

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Outside In-Voyagers-W.I.L.D.- The Challenge Program
Cohort Total: 32 SPEP ID: 86-T01
Selected Timeframe: Dec. 31, 2014-Dec. 2, 2015
Date(s) of Interview(s): Jun. 3, 2015 & Jul. 30, 2015
Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter
Person Preparing Report: Shawn Peck & Doug Braden

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 Voyagers Program is an activity-intensive 24-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Voyagers Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro social skills, moral reasoning and education. The Voyagers Program incorporates a group approach with experience-based learning. The group approach emphasizes pro-social skill building and the experience-based learning provides real-world engagement. Specific activities foster interaction and interdependence between group members while simultaneously developing problem solving ability and personal responsibility. The dynamics of trust, teamwork, stewardship, integrity, communication, service and respect are emphasized. The average length of stay is 4 to 6 months, but can vary from a month to a year or longer. Each student has the opportunity to participate in community service and venturing activities. The Voyagers Program consists of a highly structured and activity-intensive milieu that is developmentally appropriate and intrinsically motivating, challenging each student to evaluate his past behaviors and decisions and to begin imagining new ways of being. While in the Voyagers Program, students have the opportunity to participate in the Wilderness Intensive Leadership Development (W.I.L.D.) Program. W.I.L.D. is a closed group of no more than eight students that participate in outdoor intensive programming and venturing activities. Each student participates in the status and level system which measures behavioral progress and also is used to determine activities that the youth can participate in while in the program.

W.I.L.D., also known as The Challenge Program, consists of experiential groups conducted by both residential and clinical counselors, individual student support, an indoor rock gym, and various outdoor experiences. Wilderness courses challenge students through activities that are mentally stimulating, emotionally challenging and physically exhausting. Students are given opportunities for experiential learning by learning to work together as a group to complete common tasks. Expeditions provide small groups of 8-10 students the opportunity to develop a wide array of competencies that promote normative pro-social skills such as problem solving, team work, communication and trust. The activities are designed for students to evaluate their critical thinking and focus on changing behavior patterns. The uniqueness of The Challenge Program is students are a part of a closed group for 4 weeks learning to function together to complete a heightened level wilderness experience.

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

1. **SPEP™ Service Type:** Challenge Program

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Group Counseling

Was the supplemental service provided? Yes Total Points Possible for this Service Type: 20

Total Points Earned: 20 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: 10

Points received for Dosage or Number of Hours: 8

Total Points Earned: 18 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.

32/32 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

6/32 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: 73 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: 86% 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:

Outside In's service of W.I.L.D. – The Challenge Program scored an 86% Program Optimization Percentage. It is classified as a Group 3 service; Challenge Program with a qualifying supplemental service of Group Counseling. The quality of the service was found to be at a High level. The risk levels of youth admitted to the program were 0% as low risk, 82% as moderate risk and 18% as high risk. The amount of service provided to the clients was 100% of the recommended targeted weeks of duration and 91% of the recommended target contact hours for this service type.

Outside In's service of W.I.L.D. – The Challenge Program could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:
 - a. Develop a specific tracking form to demonstrate that staff read the updated policy manual annually for accountability purposes
 - b. Improve the existing supervision form by providing more writing space in order to prevent the supervisor from writing on the back of the sheet
 - c. Develop an agency policy that outlines how to prevent drift from delivering the service according to the protocol
 - i. Ensure that the organizational response to drift included specific action steps for the agency to take, an "if-then" approach, should drift occur
 - ii. A progressive supervision process and response plan
 - iii. Reference the use of data outcomes to improve service delivery

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Outside In-Voyagers-Wilderness Intensive Leadership Development (W.I.L.D.) - The Challenge Program
Cohort Total: 25 SPEP ID: 86-T02
Selected Timeframe: Feb. 21, 2017-Dec. 26, 2017
Date(s) of Interview(s): Jul.17, 2017 & Nov. 6, 2017
Lead County & SPEP Team Representatives: Bill Shultz, Allegheny Co. & Shawn Peck, EPISCenter
Person Preparing Report: Brian Barnhart & 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)*

Outside In is a nonprofit corporation based in Bolivar, Pennsylvania that provides services for youth and families. Outside In offers a continuum of care that includes both residential and nonresidential services with the goal to interrupt nonproductive behavior patterns and establish successful and positive development in referred youth. Upon entering Outside In, students are placed in one of two residential programs on the campus. The two programs offered at Outside In are Pathway to Recovery and Voyagers. The Voyagers Program is an activity-intensive 36-bed, male only, residential program focusing primarily on pro-social adolescent development and skill building. The Voyagers Program utilizes a cognitive behavioral approach which challenges each student's thinking and behavior patterns in three specific adolescent developmental areas: pro social skills, moral reasoning, and education. The Voyagers Program incorporates a group approach with experience-based learning. The group approach emphasizes pro-social skill building and the experience-based learning provides real-world engagement. Specific activities foster interaction and interdependence between group members while simultaneously developing problem solving ability and personal responsibility. The dynamics of trust, teamwork, stewardship, integrity, communication, service, and respect are emphasized. The average length of stay is four to six months, but can vary from a month to a year or longer. Each student has the opportunity to participate in community service and venturing activities. The Voyagers Program consists of a highly structured and activity-intensive milieu that is developmentally appropriate and intrinsically motivating, challenging each student to evaluate his past behaviors and decisions and to begin imagining new ways of being. While in the Voyagers Program, students have the opportunity to participate in the Wilderness Intensive Leadership Development (W.I.L.D.) – The Challenge Program. W.I.L.D. – The Challenge Program is a closed group of no more than eight students that participate in outdoor intensive programming and venturing activities. Each student participates in the status and level system which measures behavioral progress and is used to determine activities that the youth can participate in while in the program. W.I.L.D. – The Challenge Program consists of experiential groups conducted by both residential and clinical counselors, individual student support, an indoor rock gym, and various outdoor experiences. Wilderness courses challenge students through activities that are mentally stimulating, emotionally challenging, and physically exhausting. Students are given opportunities for experiential learning by learning to work together as a group to complete common tasks. Expeditions provide students the opportunity to develop a wide array of competencies.

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

1. **SPEP™ Service Type:** Challenge Program

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Group Counseling

Was the supplemental service provided? Yes Total Points Possible for this Service Type: 20

Total Points Earned: 20 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: 10

Points received for Dosage or Number of Hours: 10

Total Points Earned: 20 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 7 points

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

Total Points Earned: 10 Total Points Possible: 25

Basic SPEP™ Score: 70 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: 83% 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:

W.I.L.D. – The Challenge Program scored 70 for the Basic Score and an 83% Program Optimization Percentage (POP). The Basic Score represents a decrease of 3 points and the POP represents a decrease of 3 percentage points from the initial SPEP™ assessment. It was classified as a Group 3 service; Challenge Program with a qualifying supplemental service of Group Counseling. The quality of service delivery was found to be at a high level. For amount of service, 100% of the youth received the recommended targeted weeks of duration and 100% of the youth received the recommended targeted contact hours for this service type. The risk levels of youth that received this service were 16% as low risk, 68% as moderate risk, 16% as high risk, and 0% as very high risk. This service could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service Delivery:

a. Staff Training:

- i. Incorporate the agency Human Resources Department to identify, post, and to track Mandatory and Opportunity Trainings to enhance Staff Professional Development.

b. Organizational Response to Drift:

- i. Ensure the Organizational Response to Drift policy includes a detailed description of the service which is implemented and supervised.
- ii. Ensure that written procedures and policies are utilized by developing a signature sheet for all staff to authenticate.

2. Regarding Amount of Service:

a. Discuss aftercare options to help with transition after residential treatment:

- i. Reconsider the “pre-release” option that increases frequency of home passes as youth approach discharge.
- ii. Initiate a transition plan for each student.

3. Regarding Level of Risk:

a. Improve communication with JPO from referring counties to better match research recommendations for the Level of Risk.

b. Increase collaboration between juvenile probation and Outside In to consider:

- i. Each youth’s responsivity factors during treatment.
- ii. Appropriate length of stay for each youth.