

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

SPEP™ ID and Time: 35-T01

Agency Name: Bureau of Juvenile Justice Services (BJJS)

Program Name: Youth Forestry Camp #3 (YFC3)

Service Name: Rational Emotive Behavioral Therapy (REBT)

Cohort Total: 14

Timeframe of Selected Cohort: August 2013 to April 2014

Referral County(s): Lehigh and multiple counties

Date(s) of Interview(s): March 7, 2014 & July 15, 2014

Lead County: Lehigh

Probation Representative(s): Tracie Davies

EPIS Representative: Lisa Freese & Heather Perry

## Description of Service:

The Bureau of Juvenile Justice Services (BJJS) is responsible for the management, operations, program planning and oversight of Pennsylvania's youth development center/youth forestry camp facilities. These facilities are designed to provide state-of-the-art treatment, care and custody services to Pennsylvania's most at-risk youth. The facilities serve both male and female adolescents who have been adjudicated delinquent by their county judicial system. Treatment services are individualized based on strengths and needs. The Balanced and Restorative Justice principles are consistently rooted throughout each facility.

Youth Forestry Camp #3 (YFC#3) is a 50 bed open residential facility for adjudicated males between the ages of 14 and 20 located in Huntingdon County. It is one of six facilities under BJJS's jurisdiction. There are two treatment options available to the youth at YFC#3. B Dorm, which is their residential program, combines both individual and group counseling and consists of a 3 track system. Track 1 residents participate in an intensive 3-4month group counseling cycle that addresses various identified competencies. Track 2 consists of a 2 month rotation of vocational and technical training while maintaining a focus on the delinquency factors that necessitated placement. Track 3 places an additional emphasis on vocational training, job readiness, and independent living. The 2nd treatment option is First Step or A Dorm, which is a 1 track, 84 day, 12 week program for residents who have been identified as having a significant substance abuse problem.

The focus of this report is the Rational Emotive Behavior Therapy (REBT) Program, which addresses criminogenic factors, emphasizes individual strengths and prepares the resident for a productive reentry into society.

Expectations for behavior and decision making are evaluated through a defined, multi-tiered, level system. REBT is utilized in the B-dorm Residential Program as its core curriculum for counseling and program integrity.

## 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: 10

Points received for Contact Hours or Number of Hours: 10

Total Points Received: 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.

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

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

Total Points Received: 25 Total Points Possible: 25

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**Basic SPEP™ Score:** 100 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:** 100% 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.)

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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 juvenile probation department.

1. Improving upon existing staff supervision:
  - a. Enhance the Performance Evaluations to include the REBT service delivery assessment.
2. Improving upon the existing data collection process:
  - a. Account for number of weeks youth participate in the service; number of hours the youth receive the service; and document YLS scores.
  - b. Explore ways to obtain additional outcome data (peer reviews or collecting feedback from youth and families where appropriate).

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Reassessment

Name of Program and Service: Youth Forestry Camp #3-Rational Emotive Behavioral Therapy (REBT)

Cohort Total: 35

SPEP ID: 35-T02

Selected Timeframe: Mar. 1, 2016-Mar. 1, 2017

Date(s) of Interview(s): May 3, 2017

Lead County & SPEP Team Representatives: Tracie Davies, Lehigh Co. & Heather Perry, EPISCenter

Person Preparing Report: Tracie Davies & Heather Perry

**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)*

BJJS is responsible for the management, operations, program planning and oversight of PA's youth development center/youth forestry camp facilities. These facilities are designed to provide state-of-the-art treatment, care and custody services to PA's most at-risk youth. The facilities serve both male and female adolescents who have been adjudicated delinquent by the juvenile court. Treatment services are individualized based on strengths and needs. Youth Forestry Camp #3 (YFC#3) is a 50 bed open residential facility and serves adjudicated males between the ages of 14 and 20. There are two types of treatment paths available to the youth at YFC#3. B Dorm combines both individual and group counseling and consists of a 3 track system. First Step or A Dorm is comprised of a 112 day, 16 week program for residents who have been identified as having significant substance abuse. The focus of this report is the Rational Emotive Behavior Therapy (REBT) Program, which addresses criminogenic factors, emphasizes individual strengths and prepares the resident for a productive reentry into society. Expectations for behavior and decision making are evaluated through a defined, multi-tiered, level system. REBT is based on the premise that people are disturbed cognitively, emotionally, and behaviorally. It is a structured approach to emotional problem solving in with the program adopts an active-directive approach to helping clients solve their own problems. REBT is a theory based on 3 Rational Questions: Is my thinking based on fact, Does my thinking help me achieve my goals, and Does My thinking help me feel the way I want to feel. Those delivering the service were identified as Youth Development Counselors (YDC). Contact with the YDC is daily; however youth are scheduled to meet with their counselor at a minimum of three days per week to work through REBT lesson plans/sessions for approximately 50-55 minutes per lesson plan/session. Youth are assigned homework required to be completed on their own time. Group and/or individual sessions may take place at unscheduled times throughout the day. Unscheduled sessions occur periodically throughout the day. The Psychological Services Associate (PSA) also does REBT on an individual level. The primary focus of REBT is for residents that score Moderate, High, or Very High on the YLS domain of Personality/Behavior and Attitudes/Orientation.

**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: 8

Total Points Earned: 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.

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

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

Total Points Earned: 22 Total Points Possible: 25

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**Basic SPEP™ Score:** 91 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:** 91% 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:

The YFC#3's REBT Program scored a 91 for the Basic Score and 91% Program Optimization Percentage. It is classified as a Group 5 service – Cognitive Behavioral Therapy service type. These scores represent a decrease from the baseline findings of the initial SPEP™ scoring results. \*It should be noted that during this cohort time-frame, 4 youth went AWOL, 1 was deemed FTA, and all were subsequently removed from the program. Further, 7 youth were released before the youth successfully completed the program. If these 12 youth had reached the recommended duration and dosage, an additional 2 points would have been earned in both categories for a combined total increase of 4 points.

The program could continue to improve its capacity for recidivism reduction through:

1. Enhance the current Policy/practice to identify specific corrective action steps that would occur when drift in service delivery is identified.
2. Explore opportunities to ensure students reach a minimum of 15 weeks and 45 hours of service

# The Standardized Program Evaluation Protocol (SPEP™):

**Service Score Results:** Reassessment 2      SPEP™ ID and Contact Time: 0035-T03

Agency/Program Name: Bureau of Juvenile Justice Services (BJJS)/Youth Forestry Camp 3 (YFC 3): B-Dorm

Service Name: Rational Emotive Behavior Therapy (REBT)

Cohort Total: 55

Cohort Time Frame: Youth that began the service on/after January 1, 2020 and ended on/before December 31, 2021

Referral County(s): Allegheny (10); Bucks (9); Butler (1); Dauphin (1); Erie (2); Mercer (1); Philadelphia (27); Washington (1); Westmoreland (1); York (2)

Feedback Report Delivery: May 4, 2023

County/Probation Officer(s) Involved: Beaver - Brandi Sabol, JPO and Marshall Clark, JPO  
Lehigh - Tracie Henry, JPO II and Eva Frederick, JPO II

EPIS SIS(s): Dawn Karoscik, Lisa Fetzer, and Christa Park

Youth Forestry Camp 3 (YFC 3) is in Huntingdon County and serves youths age 13 to 20. It is an open residential facility for adjudicated delinquent male youth. YFC 3 supports positive change through a multi-program approach in a safe and open environment. Two distinct living and treatment units are available; B-Dorm Residential program and the First Step program:

- B-Dorm Residential houses 18 male youth and has open intake and duration, with 4 months usually considered the ideal minimum length of stay. Treatment modalities combine both individual and group counseling which focuses heavily on cognitive change using Rational Emotive Behavioral Therapy (REBT), an evidenced-based CBT (cognitive behavioral therapy) practice.
- First Step Program houses 18 male youth and is intended for residents whose history includes a significant substance-related component. The program has open intake, and a minimum duration of 16 weeks. It can be determined at intake the first opportunity a resident would have to meet the program goals; but, a resident determines their duration through treatment involvement and practice of CBT concepts.

Rational Emotive Behavior Therapy (REBT) is a service which addresses criminogenic factors, emphasizes individual strengths and prepares the resident for a productive reentry into society. Expectations for behavior and decision making are evaluated through a defined, multi-tiered, level system. REBT is based on the premise that people are disturbed cognitively, emotionally, and behaviorally. It is a structured approach to emotional problem solving in which the program adopts an active-directive approach to helping clients solve their own problems. REBT is a theory based on 3 Rational Questions: 1) is my thinking based on fact, 2) does my thinking help me achieve my goals, and 3) does my thinking help me feel the way I want to feel.

Those delivering the service were identified as Youth Development Counselors (YDC). Contact with the YDC is daily; however, youth are scheduled to meet with their counselor at a minimum of three days per week to work through REBT lesson plans/sessions for approximately 50-55 minutes per lesson plan/session. Youth are assigned homework required to be completed on their own time. Group and/or individual sessions may take place at unscheduled times throughout the day. Unscheduled sessions occur periodically throughout the day. The Psychological Services Assistant (PSA) also does REBT on an individual level. The primary focus of REBT is for residents that score Moderate, High, or Very High on the YLS domain of Personality/Behavior and Attitudes/Orientation. REBT has a total of 45 lesson plans. The lessons are broken down into 3 blocks: sessions 1-15, sessions 16-30 and sessions 31-45. It includes both a pretest and posttest of the Child and Adolescent Scale of Irrationality - Revised (CASI-R). This is a 36 item self-report that is a measurement of rational and irrational beliefs. This assessment identifies appropriate thought content and process goals for both individual and group therapy. Examples of questions include; "I think others are better than me, Parents have a responsibility to be nice to children, and I can't stand having to follow rules in school." The CASI-R is also conducted at discharge to determine growth in those identified goals and also serves as a measurement for performance outcomes.

## 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 dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction. Targeted duration and dosage for this service is 15 weeks, 45 hours.

<u>36</u>	youth in the cohort of	<u>55</u>	received the targeted Duration or Number of Weeks for a total	<u>6</u>	points
<u>46</u>	youth in the cohort of	<u>55</u>	of received the targeted Dosage or Number of Hours for a total of	<u>8</u>	points

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. The Risk Levels of Youth admitted to the service were: 9 low risk, 28 moderate risk, 17 , high risk, and 1 very high risk.

<u>46</u>	youth in the cohort of	<u>55</u>	are Moderate, High, Very High YLS Risk Level for a total of	<u>7</u>	points
<u>18</u>	youth in the cohort of	<u>55</u>	are High or Very High YLS Risk Level for a total of	<u>10</u>	points

Total Points Received: 17 Total Points Possible: 25

**Basic SPEP™ Score:** 86 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:** 86% 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. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:
  - a. Written Protocol:
    - i. Ensure the existing Written Protocols (i.e., Treatment Manual, Behavioral Management Program, and Supplemental Handbook) are reviewed on a pre-determined basis and documentation of such review/revision is included on the manuals themselves.
2. Regarding Amount of Service:
  - a. Monitor service delivery to youth to identify (and correct if possible) reasons why youth are not meeting targeted amounts of duration/dosage.
3. Regarding Risk Level of Youth Served:
  - a. Monitor risk level of youth served and ensure the appropriate youth are receiving the service.