

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Abraxas I-Intensive Drug and Alcohol Program-Female-Victim Community Awareness

Cohort Total: 27

SPEP ID: 108-T01

Selected Timeframe: Nov. 13, 2015-Sep. 9, 2016

Date(s) of Interview(s): Aug. 17, 2016, Sep. 16, 2016

Lead County & SPEP Team Representatives: Angela Work, McKean Co. & Shawn Peck, EPISCenter

Person Preparing Report: Angela Work & Shawn Peck

**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. (350 character limit)*

The Abraxas I Intensive Drug & Alcohol Treatment Programs provides intensive substance abuse programming for 60 adolescent males and 32 female adolescents in separate treatment settings. The programs provide a safe, nurturing and structured environment for delinquent and/or dependent youth to make positive changes in their behaviors, attitudes and beliefs. The goal of treatment is to eliminate drug abuse/dependency & delinquency and develop competencies that will enable youth to function as responsible members of the community. Youth participate in a variety of therapeutically structured activities. Treatment planning integrates the concepts of Balanced and Restorative Justice by focusing on offense-specific counseling, victim awareness, accountability and competency development.

Victim & Community Awareness is based upon Victim/Community Awareness: Establishing a Restorative Justice Community, April 1999. Youth are introduced to Balanced & Restorative Justice, the mission of Pennsylvania's Juvenile Justice System, and includes responsibilities to victims, communities as well as offenders. Youth are educated on victim empathy through the use of role plays. Role playing encourages empathy toward emotions victims may experience. Through group processing, youth become aware of the actual harm done to the victim in their specific case. Lastly, youth have the opportunity to apologize, in writing, for their behavior. The apology letter may be forwarded to the Juvenile Probation Department. Material is presented in a psycho-educational seminar format, with approximately 16 youth per group. Handouts are provided as necessary for effective group facilitation. Victim & Community Awareness group includes 52 sessions facilitated one hour per week, designed in an open group format.

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

1. **SPEP™ Service Type:** Group 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: 30

Total Points Earned: 30      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: 5      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: 0

Points received for Dosage or Number of Hours: 0

Total Points Earned: 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.

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

5 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 15 Total Points Possible: 25

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**Basic SPEP™ Score:** 50 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:** 53% 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)

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## 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:

Victim & Community Awareness could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:

- a. Develop a routine schedule to inquire about updates to the manual
- b. Develop a process to monitor the delivery of this service
- c. Develop a scheduled process for the supervisor to observe the delivery of this service
- d. Ensure the supervisor provides written feedback for those who deliver this service
- e. In annual performance reviews, include information specific to the delivery of this service
- f. Develop a policy that outlines how to prevent drift from occurring while delivering this service
  - i. Ensure that the organizational response to drift includes specific action steps for the agency to take to avoid drift, an “if-then” approach
  - ii. A progressive supervision process and response plan

2. Regarding Amount of Service:

- a. Make modifications to provide longer service participation, allowing for alignment with research supported amounts
- b. Improve communication with JPO from referring counties to better match research recommendations for targeted amount of service.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 108-T02

Agency Name: Abraxas Youth and Family Services - Abraxas -I

Program Name: Intensive Open Residential Program (IORP); Social Training and Education Program (STEP)

Service Name: Victim Community Awareness (VCA)

Cohort Total: 52, 49 for Risk

Timeframe of Selected Cohort: Began the service on or after 2/21/2018 and ended the service on or before 3/31/2020

Referral County(s): Adams (2); Allegheny (1); Bedford (1); Bucks (1); Butler (1); Clearfield (1); Columbia (1); Cumberland (1); Dauphin (3); Delaware (13); Erie (1); Franklin (1); Indiana (1); Jefferson (1); Lackawanna (1); Lawrence (1); Lehigh (10); Mifflin (1); Monroe (2); Montgomery (1); Northampton (1); Schuylkill (1); Washington (2); Wayne (1); Westmoreland (2)

Date(s) of Interview(s): Service Classification: 1/22/2020; Quality of Service Delivery Interview: 10/21/2020

Lead County: McKean

Probation Representative(s): Teresa Wilcox, Chief Probation Officer, McKean County Juvenile Probation

EPIS Representative: Shannon O'Lone, SPEP™ Implementation Specialist

## Description of Service:

Abraxas I, a division of Abraxas Youth and Family Services, is located in rural Marienville, PA and offers a variety of programs within the campus including: The Social Training and Education Program (STEP), The Intensive Open Residential Program (IORP), The Abraxas Residential Mental Health Services (ARMHS) Program and The Abraxas I Intensive Drug & Alcohol Treatment Programs. Abraxas I is a Sanctuary® Model affiliated program which provides guidance in support of a trauma informed, trauma sensitive culture by employing the Seven Commitments of the Sanctuary® Model, along with the Sanctuary® Toolkit. The focus of this report is on the Victim & Community Awareness service which is delivered in several Abraxas I programs. The Baseline SPEP assessment included youth from the Abraxas I Intensive Drug & Alcohol Treatment Program - Female dorm. For this SPEP Reassessment youth from the following programs described below have been included in the cohort.

The Abraxas I Intensive Open Residential Program (IORP) is a 12-bed, open residential program that provides staff secure/intensive programming for male adolescents between the ages of 13 to 18. This highly structured, staff-secure residential program provides individualized treatment for youth with diverse needs directly impacting their delinquency issues, and as a result, may have demonstrated resistance toward other treatment programs. Abraxas I uses a strengths-based approach, which focuses on intensive clinical programming, evidence-based curricula, personal character development, and specific counseling to remedy family deficits. The program is designed as an alternative to secure placement. Utilizing a cognitive behavioral model, the Intensive Open Residential Program implements a strong emphasis on Aggression Replacement Training and Balanced and Restorative Justice.

The Abraxas I Social Training and Education Program (STEP) is a 14 bed, open residential program that provides social skill development and substance abuse education/prevention services to male adolescents between the ages of 13 to 18. The STEP program enables youth to transition within the Abraxas I continuum of services on the Marienville, PA campus. Utilizing a cognitive behavioral model and a trauma-informed care approach, STEP places a strong emphasis on life skill development and Balanced and Restorative Justice. A three-phase clinical system provides clear and obtainable treatment objectives to assist the client in navigating through their individual treatment goals.

The Abraxas I Intensive Drug and Alcohol Treatment Programs provide intensive substance abuse programming for 60 adolescent males and 32 female adolescents in separate treatment settings. The programs provide a safe, nurturing and structured environment for delinquent and/or dependent youth to make positive changes in their behaviors, attitudes and beliefs. The goal of treatment is to eliminate drug abuse/dependency & delinquency and develop competencies that will enable youth to function as responsible members of the community. Youth participate in a variety of therapeutically structured activities. Treatment planning integrates the concepts of Balanced and Restorative Justice by focusing on offense-specific counseling, victim awareness, accountability and competency development.

Victim & Community Awareness is based upon the original 52-week William Sarbo and Valerie Bender authored Victim/Community Awareness: Establishing a Restorative Justice Community, April 1999. Youth are introduced to Balanced & Restorative Justice principles - the foundation of the Juvenile Justice System which has responsibilities to victims and communities as well as offenders. Youth are educated on victim empathy through the use of role plays. Role playing encourages youth to empathize with common emotions victims may experience. Through group processing, youth become aware of the actual harm done to the victim in their specific case. Lastly, youth have the opportunity to apologize, in writing, for their behavior. The apology letter may be forwarded to the Juvenile Probation Department. Material is presented in a psycho-educational seminar format, with no more than 16 youth per group. Handouts are provided as necessary for effective group facilitation. The Victim and Community Awareness service includes 26 sessions facilitated one hour per week, designed in an open group format.

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

1. **SPEP™ Service Type:** Group 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:

30

Total Points Received:

30

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

**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>49</u>	<b>youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth</b>	<u>10</u>	<b>points</b>
<u>16</u>	<b>in the cohort are High or Very High YLS Risk Level for a total of</b>	<u>10</u>	<b>points</b>

**Total Points Received:** 20 **Total Points Possible:** 25

**Basic SPEP™ Score:** 70 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:** 74% 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. Ensure the VCA Curriculum Facilitator's Manual in conjunction with the VCA Client Workbook will be utilized consistently across all programs during the 26-week cycle.
- ii. Within the written protocol, clearly describe how the VCA Facilitator's Manual is to be used/referenced/documented during service delivery.
- iii. Within the written protocol, clearly describe how the written protocol is to be reviewed/updated at pre-determined timeframes.

#### b. Staff Training:

- i. Within the written protocol, develop a documented minimum education or equivalent experience requirement to deliver the VCA Curriculum.
- ii. Within the written protocol, identify required specialized training or certifications for delivery of the VCA Curriculum.
- iii. Within the written protocol, develop a process to document that staff delivering the service received the required specialized training
- iv. Develop a predetermined schedule of ongoing or booster trainings specific to the service
- v. Develop a process to document that the supervisor has been trained to deliver the VCA Curriculum.

#### c. Staff Supervision:

- i. Within the written protocol, include mechanisms for supervisors to document monitoring of employees delivering the service to address fidelity and quality consistently across all programs.
- ii. Develop a scheduled process for the supervisor to observe the delivery of this service across all programs
- iii. Within the written protocol, create mechanisms for supervisors to provide written feedback to employees regarding service delivery after each observation
- iv. Revise processes for annual evaluations to include specific feedback on service delivery.

#### d. Organizational Response to Drift:

- i. Develop a written policy that outlines how to prevent drift from occurring while delivering this service, possibly utilizing tracking sheets.
- ii. Within the written response to drift policy, develop a process to document the utilization of the drift policy
- iii. Ensure that the organizational response to drift policy includes specific action steps for the agency to take to avoid drift, including an "if-then" approach or specific corrective action steps to address departure from the fidelity and quality of service delivery
- iv. Develop a process for staff to review the data collected and use the data to adapt or improve service delivery consistently across all programs

### 2. Regarding Amount of Service:

- a. Improve communication with JPO from referring counties to better match research recommendations for targeted amount of service and appropriate length of stay
- b. Make modifications to provide longer service participation, allowing alignment with research supported amounts of 24 weeks and 40 hours

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

- a. Increase collaboration between juvenile probation and Abraxas I to consider the appropriate risk level for each youth
- b. Increase collaboration between juvenile probation and Abraxas I to consider each youth's responsivity factors during treatment