

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Outside In-Pathway to Recovery-Wilderness Intensive Leadership Development (W.I.L.D.) - The Challenge Program

Cohort Total: 38

SPEP ID: 175-T01

Selected Timeframe: Feb. 21, 2017-Dec. 26, 2017

Date(s) of Interview(s): Aug.18, 2017 & Nov.6, 2017

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

Person Preparing Report: Brian Barnhart & Shawn Peck

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)*

Outside In is a nonprofit corporation based in Bolivar, Pennsylvania that provides services for youth and families. Outside In offers a continuum of care that includes both residential and nonresidential services with the goal to interrupt nonproductive behavior patterns and establish successful and positive development in referred youth. Upon entering Outside In, students are placed in one of two residential programs on the campus. The two programs offered at Outside In are Pathway to Recovery and Voyagers. The Pathway to Recovery Program provides specific drug and alcohol treatment (in-patient). The Pathway to Recovery Program is an activity-intensive 58-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Pathway to Recovery Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro social skills, moral reasoning, and education. While in the Pathway to Recovery Program, students have the opportunity to participate in the Wilderness Intensive Leadership Development (W.I.L.D.) – The Challenge Program. W.I.L.D. – The Challenge Program is a closed group of no more than eight students that participate in outdoor intensive programming and venturing activities. Each student participates in the status and level system which measures behavioral progress and is used to determine activities that the youth can participate in while in the program. W.I.L.D. – The Challenge Program consists of experiential groups conducted by both residential and clinical counselors, individual student support, an indoor rock gym, and various outdoor experiences. Wilderness courses challenge students through activities that are mentally stimulating, emotionally challenging, and physically exhausting. Students are given opportunities for experiential learning by learning to work together as a group to complete common tasks. Expeditions provide small groups of 8-10 students the opportunity to develop a wide array of competencies that promote normative pro-social skills such as problem solving, team work, communication, and trust. The activities are designed for students to evaluate their critical thinking and focus on changing behavior patterns. The uniqueness of The Challenge Program is students are a part of a closed group for 4 weeks learning to function together to complete a heightened level wilderness experience. Overall program goals are to increase self-confidence and self-esteem, to improve anger management, to develop more responsible behavior, to challenge maladaptive behavior, to foster appreciation and respect for individual differences, and to increase personal maturity.

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

1. **SPEP™ Service Type:** Challenge Program

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Group Counseling

Was the supplemental service provided? Yes 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: 10

Points received for Dosage or Number of Hours: 10

Total Points Earned: 20 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 12 points

7 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: 75 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: 89% 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:

W.I.L.D. – The Challenge Program scored a 75 for the Basic Score and an 89% Program Optimization Percentage (POP). It was classified as a Group 3 service; Challenge Program with a qualifying supplemental service of Group Counseling. The quality of service delivery was found to be at a high level. For amount of service, 100% of the youth received the recommended targeted weeks of duration and 100% of the youth received the recommended targeted contact hours for this service type. The risk levels of youth that received the service were 0% as low risk, 82% as moderate risk, 18% as high risk, and 0% as very high risk. This service could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:

a. Staff Training:

- i. Incorporate the agency Human Resources Department to identify, post, and to track Mandatory and Opportunity Trainings to enhance Staff Professional Development.

b. Organizational Response to Drift:

- i. Ensure the Organizational Response to Drift policy includes a detailed description of the service which is implemented and supervised.
ii. Ensure that written procedures and policies are utilized by developing a signature sheet for all staff to authenticate.

2. Regarding Amount of Service:

a. Discuss aftercare options to help with transition after residential treatment:

- i. Reconsider the “pre-release” option that increases frequency of home passes as youth approach discharge.
ii. Initiate a transition plan for each student.

3. Regarding Level of Risk:

a. Improve communication with JPO from referring counties to better match research recommendations for the Level of Risk.

b. Increase collaboration between juvenile probation and Outside In to consider:

- i. Each youth’s responsivity factors during treatment.
ii. Appropriate length of stay for each youth.