2023 National GAIN Youth Summary

CHESTNUT
HEALTH SYSTEMS

What is the GAIN?

The Global Appraisal of Individual Needs (GAIN) is a family of evidence-based, biopsychosocial instruments providing agencies a variety of options, from screening to comprehensive assessment, supporting early detection of major clinical problems, co-occurring disorders, risk of re-offending and more. Used across a wide range of institutional settings, the GAIN supports clinical decision-making related to diagnosis, placement, and treatment planning and aids researchers in program planning and evaluation through integrated measures of need, costs and outcomes.

GAIN Instruments

- **The GAIN-Short Screener (GAIN-SS)** quickly identifies clients with one or more behavioral health disorders with an accuracy rate over 90%. It takes 5-15 minutes to complete and addresses the domains: Mental Health Disorders, Substance Use Disorders and Crime & Violence.

- **The GAIN-Quick Version 3 (GAIN-Q3)** is a screener used to identify and address a wide range of problems in clinical and general populations. It takes 25-35 minutes to administer and addresses the domains: Background, Substance Use, Physical Health, Risk Behaviors, Stress, Mental Health, School & Work, Crime & Violence and Quality of Life.

- **The GAIN-Initial (GAIN-I)** is a comprehensive assessment designed to support clinical diagnosis, placement, treatment planning, performance monitoring, program planning and economic analysis. It takes 1-2 hours to complete and provides greater depth of detail in the domains: Background, Substance Use, Physical Health, Risk Behaviors & Disease Prevention, Mental & Emotional Health, Environment & Living Situation, Legal and Vocation.

Efficient and cost-effective treatment planning requires accurate identification of the most appropriate level of care, prioritized by problem severity, across the spectrum of common co-occurring disorders.
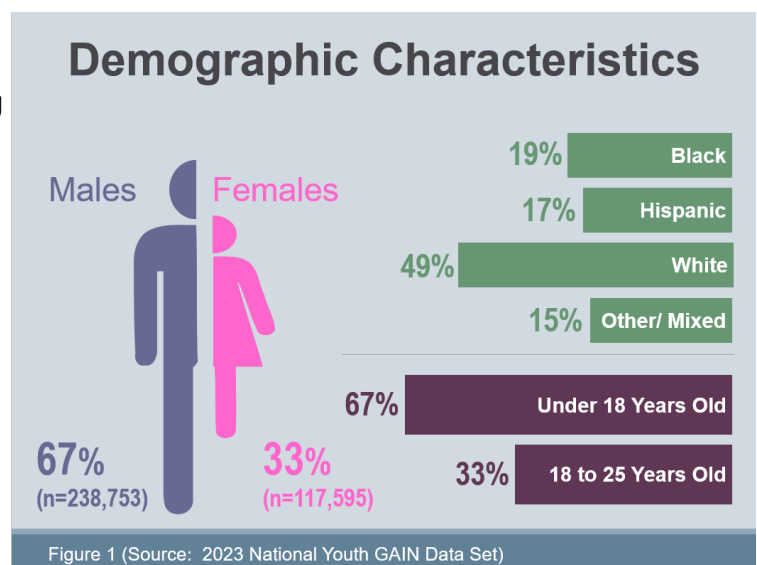
Report Authored By
Modisette, K.C., Hand, R. C., Sullivan, D.M., Scherrer, N.J., & Estrada, B.D. (2024) GAIN Coordinating Center, Chestnut Health Systems, Normal, IL.
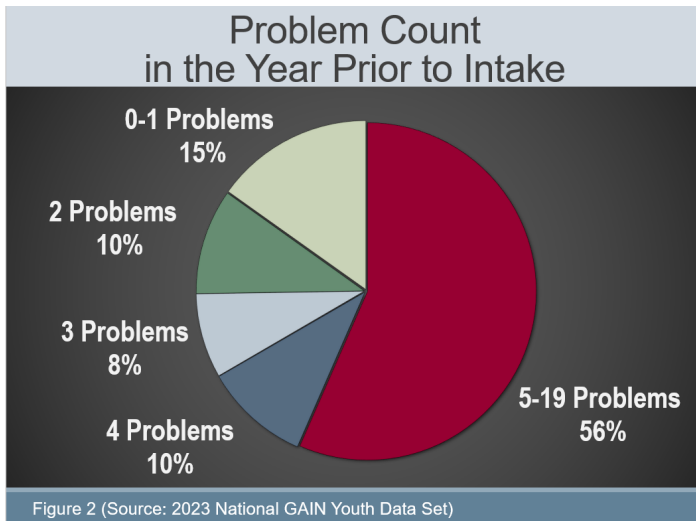
The National GAIN Data Set

The GAIN Coordinating Center (GCC) has assembled over 20 years of GAIN interviews to provide a detailed picture of the common presenting characteristics of those entering treatment. To illustrate the complexity of the clinical problems often encountered, we have examined the presenting characteristics of 357,782 youth, up to age 25, from the aggregated 2023 GAIN National Data Set. This data set is available for secondary analysis through the GCC.

Demographic Characteristics

Figure 1 shows gender, race/ethnicity and age for the sample examined. Two-thirds of the sample were male and more than half were under the age of 18. The 'Other/Mixed' race/ethnicity group includes Alaskan Native, Asian, Native American, Pacific Islander, a mix of any groups and any other group not listed.
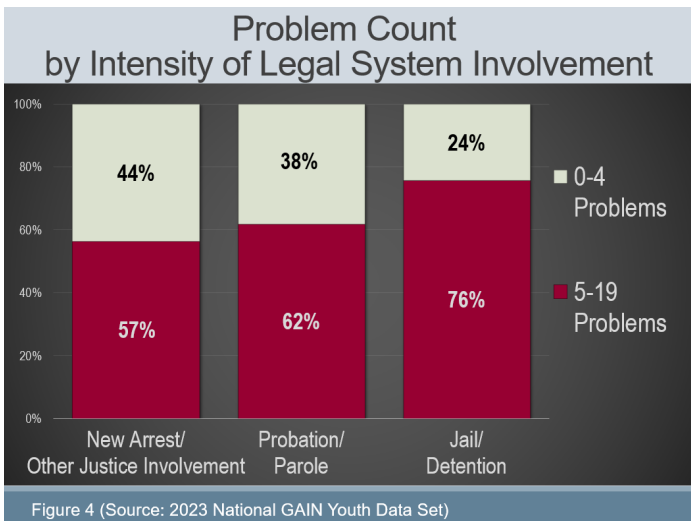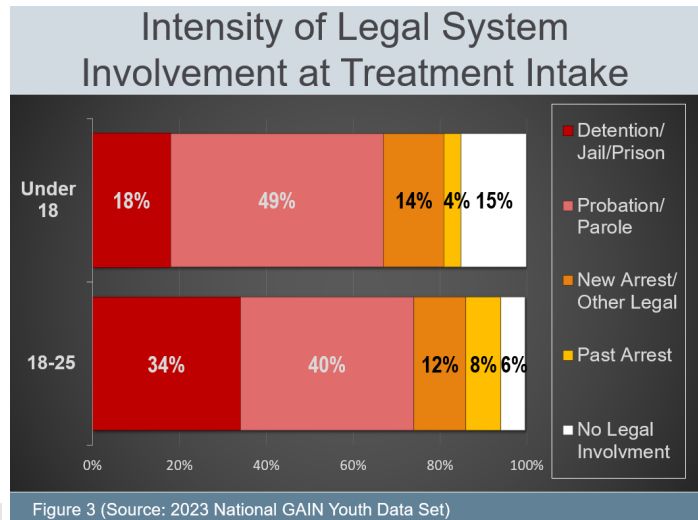

Demographic Characteristics

Males — 67% (n=238,753)
Females — 33% (n=117,595)

- 19% Black
- 17% Hispanic
- 49% White
- 15% Other/ Mixed

- 67% Under 18 Years Old
- 33% 18 to 25 Years Old

Figure 1 (Source: 2023 National Youth GAIN Data Set)

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Problem Count in the Year Prior to Intake

- 0-1 Problems 15%
- 2 Problems 10%
- 3 Problems 8%
- 4 Problems 10%
- 5-19 Problems 56%

Figure 2 (Source: 2023 National GAIN Youth Data Set)

Prevalence Rates of Major Clinical Problems

- **90%** have any alcohol or other drug use disorder
- **52%** have any mental health disorder
  - ◊ **43%** any internalizing disorder
  - ◊ **35%** any externalizing disorder
- **53%** have any crime or violence problem
- **58%** have any history of physical, sexual or emotional victimization
- **66%** have any moderate to severe physical health problems

Problem Count by Intensity of Legal System Involvement

Figure 4 (Source: 2023 National GAIN Youth Data Set)

Major Clinical Problems

Figure 2 displays the prevalence of multiple co-occurring concerns using a count of 19 major clinical problems in the year prior to intake. Over half of the sample presented with 5 or more clinical problems, including:

- ♦ **Substance Use Disorders:** Cannabis, Alcohol, Tobacco, Stimulant, Opioid and Other drugs
- ♦ **Mental Health Disorders:** Mood, Anxiety, Trauma, Suicide, ADHD, Conduct, Gambling and Early psychosis
- ♦ **Other Major Problems:** Any illegal activity, Any physical violence, Lifetime victimization, Physical health problems and Any disability

Intensity of Legal System Involvement at Treatment Intake

Figure 3 (Source: 2023 National GAIN Youth Data Set)

Legal System Involvement

Figure 3 demonstrates the intensity of legal system involvement. While this is primarily a treatment sample, 81% of the under 18 demographic are currently involved the full continuum of the legal system.

Co-Occurring Problems and Legal System Involvement

Figure 4 shows problem count by intensity of legal system involvement. The number of clinical problems increases as legal involvement intensifies.

The Necessity of a Multidimensional Screener

Trauma and co-occurring problems have confounding effects that complicate the efficacy of treatment interventions offered. Performing multidimensional, assessment-driven treatment planning has tremendous benefits for both the program and the participant. When multiple life areas are assessed and translated into treatment planning, clinicians are equipped with the information necessary to address the relationship between co-occurring problems and form a comprehensive treatment plan. This approach facilitates targeted placement in the most appropriate and cost-effective level of care by basing placement decisions on problem severity. Reviewing the severity of problems across these life areas enables the clinician to prioritize the most urgent problems first and plan services down the road for less severe problems. This frees up clinician's time to spend on more pressing matters, such as identifying and implementing relevant treatment services.

The Benefits of a Multidimensional Screener

- ✓ Simple screener can be used to identify complex problems
- ✓ Identify client's problem areas before they start services
- ✓ Target services to those who need them most
- ✓ Prioritize interventions
- ✓ Increase buy-in and engagement

The Benefits of the GAIN

The GAIN is composed of over 100 well-validated scales and has been used by over 5,544 agencies in 65 states/provinces of North America and 12 other countries. The current generation of software has been used to collect over 1.1 million records by over 20,733 staff. The GAIN has supported national and state surveys, as well as clinical trials, for over 20 years. GAIN data has been pooled across sites to publish over 915 articles and counting.

The GAIN Coordinating Center (GCC) provides a multitude of services around the GAIN Family of Instruments including, a proven training and certification model with a train the trainer option, customizable training options both online and in-person, ongoing customer support through our GAINInfo@chestnut.org support line, data management services and customizable data reports to meet your reporting and evaluation needs, ongoing technical support for our GAIN ABS website, customizable templates and new instruments, including the recently released GAIN-Q4. Please visit www.gaincc.org for more information on the services provided by the GCC.

Other components/benefits:

- ✓ Transfer data across systems of care
- ✓ On-going monitoring with screeners
- ✓ Assessment-driven case management reports
- ✓ Export your program's data

- ✓ Library of open-source resources available
- ✓ Optional data management services and program summary reports
- ✓ Additional modules available

Contact us today for a product quote to best serve your project needs!

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