

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Lycoming Co. C&Y Services-Lycoming Co. Day Treatment-Individual Counseling  
Cohort Total: 20 SPEP ID: 193-T01  
Selected Timeframe: Jan. 1, 2016 – Feb. 15, 2017  
Date(s) of Interview(s): Sep. 25, 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, with BLAST Intermediate Unit 17 providing the educational component. The program provides services to a minimum of forty youth between the ages of twelve and eighteen. Referrals are accepted from Children and Youth or Juvenile Probation for youth receiving services from either agency. Youth are typically referred due to attendance and academic problems, or from behavior problems at school, home or in the 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. All youth are assigned a counselor, who will meet with them on a regular basis. Within the first month of program participation, the counselor will work with the youth and all involved persons to develop a treatment plan. The treatment plan 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 Individual Counseling. According to the "Lycoming County Day Treatment Program Description", each youth receives individual sessions throughout their program involvement. Youth meet with their counselor at least weekly for 45 minutes, and sometimes more, depending on individual needs. Individual sessions involve addressing treatment goals, school performance, home and community performance, probation terms, and if appropriate, any other concerns. The structure of individual sessions includes discussion related to: health screenings, behavior, treatment goals (sheets are completed), education (ISP's are reviewed), community service, restitution, the level system, expectations, and any clinical issues.

**The four characteristics of a service found to be the most strongly related to reducing recidivism:**

1. **SPEP™ Service Type:** Individual Counseling

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: 10

Total Points Earned: 10 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: 6

Points received for Dosage or Number of Hours: 4

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.

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

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**Basic SPEP™ Score:** 43 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:** 58% 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:

The Lycoming County Day Treatment's Individual Counseling service scored a 43 for the Basic Score and a 58% Program Optimization Percentage. It is classified as a Group 1 service – Counseling, specifically Individual Counseling service type. The program could improve its capacity for recidivism reduction through:

1. Written Protocol:
  - a. Enhance the current protocol/manual by including the Staff Responsibilities document;
  - b. Add the criminogenic needs addressed to the population and risk factors section on page 2.
2. Staff Training:
  - a. Develop a training checklist that supervisors of new employees can fill out during the shadowing phase of training
  - b. Require delivery staff to participate in booster/refresher training that is specific to the service.
3. Staff Supervision:
  - a. Develop a standard timeframe where Supervisors monitor staff on the fidelity and quality of service delivery (example-quarterly).
  - b. Enhance staff supervision by developing a standard method to provide written feedback to delivery staff after they are monitored.
  - c. Provide written feedback to delivery staff
4. Organizational Response to Drift:
  - a. Document procedures that specifically address steps to be taken should staff fail to deliver individual counseling as it is intended to be delivered; and ensure that these procedures are systematically implemented.
  - b. Enhance data collection through collecting process or outcome data, peer reviews, or feedback from youth and families. For example, track how many times individual sessions occurred; Is the ISP being followed? Are youth meeting goals?
  - c. Enhance the Exit Evaluation to include specific questions as it relates to individual counseling.
5. Investigate ways to enhance amount of service to reach 25 weeks and 30 hours.