

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Abraxas I-Intensive Drug & Alcohol Programs-Male and Female-New Directions: Criminal Addictive Thinking

Cohort Total: 120

SPEP ID: 111-T01

Selected Timeframe: Nov. 2, 2015-Sept. 14, 2016

Date(s) of Interview(s): Aug. 17, 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 Drug & Alcohol Treatment Programs provides intensive substance abuse programming for 60 adolescent males and 32 female adolescents in separate treatment settings. The programs provide a safe, nurturing and structured environment for delinquent and/or dependent youth to make positive changes in their behaviors, attitudes and beliefs. The goal of treatment is to eliminate drug abuse/dependency & delinquency and develop competencies that will enable youth to function as responsible members of the community. Youth participate in a variety of therapeutically structured activities. Treatment planning integrates the concepts of Balanced and Restorative Justice by focusing on offense-specific counseling, victim awareness, accountability and competency development.

New Directions is a comprehensive, cognitive-behavioral therapy (CBT) treatment program that trains chemically dependent youth to challenge their thinking in order to change their delinquent and addictive behavioral problems. The curriculum includes real stories about recovering from a life of addiction and crime; a cognitive-behavioral approach helps youth see how their attitudes and assumptions fuel destructive behaviors. The modular structure allows for easy customization to meet individual needs. New Directions features built-in tools for measuring outcomes and provides a framework for standardized treatment. Criminal & Addictive Thinking is one of eight modules of Hazeldon's New Directions curriculum. Criminal & Addictive Thinking helps youth explore the distorted thinking patterns at the root of addiction and criminal behavior. Criminal & Addictive Thinking includes 26, one-hour sessions intended to be delivered weekly in an open group format; group size is typically 15 youth. Handouts are provided as necessary for effective group facilitation. New Directions Criminal & Addictive Thinking is a primary care treatment service facilitated by drug & alcohol counselors.

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

1. **SPEP™ Service Type:** Group 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: 30

Total Points Earned: 30      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: 5      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: 2

Points received for Dosage or Number of Hours: 0

Total Points Earned: 2 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.

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

32 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Earned: 18 Total Points Possible: 25

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**Basic SPEP™ Score:** 55 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:** 58% 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)

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## 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:

New Directions: Criminal Addictive Thinking could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:

- a. Develop a routine schedule to inquire about updates to the manual
- b. Develop a process to monitor the delivery of this service
- c. Develop a scheduled process for the supervisor to observe the delivery of this service
- d. Ensure the supervisor provides written feedback for those who deliver this service
- e. In annual performance reviews, include information specific to the delivery of this service
- f. Develop a policy that outlines how to prevent drift from occurring while delivering this service
  - 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. Make modifications to provide longer service participation, allowing for alignment with research supported amounts
- b. Improve communication with JPO from referring counties to better match research recommendations for targeted amount of service.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 111-T02

Agency Name: Abraxas Youth and Family Services - Abraxas -I  
Program Name: Intensive Drug and Alcohol Programs – Male and Female  
Service Name: New Directions: Criminal & Addictive Thinking  
Cohort Total: 117, 110 for Risk  
Timeframe of Selected Cohort: Began the service on or after 2/21/2018 and ended the service on or before 1/30/2020  
Referral County(s): Adams (1); Allegheny (29); Beaver (4); Berks (3); Bucks (4); Butler (1); Cambria (4); Chester (2); Clearfield (5); Cumberland (1); Dauphin (3); Delaware (4); Erie (10); Fayette (4); Juniata (1); Lackawanna (3); Lawrence (1); Lebanon (3); Lehigh (3); Monroe (2); Montgomery (2); Northampton (10); Northumberland (1); Schuylkill (2); Venango (4); Warren (3); Wayne (1); Westmoreland (2); Wyoming (3); York (1)  
Date(s) of Interview(s): Service Classification: 1/22/2020; Quality of Service Delivery Interview: 2/19/2020  
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 focus of this report is on the New Directions: Criminal & Addictive Thinking service delivered in the Abraxas I Intensive Drug and Alcohol Treatment Programs. These programs provide intensive substance abuse programming for 60 adolescent males and 32 female adolescents in separate treatment settings. The programs provide a safe, nurturing and structured environment for delinquent and/or dependent youth to make positive changes in their behaviors, attitudes and beliefs. The goal of treatment is to eliminate drug abuse/dependency & delinquency and develop competencies that will enable youth to function as responsible members of the community. Youth participate in a variety of therapeutically structured activities. Treatment planning integrates the concepts of Balanced and Restorative Justice by focusing on offense-specific counseling, victim awareness, accountability and competency development.

New Directions is a comprehensive, cognitive-behavioral therapy (CBT) treatment program that trains chemically dependent youth to challenge their thinking in order to change their delinquent and addictive behavioral problems. The curriculum includes real stories about recovering from a life of addiction and crime; a cognitive-behavioral approach helps youth see how their attitudes and assumptions fuel destructive behaviors. The modular structure allows for easy customization to meet individual needs. New Directions features built-in tools for measuring outcomes and provides a framework for standardized treatment. Criminal & Addictive Thinking is one of eight modules of Hazelden's New Directions curriculum. Criminal & Addictive Thinking helps youth explore the distorted thinking patterns at the root of addiction and criminal behavior. Criminal & Addictive Thinking includes 26, one-hour sessions intended to be delivered weekly in an open group format; group size is typically 15 youth. Handouts are provided as necessary for effective group facilitation. New Directions: Criminal & Addictive Thinking is a primary care treatment service facilitated by drug & alcohol counselors.

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

1. **SPEP™ Service Type:** Group 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:** 30

**Total Points Received:** 30 **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:** 4  
**Points received for Contact Hours or Number of Hours:** 0

**Total Points Received:** 4 **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.

102	<b>youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth</b>	10	<b>points</b>
44	<b>in the cohort are High or Very High YLS Risk Level for a total of</b>	13	<b>points</b>

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

**Basic SPEP™ Score:** 67 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:** 71% 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. Consolidate existing resources to develop an overarching written protocol streamlined process/to describe service delivery
- ii. Within the written protocol, clearly outline how to utilize the YLS to determine how the service addresses youth domains
  1. Ensure youth selection for service components is clearly described in the policies and procedures (i.e. crosswalk the ISP goals with the YLS; consider creating matrix for specific topics to be covered)
- iii. Consider expanding upon existing structure of Primary Care Hour/Group Note to utilize a more specific means of determining fidelity of the service
- iv. Within the written protocol, clearly describe how the manual and written protocol will be reviewed and updated at predetermined timeframes (i.e. updates from the developer)

##### b. Staff Training:

- i. Within the written protocol, clearly identify by job description/position what the minimum education requirement is to deliver this service
- ii. Develop a specific training for New Directions: Criminal & Addictive Thinking
- iii. Develop booster training to support service delivery specific to New Directions: Criminal & Addictive Thinking
- iv. Within the written protocol, clearly outline the individual/s responsible for supervising the service (i.e. CAC, Treatment Supervisor) will also be trained in New Directions: Criminal & Addictive Thinking

##### c. Staff Supervision:

- i. Within the written protocol, identify a single mechanism for supervisors to monitor the service for fidelity and quality of service delivery across all dorms
- ii. Within the written protocol, create a scheduled process for supervisors to monitor service delivery
- iii. Ensure written feedback regarding service delivery is provided to individuals delivering the service
- iv. Include service-specific feedback in annual performance evaluations

##### d. Organizational Response to Drift:

- i. Develop an overarching policy/procedure specific to the service that clearly outlines how drift will be identified
- ii. Ensure the policy/procedure contains an “if-then” approach for corrective action steps if service delivery departs from what is intended
- iii. Enhance existing data monitoring processes by using developer-recommended resources to monitor service delivery (e.g., “Pre-/Post-Tests” or “Possible Outcomes”)

#### 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 of 24 weeks and 40 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