

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Abraxas I-Intensive Open Residential Program (IORP)-ART®

Cohort Total: 12

SPEP ID: 109-T01

Selected Timeframe: Nov. 17, 2015-Oct. 24, 2016

Date(s) of Interview(s): Jun. 9, 2016, Sep. 16, 2016

Lead County & SPEP Team Representatives: Angela Work, McKean Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Angela Work

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 Abraxas I Intensive Open Residential Program (IORP) is a 12-bed, open residential program that provides staff secure / intensive programming for male adolescents between the ages of 13 to 18. This highly structured, staff-secure residential program provides individualized treatment for youth with diverse needs directly impacting their delinquency issues, and as a result, may have demonstrated resistance toward other treatment programs. Abraxas I uses a strengths-based approach, which focuses on intensive clinical programming, evidence-based curricula, personal character development, and specific counseling to remedy family deficits. The program is designed as an alternative to secure placement. Utilizing a cognitive behavioral model, the Intensive Open Residential Program implements a strong emphasis on Aggression Replacement Training and Balanced and Restorative Justice.

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 training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in Moral Reasoning 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.

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: 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: 8

Points received for Dosage or Number of Hours: 0

Total Points Earned: 8 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.

10 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 10 points

Total Points Earned: 17 Total Points Possible: 25

Basic SPEP™ Score: 70 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: 70% 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®) could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:

- a. Ensure that Fidelity Checklists are utilized to ensure model adherence
- b. Ensure the supervisor utilizes Fidelity Checklists to provide written feedback for those who deliver this service
- c. Develop a process to monitor the delivery of this service
- d. Develop a scheduled process for the supervisor to observe the delivery of this service
- e. Develop a 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 Amount of Service:

- a. Ensure youth receive three sessions of ART® each week per protocol

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 109-T02

Agency Name: Abraxas Youth and Family Services - Abraxas -I

Program Name: Intensive Open Residential Program (IORP)

Service Name: Aggression Replacement Training® (ART®)

Cohort Total: 12

Timeframe of Selected Cohort: Began the service on or after 1/8/2019 and ended the service on or before 3/31/2020

Referral County(s): Bedford (1); Columbia (1); Cumberland (1); Dauphin (2); Delaware (1); Franklin (1); Lawrence (1); Lehigh (1);
Mifflin (1); Northampton (1); Wayne (1)

Date(s) of Interview(s): Service Classification: 2/19/2020; Quality of Service Delivery Interview: 3/11/2020

Lead County: McKean

Probation Representative(s): Teresa Wilcox, Chief Probation Officer, McKean County Juvenile Probation

EPIS Representative Shannon O'Lone, SPEP™ Implementation Specialist

Description of Service:

Abraxas I, a division of Abraxas Youth and Family Services, is located in rural Marienville, PA and offers a variety of programs within the campus including: The Social Training and Education Program (STEP), The Intensive Open Residential Program (IORP), The Abraxas Residential Mental Health Services (ARMHS) Program and The Abraxas I Intensive Drug & Alcohol Treatment Programs. Abraxas I is a Sanctuary® Model affiliated program which provides guidance in support of a trauma informed, trauma sensitive culture by employing the Seven Commitments of the Sanctuary® Model, along with the Sanctuary® Toolkit.

The Abraxas I Intensive Open Residential Program (IORP) is a 12-bed, open residential program that provides staff secure/intensive programming for male adolescents between the ages of 13 to 18. This highly structured, staff-secure residential program provides individualized treatment for youth with diverse needs directly impacting their delinquency issues, and as a result, may have demonstrated resistance toward other treatment programs. Abraxas I uses a strengths-based approach, which focuses on intensive clinical programming, evidence-based curricula, personal character development, and specific counseling to remedy family deficits. The program is designed as an alternative to secure placement. Utilizing a cognitive behavioral model, the Intensive Open Residential Program implements a strong emphasis on Aggression Replacement Training and Balanced and Restorative Justice.

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? 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: 6
Points received for Contact Hours or Number of Hours: 6

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.

12 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 12 points
5 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: 82 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: 82% 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 Quality of Service Delivery:

a. Written Protocol:

- i. Within the written protocol, ensure youth selection for service specific components is clearly described and documented
 1. Crosswalk ISP goals with the YLS
 2. Identify which criminogenic needs are highlighted within this service
- ii. Within the written protocol, clearly describe how the written protocol is to be reviewed/updated at pre-determined timeframes

b. Staff Training:

- i. Within the written protocol, create specific documentation that outlines the minimum education requirement to deliver ART®
- ii. Within the written protocol, identify the specialized training requirement to deliver ART®

c. Staff Supervision:

- i. Incorporate service specific feedback for ART® into yearly performance evaluations

d. Organizational Response to Drift:

- i. Within the written protocol, create an overarching policy to identify and address drift of service delivery (i.e. incorporating how Fidelity Checklists are utilized to keep the service on track)
- ii. Ensure that the organizational response to drift policy includes specific action steps for the agency to take to avoid drift, including an “if-then” approach or specific corrective action steps to address departure from the fidelity and quality of service delivery
- iii. Develop a process to review the data collected and use the data to adapt or improve service delivery consistently utilizing the AQ and HIT according to the ART® model

2. Regarding Amount of Service:

- a. Improve communication with JPO from referring counties to better match research recommendations for targeted amount of service and appropriate length of stay
- b. Make modifications to provide longer service participation, allowing alignment with research supported amounts by the ART® developer of 10 weeks and 30 hours

3. Regarding Risk Level of Youth Served:

- a. Maintain collaboration between juvenile probation and Abraxas I to consider the appropriate risk level for each youth
- b. Maintain collaboration between juvenile probation and Abraxas I to consider each youth’s responsivity factors during treatment.