

2019 Mikan Program Efficacy Data

Marriage and Family Health Services (MFHS) reviews the efficacy of its services annually. This year's study of our Mikan adolescent therapeutic day treatment program included the following data from our programs in Eau Claire, Chippewa Falls, Rice Lake, Hudson, and Marshfield. Our efficacy study report reflects on our mission, reviews our program, and provides valuable information on our effectiveness in addressing the needs of the youth served.

Demographics

Average Client Age: 15.71
Gender: 71% female, 29% male
Average Months Enrolled in Program: 11.57

Primary Diagnosis:

Depressive Disorder 43%
Oppositional Defiant Disorder 14%
Post-Traumatic Stress Disorder 14%
Other 29%

Secondary Diagnosis:

Anxiety Disorder 43%
Oppositional Defiant Disorder 14%
Other 43%

Trauma & Adverse Childhood Experiences (ACES):

Emotional Abuse: 71%
Abandonment/Neglect: 71%
Physical Abuse: 29%
Sexual Abuse: 57%

Treatment Effectiveness

Having a trauma history remains correlated to traditional outpatient therapy treatment being less effective given the paucity of therapists trained in formal trauma reprocessing. Many of the more severe trauma histories became revealed during treatment. It takes time for teens who have been traumatized to gain the level of trust to share their histories. This data also illustrates the infrequency of PTSD as a diagnosis even though a large number of the children had histories significant for trauma.

Emotional and Behavioral Health

To help measure treatment gains Marriage and Family Health Services/Mikan conducts several inventories at admission and discharge. The Mikan program continues to provide for dramatic improvement. Youth who participated in our day treatment programs demonstrated 17% overall reduction of depressive symptomologies and 26% overall reduction of anxiety symptomologies.

There was also a 28% reduction in their anger inventory scores. Anger is one of the more common moods associated with a referral to our services. These adolescents not only decreased the behavioral demonstration of anger but they reported improvement in their personal well-being. They have begun to feel pride in themselves. Equally impressive is the realization that they were able to internalize their treatment gains without the use of medications. As such, we have noted through our longitudinal data that the teens are more likely to be resilient in the future. These changes are likely not to diminish by not taking medications. These changes are impressive and a significant compliment to the teens' ability to be open to new ways of thinking/feeling/problem solving and then the courage to do something different.

Self-Harm and Suicidal Behavior

This year's study was also significant in terms of self-harm behaviors and suicidal ideation. In fact, 71% of Mikan Program participants were admitted due to suicidal behaviors and these behaviors reduced to 29% upon completion of treatment. In addition, 57% of participants reported self-harm behaviors upon admission into the program, and this percentage reduced to 14% upon completion of treatment.

In addition, 14% of Mikan Program participants were admitted due to disordered eating and all participants showed 100% elimination of these behaviors upon completion of treatment.

Family Functioning

Marriage and Family Health Services/Mikan believes that it is essential that the participating clients be able to demonstrate behavioral changes that others can acknowledge. Mikan goes beyond “I will try” to actualizing internal change into healthy behavioral change that the parents/guardians can recognize. This year’s study includes comparative data from admission to discharge with noted improvements. 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 as reported by parents/legal guardians:

*32% overall increase in effort at home,
18% increase in personal responsibility for their actions, and
24% increase with medication compliance.*

School and Community

Outside of an adolescent’s home, the second environment that our teens spend the most time is the school. The school often observes concerns about the child and facilitates a referral for consideration for Mikan services. As such, noting behavioral change in school is valuable information. This year’s study includes data at intake and discharge. Please know that the pandemic that has occurred in 2019, resulting in early school year closures, some discharge data was limited but it is still believed that based on data that was collected, significant findings were noted.

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 experience personal growth best when planted in their ‘home’ soil. In school, youth demonstrated 17% reduction of detentions, 77% reduction in unexcused absences, and increased their GPA by 4% overall. In the community, youth showed a 67% reduction of police contact, citations, and/or referrals to law enforcement. Furthermore, 33% also completed their requirements and/or goals with county social services and no longer required an assigned social worker.

The Mikan clients clearly demonstrated healthy changes in their school behavior. As noted above, clients were more likely to attend school with fewer absences and truancies, study/complete their homework, get into less trouble and demonstrate the changes that their primary teacher/advisor would observe. The amount of therapeutic change realized in both behavior and affect regulation were exceptional, especially in reduction of police contacts, citations, and referrals to social services.

The Effectiveness of Mikan/Summary

Marriage and Family Health Services, Ltd. has fully licensed therapists provide/direct the therapeutic services received. Unlike many behaviorally based services, our therapists are with the clients each minute they are present. The adolescents receive their services from staff who have specific training in trauma reprocessing. MFHS goes beyond trauma sensitive services and includes effective treatment of trauma. MFHS/Mikan has over 25 years of experience providing this level of care addressing the presenting symptomology and also the individual/family issues behind the behavior.

The 2019 Efficacy Study revealed some remarkable emotional/behavioral changes that the child/family/school can be very proud of. While many of the changes were significant, we also know that all of the teens will have challenges going forward. We believe that through the guidance of their family, school, and internalized change acquired through MFHS/Mikan teens can meet those challenges successfully. All of us at MFHS appreciate the efforts made to ensure clients get the mental health/day treatment services they need and deserve. It’s also important to acknowledge and celebrate all the youth who had the courage, open-mindedness, patience, and determination to heal and try something new through our Mikan Day Treatment Programs in 2019. Congratulations to all clients in finding their own path to a more healthy, fulfilling and successful future.