hostile	16%	32%
Secretive, silent	36%	32%
Fighting	32%	25%
Finding drugs or paraphernalia	18%	23%
Scapegoat behavior	11%	20%
Physically/verbally abusive	16%	18%
Money or articles missing	11%	18%
Destructive	7%	5%

School	Parent/adult	Child/youth
A drop in grades	50%	34%
School staff concerned	23%	23%
Skipping school regularly	23%	20%
Chronic tardiness	16%	20%
Conflict with school staff or students	32%	20%
Suspension, detention	16%	18%
Change in attitude & behavior	32%	14%
Getting caught using in/before school	7%	11%
Job		
Chronic late arrival	5%	9%
Irresponsibility	7%	9%
Fired	5%	5%
Inability to get along with others	5%	2%
Missing work repeatedly	9%	2%
Accidents on the job	2%	2%
Sexual		
Seductive dress/talk/behavior	5%	9%
Negative change in sexual values	7%	5%
Promiscuity	2%	5%
STDs	0%	5%
Spiritual		
I don't care' attitude	48%	50%
Drops interests, activities that used to be important	25%	16%
Creative activities (i.e. art, music) accompanied by drug use	18%	14%
Hopelessness	5%	9%
Negative changes in values	5%	9%
Extreme self-centeredness	9%	2%
Physical		
Lazy, lethargic	57%	41%
Red eyes/using Visine	20%	27%
Regularly tired	39%	25%
Caught high/drunk	25%	23%
Weight loss/gain	20%	18%
Change in appearance	9%	16%

Physical	Parent/adult	Child/youth
Getting in fights, beat up	14%	11%
Hangovers, 'sick'	5%	9%
Suicide talk or behavior	9%	9%
Broken bones	0%	2%
Car accidents	2%	2%
Blackouts, passing out	0%	2%
Overdosing	2%	0%
Emotional		
Mood swings	48%	55%
Defensive	25%	30%
Extreme anger, depression	23%	25%
Irritability	39%	25%
Hopeless, 'who cares' attitude	20%	25%
Non-communicative	16%	14%
Out of touch with feelings	27%	9%
Flat affect	7%	5%
Legal		
Minor consumption	23%	20%
Possession charge	36%	20%
Shoplifting	11%	14%
Stealing	14%	9%
Mental		
Lack of motivation	27%	41%
Distracted	36%	34%
Poor concentration	32%	20%
Lower attention span	27%	20%
Memory loss	27%	16%
Social		
Negative change in friends	18%	27%
Social activities increasingly drug-oriented	16%	27%
Secretive about friends	16%	23%
Dropping activities not associated with drug use	14%	14%
Unexplained coming/going, phone calls, etc.	11%	11%

Brief Intervention Convergence of Ratings on Accomplishment

A11. Mean ratings on youth's effort in improving...

	Youth (N=62-68)	Parent (N=58-68)
Family relations		
Communication with parents	3.29	3.15
Quality time spent with parents	2.75	2.70
Overall relationship with parent	3.43	3.34
Overall relationship with sibling(s)	3.46	3.34
Completion of household responsibilities (chores, etc.)	3.02	2.56
School		
Improvement on assignments/tests	3.16	2.91
Attitude toward school	3.03	2.84
Completion of homework	3.02	2.71
Social/Peer relations		
Time spent with healthy friends	3.21	2.56
Engaged in healthy activities/hobbies	3.09	2.73

A12. Mean ratings on parent's effort in improving...

	Youth (N=62-68)	Parent (N=58-68)
Communication with child	3.08	3.17
Quality time spent with child	2.79	2.82
Overall relationship with child	3.30	3.32

A13. Mean rating on youth's efforts in reduction of substance use...

Youth substance youth	Youth	Parent
Reduction of tobacco use	3.07 (N=27)	2.73 (N=22)
Reduction of alcohol use	2.94 (N=34)	2.61 (N=23)
Reduction of other drug use	3.11 (N=56)	2.87 (N=38)