

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 0300-T01

Agency Name: Bureau of Juvenile Justice Services (BJJS)
Program Name: Loysville Youth Development Center (LYDC)
Service Name: Hazelden's A New Direction (AND)
Cohort Total: 18
Timeframe of Selected Cohort: January 1, 2019 - June 30, 2020
Referral County(s): Allegheny (1), Berks (1), Bradford (1), Carbon (1), Chester (1), Dauphin (1), Lehigh (1), Luzerne (2), Monroe (1), Montgomery (2), Philadelphia (4) and Westmoreland (2)
Date(s) of Interview(s): April 8, 2020, June 4, 2020 and June 11, 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 Hazelden's "A New Direction" (AND) curriculum. It is a Cognitive Behavioral Therapy (CBT) intervention that was developed through collaboration between the Minnesota Department of Corrections and the Hazelton Foundation in order to meet the needs of male inmates who have chemical dependency issues. When implemented in a Therapeutic Community (TC) treatment modality, Hazelden's "A New Direction" curriculum offers a well packaged combination of traditional substance abuse treatment and criminal justice concepts intended to address the core thinking of this population. The curriculum is offered primarily through individual counseling sessions with the Youth Development Counselors (YDC), although some sessions occur with the Psychological Services Specialists (PSS) as well. Hazelden's "A New Direction" relies on the participants challenging one another to address thoughts, feelings, and behaviors with the goal of participants demonstrating consistent prosocial behaviors within the treatment program. Through this practice of new skills, new thinking concepts, and new behaviors, participants are able to transfer these skills to their lives, communities, and interpersonal relationships after completion of the program.

Group counseling sessions that are a part of this intervention include a Thinking Report Improvement Group and a Community Building Group. As part of the curriculum, the Drug & Alcohol Treatment Specialist (DATS) facilitates a group to review material from the New Direction workbook, Alcohol and Other Drug Education. Participants complete workbook assignments related to the following topics: The Disease of Addiction; The Effects of Addiction on Your Body; The Effects of Addiction on Your Thinking; The Effects of Addiction on Your Life; and Transition to Lifelong Recovery. Residents also participate in a Relapse Prevention Group facilitated by the Drug & Alcohol Treatment Specialist (DATS). This group is based on the Relapse Prevention workbook from the New Directions curricula. Participants complete assignments based on the following areas: Maintaining a Balanced Lifestyle, Identifying Internal and External Triggers, Coping with Cravings, Avoiding or Coping with High Risk Situations, Developing a Support Network, and Creating a Relapse Prevention Plan. This group, along with the group facilitated by the DATS are part of the Hazelden A New Direction Curriculum.

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: 10 **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: 8

Total Points Received: 16 **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.

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

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

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

Basic SPEP™ Score: 86 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: 86% 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.

Hazelden's A New Direction received an 86 for the Basic Score and an 86% Program Optimization Percentage. It 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 Medium Level. For Amount of Service, 83% of the youth received the recommended targeted weeks of duration and 84% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 0% low risk, 44% moderate risk, 56% 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. Staff Training:

- i. Create booster trainings to occur at predetermined times (eg: semi-annually, quarterly, annually etc.).
- ii. Ensure that supervisors who oversee staff delivering AND are trained to deliver the service and that it is documented.

b. Staff Supervision:

- i. Ensure that all supervisors routinely observe delivery of AND.
- ii. Supervisors should complete a Supervisory Observation Form after each observation and give a copy to staff.
- iii. Specifically address delivery of AND in performance reviews.

c. Organizational Response to Drift:

- i. Develop a policy to identify departure from fidelity and quality in the delivery of AND.
- ii. Provide written documentation when the policy is utilized.
- iii. In the policy, include specific corrective action steps to be taken to address drift.

2. Regarding Amount of Service:

- a. Continue to remind referral sources that as a Cognitive Behavior Therapy service, AND should be delivered at a minimum of 45 hours over 15 weeks.