START Model

START (an acronym for Systemic, Therapeutic, Assessment, Resources, and Treatment) is a research-based model of services and supports for individuals with an intellectual or developmental disability (IDD) ages six and older who also have a mental health (MH) diagnosis or behavioral health needs.

The Center for START Services

Education

We promote learning and development of expertise across disciplines through proficiency-based training for future leaders and trainers.

Capacity Building

We conduct service system analyses and provide recommendations to improve access and appropriateness of community-based services and reduce emergency service utilization.

Evidence-Informed Practice

We facilitate the collection of clinical and service outcome data to inform START practices and operations. We partner with other leading institutions to analyze outcomes and contribute to the broader field of MH/IDD.

Nationwide START Population

START Program Locations

The data included in this poster reflects data from START programs in the following states from 7/1/17 – 6/30/18.

- Arkansas
- Colorado
- Iowa
- New Hampshire
- New York
- North Carolina
- Texas
- Virginia

Demographics

- Individuals served in FY18: 3,424
- Average length of stay: 16 months

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Children</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>(6-17)</td>
<td>(n=485)</td>
<td>(n=2559)</td>
</tr>
<tr>
<td>Age Range</td>
<td>14</td>
<td>31</td>
</tr>
<tr>
<td>% Male</td>
<td>76%</td>
<td>61%</td>
</tr>
</tbody>
</table>

Living Situation at Enrollment (Adults*)

*88% of Children enrolled reside in family home

Psychiatric & Chronic Medical Conditions

As identified at time of intake by informant report

<table>
<thead>
<tr>
<th>Condition</th>
<th>Children</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggression</td>
<td>89%</td>
<td>89%</td>
</tr>
<tr>
<td>Mental health symptoms</td>
<td>47%</td>
<td>65%</td>
</tr>
<tr>
<td>Family needs assistance</td>
<td></td>
<td></td>
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<tr>
<td>Self-injurious behavior</td>
<td></td>
<td></td>
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<tr>
<td>Difficulty with daily functioning</td>
<td></td>
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<tr>
<td>Diagnostic Assistance</td>
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</tbody>
</table>

Reasons for Referral

As reported by referral source, can select multiple

- Aggression
- Mental health symptoms
- Family needs assistance
- Self-injurious behavior
- Difficulty with daily functioning
- Diagnostic Assistance

Major Aims & Outcomes

Aim: Reduce the frequency & intensity of behavioral health issues that can lead to crisis

The Aberrant Behavior Checklist is psychopathy rating tool that is widely used in the assessment of people with an intellectual disability. Hyperactivity, Irritability, and Lethargy are clinically correlated with mental health symptoms.

Aim: Reduce the use of emergency services and in-patient psychiatric hospital admissions

- Children (ages 6-17)
- Adults (ages 18-80)

Aim: Enhance capacity through proficiency-based learning: START Coordinator Certification

Number of START Coordinator Certifications Increased 40% in FY18

“START has been incredibly valuable to us. Our START coordinator is an incredible resource and offers great insight and perspective. She attends school meetings with us regularly. She also organized a multidisciplinary evaluation, which gave us a great deal of comprehensive information.”

START Information Reporting System (SIRS)

- Developed in 2013 to ensure continuous review of resources and practices (time, caseload size, impact of specific methods) within START programs
- Captures de-identified health, demographic, and service information about START service users and has the ability to provide stakeholders with customized reporting by caseload, region, and state
- All START programs are required to enter service user data for every enrolled individual
- To date the database contains outcomes and assessment results for over 7000 individuals who have received START services across the country

Articles on FY18 studies published in peer-reviewed journals


Center for START Services Fiscal Year 2018
National START Program Outcomes

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