

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Loysville YDC-Aggression Replacement Training®-Cognitive-Behavioral Therapy
Cohort Total: 14 SPEP ID: 136-T01
Selected Timeframe: Feb. 6, 2016-Aug. 4, 2016
Date(s) of Interview(s): Oct. 7, 2016
Lead County & SPEP Team Representatives: Matt Foster, Dauphin Co. & Shawn Peck, EPISCenter
Person Preparing Report: Shawn Peck & Matt Foster

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)*

Loysville Youth Development Center (LYDC) is a state secure facility that provides residential services for moderate to high risk male youth. It is located at 10 Opportunity Drive, Loysville PA 17047. Referrals are made to the State Court Liaison for Loysville by the juvenile probation department. The State Court liaison determines whether the youth is appropriate for Loysville or another state facility. This facility consists of six separate cottages as well as a secure unit. Each cottage has a specific focus in terms of the treatment received by the youth: ZB cottage focuses on D&A issues, Williams Cottage focuses on lower functioning youth that are in need of academic remediation, East Penn is general residential, Juniata focuses on older youth who have their GED/Diploma and need vocational counseling and payment of restitution, Allegheny focuses on younger youth and STAR focuses on youth identified with mental health needs.

Aggression Replacement Training® 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.

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: 10

Points received for Dosage or Number of Hours: 10

Total Points Earned: 20 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.

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

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

Total Points Earned: 25 Total Points Possible: 25

Basic SPEP™ Score: 100 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: 100% 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® at Loysville scored a 100 for the Basic Score and an 100% Program Optimization Percentage. It is classified as a Cognitive-Behavioral Therapy service type. The quality of the service was delivered at a high level. The amount of service provided to the residents met the recommended targets of duration and dosage for this service type. All of the youth scored above low for Risk Level and enough youth scored above Moderate Risk to receive the maximum points for this service type. The program could continue its capacity for recidivism reduction through:

1. Enhance Organizational Response to Drift:
 - a. Develop a written policy with step-by-step procedures that identify specific steps to be taken in the event that any of the three components of ART® are not delivered according to model adherence.
2. Continue to accept High Risk youth for this service.