

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Alternative Rehabilitation Communities Inc.-Chambersburg Secure-Individual Counseling

Cohort Total: 20

SPEP ID: 56

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): Dec. 6, 2013 & Feb. 6, 2014

Lead County & SPEP Team Representatives: Nicole Mattern, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Nicole Mattern

**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)*

Alternative Rehabilitation Communities, Inc. (A.R.C.) has been providing services to court adjudicated youth since 1975. A.R.C.'s residential services are the hallmark of the agency's continuum of service. Their service philosophy supports a home-like, community-based focus for their youth. The programs are highly structured, peer oriented and located in a community setting. Their programs provide Individual Service Plans for each student, individual and group counseling, individual and group education, recreation as well as group living skills. A.R.C. has provided staff-secure programs in the Commonwealth of Pennsylvania.

The 18 bed A.R.C. Secure Program in Chambersburg was developed to provide services for the more violent, serious and chronic juvenile offenders. Classified as an Institutional Placement by Department of Public Welfare regulations, this program represents a secure building for court adjudicated youth with serious offenses. Staff members include an education psychologist and a nurse who administers medications. As a student progresses through the program, staff will recommend that the youth step down to a less restrictive setting.

Individual counseling is a service that each youth in the A.R.C. Chambersburg Secure receives weekly. These sessions occur with a counselor in a one-to-one setting and addresses individual treatment goals along with daily behavior. Youth treatment needs are addressed through the application of various curriculums that provide detailed clinical assignments. Youth are given time in the evening to complete these assignments before the next individual counseling session. Monthly progress updates are provided to the family and referring agency.

**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 Earned:** 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 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: 4

Points received for Dosage or Number of Hours: 2

Total Points Earned: 6 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.

14/15 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10 points

8/15 youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

Total Points Earned: 23 Total Points Possible: 25

---

**Basic SPEP™ Score:** 44 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:** 59% 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)

---

## 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:

The A.R.C. Chambersburg Secure service of Individual Counseling scored a 59% Program Optimization Percentage. It is classified as a Group 1 service; Individual Counseling with no qualifying supplemental service. The quality of the service is delivered at a low level. The risk levels of youth admitted to the program are 6% as low risk, 40% as moderate risk and 53% as high risk. The amount of service provided to the clients was 55% of the recommended targeted weeks of duration and 20% of the recommended target contact hours for this service type. A.R.C. Chambersburg Secure could improve its capacity for recidivism reduction through:

1. Development and incorporation of staff training directly for the use, knowledge, and implementation of Individual Counseling. The training should be specific to the service being delivered. All training efforts are recommended to be documented.
2. Development of protocol for supervision of those staff who deliver the identified service. This should be documented and written feedback provided to staff by the supervisor. The focus of the supervision should be the adherence to the facilitator manual and protocol for delivering the service.
3. Creation of policy/procedure to identify drift in the service being delivered and a way to apply this policy/procedure to those delivering the service. Consideration should be given to documenting all applications of the developed policy/procedure.
4. A.R.C. should have a minimum education requirement for those staff delivering services to the students within their program.