



The Mental Health Block Grant Ten Percent Set Aside Study

BRIEF REPORT | Program Fidelity & Participant Outcomes

OVERVIEW

Fidelity is defined as adherence to standards, specifications, or components of a program model. A key element in the Ten Percent Set Aside Study is measuring fidelity to the CSC model and assessing whether programs with greater fidelity achieve better client outcomes. Client outcomes include measures of severity of symptoms, quality of life, and social and role functioning, as well as substance use and adverse life events. The study team developed an adaptation of the First Episode of Psychosis Services Fidelity Scale (FEPS-FS) and assessed fidelity in each study site between January and June 2019.

Overall Fidelity. Data sources for the fidelity assessment included structured telephone assessments with key CSC staff members; information about medications and services from 10 randomly selected medical records; and review of program information such as staffing and eligibility criteria. Overall fidelity scores on the FEPS-FS (Rev) ranged from 119 to 150, as shown in Exhibit 1. A total of 77 percent of the sites attained good to excellent fidelity and 23 percent were rated in the fair range. Of the 33 items of the FEPS-FS (Rev), 28 were rated at good or excellent fidelity in the majority of sites.

Client Outcome Measures

Primary:

- Colorado Symptom Index (CSI)
- Lehman's Quality of Life Scale
- Global Functioning Social Scale
- Global Functioning Role scale

Secondary:

- Substance use (alcohol, tobacco, marijuana, other drug)
- Adverse life events in previous 6 months (homelessness, hospitalization, ER visits, legal issues, suicide attempt)

Exhibit 1. CSC Program Fidelity Ratings

Fidelity Rating	N (%) of sites	Mean item rating
Excellent (149 or above)	2 (6%)	>4.5
Good (132-148)	25 (69%)	≥4.0
Fair (116-131)	9 (25%)	>3.5
Poor (Below 116)	0 (0%)	N/A

MHBG 10% Set-Aside Study Methods

The MHBG 10% Study is a collaboration among the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Institute of Mental Health (NIMH), and the Office of the Assistant Secretary for Planning and Evaluation (ASPE). The study includes 36 CSC programs that were selected from among the 250 CSC programs across the U.S. that use MHBG 10% set-aside funding. Outcome data presented in this brief report were provided by study sites through an online portal between January 2018-July 2019, representing a total of 758 clients. Exact N's vary by outcome measure.

Fidelity Scores and Primary Outcomes. Examining the relationships between site fidelity and primary client outcomes showed a statistically significant relationship (with alpha set at .10) between the site fidelity score and Colorado Symptom Index severity score, as shown in Exhibit 2. The correlation (r) was $-.29$, indicating that higher total fidelity scores are associated with lower severity scores.

Exhibit 2. Correlations Between Fidelity and Primary Outcomes

Primary Outcome Measure (Mean difference between baseline and most recent interview)	r	p
Colorado Symptom Index	-0.29	0.0860
Lehman's Quality of Life Scale	0.13	0.4742
Global Functioning Social Scale	0.26	0.1360
The Global Functioning Role Scale	0.04	0.7516

Fidelity Scores and Secondary Outcomes. Exhibit 3 shows the correlations (r) between the sites' total fidelity score and the percentage difference between the number of clients with this condition present at baseline and the number of clients with each situation present at the most recent interview. Negative correlations suggest improvement on these secondary outcome measures. The results reveal strong correlation between the site's total fidelity score and reductions in alcohol use ($-.53$). We observed moderate correlations between total fidelity score and reductions in marijuana use ($-.27$), and reductions in the incidence of homelessness in the prior 6 months ($-.24$), but these were not statistically significant.

Exhibit 3. Correlations Between Fidelity and Secondary Outcomes

Secondary Outcome Measure (% difference between baseline and most recent interview)	r	p
Alcohol use	-0.53	0.0010
Marijuana use	-0.27	0.1266
Tobacco use	0.16	0.3527
Other drug use	0.13	0.4780
Homeless past 6 months	-0.24	0.1717
Psychiatric inpatient hospitalization past 6 months	-0.12	0.4940
ER visits past 6 months	-0.01	0.9451
Any legal issues past 6 months	0.08	0.6516
Suicide attempt past 6 months	-0.07	0.6911