

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 0325-T01

Agency Name: Lancaster County Youth Intervention Center (LCYIC)

Program Name: P.U.L.S.E. Evening Treatment Center (ETC)

Service Name: Aggression Replacement Training® (ART®)

Cohort Total: 19

Timeframe of Selected Cohort: January 1, 2019 - March 13, 2020

Referral County(s): Lancaster

Date(s) of Interview(s): Service classification: March 23, 2021 and Quality of Service Delivery: June 21, 2021

Lead County: Lancaster

Probation Representative(s): Chandelle Catrone, Supervisor, Lancaster County Juvenile Probation

EPIS Representative: Dawn Karoscik

## Description of Service:

Lancaster County Youth Intervention Center - The Youth Intervention Center opened its doors on March 9, 2002 and is located on the Sunnyside Peninsula at 235 Circle Avenue in Lancaster, Pennsylvania. The Center provides detention, shelter care services, and alternative treatment programs for males and females from the ages of 10 to 18. The Detention program has a 48 bed capacity, the Shelter program has a 36 bed capacity, and P.U.L.S.E. Weekend Program has a 12 bed capacity.

The P.U.L.S.E. - Providing Uplifting Learning Skills to Excel - Evening Treatment Center (ETC) was started in August 2016. The ETC serves adolescents who are involved with the Office of Juvenile Probation or the Children and Youth Agency. The program is offered to males and females ages 13-18. Participants can be referred to the program in two ways: court-ordered by Juvenile Probation after disposition or recommended by a Children and Youth Caseworker. Participants are transported to the program after school and then transported home at 8:30pm as long as they live within a 12-mile radius of the facility. During the summer months, the participants are transported from their homes to the program. The length of the program is determined by the participant's treatment needs. At a minimum a youth, will be in the program 7 weeks but typical length in the program is 10-12 weeks. The participant's goals, program length, and groups will be determined based on recommendations from the Juvenile Probation Officer or Children and Youth Caseworker, consultation with the parents/guardians, and results of various assessments. The ETC participants participate in evidence-based programs, as well as psycho-educational groups. While at the program, participants receive an evening meal and snack. They are given time to complete their homework, as well as recreation time.

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 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 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:** 6  
**Points received for Contact Hours or Number of Hours:** 4

**Total Points Received:** 10 **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>	<b>youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth</b>	<u>12</u>	<b>points</b>
<u>8</u>	<b>in the cohort are High or Very High YLS Risk Level for a total of</b>	<u>13</u>	<b>points</b>

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

**Basic SPEP™ Score:** 80 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:** 80% 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. Regarding Quality-of-Service Delivery:

- a. Written Protocol:
  - i. Identify a new Agency Trainer
  - ii. Coordinate receiving regular updates from the ART® developer regarding manual updates and revisions
- b. Staff Training:
  - i. Develop written policy regarding the training requirements
  - ii. Implement regular booster trainings (confer with the developer/Agency Trainer if a system exists for this)
- c. Staff Supervision:
  - i. Implement mechanisms that identify predetermined timeframes that supervisors will monitor the facilitation of ART®
  - ii. Implement mechanisms for supervisors to provide written feedback to employees regarding service delivery
  - iii. Implement use of Fidelity Checklists to document group monitoring
  - iv. Revise the process of annual performance evaluations to include specific feedback on ART® service delivery
- d. Organizational Response to Drift:
  - i. Develop an overarching policy that describes how drift from the ART® service delivery will be identified
  - ii. Ensure the policy includes an “if-then” approach for corrective action steps if service delivery departs from what is intended
  - iii. Establish a mechanism to track/document the use of procedures at every service delivery
  - iv. Implement ART® pre- and post-tests (created by developer)
  - v. Establish a process of reviewing data from pre/posttests to improve the delivery of ART®

#### 2. Regarding Amount of Service:

- a. Maintain communication with JPO from referring county (Lancaster) to continue matching research recommendations for the targeted amount of service and appropriate length of stay for each youth

#### 3. Regarding Risk Level of Youth Served:

- a. Maintain collaboration with the Lancaster County Office of Juvenile Probation to identify the appropriate risk level for each youth who is completing the service
- b. Maintain collaboration with the Lancaster County Office of Juvenile Probation to identify appropriate service allocation based on specific YLS domains and responsivity factors