



KIDS INSIGHT

Measuring and Improving Well-Being:  
Iowa Provider Training

In collaboration with the Annie E. Casey Foundation and The Duke Endowment



# WHO WE ARE



KIDS INSIGHT



THE ANNIE E. CASEY FOUNDATION

outcome referrals

*James B. Duke*

THE DUKE ENDOWMENT

# Before we get started, a few key definitions

**Treatment Outcome Package (TOP)** is an assessment tool that measures psychological and emotional well-being

**Kids Insight** is the non-profit organization that manages the TOP for child welfare and juvenile justice

**WellnessCheck** is the website where TOP is administered by the worker

**Outcome Referrals, Inc. (ORI)** originated TOP and provides technical and customer support and you will receive TOP e-mail reminders from ORI

# Kids Insight uses patented methods of assessment based on decades of research in Behavioral Health & Child Welfare



TOP developer &  
Chief Scientific Officer:  
**David R. Kraus, PhD**

- Child Clinical Psychologist
- Ran in-patient child psychiatric unit
- Clinical Expertise: Multi-generational trauma / abuse and neglect
- 20+ years of research with community mental health providers

TOP is used in **39** states,  
including Medicaid providers in **18** states

The TOP assessment  
focuses on **12** behavioral  
health outcomes and uses  
statistically validated  
questions

- 48 Questions (Child), 58 (Adolescent)
- Questions are grouped into: strengths, symptom and functional categories (not DSM/diagnostic based)
- Includes over 1.2 million individuals in the database, 40,000 + providers
- World's largest database of health, trauma and well-being

# Learning Objectives

Participants will be able to describe and/or demonstrate:

- Understanding TOP and its relevance to effective child welfare and juvenile services practice
- Understanding the rater role
- Understanding the Clinical Scales Form (CS)
- Understanding the Multi-Rater Report
- Promoting rater engagement with TOP with youth and caregivers, foster / adopt parents



*Are kids getting better in care?*



# *We spend millions of dollars on all types of out of home placements; foster care, group care and residential services...*



- Shelter Care Costs  
\$18,000 - \$36,000 / year / child
- Foster Care Costs  
\$6,000 - \$20,000 / year / child
- Therapeutic Foster Care Costs  
\$36,000 - \$90,000 / year / child
- Group Care Costs  
\$36,000 - \$90,000 / year / child
- Residential Treatment Care Costs  
\$72,000 - \$146,000 / year / child

*...but we don't know which placements  
and services are improving the  
well-being of our kids*

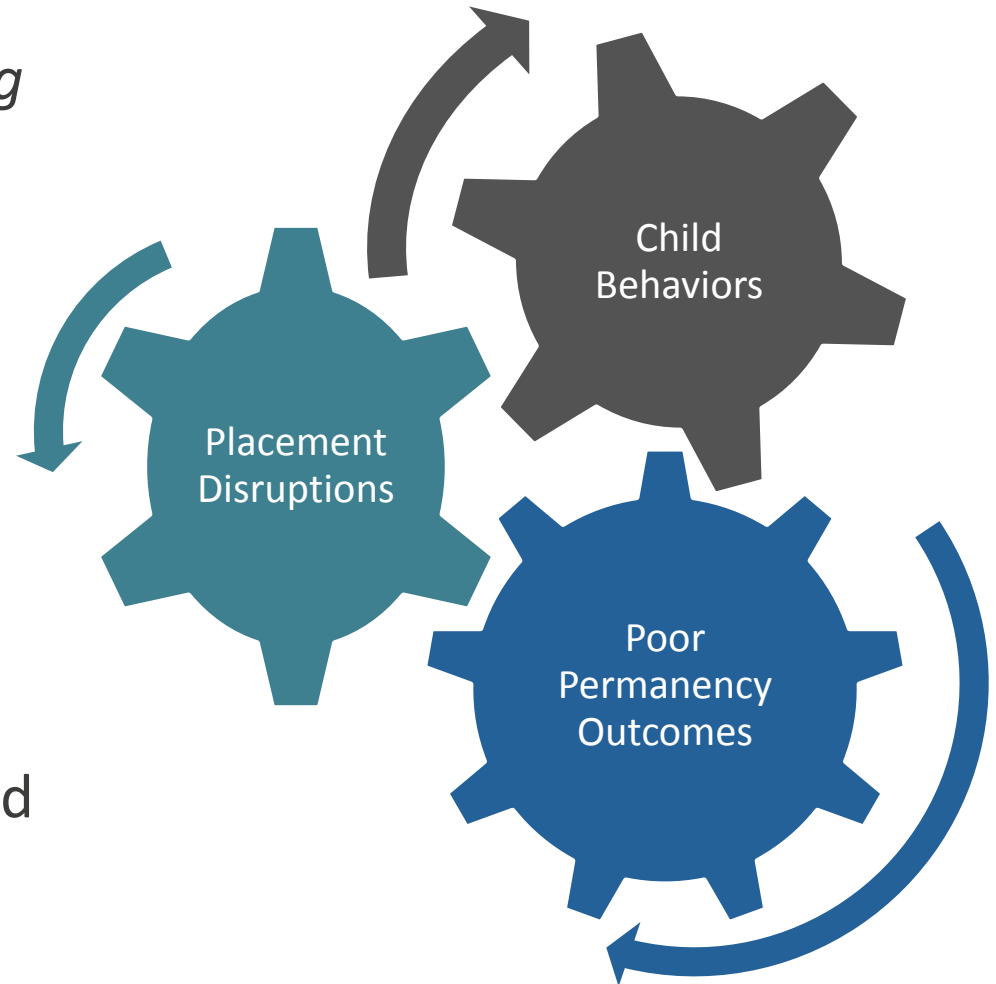




# What is Well-Being and why is it important?

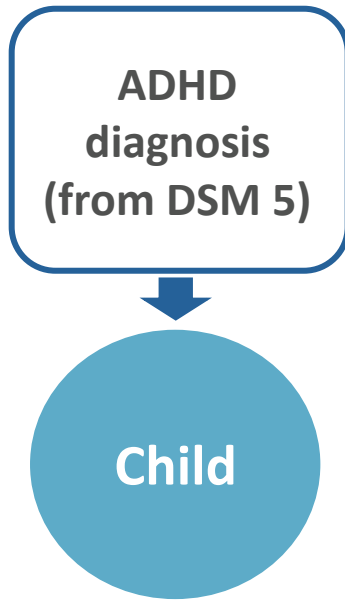
According to the Federal Children's Bureau *well-being* is defined as:

- Physical health, development, and safety
- Psychological and emotional development**
- Social development and behavior**
- Cognitive development and educational achievement



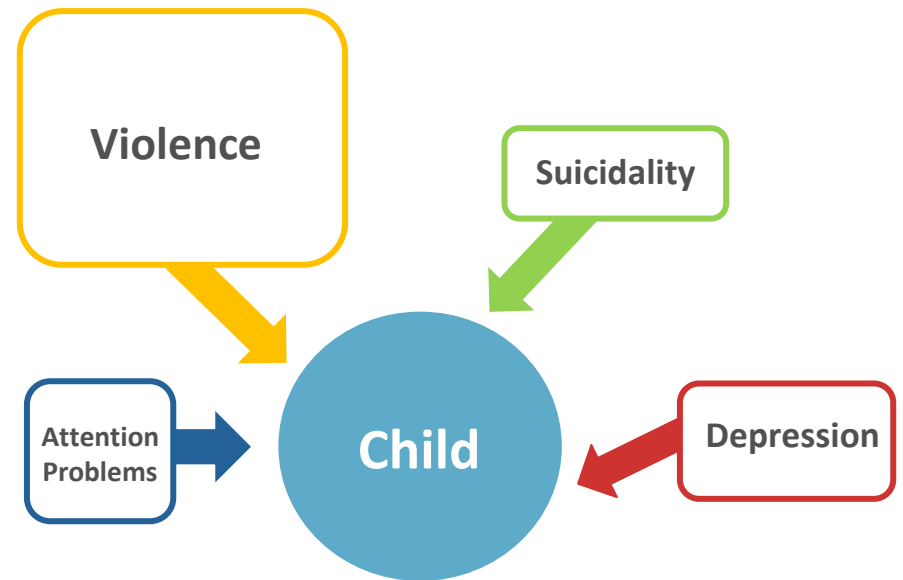
# TOP assesses the **WHOLE** picture to better understand what is *underneath* the behavior

Kids Insight identifies ALL of a child's well-being and behavioral issues



Traditional Assessment

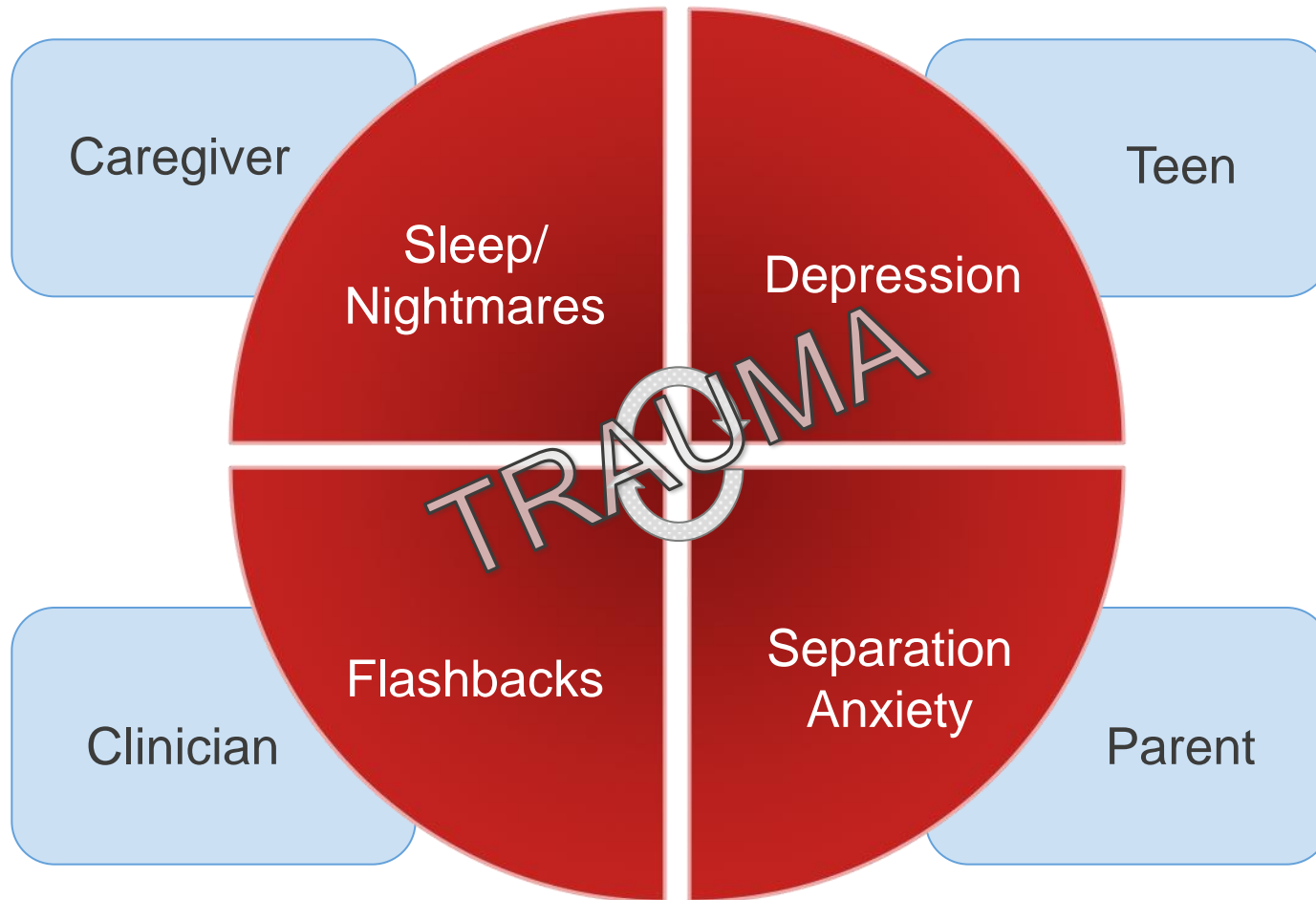
TYPICAL ASSESSMENT FOCUSES ON PRIMARY DIAGNOSIS



Kids Insight Assessment

KIDS INSIGHT'S SOLUTION RESULTS IN IDENTIFICATION OF MULTIPLE PROBLEMS AT DIFFERENT DEGREES OF SEVERITY (Size of box represents degree of severity of issue)

Each team member has a unique experience with a child,  
and TOP provides a holistic, 360° perspective



# TOP is composed of 3 forms

## Consumer Registration (CR)

- Collects demographic data about each client
- Completed by the worker and updated if there are changes
- Must be completed prior to inviting raters
- Completed once per child at intake

## Case Mix (CM)

- Collects information about life stressors and medical conditions
- Completed by the worker at TOP intake and updated every 90 days
- Information is used to determine the 'score' for each domain based on life experiences
- Measures the level of stress that a child is experiencing based on life events

## Clinical Scales (CS)

- The CS is the TOP form that the worker and all raters complete
- Written at a 5<sup>th</sup> grade level
- Takes an average of 10 minutes to complete
- Two versions: child (48 questions) and adolescent (58 questions)
- Can be administered in 3 ways:
  - Email
  - Print
  - Take Now
- Due dates provide reminders to workers when a TOP is due

Child TOP Clinical Scales Form

**IMPORTANT:** Before answering any question, please read the message on the back regarding the purpose and use of this information.

TOP 4.2 Child CS  
David R. Kratoch, Ph.D. © BHL, 2004  
ENGLISH

Indicate how much of the time during the past two weeks the child has . . .

All	Most	A lot	Some	A little	None	N/A	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble falling a sleep.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had nightmares.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	woke up during the night (excluding trips to bathroom).
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble getting back to sleep in the night.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	needed someone (mother/caretaker) nearby in order to fall asleep.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been slow at completing homework.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble paying attention in class.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	physically hurt a person or animal.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had desires to seriously hurt someone.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had thoughts of killing someone else.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	seriously hurt someone.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble waiting.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	done what was asked of him/her.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been able to complete something after complaining that it was boring.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble standing up for himself/herself.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been too shy.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	gotten along well with others.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	seemed scared around people.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	eaten a variety of foods (vegetables, fruit, grains, meat...) in the same meal.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	eaten too little.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been a picky eater.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble sharing with.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been able to talk but refused to do so.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble looking people in the eye when talking to them.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	liked to share interests and exciting things with others.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not wanted to be touched.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been very distressed when away from mother/caretaker.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	looked down or depressed.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had little or no interest in things that were enjoyable before.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been afraid of being alone or did not want to be alone.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	become stuck in a certain mood and been unable to change.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	shown little emotion when you expected some type of reaction.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	thought about killing himself/herself or wished to be dead.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	hurt himself/herself.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	followed rules to your satisfaction.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	done what he/she was asked to do.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	run away.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble with the police.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	stolen or shoplifted.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	had trouble finishing things.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	lost things.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	wet clothes or the bed.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	soiled underwear.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	been easy to live with.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	seen things that were not there.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	heard things that were not there.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	made inappropriate sexual comments.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	caused you to worry about his/her sexual activity.



Takes 5-7 to complete

Asked to rate every 90 days

Complete Via Email



Info. can be used in Court

Complete Via Paper Form



Info. will be used at FTM

# When you are asked to rate via email- WellnessCheck will send you an invitation “via Outcome Referrals”

## Rater Invitation E-mail

From  Douglas County via Outcome Referrals Inbox - Kids Insight 6:55 PM 

Alma Shelton requests you complete a Child Progress Assessment

To: Hannah Wulczyn   Subject (including Social Worker Name)

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Your ideas and observations for Misty W. are essential!

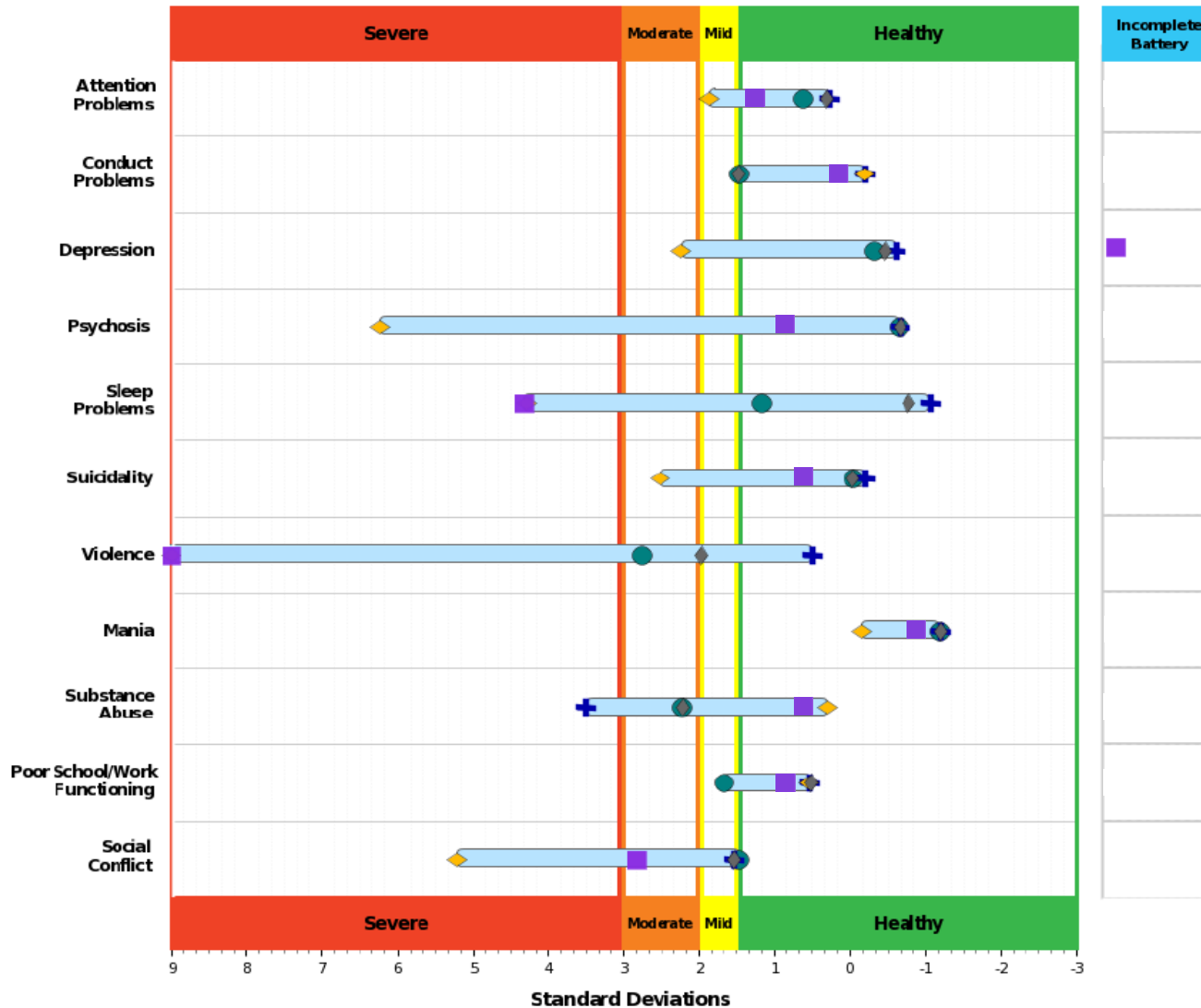
Please complete the forms as soon as possible. Whether this is for you or someone you know, your answers to these questions will make a big difference. Thank you.

Please use the link below to take the questionnaire.  
<http://demo.wellnesscheck.net/cw/top?accessId=NTgwMjI0OjE1ODo1NjU6SC5XLjoz&h=23267>



Let's practice filling out the CS Form!

# Multi-Rater Report provides multiple perspectives



Raters	Initials	Date
client	A.A.	02/02/17
parent	R.R.	02/01/17
placement family	A.B.	02/02/17
public worker	H.W.	02/01/17
therapist	A.S.	02/01/17

# TOP Domains

Each domain represents a problem area, indicated by positive numbers on the Client Report or Multi-Rater Report. The strength associated with each domain is indicated by negative numbers on the Client Report or Multi-Rater Report.

## Child TOP

### Lack of Assertiveness (ASRTV)

Trouble standing up for himself/herself, shy or scared around other people

Strength: Assertiveness

### Incontinence (BOWEL)

Wetting the bed, soiled underwear

Strength: Continence

### Lack of Resiliency (RESIL)

Less likely to bounce back from a difficult situation

Strength: Resiliency

### Separation Anxiety (SEPAX)

Stress or discomfort when away from parents or caregivers

Strength: Secure Attachments

### Worrisome Sexual Behavior (SEXWR)

Acting sexually inappropriate

Strength: Appropriate Boundaries

### Eating Issues (UNEAT)

Reluctant to eat, extremely picky when eating

Strength: Good Eating Habits

## Both

### Attention Problems (ADHDC)

Trouble concentrating or staying on task

Strength: Ability to Focus

### Conduct Problems (CNDCT)

Trouble following rules or other behavioral problems

Strength: Adherence to Rules

### Depression (DEPRS)

Stuck in a low mood, less interested in enjoyable activities. Child: less interactive or communicative. Adolescent: less energy or low self-esteem.

Strength: Happiness

### Psychosis (PSYCS)

Out of touch with reality, seeing or hearing things that are not actually there, could indicate severe trauma

Strength: Ability to Face Reality

### Sleep Problems (SLEEP)

Trouble falling asleep or staying asleep, having nightmares

Strength: Healthy Sleep Habits

### Suicidality (SUICD)

Thinking about killing or hurting himself/herself

Strength: Handles Sadness

### Violence (VIOLN)

Thinking about killing or hurting others

Strength: Deals with Anger Well

## Adolescent TOP

### Mania (MANIC)

Unusual amount of energy, feeling rested after little sleep, feeling better than other people, thoughts racing

Strength: Balanced Emotions

### Poor School/Work Functioning (SCHOOLF)

Bad grades, having problems with teachers, classmates, or coworkers

Strength: Good School/Work Functioning

### Social Conflict (SCONF)

Problems relating well with friends, family, or others

Strength: Positive Relationships

### Substance Abuse (SA)

Problems with drugs or alcohol

Strength: Good Control of Substance Use

*\*Please note that these descriptions are not meant to be exhaustive nor are they meant to be taken as diagnoses. Many of these domains cover complex ideas, and we have provided a likely description or a few examples of what each domain *could* look like in a child or adolescent.*

# Let's take a listen from our peers in Cuyahoga County

## INTRODUCING KIDS INSIGHT and TOP

Improving well-being outcomes  
for kids in child welfare



KIDS INSIGHT



# Critical alerts *require* same day contact with the child and caregiver

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## Critical Action Required

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**WellnessCheck** <no-reply@wellnesscheck.net>  
To: Lisa Paine-Wells <painewells@gmail.com>  
Cc: cweaver@larimer.org

Fri, May 27, 2016 at 12:43 PM

Dear Lisa Paine-Wells,

This email is to inform you that a client Alissa M scored in the extreme range on violence and/or suicide on a TOP assessment. Please follow the protocol of your organization immediately. To view the critical items on the individual client report, please click

[https://demo.wellnesscheck.net/cw/reports/?relative\\_filename=578773/579946/3075249.pdf](https://demo.wellnesscheck.net/cw/reports/?relative_filename=578773/579946/3075249.pdf)



Thank you,  
The Wellness Check Team

Critical Items marked as occurring during the past two weeks (selected from 12 key TOP items):

had desires to seriously hurt someone.	A little of the time
had desires to hurt a person or animal.	A little of the time
hurt himself/herself.	A lot of the time
run away.	Some of the time
caused you to worry about his/her sexual activity.	A lot of the time

# Why your participation is important

- Provides current well-being information on strengths and challenges; information that highlights progress over time
- Guides treatment and placement decisions and supports your recommendations to team members, courts, and other providers
- Gives youth a stronger voice and supports them in taking more control over their behaviors and decisions
- Prompts discussion amongst the team and enhances decision-making



# Next Steps for Raters

- Respond within 7 days to the assessment request
- Only complete the CS form (**not** CR or CM)
- Leave blank questions you do not know the answer to
- Provide an overview to foster parents and youth before administering the TOP CS form
- In most cases, printed forms are better for foster parents and youth

# Questions or Concerns?



# Contact Information



**Kids Insight**

[www.kidinsight.org](http://www.kidinsight.org)

**Visit the Kids Insight Channel on YouTube**

**Fax TOP forms to: (508) 281-5901**