

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

Name of Program and Service: Adelphoi Village-Intensive Supervision Female-Choice Theory Group

Cohort Total: 10

SPEP ID: 9

Selected Timeframe: Jan. 2012-Dec. 2013

Date(s) of Interview(s): Mar. 19, 2014, Apr. 14, 2014

Lead County & SPEP Team Representatives: Doug Braden, Allegheny County & 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)*

Adelphoi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male and Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/ Male and Female (inclusive of a specialty unit with a mental health focus/Female; and Shelter/Male and Female. Treatment is individualized, designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern coupled with proven modalities.

Youth are placed by the courts within one of Adelphoi Village's Intensive Supervision Group Homes at varied stages of court involvement. This may be the initial out of home placement for a youth or placement here may be upon the court transitioning a youth from a more restrictive level of care, inclusive of stepping down a youth from a secure placement. The average length of stay varies across Adelphoi Village's different program types with the average length of stay for a youth within one of Adelphoi Village's Intensive Supervision Group Homes falling within the 5-6 month range.

All youth in this program receive Choice Theory Group (CTG). The curriculum lasts for eighteen weeks with a total of eight lesson plans. The first lesson lasts for four weeks and the next seven sessions occur twice a week. Each session is delivered by agency staff with a facilitator and an observer, whom completes a Fidelity Form to provide the facilitator with feedback.

**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: 8

Total Points Earned: 14 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.

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

3/10 youth in the cohort are High or Very High YLS Risk Level for a total of 10 points

Total Points Earned: 22 Total Points Possible: 25

---

**Basic SPEP™ Score:** 91 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:** 91% 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 Adelphoi Village Intensive Supervision Female Programs' service of Choice Theory Group scored a 91% Program Optimization Percentage. This intervention was categorized as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. At all levels, the quality of the service was found to be delivered at a high level. The risk levels of youth participating in this program are: 0% as Low Risk; 100% as Moderate Risk or above; and 30% as High Risk. The amount of service provided to the clients was at 70% of the recommended targeted weeks of duration and 80% of the recommended target contact hours for this service type.

Adelphoi Village's Intensive Supervision Female Programs could improve their capacity for recidivism reduction through:

1. Improving communication with Allegheny County Juvenile Court and other courts that use this service on the research amount of service that should be provided for this service type.

# The Standardized Program Evaluation Protocol (SPEP™):

## Service Score Results: Reassessment

Name of Program and Service: Adelphoi Village-Intensive Supervision Female-Choice Theory Group

Cohort Total: 24

SPEP ID: 9-T02

Selected Timeframe: Jan. 1, 2014-Jun. 30, 2015

Date(s) of Interview(s): Jan. 6, 2016, May 4, 2016

Lead County & SPEP Team Representatives: Doug Braden, Allegheny County & 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)*

Adelphoi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male and Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/ Male and Female (inclusive of a specialty unit with a mental health focus/Female; and Shelter/Male and Female. Treatment is individualized, designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern coupled with proven modalities.

Youth are placed by the courts within one of Adelphoi Village's Intensive Supervision Group Homes at varied stages of court involvement. This may be the initial out of home placement for a youth or placement here may be upon the court transitioning a youth already in placement, within a more restrictive/secure level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi Village's different program types. The average length of stay for a youth within one of Adelphoi Village's Intensive Supervision Group Home falls within the 5 to 6-month range.

All youth in this program receive Choice Theory Group (CTG). The curriculum lasts for eighteen weeks with a total of eight lesson plans. The first lesson lasts for four weeks and the next seven sessions occur twice a week. Each session is delivered by agency staff with a facilitator and an observer, whom completes a Fidelity Form to provide the facilitator with feedback. The curriculum incorporates several components in order to assist the youth in learning the concepts. Each CTG session begins with a Community Meeting explaining the goals of the group along with the non-negotiable expectations for the youth. Each participating youth receives homework, journal activities, and a contingency/behavioral contract that includes a conflict resolution plan. CTG includes a mentoring component that requires each participant to help or mentor another group member implement the steps of conflict resolution throughout his or her program. When each participant demonstrates this ability, it will be discussed during a CTG meeting and documented on a tracker.

### 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: 6

Total Points Earned: 14 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.

21/22 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

5/22 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 17 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:

Choice Theory Group scored an 86 for the Basic Score and an 86% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. These scores show a decrease of five percentage points from the baseline findings of the initial SPEP™ assessment. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Amount of Service: Improve communication with juvenile probation departments that use this service on the research supported amount of service that should be provided for this service type.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 2

SPEP™ ID and Time: 0009-T03

Agency Name: Adelphoi  
Program Name: Intensive Supervision Female (ISF)  
Service Name: Choice Theory Group  
Cohort Total: 55 for Amount of Service, 53 for Risk  
Timeframe of Selected Cohort: Began the service on or after 10/1/2018 and ended the service on or before 10/1/2020  
Referral County(s): Adams (1), Allegheny (13), Berks (6), Bucks (5), Butler (1), Chester (1), Dauphin (3), Delaware (6), Fayette (2), Franklin (1), Greene (1), Huntingdon (1), Indiana (2), Lebanon (1), Lehigh (1), Lycoming (1), Monroe (1), Montgomery (1), Northumberland (1), Somerset (1), Washington (1), Westmoreland (1), York (3)  
Date(s) of Interview(s): Service Classification: 1/28/2021; Quality of Service Delivery: 3/16/2021  
Lead County: Allegheny  
Probation Representative(s): William Shultz, Placement Liaison, Allegheny County Juvenile Probation  
EPIS Representative: Shannon O'Lone, SPEP™ Implementation Specialist

## Description of Service:

Headquartered in Latrobe, PA, Adelphoi has programs in over 30 counties, including residential group homes, foster and adoptive care, education services, and in-home treatment options. Adelphoi serves 1200 children, youth, and families each day. Each residential program is designed to meet the individualized needs of youth in placement. As treatment needs change, a unique continuum of care model allows youth to move from one program to another in a way that will ensure success. Education is provided on-site or through Adelphoi's Ketterer Charter School. Adelphoi encourages participation by the family in the youth's treatment and offers family visitation assistance.

Adelphoi provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: shelter, diagnostic, specialized independent living, intensive supervision, intensive supervision with a mental health focus, substance use, sex offender treatment, enhanced supervision, and secure care. Treatment is individualized and designed to address a number of criminogenic risk factors, including anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi's philosophy is the cycle of degeneration can be altered in favor of positive growth and success through application of the beliefs and principles of brotherly concern coupled with proven treatment modalities.

Intensive Supervision Group Homes provide community-style living to chronically delinquent or dependent male and female youth. The program offers community-based mental health services and medication management, as well as on-site psychiatric and psychological services. Youth are placed by the courts within one of Adelphoi's Intensive Supervision Female Group Homes at varied stages of court involvement. This may be the initial out-of-home placement for a youth or may be upon the court transitioning a youth already in placement who is within a more restrictive/secure level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi's different program types.

All youth in this program receive Choice Theory Group (CTG). The curriculum lasts for eighteen weeks with a total of eight lesson plans. The first lesson lasts for four weeks with one session each week. The sessions for the last seven weeks occur twice each week. Each session is delivered by agency facilitator and an observer, whom completes a Fidelity Checklist to provide the facilitator with feedback. The curriculum incorporates several components in order to assist the youth in learning the concepts. Each CTG session begins with a Community Meeting explaining the goals of the group along with the non-negotiable expectations for the youth. Each participating youth receives homework, journal activities, and a contingency/behavioral contract that includes a conflict resolution plan. CTG includes a mentoring component that requires each participant to help or mentor another group member implement the steps of conflict resolution throughout his or her program. When each participant demonstrates this ability, it will be discussed during a CTG meeting and documented on a tracker. All participants are expected to complete a contingency contract focusing on conflict resolution and ways to decrease conflict. These contracts can begin any time during the curriculum, but must be successfully earned by the completion of the curriculum.

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

1. **SPEP™ Service Type:** Cognitive Behavioral 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? No **Total Points Possible for this Service Type:** 30

**Total Points Received:** 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, staff supervision, and how drift from service delivery is addressed.

**Total Points Received:** 20 **Total Points Possible:** 20

**3. Amount of Service:** Score was derived by calculating the total number of weeks and hours received by each youth in 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 contact hours. 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 Contact Hours or Number of Hours: 8

Total Points Received: 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.

51 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 12 points  
27 in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Received: 25 Total Points Possible: 25

**Basic SPEP™ Score:** 96 total points received out of 100 points. Compares service to any other type of SPEP™ therapeutic service. (e.g. 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:** 96% This percentage compares the service to the same service types found in the research. (e.g. 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 juvenile probation department.

The service could improve its capacity for recidivism reduction by maintaining current fidelity monitoring mechanisms in place regarding reasons for unsuccessful discharge.