

# EVALUATION OF CHILD ADOLESCENT TRANSITION DAY PROGRAM

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## DESCRIPTION

The outpatient Transition Day Program at Humber River Health (HRH) supports children and adolescents, 18 years and under, diagnosed with a mental health concern. Clients enrolled in the program attend a Toronto District School Board (TDSB) Section 23 classroom onsite at HRH. The team consists of a TDSB teacher, social worker, child youth worker, registered nurse and Child Adolescent psychiatrist. Together, the team supports clients and families to develop Cognitive Behaviour Therapy (CBT) related skills and coping strategies to address mental health symptoms, anger, behaviour, socialization, and overall daily functioning while continuing their academic education.

## OBJECTIVE

To measure the effectiveness of the program in maintaining program objectives, such as improved school attendance, assignment completion, behaviour management, and socialization.

## ACTIONS TAKEN

Utilizing an evidence-based Post Discharge Call framework, staff stakeholders engaged in the development of the questionnaire. Once finalized, the parents of discharged clients were called to provide feedback. Parents were asked if there was a change noted in their child's school attendance, ability to complete assignments, mental health symptoms, and their ability to socialize with peers at least 30 days after completing the program.

## SUMMARY OF RESULTS

Results collected showed significant improvement in all client outcomes. 100% of parents surveyed indicated that they would recommend the program to others. 78% of parents noted an increase in their child's school attendance. The program allows clients to address their mental health concerns without disrupting education and delaying developmental milestones. The team plans to evaluate the Transition Day Program annually to review trends and identify opportunities for quality improvement.

## LESSONS LEARNED

Evaluating the Transition Day Program reinforced that the interventions used by the team met the mental health needs of the child and adolescent client population.



### Have you noticed a change in your child's symptoms or challenging behaviours?

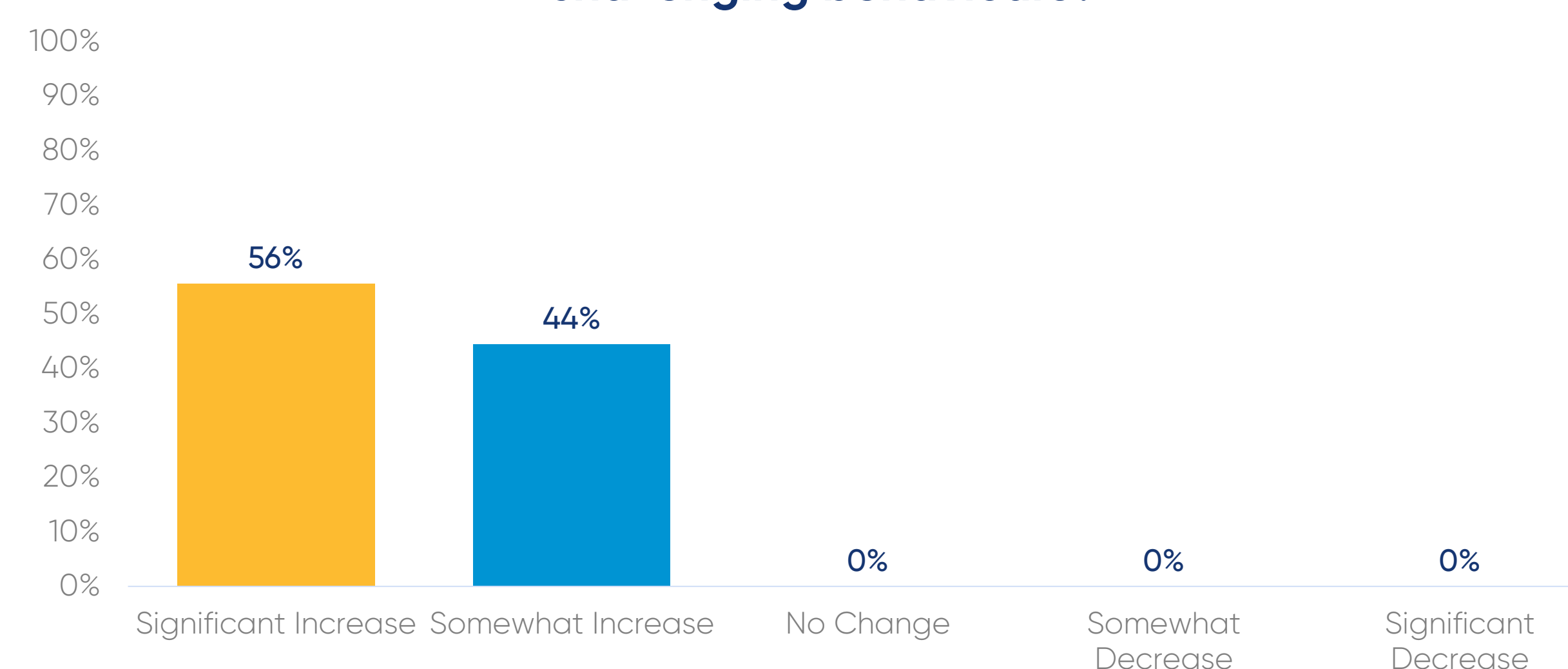


Figure 1. 100% of parents noted a positive change in their child's symptoms and behaviours.

### Did you notice a change in your child's school attendance?

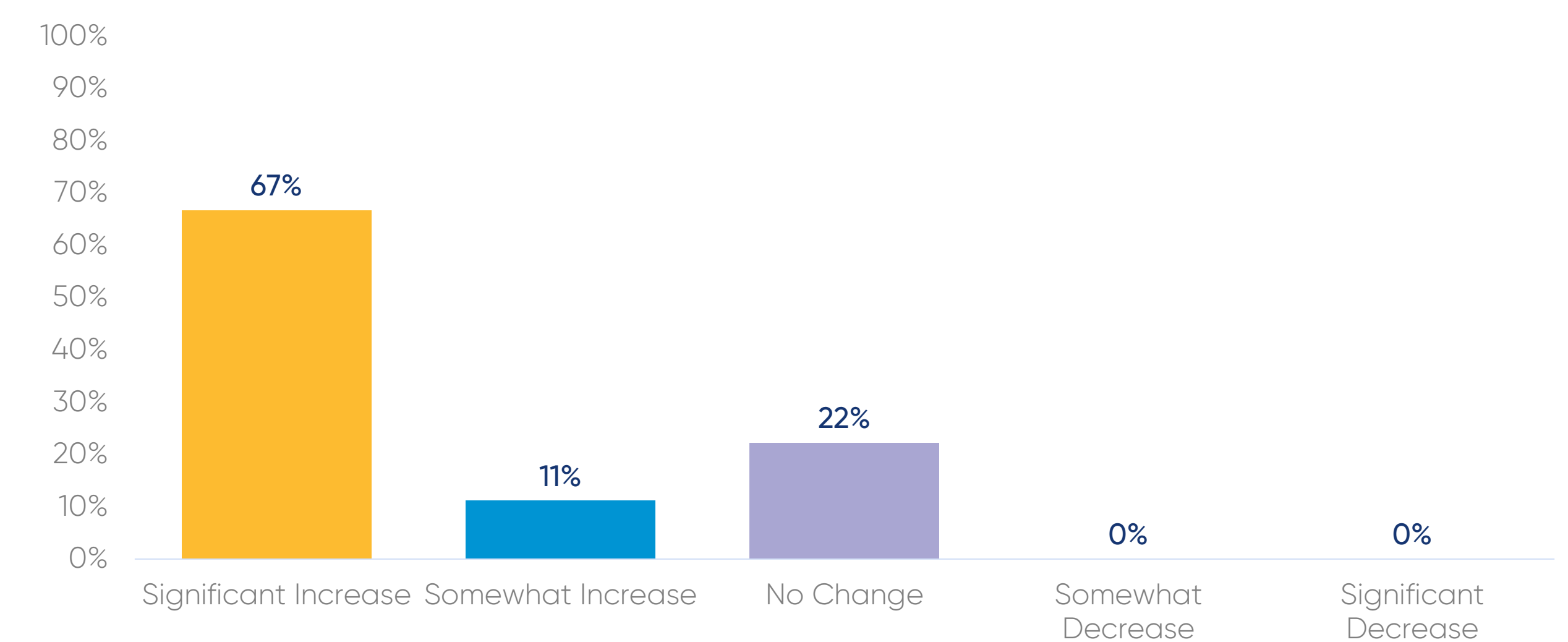


Figure 2. 78% of parents reported an increase in their child's school attendance after program involvement.



"Parent stated that the program was life changing and gave her and her son hope for their future...Humber team is the first time family felt seen, supported, the issues were addressed and changes were working; Amazing positive experience, so much care and time went into the transition process"



Figure 3. Anecdotal feedback received from questionnaire.