

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Adelphoi Village - Intensive Supervision Female: Mental Health Focus - Aggression Replacement Training®

Cohort Total: 17 SPEP ID: 159-T01

Timeframe of Selected Cohort: Jul. 1, 2016 - Jul. 1, 2018

Date(s) of Interview(s): Jun. 23, 2017 & Jul. 20, 2017 (initial); Aug. 1, 2019 & Aug. 1, 2019 (update)

Lead County & SPEP Team Representatives: William Shultz, Allegheny Co. & Christa Park, EPISCenter

Person Preparing Report: William Shultz, Allegheny Co. & Christa Park, 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. (500 word 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 & Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/Male & Female; Intensive Supervision Group Homes with a Mental Health Focus/Female; and Shelter/Male & Female. Treatment is individualized and 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's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principals of brotherly concern coupled with proven modalities. Female youth with mental health needs are placed by the courts within one of Adelphoi 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 level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi's different program types. The average length of stay for a youth within one of Adelphoi's Intensive Supervision Group Homes falls within the 5-to 6-month range. Aggression Replacement Training® (ART®) is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training. ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and dosage (i.e., contact hours) for the delivery of ART® in a residential program versus delivery of ART® in a community-based program.

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: 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.

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

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

Total Points Earned: 13 Total Points Possible: 25

Basic SPEP™ Score: 84 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: 84% 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:

1. Regarding Amount of Service
 - a. Improve communication with JPO from referring counties to better match research recommendations for the targeted amount of service and appropriate length of stay for each youth.
2. Regarding Risk Level of Youth Served
 - a. Increase collaboration between juvenile probation and Adelphoi Village to consider each youth's responsivity factors during treatment.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 0159-T02

Agency Name: Adelphoi
Program Name: Intensive Supervision Female Group Home - Mental Health Focus (ISFMH)
Service Name: Aggression Replacement Training® (ART®)
Cohort Total: 40 (Amount of Service); 39 (Risk Level)
Timeframe of Selected Cohort: Oct. 1, 2018 - Oct. 1, 2020
Referral County(s): Adams (1); Allegheny (9); Berks (5); Bucks (4); Chester (1); Delaware (6); Fayette (2); Franklin (1); Greene (1); Indiana (1); Lebanon (1); Lehigh (1); Lycoming (1); Monroe (1); Montgomery (1); Northumberland (1); Somerset (1); Washington (1); Westmoreland (1)
Date(s) of Interview(s): Jan. 8, 2021 & Feb. 2, 2021
Lead County: Allegheny County Juvenile Probation Department
Probation Representative(s): William Shultz, Placement Liaison
EPIS Representative: Kevin Perluke, SPEP™ Implementation Specialist / Christa Park, SPEP™ Data Manager

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. Group homes with the mental health focus provide more intensive counseling and treatment to youth who are coping with a mental health diagnosis. The program focus is to provide education and support for the mental health diagnosis while allowing the client to take responsibility for his/her daily actions. 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.

Aggression Replacement Training® (ART®) is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, and Moral Reasoning Training.

- Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills.
- Anger Control Training requires participating youth to bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, youth are trained in how to respond to their hassles.
- Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others. It is also designed to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and contact hours for the delivery of ART® in a residential program versus delivery of ART® in a community-based program.

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? N/A **Total Points Possible for this Service Type:** 35

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.

37/39 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 12 points
19/39 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.

ART® received a 96 for the Basic Score and a 96% Program Optimization Percentage. These Basic Scores represent an increase of 12 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent an increase of 12 percentage point(s) from the initial SPEP™ Assessment.

The service was classified as a Group 5 service; Cognitive-behavioral Therapy Service Type. There is no qualifying supplemental service found in the research. The Quality of Service Delivery was found to be at a High Level. For Amount of Service, 98% of the youth received the recommended targeted weeks of duration and 96% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 5% low risk, 46% moderate risk, 46% high risk, and 3% very high risk.