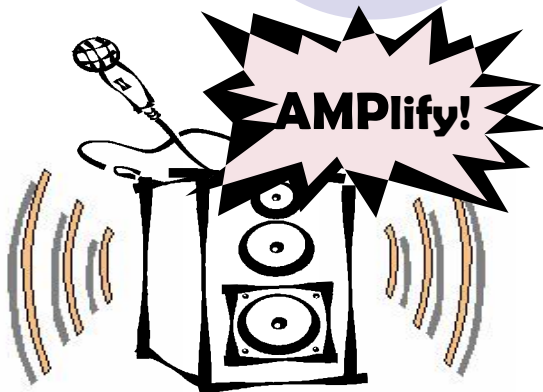


New Measures to Assess Youth Empowerment/ Efficacy and Youth Participation in Treatment Planning

Presented at the
21st Annual Research Conference

*A System of Care for Children's Mental Health:
Expanding the Research Base*

Janet Walker & Laurie Powers



What do these terms mean...

- **Youth participation**: extent to which the planning process encourages—and the plan itself reflects—youth perspectives, ideas, and goals
- **Youth empowerment/efficacy**: extent to which youth feel successful in/confident about making decisions and taking action at three “levels”:
 - Self: Managing one’s own mental and emotional health
 - Services: Managing mental health services/supports
 - System: Helping to improve the mental health system and the experience of other youth



AMPLIFY!

rtc  portland

Method— item generation

- Original strategy, adapt caregiver measures
- Convene feedback groups, primarily youth
 - suggest changes in wording, etc.
- Based on feedback, determined that adaptation worked for empowerment measure, not for participation measure.
- Existing participation scale...
 - did not set high enough expectations
 - focused only on participation in meetings, did not include preparation or follow up
- Generated new items for participation
- More feedback



AMPLify!

rtc  portland

Method— survey

- Created survey with
 - candidate items for both measures
 - background information
 - questions about the type of planning and location of planning
- Sought sample
 - 180 youth 14-21 involved in team-based planning in past 6 months
 - 60 youth retake survey in six weeks
 - 60 youth in “dyads” with their caregivers, who answered the same survey questions about their youth’s participation
- Distributed surveys
 - Through programs providing or involved in team-based planning with youth (Wraparound, Juvenile Justice, mental health, child welfare)
 - At request of individuals who found out about the survey at conferences, etc.



AMPLify!

rtc  portland

Youth characteristics/demographic

- Male 57%/ Female 43% (youth survey)
- Mean age 16 years (youth)
- Ever taken medication for MH reasons? 74% (youth) 84% (CG)
- Ever received free lunch? 85% (youth) 89% (CG)
- Household median income: \$20,800 (CG)

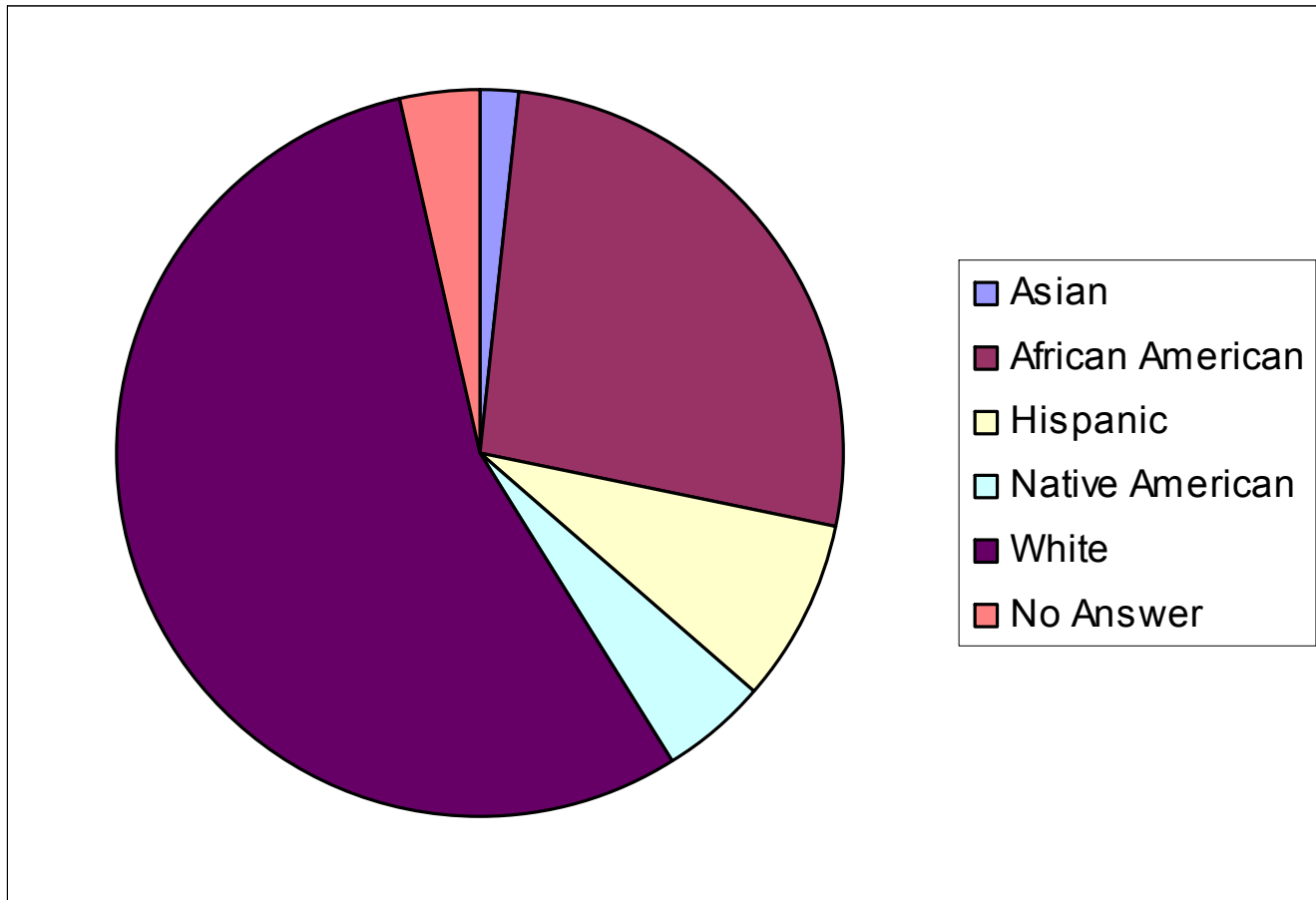
Family income level	Youth (%)	CG (%)
Low	22	39
Modest	29	23
Middle	41	32
Higher	7	1
Highest	2	3



AMPLify!

rtc  portland

Youth race/ethnicity (youth survey)

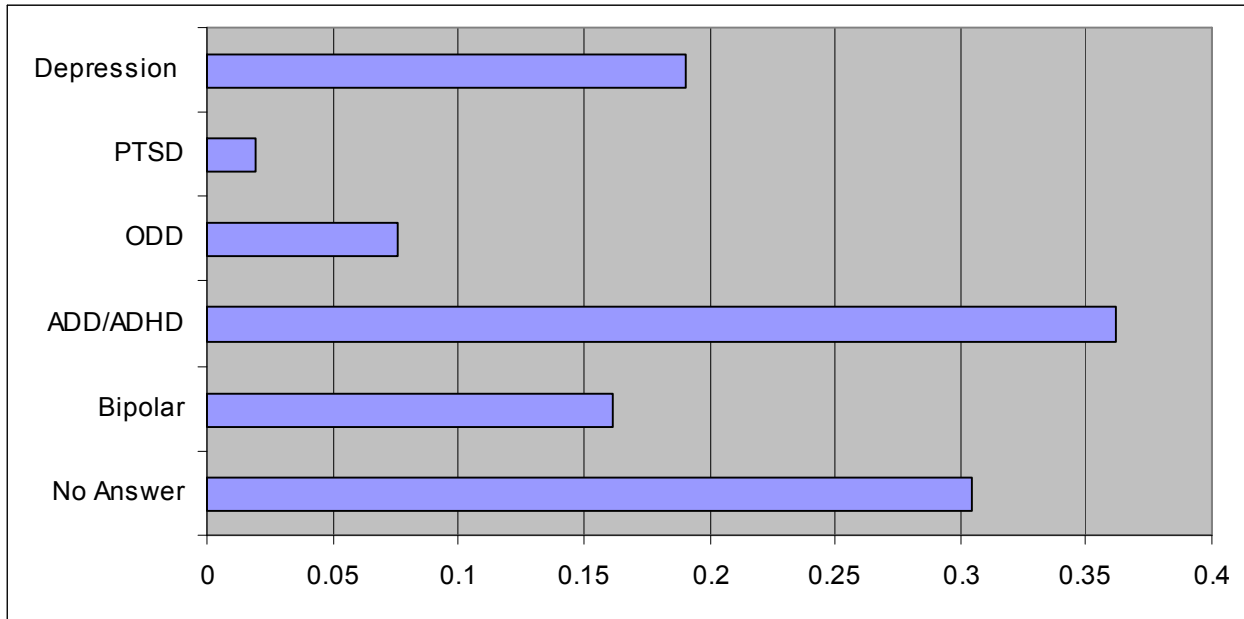


AMPLify!

rtc  portland

Youth diagnoses— youth survey

Percent reporting a diagnosis of...



Sample responses:

- Bipolar, AHDH, ODD, FAS, Mild Cerebral Palsy, Delayed Development
- ADD, ODD, Anxiety Disorder, Depression, Aspergers

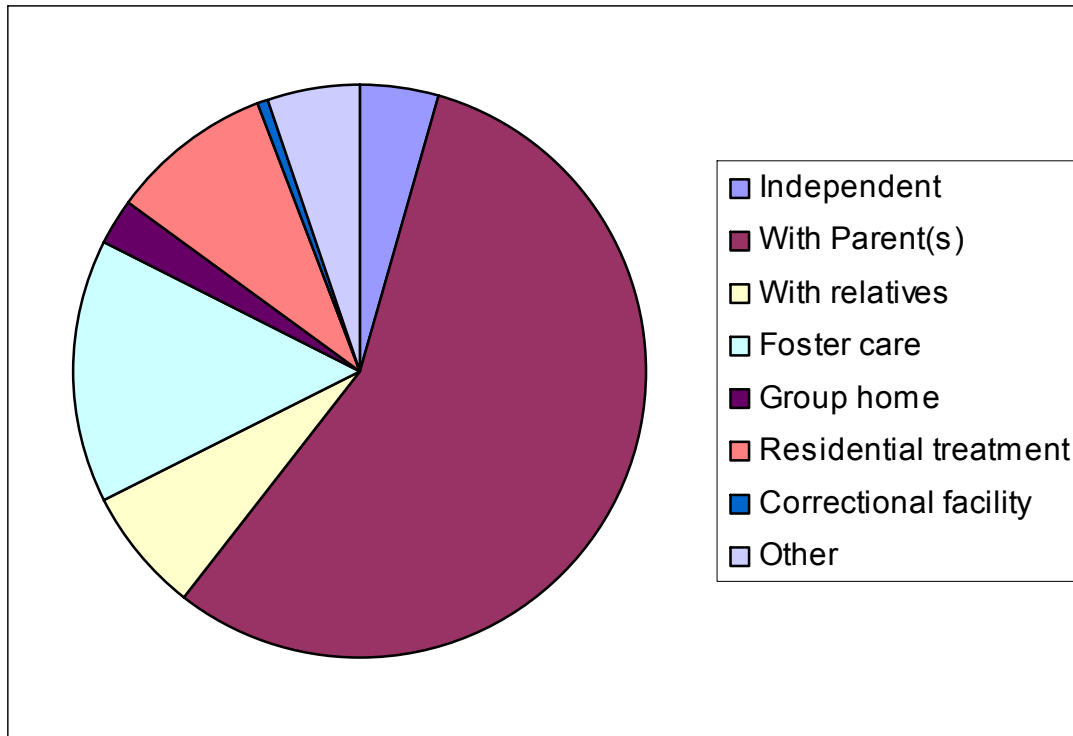


AMPLify!

rtc  portland

Youth- current living situation

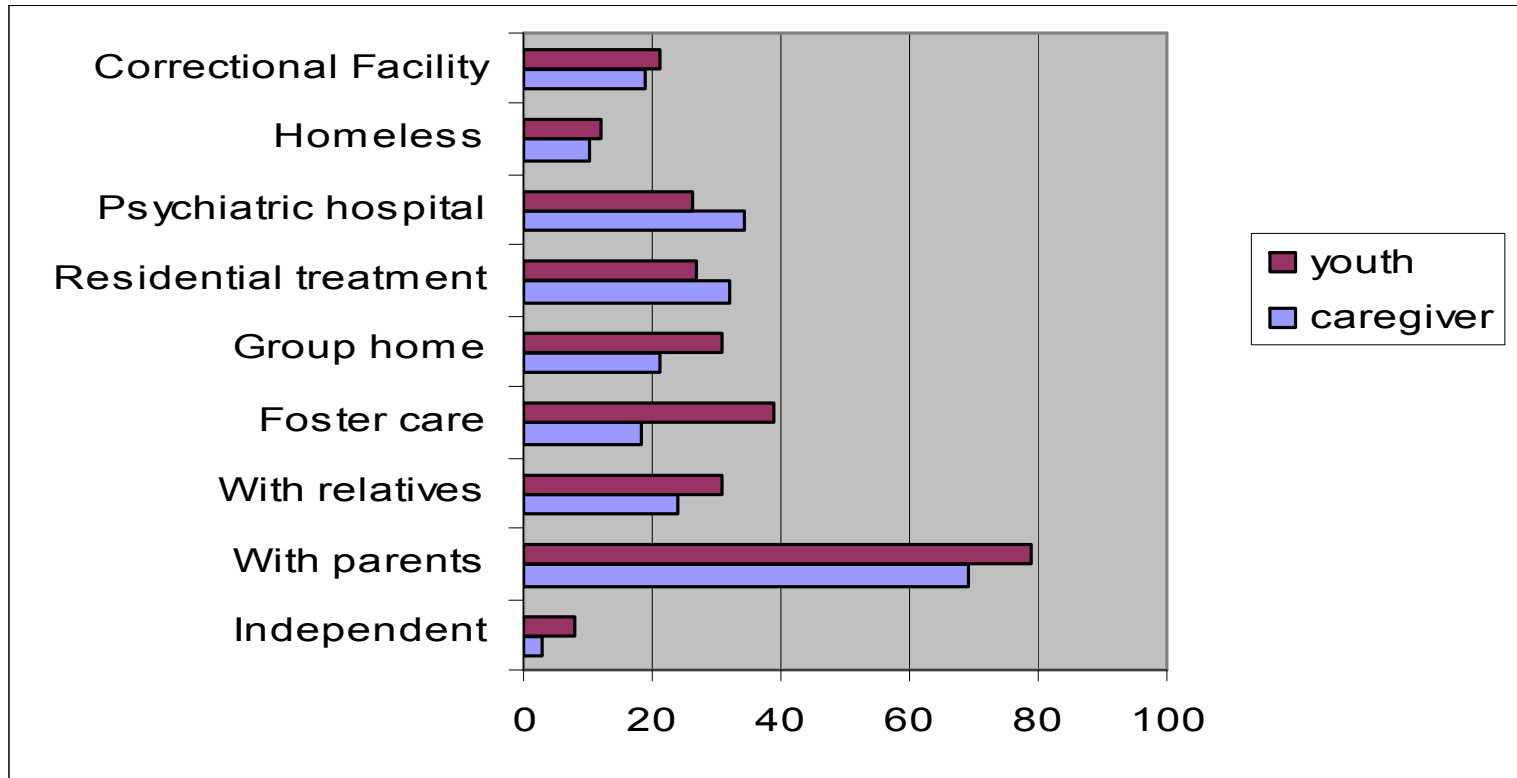
Current living situation (from youth surveys):



AMPLify!

rtc  portland

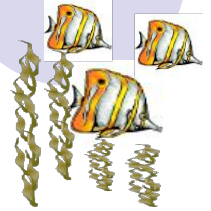
Percent of youth ever living in various settings...



AMPLify!

rtc  portland

Youth Participation in Planning Scale (YPP): Item factor loadings



Pattern Matrix(a)

	Factor		
	1	2	3
PAR5 I understand what's in my plan.	0.937	-0.213	-0.082
PAR8 I understand everything that is decided while we are working on my plan.	0.792	-0.061	-0.092
PAR23 I get to make decisions about the best ways to reach my goals.	0.740	-0.017	0.085
PAR4 During planning, I have plenty of opportunities to express my ideas.	0.674	0.166	-0.067
PAR9 My plan fits with my background and values.	0.586	0.167	-0.063
PAR25 My plan helps me see that I can use my skills and abilities.	0.529	0.229	0.036
PAR13 My plan includes the goals that are most important to me.	0.491	0.355	-0.024
PAR17 During planning, we make changes to my plan based on what we learn.	0.477	0.119	0.287
PAR19 Team members have specific tasks to do for my plan.	-0.141	0.803	-0.061
PAR21 Team members follow through on what they have agreed to do.	0.035	0.760	0.011
PAR20 Team members report to me about what they are doing.	0.133	0.619	0.079
PAR12 I get an up-to-date copy of my plan.	-0.009	0.553	0.013
PAR28 Someone from the team helps me plan the things I want to do.	-0.346	0.081	0.766
PAR30 I help decide what is on the agenda for my team meetings.	0.180	-0.129	0.725
PAR26 Before a meeting, someone helps me decide how I will participate.	0.013	0.095	0.583
PAR31 I help decide who is invited to my meetings.	0.217	-0.116	0.564

Extraction Method: Principal Axis Factoring. Rotation Method: Promax with Kaiser Normalization.

a Rotation converged in 6 iterations.



AMPLify!

rtc  portland

Youth Empowerment/Efficacy Scale (YES): Item factor loadings

	Factor		
	1	2	3
EMPSY5 I help other young people learn about services or supports that might help them.	0.841	-0.087	0.028
EMPSY6 I tell people in agencies and schools how services for young people can be improved.	0.750	0.030	-0.056
EMPSY9 I feel that I can use my knowledge and experience to help other young people.	0.747	0.166	-0.139
EMPSY3 I take opportunities to speak out and educate people about what it's like to have a mental health condition.	0.736	-0.025	0.022
EMPSY4 I have ideas about how to improve services for young people with emotional or mental health conditions.	0.698	-0.005	0.078
EMPSY1 I feel I can help improve services or supports for young people with emotional or mental health conditions.	0.640	0.014	0.147
EMPSY8 I know about the legal rights that young people with mental health difficulties have.	0.544	0.013	0.005
EMPSV6 I work with providers to adjust my services or supports so they fit my needs.	-0.063	0.835	-0.028
EMPSV13 I understand how my services and supports are supposed to help me.	-0.188	0.690	0.068
EMPSV2 I know the steps to take when I think that I am receiving poor services or supports.	0.158	0.629	-0.094
EMPSV7 My opinion is just as important as service providers' opinions in deciding what services or supports I need.	0.077	0.616	-0.029
EMPSV3 I believe that services and supports can help me reach my goals.	0.055	0.575	0.094
EMPSV8 I tell service providers what I think about services I get from them.	0.111	0.548	0.027
EMPSV11 When a service or support is not working for me, I take steps to get it fixed.	0.152	0.451	0.025
EMPSL3 I feel my life is under control.	-0.018	-0.064	0.798
EMPSL1 When problems arise with my mental health or emotions, I handle them.	0.105	-0.151	0.787
EMPSL8 I know how to take care of my mental or emotional health.	0.109	-0.061	0.691
EMPSL2 I feel I can take steps toward the future I want.	-0.170	0.225	0.614
EMPSL6 I make changes in my life so I can live successfully with my emotional or mental health condition.	-0.027	0.198	0.571
EMPSL9 I focus on the good things in life, not just the problems.	0.005	0.249	0.507

Extraction Method: Principal Axis Factoring. Rotation Method: Promax with Kaiser Normalization.



AMPLify!

rtc  portland

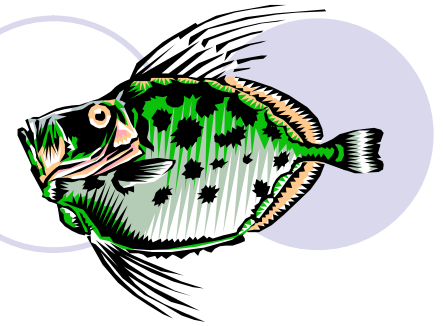
Subscales

- Participation

- Planning process and plan reflect my perspective and priorities (8 items, $\alpha = .898$)
- Preparation (4 items, $\alpha = .750$)
- Accountability (4 items, $\alpha = .784$)

- Empowerment/Efficacy

- Self - managing one's own condition (6 items, $\alpha = .852$)
- Services - managing services/ supports (7 items, $\alpha = .833$)
- System - improve services/ help others (7 items, $\alpha = .882$)



AMPLify!

rtc  portland

Other results...

- Test-retest showed high correlation for the YPP (.749, $p < .001$) and the YES (.635, $p < .001$)
- Caregiver and youth total participation scores were highly correlated (.633, $p < .001$)
- Mean scores for the total participation and total empowerment scales were significantly different between youth with low, medium, and high satisfaction with their plan (a variable created from six survey items—YPP: $F(2, 156) = 13.0$, $p < .001$; YSS: $F(2, 155) = 18.7$, $p < .001$)
- Total empowerment and participation scales were correlated (.623, $p < .001$) and subscales were correlated according to prediction, with highest correlation between participation (planning) and empowerment (services and supports) (.724, $p < .001$), and lowest correlations between empowerment (system) and the three participation subscales



AMPLify!

rtc  portland