

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 0312-T01

Agency Name: Abraxas Youth and Family Services

Program Name: Abraxas Academy

Service Name: Individual Therapy

Cohort Total: 19

Timeframe of Selected Cohort: March 1, 2020 - February 28, 2021

Referral County(s): Bedford (2); Berks (2); Bradford (2); Bucks (1); Delaware (3); Erie (4);
Lackawanna (1); Lehigh (1); Luzerne (2); Westmoreland (1)

Date(s) of Interview(s): Dec 3, 2020 & February 16, 2021

Lead County: Berks

Probation Representative(s): Jeffrey Gregro, Deputy Chief, Berks County Juvenile Probation

EPIS Representative: Lisa Freese

Description of Service:

Abraxas Academy provides intensive treatment to adolescents and their families who are experiencing severe emotional, behavioral, psychological, educational and social problems. Clients must be court adjudicated males between the age of 14-18. Youth must be in 9th grade, level of violence as a factor, dramatically high risk for suicidal behavior, especially recent attempts. Psychotic features will also be reviewed. IQ of 70 or higher. The Abraxas Academy has two secure residential programs, the Habitual Offenders Program and the Sexual Offenders Program.

The Habitual Offenders Program uses a comprehensive approach in providing treatment services to the residents. This is achieved through trauma informed cognitive behavioral therapy with a strong emphasis on functional behavior assessment and behavioral modification. The program milieu and curriculum utilize the principles of BARJ, an anger and emotional curriculum intertwined, Applied Behavioral Analysis and a cognitive distortions component. Treatment emphasis is placed on identifying and correcting potentially harmful patterns of thought, improving social skills, teaching problem solving skills and developing an awareness of the community and victim, while altering target pro-social and maladaptive behaviors.

There are 3 treatment tracks that are provided for youth; 3-months, 6-months, 10-months. The track is a collaborative decision made by Abraxas Academy, referring Juvenile Probation Department, and the Courts. Youth are afforded all treatment modalities but depending on the track, delivery and dosage amounts of the service will vary.

Individual Therapy is provided by clinicians who meet one on one with the youth a minimum of 1 hour per week. Each clinician has approximately 6 youth on their caseload. Clinicians are responsible for the development of a comprehensive treatment plan for each youth. They also serve as a member of the multi-disciplinary team and report to the Clinical Director.

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

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

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:** 10

Total Points Received: 10 **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: 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.

<u>19</u>	youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth	<u>12</u>	points
<u>6</u>	in the cohort are High or Very High YLS Risk Level for a total of	<u>10</u>	points

Total Points Received: 22 Total Points Possible: 25

Basic SPEP™ Score: 52 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: 69% 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 addressing the following recommendations:

1. Regarding Quality of Service Delivery:

a. Written Protocol:

- i. Consider adding to the Clinical Binder more specific information on a target population, incorporating the results of the YLS in treatment planning, and information of when and how often the Binder is reviewed and updated.

b. Staff Training:

- i. Create a specific booster training checklist for clinicians outlining trainings related to the service. Place language in the binder requiring the supervisor (Clinical Director) to also be trained to deliver the service.

c. Organizational Response to Drift:

- i. Indicate on the discharge survey questions related to the services offered at Abraxas Academy and establish a process for reviewing and adapting the service, based on the results at regular timeframes.

2. Regarding Amount of Service:

- a. Collaborate with juvenile probation departments and review internal schedules to find ways to increase the amount of service youth receive.