

Provider Identification and Organization Information Form

Provider Name: CHAPS Academy

Contract Administration

Contact name/position: Ann Dake/Executive Director
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Operational/Program Communication

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Liability Insurance: Yes ☒
No ☐

Auto Insurance: Yes ☐
No ☒

Employees are subject to criminal background checks Yes ☒
(according to caregiver background check statutes) No ☐

Organizational Overview (i.e. organizational/individual mission, history, scope, etc): CHAPS is a not-for-profit organization governed by Christian values, dedicated to the strength, health and well-being of those who live in our community. Medical & Counseling Associates (MCA) is a licensed mental health clinic that operates under the CHAPS umbrella. MCA specializes in family counseling, providing critical support to the parents of the youth that CHAPS serves.

Service area, plans for expansion (counties/tribes served, willingness to reach out to counties outside current service area or any plans for expansion): Located in Outagamie County, CHAPS has offices in Shiocton, Appleton and Kaukauna and serves Outagamie and surrounding counties in the western part of the region.

***Organizational Structure (for agencies/organizations—incorporation status, governance):** CHAPS is a not for profit corporation that holds a 501(c)(3) status, overseen by a Board of Directors.

Agency/Individual Philosophy (Your agency or individual philosophy, practice framework and values):
The mission of CHAPS is to serve children and families dealing with emotional and/or behavioral difficulties through the use of creative counseling & equine-assisted mental health activities. We empower those we serve to achieve ongoing productivity and success within their home, at school, at work and in the community. Using a collaborative approach, we re-engage with youth and families that have been isolated and frustrated with the “system.” Our strength is in working with youth after other

traditional treatment has failed. Horses can be a valuable way to engage youth and we utilize them in our Hope Lives Suicide Prevention and Intervention Program, our Day Treatment Program and our Special Gifts Program.

Services to be provided: CHAPS provides a range of services and programs that, together, carry out our mission, as follows:

- HOPE Lives!: youth suicide prevention and intervention program;
- Striving Toward Excellence: group therapy for high-risk students provided in partnership with area school districts.
- Special Gifts: creative counseling services to children and families living with Autism, Asperger's Syndrome, Attention Deficit Hyperactivity Disorder and other early childhood anxiety disorders.
- General Behavioral Health Program: traditional & creative counseling services offered to children, youth, families and adults living with a variety of behavioral and mental health issues.

The main portion and priority of our services is the Hope Lives program, which is a state of the art, developmentally appropriate, and uniquely successful equine-assisted youth suicide prevention and intervention program. Those served are severely depressed, suicidal, self-abusive/destructive and barely engaged in the activities of life: school, athletics, church or family. They are frequently using drugs or alcohol, are sexually promiscuous, and involved in associated legal difficulties.

This long-term (6-12 months) intensive outpatient program is facilitated by a Master's level clinician who provides services on an individual basis with the client (1-2 times per week), and with the family (1-4 times per month). Sessions utilize our unique environment and can be held in the barn or outdoors (with a "select horse"), in a counseling office, or in a play therapy room.

We have recently (April of 2011) expanded our Hope Lives program to include a Day Treatment component. Introduced to adequately serve the most severe cases, the program provides 4 hours per day, 5 days per week, of group and individual sessions. These cases face out of home placement and institutionalization. This is truly an expansion and more intensive version of our Hope Lives project.

As a result of the suicide crisis, the State of Wisconsin has responded to a call for action from the Surgeon General by developing a guide and framework for suicide prevention strategies. This framework is called the "Wisconsin Suicide Prevention Strategy," which outlines what should be included in all Suicide Prevention Programs in the State of Wisconsin.

Wisconsin Strategies

- Prevention programs should be designated to enhance protective factors. They should also work toward reversing or reducing known risk factors. Risk for negative health outcomes can be reduced or eliminated for some or all of a population.
- Prevention programs should be long-term with repeat interventions to reinforce the original prevention goals.
- Family-focused prevention efforts may have a greater impact than strategies that focus solely on individuals.
- Community programs that include media campaigns and policy changes are more effective when individual and family interventions accompany them.
- Community programs need to strengthen norms that support help-seeking behavior in all settings, including family, work, school, and community.
- Prevention programming should be adapted to address the specific nature of the problem in the local community or population group.
- The higher the level of risk of the target population, the more intensive the prevention effort must be and the earlier it must begin
- Prevention programs should be age-specific, developmentally appropriate and culturally sensitive.

How CHAPS incorporates Wisconsin Strategies in our Hope Lives Program

- CHAPS increases protective factors through our family systems based approach. We work to identify strengths of the youth and their family.
- HOPE Lives is an intensive, long term program that has repeat interventions over the course of a year.
- All of the CHAPS programs are family focused. Not only is the suicidal youth served, but the parents, siblings and sometimes extended family where needed.
- The CHAPS environment encourages comfort and works very hard to eliminate the stigma associated with Mental Health Issues. This allows families to ask for the help they need. Our non-judgmental approach keeps families returning for service.
- Our Hope Lives Suicide Prevention Program works with the family for as long as intervention is needed. There is no time limit.
- Our services are age AND developmentally appropriate.

Quality assurance and outcome measures (Please discuss any outcome measures or quality assurance or improvement measures you utilize, if applicable): To identify quantitative results, CHAPS will use the Beck's Depression Inventory to measure client mood and level of depression during the treatment period. We will utilize a Parental Attitudes Index to track behavior and conduct changes from the parents' perspective, and an assessment tool called the OQ-45 to track treatment progress in areas of Distress, Interpersonal Relationship and Social Roles. There is also a Suicide and Self Harm History Assessment that is done at intake which helps us determine risk. CHAPS also conducts a thorough initial assessment interview, as well as a discharge interview, with each teen and his/her parent(s). At this time, self-reports of current status and progress will be documented. We have also implemented a Survey Form for all clients at CHAPS. This is a great platform for us to assess our effectiveness and consumer satisfaction. The outcomes of this program are quite impressive. In the more than eight years this program has been in place, not one child has completed suicide. We have had an average of three out of 50 youth per year that need to be hospitalized while participating in the program. Two youth that we are aware of, in CHAPS' history, have required re-hospitalization after completion of the program. This means that the youth who actively engage in the program are not attempting to take their own lives and the families and the community are not incurring the high cost of psychiatric hospitalization. In addition to this, 100% of the youth completing the program report a significantly reduced rate of depression and increase in life satisfaction. We also have a strong success rate in the improvement of academic performance and family involvement. The clients seen at CHAPS are excited to move on to the rest of their lives. They are graduating from high school, attending college, joining the military and entering the workforce as healthier, more productive members of our community.

Please describe your familiarity with and expertise in crisis prevention and intervention services: We provide crisis counseling to those enrolled in our programs. We are not DHS 34 certified but interested in learning more about this.