

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** The Guidance Center-Family Based Services

Cohort Total: 10

SPEP ID: 144-T01

Selected Timeframe: May 29, 2014 - Jul. 19, 2016

Date(s) of Interview(s): Mar. 23, 2016, Jun. 29, 2016

Lead County & SPEP Team Representatives: Angela Work, McKean Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Angela Work

**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 Guidance Center offers a wide variety of community based services including; mental health, intellectual disabilities, education and prevention. Mental health services include outpatient counseling, school based services, Family Based Services, Behavioral Health Rehabilitation Service (BHRS), Sexual Offender Therapy, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Aggression Replacement Training® (ART®), Parent Child Interaction Therapy (PCIT), psychiatric services and crisis intervention. The focus of this report is on Family Based Services.

Family Based Services is an intensive home-based family therapy and support services for families of children with serious emotional and behavioral disturbances. Family Based Services is designed to reduce or prevent out-of-home placements for children. Therapists work with the family unit to improve the functioning of the child and to help the family better cope with their child's emotional and behavioral needs. The non-traditional Family Based Services program provides four main components of services to families; family oriented therapy, case management, emergency crisis intervention, and family support services. The case management component supports the liaison and collaboration of treatment with other service agencies and community resources involved with the family. The emergency crisis intervention is provided by staff twenty-four hours per day / seven days a week.

Each family enrolled in this program works with a two-person team: a Master's Level therapist and a Bachelor's Level case manager. At times, the team may consist of two Master's level therapists. All Family Based Services staff complete a three-year training program in family therapy during their tenure with the program. Family Based Services are primarily treatment services which employ individual and family therapy, specifically Eco-Systemic Structural Family Therapy (ESFT). Other techniques such as parenting skills, assertiveness training, modeling, behavior modification, and coping skills may also be included. In addition, the services involve assessment, planning, service linkage, referrals and family support.

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

### 1. **SPEP™ Service Type:** Family 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: 20

Total Points Earned: 20      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.

5/10 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 5 points

5/10 youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Earned: 18 Total Points Possible: 25

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**Basic SPEP™ Score:** 74 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:** 88% 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:

Family Based Services scored a 88% Program Optimization Percentage. It is classified as a Group 3 service, Family Counseling with no qualifying supplemental service. The quality of the service was found to be at a High Level. The amount of service provided to the clients was 80% of the recommended targeted weeks of duration and 90% of the recommended target contact hours for this service type. The risk levels of youth admitted to the program were 50% as low risk, 0% as moderate risk, 50% as high risk and 0% as very high.

Family Based Services could improve its capacity for recidivism reduction through:

1. Regarding Risk Level:

- a. Utilize the YLS to match the services to the needs of the youth.