

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Keystone Adolescent Center - Community Based Family Intervention Prog.-Mixed Counseling  
Cohort Total: 19 SPEP ID: 149-T01  
Selected Timeframe: Jan.1, 2016 - Mar. 31, 2017  
Date(s) of Interview(s): Jan.10, 2017 & Apr. 27, 2017  
Lead County & SPEP Team Representatives: Pamela Farkas, Mercer County JPO, Heather Perry & Lisa Freese, EPISCenter  
Person Preparing Report: Pamela Farkas, Mercer County JPO, Heather Perry & Lisa Freese, 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)*

Keystone Adolescent Center (KAC) is a non-profit organization that has been providing services to youth and families throughout Mercer County, and surrounding areas, since 1993. The components of the program are to provide Short Term Shelter Care, Long Term Residential Care, Education through local school districts, as well as the Keystone Charter School, Transitional Living programs, foster care, and/or Community Based programs for both delinquent and dependent, male and females, ages 8-21. Due to its community based nature and emphasis on family preservation, KAC also offers constructive behavior modification, therapeutic counseling, and educational opportunities to youth by involving family in the treatment process. They focus on emotional, behavioral, academic, and family problems within the home, school, or in the community. Referrals are accepted from Juvenile Probation, Children and Youth, as well as private organizations. KAC's office is located at 201 Main Street, Greenville, PA 16125.

The focus of this report is Keystone's Community Based Family Intervention Program. The main goal of the program is to reduce recidivism. Other goals include improved family interaction, involvement in pro-social activities, and improved grades and attendance at school. Based upon needs identified through the YLS, a Multi-disciplinary Treatment Plan (MDTP) is created with input from the juvenile probation department. The MDTP goals are developed through a collaborative effort with school districts, county agencies, community organizations and families. The Family Intervention Specialists monitor school attendance and grades, coordinate meetings with the family, and complete activities with youth as part of the service.

Insight Group is another component that utilizes the research-based curriculum book "POSITIVE LIFE CHANGES". The curriculum addresses the four criminogenic risk factors that have the greatest impact upon reducing recidivism, attitudes (thinking/beliefs), personality/behavior, peer relations, and family circumstances. The final components are individual meetings/counseling sessions with the youth and the parent, as well as family sessions conducted by the Family Intervention Specialists. These sessions address barriers and successful ways to accomplish the goals in the MDTP.

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

### 1. **SPEP™ Service Type:** Mixed Counseling

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

If so, what is the Service type? Behavioral Contracting/Management

Was the supplemental service provided? No      Total Points Possible for this Service Type: 20

Total Points Earned: 15      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.

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

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

Total Points Earned: 15 Total Points Possible: 25

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**Basic SPEP™ Score:** 64 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:** 76% 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 Community Based Family Intervention Program at Keystone Adolescent Center scored a 64 for the Basic Score and a 76% Program Optimization Percentage. It is classified as a Mixed Counseling service type. The program could improve its capacity for recidivism reduction through:

1. The addition of a behavioral contracting service that includes incentives to supplement the mixed counseling service.
2. Provide routine written feedback to the Family Intervention Specialists, in addition to the annual performance review.
3. Target 25 weeks of service for youth by collaborating with the juvenile probation department to communicate duration when referrals are made.
4. Continue to target moderate to high risk youth.

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Reassessment 1

SPEP™ ID and Time: 149-T02

Agency Name: Keystone Adolescent Center  
Program Name: Community Based Family Intervention Program  
Service Name: Community Based Family Intervention Program (CBFIP)  
Cohort Total: 20  
Timeframe of Selected Cohort: January 1, 2018 - April 7, 2020  
Referral County(s): Mercer County  
Date(s) of Interview(s): February 26, 2020  
Lead County: Mercer County  
Probation Representative(s): Pamela Farkas, Community Based Juvenile Probation Officer  
EPIS Representative: Shannon O'Lone

## Description of Service:

Keystone Adolescent Center is a non-profit organization that has been providing services to youth and families throughout Western Pennsylvania and Northeastern Ohio since 1993. The components of the program are to provide Short Term Shelter Care, Long Term Residential Care, Education through the Keystone Charter School or local school districts, Transitional Living Programs and/or Community Based Programs for both delinquent and dependent youth, male or female, ages 8-21. Due to its' community-based nature and emphasis on family preservation, Keystone Adolescent Center offers constructive behavior modification, therapeutic counseling, and educational opportunities to youth by involving family in the treatment process whenever possible. The focus remains on a youth's emotional, behavioral, academic, and family problems within the home, school, or community.

The Community Based Family Intervention Program located in Sharon, Pennsylvania utilizes a Family Plan, described as a prescription for youth, created with the youth, family, and Intervention Specialist. The Family Plan is developed through use of the YLS provided by Mercer County JPO and goals within the JPO Case Plan are addressed depending on the youth's criminogenic needs by Intervention Specialists. Intervention Specialists monitor attendance, grades, coordinate meetings with the family, and develop a Multi-Disciplinary Treatment Team Plan. The average length in the Community Based Family Intervention Program is approximately six months. Most youth receive the following components: One-on-one counseling, Family Meeting, and Insight Groups. The use of the evidence-based curriculum "Positive Life Changes" integrates discussion among all three components of the service. The workbook and group presentations outline personal strengths, life skills, future goals, connections to community, compassion and empathy, caring about others, and peer interaction. Similarly these topics relate to key domain areas of the YLS: positive peer relations, family circumstances, attitude (thinking and beliefs), personality/behavior, and school truancy.

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

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

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

**If so, what is the Service Type?** Behavioral Management

**Was the supplemental service provided?** Yes  **Total Points Possible for this Service Type:** 20

**Total Points Received:** 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, 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:** 10

**Total Points Received:** 18 **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.

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

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

**Total Points Received:** 15 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 73 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:** 86% 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.)

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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 juvenile probation department.

The Community Based Family Intervention Program received a 73 for the Basic Score and an 86% Program Optimization Percentage. These Basic Scores represent an increase of 9 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent an increase of 10 percentage point(s) from the initial SPEP™ Assessment.

1. Regarding Quality of Service Delivery:

a. Written Protocol:

i. Develop a policy that ensures the manual is reviewed and updated annually.

b. Organizational Response to Drift:

i. Build upon existing mechanisms to address drift to include developing policies and procedures and clarify the action steps taken by administration to address drift in service delivery.

1. Ensure policies and procedures describe the organizational response to drift versus corrective action steps taken for staff who do not deliver the service as directed.

ii. Describe the process utilized to coordinate the service components and how each curriculum is utilized for the delivery of the service.

2. Regarding Amount of Service:

a. All youth referred to the Community Based Family Intervention Program will continue to receive the service despite not receiving all components in equal measures, as directed by Mercer County Juvenile Probation.

3. Regarding Risk Level of Youth Served:

a. All youth referred to the Community Based Family Intervention Program will continue to receive the service despite varying risk levels, as directed by Mercer County Juvenile Probation.

b. Continue to collaborate with Mercer County Juvenile Probation in targeting moderate to high risk youth