

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Outside In-Voyagers-Aggression Replacement Training®
Cohort Total: 65 SPEP ID: 24-T01
Selected Timeframe: Jan. 1, 2014-Dec. 31, 2015
Date(s) of Interview(s): Jun. 3, 2015 & Jul. 30, 2015
Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter
Person Preparing Report: Shawn Peck & Doug Braden

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (350 character limit)*

The Voyagers Program is an activity-intensive 24-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Voyagers Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro social skills, moral reasoning and education. The Voyagers Program incorporates a group approach with experience-based learning. The group approach emphasizes pro-social skill building and the experience-based learning provides real-world engagement. Specific activities foster interaction and interdependence between group members while simultaneously developing problem solving ability and personal responsibility. The dynamics of trust, teamwork, stewardship, integrity, communication, service and respect are emphasized. The average length of stay is 4 to 6 months, but can vary from a month to a year or longer. Each student has the opportunity to participate in community service and venturing activities. The Voyagers Program consists of a highly structured and activity-intensive milieu that is developmentally appropriate and intrinsically motivating, challenging each student to evaluate his past behaviors and decisions and to begin imagining new ways of being. While in the Voyagers Program, students have the opportunity to participate in the Wilderness Intensive Leadership Development (W.I.L.D.) Program. W.I.L.D. is a closed group of no more than eight students that participate in outdoor intensive programming and venturing activities. Each student participates in the status and level system which measures behavioral progress and also is used to determine activities that the youth can participate in while in the program.

Aggression Replacement Training® (ART®) consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a Total Points Possible for this Service Type: 35

Total Points Earned: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 Total Points Possible: 20

3. **Amount of Service:** Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 Total Points Possible: 20

4. **Youth Risk Level:** The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

63/65 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

16/65 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Earned: 20 Total Points Possible: 25

Basic SPEP™ Score: 87 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 87% This percentage compares the service to the same service types found in the research. (eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Outside In's service of Aggression Replacement Training® (ART®) scored a 87% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. The quality of the service was found to be at a High level. The risk levels of youth admitted to the program were 3% as low risk, 72% as moderate risk and 25% as high risk. The amount of service provided to the clients was 71% of the recommended targeted weeks of duration and 71% of the recommended target contact hours for this service type.

Outside In's service of Aggression Replacement Training® (ART®) could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:
 - a. Ensure that Anger Control Groups continue to be facilitated in a closed group format
 - b. Ensure the performance of staff facilitating ART® is directly referenced into their yearly performance evaluations
 - c. Develop an agency policy that outlines how to prevent drift from occurring while delivering ART®
 - i. Ensure that the organizational response to drift includes specific action steps for the agency to take to avoid drift, an "if-then" approach
 - ii. A progressive supervision process and response plan
2. Regarding Service Amount:
 - a. Improve communication with JPO from referring counties to better match research recommendations for targeted amount of service

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Outside In-Voyagers Program-Aggression Replacement Training® (ART®)

Cohort Total: 26

SPEP ID: 24-T02

Timeframe of Selected Cohort: Feb.27, 2017-Apr.13, 2018

Date(s) of Interview(s): Jul.17, 2019 & Sep.18, 2017

Lead County & SPEP Team Representatives: Bill Shultz, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: John Fiscante & Shawn Peck

Description of Service: *This should include a **brief** overview of the service within the context of the program, the location and if community based or residential. Indicate the type of youth referred, how the service is delivered, the purpose of service and any other **relevant** information to help the reader understand the SPEP service type classification. (500 word limit)*

Outside In is a nonprofit corporation based in Bolivar, Pennsylvania that provides services for youth and families. Outside In offers a continuum of care that includes both residential and nonresidential services with the goal to interrupt nonproductive behavior patterns and establish success and positive development in referred youth. Upon entering Outside In, students are placed in one of two residential programs on the campus. The two programs offered at Outside In are Pathway to Recovery and Voyagers. The Voyagers Program is an activity-intensive 36-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Voyagers Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro social skills, moral reasoning, and education. The Voyagers Program incorporates a group approach with experience-based learning. The group approach emphasizes pro-social skill building and the experience-based learning provides real-world engagement. Specific activities foster interaction and interdependence between group members while simultaneously developing problem solving ability and personal responsibility. The dynamics of trust, teamwork, stewardship, integrity, communication, service, and respect are emphasized. The average length of stay is four to six months, but can vary from a month to a year or longer. Each student has the opportunity to participate in community service, and venturing activities. ART® is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training. Skillstreaming uses modeling, role playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations. The program consists of a 10-week, 30-hour intervention administered to groups of 8-12 youth. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control, and Moral Reasoning.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive-behavior Therapy

Based on the meta-analysis, is there a qualifying supplemental service No

If so, what is the Service type? There is no qualifying supplemental service

Was the supplemental service provided? n/a

Total Points Possible for this Service Type: 35

Total Points Earned: 35

Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20

Total Points Possible: 20

3. Amount of Service: Score was derived from examination of weeks and hours each youth in the cohort received the service. The amount of service is measured by the target amounts of service for the SPEP service categorization. Each SPEP service type has varying amounts of duration and dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 10

Points received for Dosage or Number of Hours: 10

Total Points Earned: 20 **Total Points Possible:** 20

4. Youth Risk Level: The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

20 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 7 points

4 youth in the cohort are High or Very High YLS Risk Level for a total of 3 points

Total Points Earned: 10 **Total Points Possible:** 25

Basic SPEP™ Score: 85 total points awarded out of 100 points. Compares service to any other type of SPEP therapeutic service. (eg: individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 85% This percentage compares the service to the same service types found in the research.(eg: individual counseling compared to all other individual counseling services included in the research)

The SPEP™ and Performance Improvement

The intended use of the SPEP is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service feedback report, and these recommendations are the focus of the performance improvement plan, a shared responsibility of the service provider and the local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) scored an 85 for the Basic Score and an 85% Program Optimization Percentage (POP). The Basic Score represents a decrease of 2 points and the POP represents a decrease of 2 percentage points from the initial SPEP™ assessment. It was classified as a Group 5 service; Cognitive-Behavioral Therapy. The quality of service delivery was found to be at a high level. For amount of service, 45% of the youth received the recommended target weeks of duration and 40% of the youth received the recommended target contact hours for this service type. The risk levels of the youth that received this service were 9% as low risk, 68% as moderate risk, 22% as high risk, and 0% as very high risk. This service could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:
 - a. Written Protocol:
 - i. Ensure that there are Co-facilitators facilitating every ART® Group.
 - ii. Train more staff in the ART® Curriculum so more Facilitators are available.
 - b. Staff Training:
 - i. Ensure that ART® facilitators are trained to complete Hassle Logs for Anger Control sessions as prescribed by written protocol.
 - c. Staff Supervision:
 - i. Ensure that the Co-facilitators complete Fidelity Checklists on the Facilitator at a rate of 20% of the time for Anger Control, Moral Reasoning and Skillstreaming.
 - ii. Ensure that the Agency Trainer observes a minimum of 20% of the Anger Control, Moral Reasoning, and Skillstreaming sessions, with at least two (20%) observations for each domain.
 - iii. Ensure that Hassle Logs are completed for all Anger Control sessions as prescribed by written protocol.
 - d. Organizational Response to Drift:
 - i. Enhance existing drift policy to include a detailed step-by-step description of how the service is delivered.
 - ii. Enhance existing “if-then” approach to describe the action steps to be taken operationally, should there be drift in service delivery.
 - iii. Develop a policy or procedure that specifically outlines how to review ART® outcome and process data and how to apply findings to improve ART® service implementation and prevent drift.
 - iv. Routinely review and respond to data on the provided service to improve service implementation and prevent drift.
 - v. Ensure that additional staff are trained in the curriculum to inform them of the ART® language, regardless if they facilitate groups, to ensure a culture of commitment to ART® in everyday programming.
2. Regarding Amount of Service:
 - a. Improve communication with JPO from referring counties to better match research recommendations for the targeted amount of service.
 - b. Discuss aftercare options to help with transition after residential treatment:
 - i. Reconsider the “pre-release” option that increases frequency of home passes as youth approach discharge.
 - ii. Initiate a transition plan for each student.
3. Regarding Level of Risk:
 - a. Improve communication with JPO from referring counties to better match research recommendations for the Level of Risk.
 - b. Increase collaboration between juvenile probation and Outside In to consider:
 - i. Each youth’s responsibility factors during treatment.
 - ii. Appropriate length of stay for each youth.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 2

SPEP™ ID and Time: 0024-T03

Agency Name: Outside In
Program Name: Voyagers
Service Name: Aggression Replacement Training® (ART®)
Cohort Total: 24
Timeframe of Selected Cohort: February 1, 2020 - August 31, 2021
Referral County(s): Allegheny (7), Clarion (1), Cumberland (1), Dauphin (3), Erie (2), Lebanon (2), Lycoming (2), Montgomery (3), Washington (1), Westmoreland (2)
Date(s) of Interview(s): Service Classification, 1/29/2021; Quality Interview, 3/25/2021
Lead County: Erie
Probation Representative(s): Chris Boyle, Resource Manager, Erie County Juvenile Probation
EPIS Representative: Shannon O'Lone, SPEP™ Implementation Specialist

Description of Service:

Outside In is a nonprofit corporation based in Westmoreland County that provides services for youth and families. It is licensed by the Department of Health – Division of Drug & Alcohol Program (DDAP), the Pennsylvania Department of Human Services (DHS), and the Pennsylvania Department of Education – Division of Private Academic Schools (PDE). Outside In is also accredited by the Commission on Accreditation for Rehabilitation Facilities (CARF) and by the American Camp Association (ACA). The agency is a member of the Pennsylvania Council of Children, Youth & Family Services, the Pennsylvania Community Provider's Association, Pennsylvania Academic, Career and Technical Training (PACCT) and Occupational Vocational Rehabilitation (OVR). Outside In offers a continuum of care that includes both residential and community-based services with the goal to empower persons served to live "to the fullest"! Residential services at the Outside In campus include two programs - Pathway to Recovery & Voyagers.

The Voyagers Program is an activity-intensive 36-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Voyagers Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro-social skills, moral reasoning and education. The Voyagers Program incorporates a group approach with experience-based learning. The group approach emphasizes pro-social skill building, and the experience-based learning provides real-world engagement. Specific activities foster interaction and interdependence between group members while simultaneously developing problem solving ability and personal responsibility. The dynamics of trust, teamwork, stewardship, integrity, communication, service and respect are emphasized. The average length of stay is 4 to 6 months, but can vary from a month to a year or longer. Each student has the opportunity to participate in community service and venturing activities. The Voyagers Program consists of a highly structured milieu that is developmentally appropriate and intrinsically motivating. The milieu challenges each student to evaluate his past behaviors & decisions and to begin imagining new ways of being.

Students are instructed in the areas of Aggression Replacement Training®, Competency Development, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Independent Life Skills. Each student has the opportunity to participate in community service and venturing activities. Each student's progress is measured on a weekly basis along three performance tracks: behavior, academics, and completion of service plan goals.

To meet the ever-changing needs of youth, The Voyagers Program could be a potential stepdown for students that offers outpatient D&A services and/or a Wilderness Intensive Leadership Development cycle. Additionally, Voyagers offers a Transitional Living Program for students who have specific independent living needs, as well as a "Sanction" Program, which can be used at county juvenile probation department's discretion.

- The Transitional Living Program is designed for dependent/delinquent youth lacking permanency or whose family/home environment needs stabilized prior to discharge. Treatment services focus on transitional skills development.
- The Sanction Program is used as a short-term high impact, or pre-emptive measure (e.g., a step-up versus a step-down service). Youth may be referred for one weekend, several weekends, or a select number of consecutive days (typically between 7 & 14). Group counseling services, educational support, and experiential activities are the focal points of the students' experience within the Sanctions Program.

Aggression Replacement Training® (ART®) is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training.

- Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills.
- Anger Control Training requires participating youth to bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, youth are trained in how to respond to their hassles.
- Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others. It is also designed to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and contact hours for the delivery of ART® in a residential program versus delivery of ART® in a community-based program.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Cognitive Behavioral Therapy

Based on the meta-analysis, is there a qualifying supplemental service? No

If so, what is the Service Type? There is no qualifying supplemental service

Was the supplemental service provided? No Total Points Possible for this Service Type: 30

Total Points Received: 35 Total Points Possible: 35

2. **Quality of Service:** Research has shown that programs that deliver service with high quality are more likely to have a positive impact on recidivism reduction. Monitoring of quality is defined by existence of written protocol, staff training, staff supervision, and how drift from service delivery is addressed.

Total Points Received: 20 Total Points Possible: 20

3. Amount of Service: Score was derived by calculating the total number of weeks and hours received by each youth in the service. The amount of service is measured by the target amounts of service for the SPEP™ service categorization. Each SPEP™ service type has varying amounts of duration and contact hours. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction.

Points received for Duration or Number of Weeks: 4
Points received for Contact Hours or Number of Hours: 8

Total Points Received: 12 Total Points Possible: 20

4. Youth Risk Level: The risk level score is compiled by calculating the total % of youth that score above low risk, and the total % of youth who score above moderate risk to reoffend based on the results of the YLS.

21 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 10 points
8 in the cohort are High or Very High YLS Risk Level for a total of 10 points

Total Points Received: 20 Total Points Possible: 25

Basic SPEP™ Score: 87 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. individual counseling compared to cognitive behavioral therapy, social skills training, mentoring, etc.)

Note: Services with scores greater than or equal to 50 show the service is having a positive impact on recidivism reduction.

Program Optimization Percentage: 87% This percentage compares the service to the same service types found in the research. (e.g. individual counseling compared to all other individual counseling services included in the research.)

The SPEP™ and Performance Improvement

The intended use of the SPEP™ is to optimize the effectiveness of reducing recidivism among juvenile offenders. Recommendations for performance improvement are included in the service Feedback Report, and these recommendations are the focus of the Performance Improvement Plan, a shared responsibility of the service provider and the juvenile probation department.

1. Regarding Amount of Service:

- a. Continue your collaboration with Juvenile Probation Departments/JPOs to ensure the appropriate length of stay for youth to complete the service (i.e., 10 weeks/28 contact hours).