

Case Study 3 – Therapeutic evaluation of a victim after a year of treatment at OEW Hope House

The OEW Hope House is held accountable to carry out our program plans by the NC Department of Social Services, and follows a code of conduct in order to maintain its license to operate. Our program does not demand obedience to authority, but demands responsibility to one another and helps empower youth to discover their greatness. Residents go through Trauma Focused Cognitive Behavior Therapy, an evidence-based model of therapy that works well in children that have severe PTSD. We train our staff to be sensitive to trauma and give them a better understanding of PTSD. We conduct ongoing staff training; staff must receive at least 24-hours of continuing education per year.

We measure success with our clients in a variety of ways. Our residents set daily and weekly goals and are held accountable to them. Our program has 4 levels of achievement. After the resident completes the 4th level, she can remain in level 5- leadership. In addition, our therapist uses pre- and post-therapy inventories to measure success which include:

- UCLA PTSD Index-RI – This is a measure that determines whether a client meets the criteria to be diagnosed with PTSD and what symptoms are present.
- Child Depression Inventory – Assesses depression.
- Trauma Symptom Checklist – Assesses anxiety, depression, anger, posttraumatic stress, dissociation, sexual preoccupation, and sexual distress. It also assesses suicidal ideation.
- Strengths and Difficulties Questionnaire – Assesses emotional symptoms, conduct problems, hyperactivity, peer problems, and pro-social behaviors.

Client: 17 years old Hispanic Female

Location: Out of state placement

- UCLA indicated that full PTSD diagnosis was likely. Total PTSD severity score was 49. Client report post-treatment UCLA indicated that partial PTSD was likely with a total severity score of 17.
- Child Depression Inventory pre-treatment measure indicated that depression was above average. T-score of 63. Post-treatment measures indicate depression slightly below average. T-score of 42.
- Strength and Difficulties Questionnaire pre-treatment indicated significant difficulties in peer problems, prosocial behaviors, emotional symptoms, and conduct problems. She was in the at-risk category for hyperactivity. Post-treatment measure indicated significant difficulties in emotional symptoms and hyperactivity; and not significant in conduct problems, peer problems, and prosocial behaviors.
- Trauma Symptoms Inventory pre-treatment measure indicated clinically significant symptoms of anxious arousal, depression, intrusive experiences, avoidance, dissociation, sexual concerns, dysfunctional sexual behavior, and internal self-reference/self-esteem. Total raw score of 185. Post-treatment TSI indicated no clinically significant symptoms with a raw score of 29.