

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: The Summit Academy-Aggression Replacement Training® (ART®)

Cohort Total: 29

SPEP ID: 187-T01

Selected Timeframe: Jan.15, 2016-May 27, 2016

Date(s) of Interview(s): Jan. 18, 2017 & Mar. 6, 2017

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

Person Preparing Report: 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. (350 character limit)*

The Summit Academy is a private, residential school for court-adjudicated and dependent male youth ages 14-19 in grades 9-12. The program is multi-faceted, interweaving academics, counseling, trades training, and athletics. Youth with drug and alcohol issues reside on a different floor than those without drug and alcohol issues.

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. Over the duration of the program, they are trained 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 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 to 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 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: 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.

29 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 3 points

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 90 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: 90% 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 a 90 for the Basic Score and a 90% Program Optimization Percentage. It is classified as a Group 5 service type. The quality of service was found to be at a High Level. The amount of service provided to the clients was 100% of the recommended targeted weeks of duration and 100% of the recommended target contact hours for this service type. The risk levels of youth admitted to the program were 0% as low risk, 83% as moderate risk, and 17% as high risk. The program could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:

a. Response to Drift:

- i. Coordinate and combine the existing procedures/policies into an overarching policy/procedure that includes specific action steps to prevent drift.
- ii. Ensure that the policies and procedures in response to drift include action steps, an if-then approach to ensure drift does not occur.
- iii. Utilize model-specific pre-test and post-tests.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 0187-T02

Agency Name: The Summit Academy
Program Name: The Summit Academy
Service Name: Aggression Replacement Training®
Cohort Total: 43 for Amount of Service; 39 for Risk Level
Timeframe of Selected Cohort: Mar. 25, 2019 - Dec. 31, 2019
Referral County(s): Allegheny (14); Bedford (1); Berks (3); Cambria (1); Chester (1); Dauphin (1); Delaware (4); Elk (1); Lebanon (1); Lehigh (1)
Monroe (2); Montgomery (1); Perry (1); Philadelphia (6); Schuylkill (1); Westmoreland (1); York (3)
Date(s) of Interview(s): Dec. 19, 2019 & Apr. 16, 2020
Lead County: Allegheny
Probation Representative(s): William Shultz
EPIS Representative: Christa Park

Description of Service:

The Summit Academy is a private residential school for young men, ages 12-18 in grades 7-12 who are overcoming delinquency, dependency, and addiction issues. The school provides a multi-faceted approach to treatment, rehabilitation and recovery for youth who have experienced substantial trauma and challenges in their past. Summit Academy's trauma-informed milieu interweaves academics, substance abuse treatment, mental health service, evidence-based counseling, family support services, trades training, community service, arts and athletics to provide a transforming opportunity and holistic support system. The unwavering encouragement and comprehensive competency skill development they receive enables them to redirect their lives and focus on healthy and positive futures.

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 multi-modal 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? 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: 6

Total Points Received: 14 **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.

33 / 39 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 10 points
13 / 39 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: 89 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: 89% 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.

ART® received an 89 for the Basic Score and an 89% Program Optimization Percentage. These Basic Scores represent a decrease of 1 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent a decrease of 1 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, 91% of the youth received the recommended targeted weeks of duration and 78% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 15% low risk, 51% moderate risk, 33% high risk, and 0% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:
 - a. Written Protocol:
 - i. Enhance the current Written Protocol by identifying & including practical ways to ensure missed group session(s) are rescheduled for youth as needed.
 - b. Organizational Response to Drift:
 - i. Review the “Response to Drift” policy on a pre-determined basis and note such review on the policy itself.
 - ii. Enhance the drift policy to include examples of service-specific drift and include an “if-then” approach for corrective action steps to be taken for service-specific drift.
 - iii. Enhance current practices regarding data collection & analysis to improve service delivery.
2. Regarding Amount of Service:
 - a. Maintain communication with referral JPO to better match research recommendations for the target amount of service and appropriate length of stay for each youth.
3. Regarding Risk Level of Youth Served:
 - a. Collaborate with referral JPO to consider the appropriate risk level for each youth.
 - b. Collaborate with referral JPO to consider each youth’s responsivity factors during service delivery.