

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Allegheny Co. Juvenile Court-North Side C.I.S.P./Aggression Replacement Training

Cohort Total: 11

SPEP ID: 1

Selected Timeframe: Jan.1, 2012-Mar. 31, 2013

Date(s) of Interview(s): Oct. 22, 2013

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

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 North Side Community Intensive Supervision Program (CISP) is a court operated community-based alternative to residential placement. The program is able to accept delinquent males up to 21 years of age that need more structure and supervision than traditional probation. Juveniles who are stepped up from probation or stepped down from residential placement are appropriate for the program along with direct court commitments. The North Side CISP is one of six centers in Allegheny County that provide intensive supervision, structure and programming for delinquent juveniles residing in census tract identified neighborhoods. The North Side CISP has been successful at engaging the local community to enhance public-safety, hold juveniles accountable, and help them become law-abiding and productive citizens.

Restoring victims is also a key component of the CISP. The Court routinely orders juveniles to repay victims' out-of-pocket expenses incurred as a result of the crime. Juveniles committed to the CISP are expected to repay victims in full, restoring them to their pre-crime status. Enhancing public safety is the most important goal of the CISP. Through a combination of surveillance and intervention, the CISP closely monitors juveniles in their home communities while helping them develop competency skills that contribute to law-abiding and productive lifestyles. Juveniles participate in various cognitive behavioral programs to help them make better decisions in challenging situations. In 2010, CISP began implementing Aggression Replacement Training (ART), an evidence based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills.

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: 10 **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.

11/11 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

3/11 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Earned: 20 Total Points Possible: 25

Basic SPEP™ Score: 67 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: 67% 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 service of Aggression Replacement Training (ART) provided by the North Side Community Intensive Supervision Program (CISP) scored a 67% Program Optimization Percentage.

The service of ART is classified a Cognitive-behavioral therapy, which is a Group 5 Service Type. Staff members that deliver the service of ART are required to be trained by a Train-the-Trainer who provides monitoring and oversight of this service. During the SPEP Interview, the leadership at CISP acknowledged that due to staffing issues, there have been inconsistencies in this area. The Risk Levels of youth involved in ART and throughout the North Side CISP are primarily moderate. Overall, the Amount of Service, which is comprised of intervention duration and dosage, was substantially low for this service type. This service category has a target of 8 weeks and 24 target hours. Primary factors that appeared to contribute to low duration and dosage includes staff vacancies, overloading of services, inadequate planning to ensure that youth make up the group sessions, and a limited response to drift. The North Side CISP could make improvements towards recidivism reduction through:

1. Ensuring that each participating youth receives 2 sessions a week (1.5 hours per session) for a minimum of 8 consecutive weeks as permitted by the developer for ART in a community-based setting.
2. Increasing the amount of contact hours (dosage) of ART to meet a minimum of 24 hours for each youth receiving the service.
3. Developing a procedure to ensure that each youth who misses a session of ART receives a make-up session.
4. Ensuring that the fidelity assessments that are used are authorized by the developer to ensure model adherence.
5. Developing a written protocol for fidelity monitoring to include: who will conduct the assessments, who will provide feedback to staff, and who will monitor the fidelity assessments.
6. Ensuring that ART is facilitated on the days of the week determined by the clinical schedule.
7. Ensuring that there is adequate staff available to facilitate ART groups when scheduled.
8. Recommending that program staff and court officials ensure that youth are placed in the service long enough to meet the recommended duration.
9. Improving service data tracking systems for ART and for other services/curriculum provided by the program.
10. Assess similar curricula used by North Side CISP in order to determine if there is “service overlap”. During the interview, it was mentioned that Thinking For a Change (T4C) is also facilitated at the North Side CISP. With T4C and ART both offering a Skillstreaming component, program leadership should consider if facilitating both curriculum with fidelity is the best use of time and resources.

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The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Allegheny Co. Juvenile Court-North Side C.I.S.P.- Aggression Replacement Training

Cohort Total: 39

SPEP ID: 1

Selected Timeframe: Feb. 3, 2015-Nov. 10, 2015

Date(s) of Interview(s): Dec. 10, 2015

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Doug Braden

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 North Side Community Intensive Supervision Program (CISP) is a court operated community-based alternative to residential placement. The program is able to accept delinquent males up to 21 years of age that need more structure and supervision than traditional probation. Juveniles who are stepped up from probation or stepped down from residential placement are appropriate for the program along with direct court commitments. The North Side CISP is one of six centers in Allegheny County that provide intensive supervision, structure and programming for delinquent juveniles residing in census tract identified neighborhoods. The North Side CISP has been successful at engaging the local community to enhance public-safety, hold juveniles accountable, and help them become law-abiding and productive citizens.

Restoring victims is also a key component of the CISP. The Court routinely orders juveniles to repay victims' out-of-pocket expenses incurred as a result of the crime. Juveniles committed to the CISP are expected to repay victims in full, restoring them to their pre-crime status. Enhancing public safety is the most important goal of the CISP. Through a combination of surveillance and intervention, the CISP closely monitors juveniles in their home communities while helping them develop competency skills that contribute to law-abiding and productive lifestyles. Juveniles participate in various cognitive behavioral programs to help them make better decisions in challenging situations. In 2010, CISP began implementing Aggression Replacement Training (ART), an evidence based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills.

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.

37/39 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

6/39 youth in the cohort are High or Very High YLS Risk Level for a total of 3 points

Total Points Earned: 15 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® (ART)® is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. ART® delivered by CISP scored a 86% for the Basic Score and a 86% Program Optimization Percentage. These scores represent an increase from the baseline findings of the Initial SPEP™ Assessment. Due to the significant performance improvement made between the Initial SPEP™ Assessment and the SPEP™ Reassessment, there are no identified recommendations for performance improvement.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment



Name of Program and Service: Allegheny County Juvenile Probation-Community Intensive Supervision Program (CISP)-Aggression Replacement Training®

Cohort Total: 108

SPEP ID: 1-T03

Selected Timeframe: Jan. 12, 2016 - Dec. 6, 2016

Date(s) of Interview(s): Jan. 12, 2017

Lead County & SPEP Team Representatives: Bill Holt, Allegheny Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Bill 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)*

Allegheny County Juvenile Court operates six Community Intensive Supervision Programs (CISP) that provide for a community-based alternative to residential placement for Allegheny County JPO youth. These centers are able to accept male youth up to 21 years of age that need more structure and supervision than traditional probation can provide. Juveniles are placed in CISP at all levels of court intervention. On the front end, newly adjudicated delinquent youth, not active with the court and identified by the court as being appropriate for CISP, may be committed to CISP by the court. On the back end, as an aftercare or step-down option, youth that are released from residential programs may also be placed at CISP rather than released to traditional probation. Youth already on probation, who have violated their probation and/or have received new delinquent charges, may also be committed to CISP upon recommendation from the probation department. These six centers provide intensive supervision, structure and programming to youth residing in census tract identified neighborhoods. Working with youth within their community has allowed these centers to be successful in enhancing public safety. CISP allows youth to be directly accountable to their communities and helps them become law abiding and productive citizens. CISP currently provides ART® at two of their centers due to the complexities of CISP operations and responsibilities. Due to this dynamic, only the Northside CISP initially had their ART® intervention assessed through the SPEP™. As ART® implementation was more fully implemented over the past three years within the six centers; one of their adjustments was to provide ART® to three of their centers in a combined and cohesive presentation. Six CISP staff facilitate these groups, two from each involved center, and at least six facilitators were always present at these ART® groups.

Aggression Replacement Training® (ART®) consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times weekly. The developer accepts 10 weeks and 24 hours as the standard for Model adherence in a community-based treatment program. In response, Dr. Mark Lipsey accepts the developer's recommendations for ART®, 10 weeks (duration) and 24 hours (dosage). 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 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: 4

Points received for Dosage or Number of Hours: 6

Total Points Earned: 10 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 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

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

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 80 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: 80% 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® (ART)® is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. ART® delivered by CISP scored an 78% for the Basic Score and a 78% Program Optimization Percentage. The quality of the service was found to be at a High Level. For amount of service, 54% of the youth received the recommended targeted weeks of duration and 65% of the youth received the recommended targeted contact hours for this service type. The risk levels of juveniles admitted to the program were 5% as low risk, 78% as moderate risk, 17% as high risk, and 0% as very high. These scores represent a decrease of 8 points from the previous SPEP™ Assessment. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Service Amount:

- Investigate ways to increase the number of weeks of service and contact hours to reach the recommended 10 weeks and 24 hours.
- Identify youth that are released from the service prior to the target duration of 10 weeks.
- Identify through collaboration with juvenile probation areas that could improve targeted duration regarding Amount of Service.
- Continue to communicate the recommended duration of Aggression Replacement Training® (ART®) with Allegheny County Juvenile Court.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Allegheny County Juvenile Court - CISP - Aggression Replacement Training® (ART®)

Cohort Total: 90 SPEP ID: 1-T04

Timeframe of Selected Cohort: Apr. 10, 2018 - Aug. 2, 2019

Date(s) of Interview(s): Feb. 15, 2019 & Feb. 15, 2019

Lead County & SPEP Team Representatives: William Shultz, Allegheny Co. & Christa Park, EPISCenter

Person Preparing Report: William Shultz, Allegheny Co. & Christa Park, EPISCenter

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. (500 word limit)*

The Community Intensive Supervision Program (CISP) is operated by the Allegheny County Court of Common Pleas, Family Division, Juvenile Section. CISP was designed for first-time & repeat male youth between ages 10-18 that need more structure and supervision than traditional probation. CISP operates in 6 community centers. All youth are supervised, monitored, & held accountable 24 hrs a day. Youth are required to report to their assigned center after school & on weekends. CISP staff provide transportation. Each youth must complete up to 100 hrs of community service before being positively discharged. Youth are assigned to the program center that serves the community in which they live. The centers are open 7 days a week, 7:00 a.m. until 11:00 p.m. Youth remain in their communities & are introduced to positive community resources. CISP provides a full range of programming including a major emphasis on drug & alcohol education, assessment, & treatment. Other programming includes academic tutoring, recreation, cultural activities, community service, Aggression Replacement Training® (ART®), mentoring, & employment initiatives. The objective for each youth in the program is to develop acceptable norms of behavior. Every aspect of CISP is designed to change negative behaviors through electronic monitoring, parent support groups, & various competency building & treatment groups. Youth who are “stepped up” from probation or “stepped down” from residential placement are appropriate, along with direct court commitments. CISP centers have been successful with engaging the local community to enhance public-safety, as well as hold youth accountable, address core competencies, and help youth become law-abiding and productive citizens. In 2010, CISP began implementing ART®, 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. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth 3 times weekly (typically three 1-hour sessions per week). 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-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.

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

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

Total Points Earned: 20 Total Points Possible: 25

Basic SPEP™ Score: 87 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: 87% 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 service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Quality of Service Delivery:
 - a. Written Protocol:
 - i. Within the Written Protocol, clearly describe how the written protocol/manual is to be reviewed/updated at pre-determined timeframes.
 - b. Staff Training:
 - i. Within the Written Protocol, clearly outline training requirements, including booster training to develop/maintain facilitator skills.
 - c. Organizational Response to Drift:
 - i. Revise the policy titled “ART Cohort CISP” to be reflective of the practices currently in place; iii. Enhance existing data monitoring processes by using developer-recommended resources to monitor service delivery (i.e., “Aggression Questionnaire” and “Skillstreaming Checklist”).
2. Amount of Service:
 - a. Collaborate with the Juvenile Court to better match research recommendations for the target amount of service for each youth.
3. Risk Level:
 - a. Collaborate with the referring probation officer to consider each youth’s responsivity factors during treatment.