

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Community Service Foundation (CSF)-Sellersville-Aggression Replacement Training® (ART®)

Cohort Total: 23

SPEP ID: 233-T01

Selected Timeframe: Jun. 19, 2017 to May 17, 2018

Date(s) of Interview(s): Aug. 1, 2018

Lead County & SPEP Team Representatives: Nick Caramenico & Rich Kubicek, Bucks Co. & Heather Perry, EPIS

Person Preparing Report: Nick Caramenico & Rich Kubicek, Bucks Co. & Heather Perry, EPIS

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)*

Community Service Foundation (CSF) has been in operation since 1977 and operates a variety of programs throughout Bucks County and SE PA. CSF provides the counseling component of the operation and is part of a consortium of organizations that include Buxmont Academy, which is the alternative education component, and the International Institute for Restorative Practices (IIRP) Graduate School. The main goal to help youth understand the impact of their behavior on themselves and others, and take responsibility for their actions. CSF provides training, education and guidance to help youth find the internal motivation to make better choices and restore meaningful connections with their families and communities. Youth learn the social and emotional skills needed to become positive, productive members of society. MI and trauma informed care are woven into the fabric of all programs. Service delivery is informed by the JJSES aligned with BARJ as well as the guiding principles of Child Welfare of Child Safety, well-being, and permanency. Services include ART®, Competency Skill Development (Community Based Individual and Family Counseling), Foster Care, READY – Restore Empower and Develop Youth (Licensed Day Treatment), Restorative Reporting Centers, Intensive Program (Licensed drug and alcohol treatment), Conferencing Services (FGDM and Restorative Conferences), Home and Community Supervision (In-home individual counseling designed to keep families intact by preventing or easing transition from placement). The focus of this report is ART®, which 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. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders 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 training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in the use of more appropriate behaviors.

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: 8

Points received for Dosage or Number of Hours: 8

Total Points Earned: 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.

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

3 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 12 Total Points Possible: 25

Basic SPEP™ Score: 83 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: 83% 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:

The Community Service Foundation (CSF) ART® program scored a 83 for the Basic Score and a 83% Program Optimization Percentage. The Community Service Foundation (CSF) ART® program is classified as a Group 5 service – Cognitive Behavioral Therapy service type. The program could improve its capacity for recidivism reduction through:

1. Quality of Service Delivery: a. Written Protocol: i. Add a section to the Restorative Playbook that addresses the steps required to implement ART®. ii. Identify the age range being addressed by the service type in the Restorative Playbook. b. Staff Training: i. Add a section to the Restorative Playbook that addresses the required training needed to be able to deliver the serviced type (ART®). It would be beneficial if this section covered the following items: 1. Specialized training required to become a master trainer in the service type. 2. Specialized training required for staff to be qualified to the deliver the service type. 3. The frequency of booster trainings and topics to be covered during these trainings. c. Staff Supervision: i. Add a section to the Restorative Playbook that addresses the supervision requirements of the service type. d. Response to Drift: i. Add a section to the Restorative Playbook that addresses procedures/policies in place to correct departure from the delivery of the service type. It would be helpful if this section covered the following items: 1. Documentation that the policies/procedures to prevent drift are being applied to all staff delivering the service type. 2. Written policy/practice on how drift from the service type by a staff member will be addressed.
2. Amount of Service: a. Continue to collaborate with Bucks County Juvenile Probation to ensure that the dosage and duration for the service type is being met.
3. Risk Level of Youth Served: a. Continue to collaborate with Bucks County Juvenile Probation to ensure that only Moderate and High risk juveniles are being referred to the program.
4. Continue to collaborate with Bucks County Juvenile Probation for the following items: a. Continued training in JJSES topics. b. Completion of the 90-day service provider outcome sheet.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 233-T02

Agency Name: Community Service Foundation (CSF)
Program Name: CSF Sellersville/Feasterville
Service Name: Aggression Replacement Training® (ART®)
Cohort Total: 20

Timeframe of Selected Cohort: Began the service on/after January 8, 2019 and ended the service on/before June 1, 2020

Referral County(s): Bucks

Date(s) of Interview(s): March 18, 2021

Lead County: Bucks

Probation Representative(s): Nick Caramenico

EPIS Representative: Kevin Perluke

Description of Service:

Community Service Foundation (CSF) has been in operation since 1977 and operates a variety of programs throughout Bucks County and South Eastern Pennsylvania. CSF provides the counseling component of the operation and is part of a consortium of organizations that include Buxmont Academy, which is the alternative education component, and the International Institute for Restorative Practices (IIRP) Graduate School. The main goal is to help youth understand the impact of their behavior on themselves and others, and take responsibility for their actions. CSF provides training, education and guidance to help youth find the internal motivation to make better choices and restore meaningful connections with their families and communities. Youth learn the social and emotional skills needed to become positive, productive members of society. Motivational Interviewing (MI) and trauma informed care are woven into the fabric of all programs. Service delivery is informed by the Juvenile Justice System Enhancement Strategy (JJSES), aligned with Balanced and Restorative Justice (BARJ), as well as the guiding principles of Child Welfare of Child Safety, well-being, and permanency. Services include Aggression Replacement Training® (ART®), Competency Skill Development (Community Based Individual and Family Counseling), Foster Care, READY – Restore Empower and Develop Youth (Licensed Day Treatment), Restorative Reporting Centers, Intensive Program (Licensed drug and alcohol treatment), Conferencing Services (Family Group Decision Making and Restorative Conferences), Home and Community Supervision (In-home individual counseling designed to keep families in tact by preventing or easing transition from placement).

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? No **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: 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 10 points
3 in the cohort are High or Very High YLS Risk Level for a total of 3 points

Total Points Received: 13 Total Points Possible: 25

Basic SPEP™ Score: 84 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: 84% 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 Amount of Service:
 - a. Maintain communication between CSF and Bucks County Juvenile Probation regarding youth being discharged early from the program without looking at the research recommended targeted amount of service.
2. Regarding Risk Level of Youth Served:
 - a. Continue to communicate with Bucks County Juvenile Probation regarding the research- supported targeted risk population recommended for this service type; there are larger positive effects on recidivism with high risk juveniles.