

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Youth Forestry Camp #2 (YFC#2) - Forward Thinking

Cohort Total: 43

SPEP ID: 238-T01

Selected Timeframe: Jun. 1, 2017 - Aug. 31, 2018

Date(s) of Interview(s): Jul. 18, 2018

Lead County & SPEP Team Representatives: Rich Kubicek, Bucks Co.; Neal Johnson, Luzerne Co.; Lisa Freese & Heather Perry EPIS

Person Preparing Report: Heather Perry, 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. (350 character limit)*

Youth Forestry Camp #2 (YFC #2) is a residential program for adjudicated delinquent males ranging in age from 14-20 years old. Located in Carbon County, it is operated and overseen by the BJJS. Referrals are typically made by county JPO departments through the State Court Liaison Unit. YFC #2 offers a variety of services intended to meet the individualized treatment and behavioral needs of its residents identified by the YLS. There are two separate residences on grounds with 24 beds in each unit. Residents placed in Lehigh Lodge participate in the Liberty Program, which offers general treatment services. Conversely, residents with identified substance abuse issues are placed in Delaware Lodge and are enrolled in the Short-Term Addiction Recovery Treatment (START) Program. The focus of this report is the Forward Thinking (FT) Interactive Journaling Series. This curriculum employs a CBT approach guided by nine workbooks. FT is designed to assist youth in the JJ System in developing strategies to make positive changes in their thoughts, feelings, and behaviors. Residents complete the "What Got Me Here" workbook in four weekly individual counseling sessions lasting one hour each. The "Victim Awareness" and "Individual Change Plan" workbooks are also completed during 7-8 weekly sessions with the IC. The workbooks titled, "Responsible Behavior", "Handling Difficult Feelings", and "Relationships and Communication" are completed in eight group sessions led by YDA's in Lehigh Lodge. The "Family" workbook is also completed in a group setting during four hourly sessions. Select residents who score moderate or high on assessments may also be required to complete the "Substance Using Behaviors" workbook. This workbook is completed in a group setting over the course of eight sessions. Finally, the "Re-entry Planning" workbook is guided by the Aftercare Counselor in the last month of a resident's commitment. This can be done in 2-4 group or individual sessions and can include conference calls with parents/guardians to review and discuss discharge planning. Pre and post tests are administered for each workbook to measure how residents are internalizing treatment and skillsets. The journals contain written exercises and homework assignments that help residents understand their core values and treatment needs. Individual counselors reinforce what is learned in sessions and assist residents in developing strategies to address these needs, as well as those identified by the YLS. Residents work on exploring risks, needs, and skill deficits, as well as strengths, and identify resources and solutions to problematic behaviors. Residents are challenged to assess problem areas and lay out future goals. A common theme in each workbook is to encourage personal ownership and emphasize that positive, lasting life changes are achievable.

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: 0

Total Points Earned: 4 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.

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

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

Total Points Earned: 23 Total Points Possible: 25

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)

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 Youth Forestry Camp #2 Forward Thinking received 82 points for the Basic Score and an 82% Program Optimization Percentage. It is classified as a Group 5 service – Cognitive Behavioral Therapy service type. This service could improve its capacity for recidivism reduction through:

1. Quality of Service Delivery:
 - a. Staff Supervision:
 - i. Ensure staff adherence to manual and protocol through monthly supervisory observation.
 - ii. Provide written feedback to YDA's and YDC's indicating areas of strength and need.
 - b. Organizational Response to Drift:
 - i. Document procedures that identify steps to be taken when YDA's or YDC's stray from delivering the service as intended.
 - ii. Improve existing data collection by exploring means for obtaining additional outcome data (peer reviews, exit surveys, feedback from families, etc.).
 - iii. Investigate ways to analyze outcome data (i.e. exit evaluations), to improve the effectiveness of the service.
2. Amount of Service:
 - a. Collaborate with referral sources and explore ways to meet the targeted duration and dosage.