

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Taylor Diversion Programs, Inc.-Aggression Replacement Training® (ART®)  
Cohort Total: 14 SPEP ID: 154-T01  
Selected Timeframe: Aug. 28, 2017-Jan.19, 2018  
Date(s) of Interview(s): Aug. 21, 2017 & Sep. 29, 2017  
Lead County & SPEP Team Representatives: William Holt, Allegheny Co. & Shawn Peck, EPISCenter  
Person Preparing Report: Shawn Peck & William Holt

**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)*

Taylor Diversion Programs, Inc. (TDP) is a Residential Independent Living Program located in Tionesta, PA. TDP is community based and promotes wellness through developing strong ties to the community, while creating a heightened commitment to serving as active, contributing citizens and enhancing their appreciation of the natural world. Balanced and Restorative Justice concepts are reinforced throughout each youth's treatment. Community Protection is accomplished by providing a safe and structured environment to the treatment of youth and helps them change their behaviors of concern. Victim Restoration is accomplished by working with youth to accept responsibility for their behavior, understand how their behavior has affected others, acknowledge the harm caused to their victims and communities, and take steps to restore the victim and the community. Competency Development is accomplished by providing opportunities for youth to develop a sense of belonging, form close relationships with those around them, make meaningful and responsible choices, and develop transferable skills to avoid future harmful behaviors.

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 Moral Reasoning Training. Skillstreaming uses modeling, role playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, they are trained 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 and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control, and 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: 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: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 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.

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

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

Total Points Earned: 15 Total Points Possible: 25

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**Basic SPEP™ Score:** 82 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:** 82% 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:

Aggression Replacement Training® (ART®) scored 82 for the Basic Score and an 82% Program Optimization Percentage. It was classified as a Group 5 service; Cognitive Behavioral Therapy. The quality of service delivery was found to be at a high level. The amount of service provided to the youth was 72% of the recommended targeted weeks for duration and 72% of the recommended targeted contact hours for this service type. The risk levels of youth admitted to the service were 7% as low risk, 72% as moderate risk, and 22% as high risk. The service could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:

a. Staff Supervision:

- i. Develop a scheduled observation process to ensure delivery is directly observed by the supervisor of the service.
- ii. Develop performance evaluations to capture and include the role of staff to ensure fidelity to the ART® Model.

b. Organizational Response to Drift:

- i. Coordinate and combine the existing policies/procedures into an overarching policy/procedure to prevent drift.
- ii. Ensure that the policy/procedures in response to drift include action steps, an if-then approach to ensure drift does not occur.
- iii. Utilize ART® Model specific pre-tests and post-tests: How-I-Think, Aggression Questionnaire, and Skillstreaming Checklist according to ETA.
- iv. Develop a process to analyze the data to determine outcomes for the agency.
- v. Develop a process to collect feedback from youth and staff on the service with the intention of improving service delivery.

2. Regarding Amount of Service:

- a. Ensure that youth are permitted to remain within the program to match the 10 weeks of service found in the research to best reduce recidivism with this service type. This can be accomplished through continued collaboration with juvenile probation to increase the expectation for the number of weeks youth are in the service.