

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 236-T01

Agency Name: Pathways Adolescent Center
Program Name: Pathways Adolescent Center (PAC)
Service Name: National Curriculum Training Institute (NCTI) Crossroads
Cohort Total: 14
Timeframe of Selected Cohort: Feb. 13, 2018 to May 29, 2018
Referral County(s): Butler (1), Blair (1), Clearfield (2), Jefferson (5), Venango (1), Washington (2), and Warren (2)
Date(s) of Interview(s): May 14, 2018
Lead County: Venango Co. and Mercer Co.
Probation Representative(s): Julie Bullard, Venango Co. and Pam Farkas, Mercer Co.
EPIS Representative: Heather Perry

Description of Service:

Located in Oil City Pennsylvania, Pathways Adolescent Center (PAC) is a privately owned residential facility provider that serves PA youth referred by CYS and JPO. Their campus consists of a 28 bed male residential unit, a 28 bed female residential/transitional living unit named New Beginnings, two 12 bed male transitional living units, an 8 bed female transitional living home, a counseling center, a recreation facility, and a private academic school. Also on the grounds is an Emergency Shelter Program that is designed specifically to provide a facility for the shelter, care, assessment, and counseling of dependent and delinquent youths. Craig Psychological Services provides treatment and counseling on site that includes family, individual and group counseling, as well as Seeking Safety. Specialized treatment, such as Grief Counseling, D&A, or Sexual Abuse Curriculum must be approved by the referring agency. Each youth has the opportunity to complete Community Service Projects, Court Ordered Community Service, Restitution/Payment Plans/Personal Banking, Employment, and Money Management Skills. PAC offers Behavioral Modification Programming while incorporating CBT techniques with counseling services. Staff also provide youth with Cross Roads training, and group counseling. The Ansell Casey Testing, which identify strengths, weaknesses, and deficient areas that need to be addressed, is completed to aid in making an individualized transitional living plan. The Transitional Living component offers the resident the ability to obtain employment, attend public school and activities, and have additional counseling services that entail basic life skills with an adaptation to the ISP to meet his/her discharge needs. The focus of this report is the National Curriculum Training Institute (NCTI) Crossroads service during school. Crossroads consists of various groups including Anger Management Level 1 & 2, Cognitive Life Skills Level 1 & 2, Drugs and Alcohol Level 1 & 2, Gang Involvement Level 1 & 2, Truancy Level 1 & 2, Curfew, Graffiti, High Risk Offender, JOBTEC, Misdemeanor Offenses, Shoplifting, and Traffic Safety. The Crossroads curricula employs a cognitive behavioral change modes to teach pro-social behaviors through an interactive learning process, and focuses on the relationship between values, attitudes, and behaviors as they relate to the decision making process. PAC focuses on providing the groups of Anger Management and D&A to the youth placed in their program. This service is currently being delivered twice per week for one hour each session for a period of seven weeks. Youth are chosen to participate in the groups based on the YLS scores and the identified top domains.

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: 10 **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: 0

Points received for Contact Hours or Number of Hours: 0

Total Points Received: 0 **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.

11 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 7 points

4 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

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

Basic SPEP™ Score: 60 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: 60% 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.

1. Amount of Service:

- a. Continuing to collaborate with the probation departments to ensure that each juvenile reaches of minimum of 15 weeks of service and 45 contact hours.
- b. Consider having youth participate in more than one group.

2. Risk Level:

- a. Continuing to collaborate with the probation department to ensure that moderate and high risk juveniles are being referred to the program and that low risk referrals are being diverted from treatment.
- b. Ensure YLS data and the youth's case plan is included in the referral packet from the probation department.

3. Quality of Service Delivery:

a. Written Protocol:

- i. Enhance current process by creating a formal manual that describes a policy to ensure the manual is being reviewed annually at minimum through communication with the National Curriculum and Training Institute, Inc. (NCTI).

b. Staff Training:

- i. Consider having more than one trained facilitator to deliver the service.
- ii. Consider training the supervisor as a facilitator.
- iii. Consider educating staff on the YLS, Case Plan and other JJSES topics as well as topics specific to group counseling.

c. Staff Supervision:

- i. Develop a document that will enable the supervisor to easily monitor delivery staff at regular time-frames (eg. Monthly, quarterly), and implement the process upon the completion of the manual. Ensure delivery staff are provided with a copy of the document.
- ii. Begin to utilize staff performance evaluations are a regular basis during the year.

d. Response to Drift:

- i. Develop a policy related to drift and include this in the manual/protocol.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1 SPEP™ ID and Contact Time: 0236-T02

Agency/Program Name: Pathways Adolescent Center/Male Independent Living; Male PAC 1; Male PAC 2; Female Independent Living; Female New Beginnings

Service Name: National Curriculum Training Institute (NCTI) Crossroads©

Cohort Total: 30

Cohort Time Frame: Youth that began the service on/after July 1, 2021 and ended on/before January 1, 2023

Referral County(s): Beaver (1); Butler (4); Cambria (1); Clarion (1); Crawford (1); Dauphin (2); Elk (1); Erie (1); Fayette (2); Jefferson (1); Lawrence (4); McKean (2); Mercer (3); Schuylkill (1); Venango (1); Warren (1); Washington (1); Westmoreland (2)

Feedback Report Delivery: December 12, 2023

County/Probation Officer(s) Involved: Isaac Hastings (Venango); Julie Bullard (Venango); Alex Hromyak (Erie); Pam Farkas (Mercer)

EPIS SIS(s): Shannon O'Lone

Pathways Adolescent Center (PAC) is a privately owned residential facility provider that serves Pennsylvania youth referred by Children and Youth and Juvenile Probation. Pathways Adolescent Center offers both male (PAC) and female residential units (New Beginnings) which are both twenty-eight (28) bed, privately owned, residential facilities located in Oil City, Pennsylvania. Pathways also accommodates shelter youth within these programs. The boys' and girls' programs accept youth from ages 11-20 years of age. Pathways also offers a (12) bed step down male program (PAC 2) for youth ages 13-15 that have done well in the residential program. All programs provide comprehensive care in response to the individual needs of troubled youth and their families in close cooperation with other service providers.

As part of all residential programs, Pathways provides a privately licensed academic school. Youth have the opportunity to graduate from private school, graduate based on IEP goals, obtain a GED, attend public school/local CTE, and take college courses on site. During the first 30 days of a youth's stay, Pathways creates an Individual Service Plan to drive treatment based on the YLS, case plans, and psychological evaluation. This plan is updated every 6 months. Pathways' focus is to offer Behavioral Modification Programming while incorporating Cognitive Behavioral Therapy and Trauma-Informed techniques within counseling services offered.

Pathways utilizes the National Curriculum Training Institute (NCTI) Crossroads© curricula to target youth need areas such as anti-social thinking, anti-social personality, negative peer influence, and a range of dynamic risk factors that influence negative behaviors. The Crossroads© curricula was designed to provide youth with opportunities to build upon their strengths and skills in an effort to affect positive behavior change, utilizing a cognitive behavioral approach which takes into consideration the responsibility traits of each youth. The Building Blocks for Change is the foundation for NCTI's curricula and facilitator certification training. NCTI's Building Blocks for Change aligns with the National Institute of Corrections (NIC) Eight Evidence-Based Principles for Effective Interventions. These principles include the following: Assess Risk & Needs, Enhance Motivation to Change, Target Interventions, Skill Train with Directed Practice, Increase Positive Reinforcements, Engage Ongoing Community Support, Measure Relevant Processes and Practices, and Measure Feedback.

While there are several cognitive based interventions available from the (NCTI) Crossroads© curriculum, Pathways specifically delivers the Anger Management (Level 1 & 2), Drugs and Alcohol (Level 1 & 2), and the Cognitive Life Skills (Level 1 & 2). Each Level of these curricula have specified hours of dosage according to the developer. The Anger Management curriculum uses role plays and scenarios to assist youth in learning skills to avoid confrontational situations, manage emotions and develop alternative responses. The Drugs and Alcohol curriculum assist youth in understanding the dangers of continued substance use/abuse. Through activity enhanced components, youth learn alternatives to substance use that will help them cope with stress and make positive choices. The Cognitive Life Skills curriculum offers an extended educational process to assist youth in overcoming negative behavioral patterns and to become more productive in their environment. Through activity enhanced components, youth learn how to establish positive goal-directed behavior patterns and understand the process necessary to change negative behavior. All three of these curricula utilize varying methods to teach the cognitive feedback loop of thoughts, feelings, and actions and are guided through the use of topic-specific workbooks. In addition, Personal Awareness Journals are utilized and include goal setting to establish a personal commitment to positive change. Pathways utilizes the results of the Youth Level of Service (YLS) assessment to determine which intervention/s to prioritize within the Crossroads© curriculum which best match the youth's criminogenic need area/s. The curriculum is administered through a cognitive behavioral group process (8-10 youth) and is delivered twice weekly for an hour.

It should be noted that, as of July 1, 2023, Pathways Adolescent Center has adopted the new updates and guidelines outlined by the developer (dosage and duration for the (NCTI) Crossroads© curriculum). This change did not affect the current cohort reflected in this report, however, new dosage and duration targets for the (NCTI) Crossroads© curriculum will be reflected in future Reassessments of this service.

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 dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction. Targeted duration and dosage for this service is 24 weeks, 40 hours.

<u>0</u>	youth in the cohort of	<u>30</u>	received the targeted Duration or Number of Weeks for a total	<u>0</u>	points
<u>0</u>	youth in the cohort of	<u>30</u>	of received the targeted Dosage or Number of Hours for a total of	<u>0</u>	points

Total Points Received: 0 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. The Risk Levels of Youth admitted to the service were: 3 low risk, 22 moderate risk, 4 , high risk, and 1 very high risk.

<u>27</u>	youth in the cohort of	<u>30</u>	are Moderate, High, Very High YLS Risk Level for a total of	<u>10</u>	points
<u>5</u>	youth in the cohort of	<u>30</u>	are High or Very High YLS Risk Level for a total of	<u>3</u>	points

Total Points Received: 13 Total Points Possible: 25

Basic SPEP™ Score: 68 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: 68% 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. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:
 - a. Written Protocol:
 - i. Within the written protocol, include a documented time stamp for review of the NCTI Crossroads© to reflect the current practice of the developer's conversation logs (e.g. during Leadership meetings)
 - b. Staff Training:
 - i. Within the written protocol, include documented booster trainings for NCTI Crossroads©; consider existing consultation with developer offered twice yearly
 - c. Staff Supervision:
 - i. Include service specific feedback regarding quality of service delivery in yearly performance evaluations (e.g. include within contract renewal process)
2. Regarding Amount of Service:
 - a. Consider extending dosage and duration targets to 15 weeks and 45 hours as supported by SPEP research for increased impact on recidivism reduction benefits
3. Regarding Risk Level of Youth Served:
 - a. Continue to collaborate with referring counties on targeting moderate to high, and very high, risk youth for the NCTI Crossroads© service