

# 2018 Mikan Program Efficacy Data

*Spring is a time for new growth and opportunities on the horizon. It is also a time when we at Marriage & Family Health Services, Ltd. reflect on our mission, review our programs, and determine our effectiveness in addressing the needs of the youth served through our Chippewa Falls, Eau Claire, Hudson, Marshfield, or Rice Lake locations. We're excited for Spring, new beginnings, and to share these findings with you!*

## Demographics

Average Client Age: 14.67  
Gender: 50% female, 50% male  
Average Months Enrolled in Program: 7.83

Primary Diagnosis:  
Depressive Disorder 42%  
Oppositional Defiant Disorder 25%  
Unspecified Mood Disorder 20%  
Other 20%

Secondary Diagnosis:  
ADHD 40%  
Anxiety Disorder 20%  
Oppositional Defiant Disorder 10%  
Other 30%

Trauma & Adverse Childhood Experiences (ACES):  
Emotional Abuse: 92%  
Abandonment/Neglect: 75%  
Physical Abuse: 50%  
Sexual Abuse: 42%

## Treatment Effectiveness

### Emotional and Behavioral Health

Youth who participated in our day treatment programs demonstrated 16% overall reduction of depressive disorders and 8% overall reduction of anxiety disorders.

### Self-Harm and Suicidal Behavior

This was an area of significant progress and turn around in the lives of youth who participated in our Mikan Program. In fact, 25% of Mikan Program participants were admitted due to suicidal behaviors and all participants showed 100% elimination of these behaviors upon completion of treatment.

In addition, 10% were admitted due to disordered eating and by the end of treatment a 50% reduction of disordered eating patterns was observed.

### Family Functioning

It is always our hope that youth will internalize the changes they learn and discover in our Mikan Programs as they return daily to their home environments and practice new ways of relating to family and other caregivers.

Here are the changes we observed youth making in their families:

20% overall increase in effort at home,  
15% increase in personal responsibility for their actions, and  
13% increase with medication compliance.

### School and Community

Lastly, we remain ever hopeful that youth will embrace the changes they gained in our Mikan Programs to also find successful paths in their school and community environments. We believe in a community-based model where individuals bloom best when planted in their 'home' soil. In school, youth demonstrated 30% reduction of detentions, 16% improvement in communication skills, and increased their GPA by 6% overall. In the community, youth showed a 33% reduction of police contact, citations, and/or referrals to law enforcement. 29% also completed their requirements and/or goals with county social services and no longer required an assigned social worker.

Way to go to all the youth who had the courage to heal and openness to try something new through our Mikan Programs in 2018. May the tides of hope, change, and renewed connection light up the communities in which we live and serve.