

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 318-T01

Agency Name: K/S MST, Inc.

Program Name: K/S MST, Inc.

Service Name: Multisystemic Therapy

Cohort Total: 15

Timeframe of Selected Cohort: January 1, 2019 - January 1, 2021

Referral County(s): Lehigh

Date(s) of Interview(s): March 17, 2021

Lead County: Lehigh

Probation Representative(s): Tracie Davies, Eva Frederick

EPIS Representative: Lisa Freese

Description of Service:

K/S MST®, Inc. was established in 2007 in Bucks and Montgomery Counties. Lehigh County was added in 2015 and Northampton County in 2017. K/S MST®, Inc. is only located within these counties in PA. In addition to K/S MST®, Inc., several other services are provided. There is an In Home Program that is offered in all counties. Referrals are made by the Office of Children and Youth Services (OCYS) or Juvenile Probation. There are two workers: a Masters level family therapist and a Bachelors level advocate/mentor. They accept male and female clients ages 5 through 17. The service is an average of 6 months. Family therapy is once per week and the mentor/advocate sees the youth as many as 8 visits per month. The Truancy Diversion Program is offered in all counties. It is a diversionary program that addresses truancy and referrals are made by the Office of Children and Youth Services. Once the referral is made, the case is closed by OCYS. This service is 3-5 months in length. There is a family therapist that meets once per week and an advocate that typically meets 2-4 times per week. The advocate will often assist in getting the children to school. Clients are both male and female and range in ages from 5-17. Also offered is a Trauma Focused Cognitive Behavior Therapy (TF-CBT). This is grant funded and available in all counties. Referrals are made through the Office of Children and Youth Services. The emphasis is the child and the caregiver. They accept both male and female clients ages 3-18. The focus is on processing trauma. There is a Master level therapist that meets with the family one to two times per week. In addition to the above services, Positive Parenting Program, known as Triple P is offered in all of the counties mentioned. It draws on social learning, cognitive behavioral and developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. This is an evidence-based, early intervention service designed to normalize concept of parenting, deliver exactly how much support the parent needs, enable parents to be self-sufficient and self-confident.

Lastly is K/S MST®, Inc., which is the focus of this report, specifically for Lehigh County probation referrals. K/S MST®, Inc. is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. It is a family-focused and community-based treatment program that is developed for youth who display chronic or violent delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol use and abuse. Clinical interventions are delivered in the home environment and include strategic family therapy, structural family therapy, behavioral parenting training, and cognitive behavioral therapy. K/S MST®, Inc. works with the family and youth to develop interventions to impact behavior and then assess how the intervention went. The MST® therapist is constantly assessing, developing, implementing and then reassessing. MST® is not intended to work in tandem with other services; therefore, youth receiving MST® are typically not participating in other treatment interventions. MST® does have exclusion criteria; it is not suited for youth who currently have suicidal/homicidal ideations or attempts, or who display psychotic behaviors. Youth on the autism spectrum or who have a borderline or below IQ are excluded as well. K/S MST®, Inc. is not appropriate for youth where sexual issues are the primary behavior. K/S MST®, Inc. is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers, and family. As a result, attention is given to these “drivers” of behavior at the onset of treatment to ensure that the undesired behaviors are addressed.

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

1. **SPEP™ Service Type:** Family Counseling

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:** 20

Total Points Received: 20 **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:	10

Total Points Received: 18 **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.

13	youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth	10	points
2	in the cohort are High or Very High YLS Risk Level for a total of	0	points

Total Points Received: 10 **Total Points Possible:** 25

Basic SPEP™ Score: 68 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: 80% 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.

K/S MST®, Inc. received a 68 for the Basic Score and an 80% Program Optimization Percentage. It was classified as a Group 3 service; Family Counseling 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, 93% of the youth received the recommended targeted weeks of duration and 100% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 13% low risk, 73% moderate risk, 13% high risk, and 0% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Risk Level of Youth Served:

- a. K/S MST®, Inc. should continue to work with the juvenile probation department to target referrals that are moderate, high or very high level of risk.