

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: North Central Secure Treatment Unit, Girls Program, Thinking for a Change

Cohort Total: 24

SPEP ID: 116-T01

Selected Timeframe: Sep.15, 2015 - Aug. 11, 2016

Date(s) of Interview(s): Sep. 13, 2016, Oct. 18, 2016

Lead County & SPEP Team Representatives: Danielle Salisbury, York Co. & Lisa Freese, EPISCenter

Person Preparing Report: Danielle Salisbury & Lisa Freese

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)*

North Central Secure Treatment Unit (NCSTU) Girls Program provides secure treatment programming for adjudicated delinquent females age 13–20. Located in Montour County, the Girls Program offers a wide range of services designed to meet the diverse needs of its residents including specific programming for substance abuse and criminal behavior issues, gender-responsive services for female offenders, programming for residents having lower cognitive functioning, and treatment for issues related to chronic delinquent behavior and mental health disorders. All treatment services and aftercare planning incorporates a Balanced and Restorative Justice (BARJ) perspective. There are currently two Girls Programs located at the NCSTU. Both the Green and Reed Buildings can house up to 24 residents. Each building has two 12 bed units provides female offenders with treatment and services targeting delinquency, trauma, loss, and mental health disorders. The program's mission is to provide a safe, supportive environment while encouraging and empowering young women to lead healthy lifestyles that promote dignity, integrity and responsibility.

The NCSTU Thinking for a Change (T4C) Group is a service within the Girls Program that is designed to address the Youth Level of Service (YLS) domains of Attitudes/Orientation and Personality/Behavior. This is run as a closed group and every resident receives the service. The T4C Group is facilitated by staff who are trained to deliver the service. Currently, this consists of Youth Development Aides and Youth Development Aide Supervisors. Any staff can be a T4C facilitator provided they have completed the training curriculum. The group is run three times per week, over the course of 15 weeks. As a closed group, the girls in the program start and end the T4C group together to ensure the fidelity of the curriculum. There are typically 8-10 girls in the group at a time.

Thinking for a Change is divided into three components: cognitive self change, social skills, and problem-solving skills. These skills help to process negative and harmful thoughts, engagement in positive social learning, open communication, and addressing stressful life situations.

Moreover, participation in the T4C group is tied into NCSTU's behavioral modification system. For example, a youth must be participating in or have completed the T4C group to be promoted to the next level.

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

1. **SPEP™ Service Type:** Cognitive-behavior 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 Earned: 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 and supervision, and how drift from service delivery is addressed.

Total Points Earned: 20 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: 6

Points received for Dosage or Number of Hours: 4

Total Points Earned: 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.

23 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

4 youth in the cohort are High or Very High YLS Risk Level for a total of 3 points

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 80 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: 80% 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 NCSTU individual counseling service could improve its capacity for recidivism reduction through:

1. Addressing the following point related to service quality:
 - a. Identify in writing the target population for residents receiving the service;
 - b. Document the minimal education requirements for staff delivering the service; and
 - c. While data is collected through feedback from residents and pre and post tests, the development a process for formal evaluation of the effectiveness of the group will reveal opportunities where delivery of the curriculum can be improved.
2. Monitoring the amount of service by:
 - a. Delivering the curriculum over a period of the targeted duration of 15 weeks.
 - b. Ensuring that each girl receives all of the lessons to target 45 hours of curriculum delivery.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 116-T02

Agency Name: North Central Secure Treatment Unit (NCSTU)
Program Name: Girls Program
Service Name: Thinking for a Change (T4C)
Cohort Total: 57
Timeframe of Selected Cohort: All delinquent youth who began this service on/after January 1, 2018 and ended this service on/before January 24, 2020
Referral County(s): Allegheny (8), Berks (4), Bucks (1), Carbon (1), Chester (2), Delaware (1), Erie (1), Fayette (1), Franklin (1), Lebanon (1), Lehigh (1), Luzerne (2), Monroe (1), Montgomery (2), Northampton (1), Philadelphia (20), Schuylkill (2), Westmoreland (4), York (3)
Date(s) of Interview(s): March 12, May 21 and August 15, 2019
Lead County: York
Probation Representative(s): Danielle Salisbury, Supervisor
EPIS Representative: Lisa Freese

Description of Service:

North Central Secure Treatment Unit (NCSTU) Girls Program provides secure treatment programming for adjudicated delinquent females age 13 – 20. Located in Montour County, the Girls Program offers a wide range of services designed to meet the diverse needs of its residents including specific programming for substance abuse and criminal behavior issues, gender-responsive services for female offenders, programming for residents having lower cognitive functioning, and treatment for issues related to chronic delinquent behavior and mental health disorders. All treatment services and aftercare planning incorporates a Balanced and Restorative Justice (BARJ) perspective.

There are currently two Girls Programs located at the NCSTU. Both the Green and Reed Buildings can house up to 24 residents. Each building has two 12 bed units that provide female offenders with treatment and services targeting delinquency, trauma, loss, and mental health disorders. The program's mission is to provide a safe, supportive environment while encouraging and empowering young women to lead healthy lifestyles that promote dignity, integrity and responsibility.

The Thinking for a Change (T4C) Group is a service within the Girls Program that is designed to address the Youth Level of Service (YLS) domains of Attitudes/Orientation and Personality/Behavior. This is run as a closed group and every resident receives the service. The T4C Group is facilitated by staff that are trained to deliver the service. Currently, this consists of Youth Development Aides and Youth Development Aide Supervisors. Any staff can be a T4C facilitator provided they have completed the training curriculum. The group is comprised of 45 sessions and is run three times per week, over the course of 15 weeks. As a closed group, the girls in the program start and end the T4C group together to ensure the fidelity of the curriculum. There are typically 8-10 girls in the group at a time.

Thinking for a Change is divided into three components: cognitive self-change, social skills, and problem-solving skills. These skills help to process negative and harmful thoughts, engagement in positive social learning, open communication, and addressing stressful life situations.

Moreover, participation in the T4C group is tied into NCSTU's behavioral modification system. Residents must successfully complete T4C to obtain Emerald and/or Diamond levels.

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: 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: 6

Points received for Contact Hours or Number of Hours: 8

Total Points Received: 14 **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.

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

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

Total Points Received: 23 **Total Points Possible:** 25

Basic SPEP™ Score: 92 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: 92 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.

T4C received a 92 for the Basic Score and a 92% Program Optimization Percentage. These Basic Scores represent an increase of 12 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent an increase of 12 percentage point(s) from the initial SPEP™ Assessment. The service was classified as a Group 5 service; Cognitive-behavioral Therapy Service Type. There is no qualifying supplemental service found in the research. The Quality of Service Delivery was found to be at a High Level. For Amount of Service, 74% of the youth received the recommended targeted weeks of duration and 83% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 9% low risk, 40% moderate risk, 44% high risk, and 7% very high risk. Amount of Service and Risk Level both increased by 20% and 32% respectively. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:

a. Organizational Response to Drift:

i. Provide evidence of a corrective action step policy or protocol that includes specific "if, then" action steps.

2. Regarding Amount of Service:

a. Continue to communicate to referral sources the targeted amounts of 15 weeks of duration and 45 hours of dosage for cognitive behavioral therapy services such as T4C.