

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Loysville-Juniata Cottage-Thinking for a Change (T4C)
Cohort Total: 17 SPEP ID: 133-T01
Selected Timeframe: Oct. 1, 2015-Dec. 31, 2016
Date(s) of Interview(s): Oct. 7, 2016
Lead County & SPEP Team Representatives: Sue Claytor, York Co. & Heather Perry, EPISCenter
Person Preparing Report: Sue Claytor & Heather Perry

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)*

Loysville is a state secure facility that provides residential services for moderate to high risk male youth. This facility consists of six separate cottages as well as a secure unit. Each cottage has a specific focus in terms of the treatment received by the youth: Juniata is short term and focuses on older youth who have their GED/Diploma and need vocational counseling and payment of restitution. The focus of this report is Thinking for a Change Version 3.1. T4C is a cognitive-behavioral therapy intervention intended to reduce rates of recidivism by helping individuals improve their thinking patterns, interpersonal skills, and problem-solving abilities. There are three components: cognitive restructuring, social skill training, and problem solving. The Counseling Center provides the main components of the service. The cottages and secure unit provide the Aftercare Social Skills group that support the components that are taught in the Counseling Center. Upon intake all youth are assessed by the social worker using the YLS. Youth found to have an overall risk of moderate or high in the domains of Personality/Behavior, Attitudes/Orientation or Peers will receive T4C. The T4C curriculum consists of a Facilitator's Manual, a "Process to be used with each Social Skill lesson" document, a Thinking for Change Group Homework booklet and Thinking for a Change booklet for the resident, and a Skill Reinforcement Manual authored by the Carey Group. New groups of T4C begin every four weeks and include 8 new youth per group. The curriculum lasts twelve weeks and contains 25 sessions with session 1 being an introduction to T4C. Session 2 to 5 focus on Social Skills. Session 6 to 10 focus on Cognitive Self Change. Session 11 to 15 focus on Social Skills and Cognitive Self Change and sessions 16 to 24 focus on Problem Solving using the Social Skills and Cognitive Self Change. Lastly, session 25 is a summary of the program. The Counseling Center holds hourly group sessions twice a week. All three components of T4C are taught at the Counseling Center however only 9 core social skills are taught. There is a pre and post-test for T4C and upon successful completion, the youth receives a certificate. The Counseling Center's involvement ends after twelve weeks, however the cottages facilitate Aftercare Social Skills group based on the fifty social skills provided in the manual. Aftercare Social skill groups are unique to each cottage. Juniata cottage is a 16-bed unit serving youth ages 16-20 that have deeply ingrained delinquent values, with special emphasis on educational remediation and vocational counseling/job training. Juniata cottage facilitates their Aftercare Social Skills Group every Monday for one hour. Only 26 of the 50 social skills are utilized in this cottage. The PSA determines the 26 skills to be used.

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: 10 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: 0

Total Points Earned: 10 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.

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

5 youth in the cohort are High or Very High YLS Risk Level for a total of 10 points

Total Points Earned: 22 Total Points Possible: 25

Basic SPEP™ Score: 77 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: 77% 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:

The Thinking for Change Program at Loysville – Juniata cottage scored a 77 for the Basic Score and a 77% Program Optimization Percentage. It is classified as a Group 5 Service: Cognitive-Behavioral Therapy service type. The Counseling Center by itself scored high in terms quality of service while Juniata cottage scored medium. The program could improve its capacity for recidivism reduction through:

1. Enhance Staff Training: Provide booster/refresher training within the cottage on the delivery of the social skills within that environment and document the list of attendees. When possible, utilize staff meetings to facilitate discussion and training opportunities.
2. Enhance On-going Staff Supervision:
 - a. Specifying curriculum(s) staff are trained to deliver in performance evaluations and address their performance in relation to that curriculum.
 - b. Develop set timeframes to observe staff delivering the social skills in the cottage and provide specific, written feedback to each staff.
3. Enhance Organizational Response to Drift:
 - a. Develop a written procedure to address departure from delivery protocol and the steps to follow to address drift.
 - b. Consider having staff conducting the Aftercare Social Skills group observe these groups sessions in other cottages and provide written feedback.
4. Contact Hours: Investigate ways to increase the number of contact hours to reach the recommended 45 hours for T4C.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 0133-T02

Agency Name: Bureau of Juvenile Justice Services (BJJS)

Program Name: Loysville Youth Development Center (LYDC) - All cottages

Service Name: Thinking for a Change (T4C)

Cohort Total: 108

Timeframe of Selected Cohort: January 1, 2019 - June 30, 2020

Referral County(s): Allegheny (7), Berks (1), Bradford (1), Bucks (1), Cambria (1), Carbon (1), Chester (3), Dauphin (6), Delaware (2), Erie (2), Fayette (2), Lancaster (1), Lehigh (7), Luzerne (1), Mifflin (1), Monroe (1), Montgomery (4), Philadelphia (52), Schuylkill (1), Wayne (1), Westmoreland (3), York (9)

Date(s) of Interview(s): April 8, 2020 and August 20, 2020

Lead County: Dauphin

Probation Representative(s): Matt Foster & Joe Gifford (Dauphin), Sue Claytor & Andrew Guise (York County)

EPIS Representative: Lisa Freese

Description of Service:

Loysville Youth Development Center (LYDC) is a state secure facility that provides residential services for moderate to high risk male youth. This facility consists of four 12-bed cottages as well as a secure unit that can house 18 youth. Each cottage has a specific focus in terms of the treatment received by the youth. ZB cottage focuses on youth with substance abuse issues. STAR cottage is for youth with significant mental health issues. Juniata focuses on older youth who have deeply ingrained delinquent values with special emphasis on educational remediation and vocational counseling/work training. Allegheny Cottage is for youth with antisocial thinking and attitudes along with aggressive and violent behaviors. The Secure Unit is for youth ages 16-20 and addresses individualized treatment issues along with learning and displaying appropriate pro-social behavior.

The focus of this report is Thinking for a Change (T4C). T4C is a cognitive behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of offenders that includes cognitive restructuring, social skills development, and the development of problem-solving skills. T4C is delivered in a closed group for 12 weeks and includes 24 sessions. During this time, the resident's assigned counselor is also working with them on an individual level reinforcing, reviewing homework, and key concepts definitions learned during the 24 session. A new group of T4C begins every 4 weeks; the cottages are combined to meet the threshold of 8 group participants. Lastly, the T4C groups are very structured and schedule/lesson specific with the goal to systematically address all three components- Social Skills, Cognitive Self Change and Problem Solving from start to finish. Residents receive one to four hours of T4C weekly; one hour on the unit and either none or up to three hours in the Counseling Center. In addition, every cottage delivers an ongoing T4C aftercare group, which was added in January, 2016. This group is in addition to the 24 sessions and residents attend weekly from intake to discharge. The Social Skills group runs in the cottage once per week – addressing the additional 50 Social Skills in the appendix of T4C.

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? N/A **Total Points Possible for this Service Type:** 35

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

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.

97 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 10 points
47 in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Received: 23 **Total Points Possible:** 25

Basic SPEP™ Score: 90 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: 90% 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.

T4C received a 90 for the Basic Score and an 90% Program Optimization Percentage. These Basic Scores represent an increase of 6 percentage point(s) from the initial SPEP™ Assessment. These POP Scores also represent an increase of 6 percentage point(s) from the initial SPEP™ Assessment.

The service was classified as a Group 5 service; Cognitive-behavioral Therapy Service Type. There is no qualifying supplemental service found in the research. The Quality of Service Delivery was found to be at a High Level. For Amount of Service, 81% of the youth received the recommended targeted weeks of duration and 51% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 10% low risk, 46% moderate risk, 43% high risk, and 1% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:
 - a. Staff Training:
 - i. Document routine booster trainings specific to delivery of T4C and document those in attendance.
 - b. Staff Supervision:
 - i. All staff should have included in annual performance evaluations information specific to the staff person's delivery of T4C.
2. Regarding Amount of Service:
 - a. Continue to communicate to referral sources that youth in a cognitive behavioral therapy service should remain in that service for a minimum of 15 weeks.
 - b. Continue to communicate to referral sources that youth in a cognitive behavioral therapy service should receive a minimum of 45 hours of the service.
3. Regarding Risk Level of Youth Served:
 - a. Continue to communicate to referral sources that this service targets moderate to very high risk youth.