

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Attempt (Advisory) SPEP™ ID and Contact Time: 352-A01-T01

Agency/Program Name: Pathways Adolescent Center

Service Name: Problematic Sexual Behavior Program

Cohort Total: 3

Cohort Time Frame: Youth who began this service on/after August 1, 2021 and ended this service on/before August 1, 2023

Referral County(s): Butler (1); Erie (1); Jefferson (1)

Feedback Report Delivery: December 12, 2023

County/Probation Officer(s) Involved: Alex Hromyak (Erie); Julie Bullard (Venango), Isaac Hastings (Venango); 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.

Problematic Sexual Behavior Program (PSBP) at Pathways Adolescent Center is designed for moderate risk offenders. Youth identified for the PSBP are those who have been adjudicated delinquent for a sexual offense including, but not limited to, Indecent Assault, Involuntary Deviate Sexual Intercourse, and Rape. Psycho-sexual assessments and psychological assessments are used to determine appropriateness for therapy as well as the Youth Level of Service (YLS) risk/needs assessment in other domains outside of their problematic sexual behaviors. Youth should be moderate to high and very high risk with respect to their YLS, or their score overridden by the referring agency if deemed low risk on the YLS. The program is geared toward the needs of each youth, but generally follows the evidence-based Pathways workbook (Timothy J. Kahn - Fourth Edition, 2011), which reflects current research and clinical experience with adolescents by focusing on strength-based methods to help clients develop healthy and productive lifestyles consistent with the Good Lives Model of rehabilitation. Pathways Adolescent Center and the Pathways curriculum are not affiliated. The Pathways workbook uses a restorative justice theme emphasizing concern for restitution, development of victim empathy and personal responsibility. Focus is shifted from the offense cycle into understanding the antecedents to a client's sexual acting out. Pathways Adolescent Center chose this curriculum as it uses a cognitive-behavioral approach to counseling which incorporates rapport building and a psycho-educational portion wherein sex offense/abuse laws are explained as well as the impact and consequences of prior choices to offend. Applied concepts of consent, anger management skills, boundaries and motivation are explored in order to expand internal and external barriers to avoid future relapse behavior/s. Each youth is required to complete a disclosure of their offense/s as well as identify various cognitive distortions used to justify their choices. Youth will learn the tenets of impulse and urge control as well as identifying both healthy and unhealthy areas of their lives in order to live more responsibly.

Youth receive individual sessions 1 to 2 times weekly, Monday through Friday at the youth's respective unit. Gender-specific group counseling sessions will occur at least once per week, at the PAC 2 building, in order for youth to practically utilize the concepts learned and will include a crucial focus of application of program concentrated tools that affect their daily lives. As their clinical work progresses, based on behavior and progress in sessions, the youth will work toward identifying maintenance cycles and their personal offense behavior chain, with the goal of identifying inappropriate behavior before a lapse or relapse would occur. Youth will complete a Relapse Prevention Plan with input from referring probation officer, Pathways worker, individual therapist, and involved legal guardian. Youth must complete clarification, empathy activities, and apology letters as demonstration of victim awareness. As the final phase of the Problematic Sexual Behavior Program, the youth will complete a 12-step recovery program that may involve their guardian, victim (if deemed appropriate), and all members of their treatment team. The parent companion guide to the Pathways workbook, the Healthy Families, A Guide for Parents of Children and Adolescents with Sexual Behavior Problems (Kahn, 2011), is utilized in sessions with families as a support structure. This guide includes appendices and information which assists parents/guardians in the evaluation and treatment process for youth with sexual behavior problems, and includes a parental involvement section so that parents can follow and participate in their child's treatment.

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? No **Total Points Possible for this Service Type:** 20

Total Points Received: 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, 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 25 weeks, 25 hours.

3	youth in the cohort of	3	received the targeted Duration or Number of Weeks for a total	N/A*	points
3	youth in the cohort of	3	of received the targeted Dosage or Number of Hours for a total of	N/A*	points

Total Points Received: N/A* **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 program were: 0 low risk, 3 moderate risk, 0 high risk, and 0 very high risk

3	youth in the cohort of	3	are Moderate, High, Very High YLS Risk Level for a total of	N/A*	points
0	youth in the cohort of	3	are High or Very High YLS Risk Level for a total of	N/A*	points

Total Points Received: N/A* **Total Points Possible:** 25

***A minimum of 10 youth is required for data analysis to occur. Due to insufficient cohort size, a valid SPEP™ score could not be generated. Any data that has been shared is strictly for informational purposes. Technical assistance will be offered to the service provider in regard to SPEP™ Performance Improvement with the goal of reassessment in the future.**

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 Primary & Supplemental Service Types:
 - a. Consider the addition of Behavioral Contracting on a consistent basis to increase recidivism reduction benefits
2. Regarding Quality of Service Delivery
 - a. Written Protocol:
 - i. Consider designating one person to check on updates to the existing curriculum and to document yearly in the Training Sheet
 - b. Staff Supervision:
 - i. Ensure that the practice of supervision/documentation is written into the policy
 - c. Organizational Response to Drift:
 - i. Continue to refine drift policy specific to this service (e.g document how missed sessions are remediated; all available ideas to correct drift/leadership meeting discussion)
3. Regarding Data Collection:
 - a. Monitor facilitation and group size to ensure identified youth have the opportunity to receive this service