

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Lycoming Co. Children and Youth Services-Lycoming Co. Day Treatment-ART
Cohort Total: 20 SPEP ID: 150-T01
Selected Timeframe: Jan. 1, 2016 – Feb. 15, 2017
Date(s) of Interview(s): Mar. 17, 2017
Lead County & SPEP Team Representatives: Matt Minnier, Lycoming Co. JPO & Heather Perry, EPISCenter
Person Preparing Report: Matt Minnier & Heather Perry

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)*

Day Treatment is operated by Lycoming County Children and Youth Services (CYS), with BLAST IU 17 providing the educational component. The program provides services to a minimum of 40 youth between the ages of 12-18. Referrals are accepted from CYS or JPO. Youth are typically referred due to attendance and academic problems, or from behavior problems at school, home or community. Youth may also be referred as a follow-up to an out-of-home placement, in order to support their reintegration into school or the community. A counselor will work with the youth and all involved persons to develop a treatment plan which consists of goals and objectives that the youth will work on during their placement, with the ultimate outcome being for the youth to return to regular school and/or obtain employment. The average length of program participation is six months to one year, but may be shorter or longer based on the individual youth's progress and needs. All families will work with the Day Treatment Family Specialist Caseworker. This caseworker provides in-home support services to program youth and their families in the effort to prevent the need for more intensive services. The Family Specialist will have bi-weekly meetings with the family to discuss progress. In addition to the educational component, Day Treatment also provides Aggression Replacement Training® (ART®), Vocational Experience, School Wide Behavioral Support, Treatment Group, Individual Sessions, Family Sessions, Life Skills Group, Current Events Group, After-school Groups, and Recreation. 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: Skill streaming, Anger Control Training, and training in Moral Reasoning. Skill streaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, youth must bring to each session one or more descriptions of recent anger-arousing experiences, 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, youth typically attend three 1-hour sessions/week, one session each of Skill streaming, Anger Control Training, and 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? n/a

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: 8

Total Points Earned: 18 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 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 3 points

Total Points Earned: 13 Total Points Possible: 25

Basic SPEP™ Score: 86 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: 86% 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 Lycoming County Day Treatment scored an 86 for the Basic Score and an 86% 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 fell slightly short of meeting the recommended targets of dosage for this service type. Most of the youth scored above low for Risk Level and a few scored above Moderate Risk. The program could continue its capacity for recidivism reduction through:

1. Enhance Ongoing Staff Supervision:
 - a. Formalize the monitoring process by documenting the observations on a regular basis, and provide a written copy to the person delivering the service.
2. 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.
 - b. Develop an exit survey for youth to complete that will enable them to provide feedback on the service.
3. Investigate ways to meet dosage.
4. Continue to accept Moderate and High Risk youth for this service.