

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

Name of Program and Service: Youth Forestry Camp #3-A New Direction

Cohort Total: 36

SPEP ID: 37-T01

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

Date(s) of Interview(s): Jun. 21, 2017

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

Person Preparing Report: Tracie Davies and 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 their county judicial system. Treatment services are individualized based on strengths and needs. Youth Forestry Camp #3 (YFC#3) is a 50 bed open residential facility for adjudicated males between the ages of 14 and 20. 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. The 2nd treatment option is First Step, which is a 1 track, 112 day, 16 week program designed for residents whose delinquent history contains a significant substance-related component. The focus of this report is A New Direction, which is a cognitive based treatment program which addresses addiction along with criminal thinking. This service is the core counseling that all residents receive in the First Step Program. A New Direction consists of a series of 5 workbooks that each resident receives. Facilitator guides are provided to instructors of the curriculum. Intake and Orientation addresses how a resident adapts to their new environment. Thinking Report and Improvement group runs concurrent with Intake and Orientation. Criminal and Addictive Thinking challenge residents' core beliefs, attitudes and assumptions that fuel manipulative, aggressive, and destructive behaviors. This workbook examines the resident's drug and alcohol use and criminal activity. Patterns and core beliefs are identified. The 3rd book is Drug and Alcohol Education and residents are taught to understand the effects of drugs and alcohol emotionally, spiritually, socially, legally, financially and vocationally. They are also taught to recognize their warning signs of relapse. The 4th book is Socialization; This workbook helps residents understand their difficulty in building relationships based on trust and respect. Residents begin to understand the stages of change and how they are perceived in society and learn to live responsibly without drugs and alcohol and identify their support system. The 5th book is Relapse Prevention. Residents look where they are at on the use and abuse continuum. They identify their triggers and high risk situations and factors and identify positive supports. This group is held prior to a residents discharge. The individual counselor also will review examples in the books and relate them to the residents own thinking reports which helps the resident link their thoughts and patterns to their own behaviors. The individual counseling sessions enhance the A New Direction curriculum.

**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: 8

Points received for Dosage or Number of Hours: 8

Total Points Earned: 16 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.

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

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

Total Points Earned: 25 Total Points Possible: 25

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**Basic SPEP™ Score:** 96 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:** 96% 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:

A New Direction scored a 96 for the Basic Score and an 96% Program Optimization Percentage. It is classified as a Cognitive-behavioral therapy service type.

\*It should be noted that during this cohort time-frame, 3 youth were released by the county before the youth successfully completed the program, 1 youth was placed while pending adult charges and was subsequently released, and 1 youth was released on his 21st birthday. If these 5 youth had reached the recommended duration, an additional 4 points would have been earned in the Amount of Service Category.

The program could improve its capacity for recidivism reduction through:

1. Provide additional booster/refresher training on service delivery.
2. Develop a procedure to monitor delivery staff on the adherence to the protocol and quality of delivery at predetermined time-frames, provide written feedback on the findings, and document the process.
3. Enhance the current Policy/practice to identify specific corrective action steps that would occur when drift in service delivery is identified (an if-then type of policy).

# The Standardized Program Evaluation Protocol (SPEP™):

**Service Score Results:** Reassessment 1      SPEP™ ID and Contact Time: 0037-T02

Agency/Program Name: Bureau of Juvenile Justice Services (BJJS)/Youth Forestry Camp 3 (YFC 3): First Step

Service Name: A New Direction (AND)

Cohort Total: 37

Cohort Time Frame: Youth that began the service on/after July 23, 2020 and ended on/before December 22, 2021

Referral County(s): Allegheny (9); Bucks (5); Centre (1); Columbia (1); Dauphin (2); Erie (2);  
Indiana (1); Lehigh (1); Mercer (2); Philadelphia (8); Wyoming (1); York (4)

Feedback Report Delivery: May 4, 2023

County/Probation Officer(s) Involved: Beaver - Marshall Clark, JPO and Brandi Sabol, 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.

A New Direction (AND) is a cognitive based treatment service which addresses addiction along with criminal/delinquent thinking. AND is the core counseling that all residents receive in the First Step Program. A New Direction 2nd Edition consists of a series of 6 workbooks that each resident receives.

1. Introduction to Treatment addresses how residents adapt to their new environment; it covers the formality of what is needed to be a member of the facility, group and dorm. It discusses the different facets of the youths' involvement in treatment, addresses why they are in the First Step Program, and reviews their substance abuse history. Emphasis is placed on honesty and accountability. Behavior is tied into the group in order to advance to the next workbook.
2. Criminal and Addictive Thinking (CAT) challenges core beliefs, attitudes and assumptions that fuel manipulative, aggressive, and destructive behaviors. The workbook examines the residents' drug and alcohol use and criminal/delinquent activity. Patterns and core beliefs are identified. Residents also are taught how to complete a Thinking Report.
3. Alcohol and Other Drugs (AOD) helps youth understand the effects of drugs and alcohol emotionally, spiritually, socially, legally, financially and vocationally. They are also taught to recognize their warning signs of relapse.
4. Socialization helps residents understand the difficulty in building relationships based on trust and respect. Residents begin to understand the stages of change and how they are perceived in society. Also, residents learn to live responsibly without drugs and alcohol and identify their support system.
5. Co-Occurring Disorders (COD) looks at how Mental Health and Substance Abuse intersect. Through this workbook, youth identify their triggers, high risk situations and factors, and identify positive supports.
6. Relapse Prevention encourages residents to look at where they are on the use and abuse continuum. Youth identify their triggers, high risk situations and factors, and identify positive supports.

Workbooks 1 through 4 are primarily facilitated by the Youth Development Counselor (YDC). Workbook 5 is primarily facilitated by the Psychological Services Specialist (PSS) and Workbook 6 is facilitated by the Drug & Alcohol Treatment Specialist (DATS). These workbooks are the foundation for weekly group sessions. Several sessions are held throughout the week, depending on the workbook being discussed. Facilitator guides are provided to curriculum instructors. There is repetition in each book which builds upon change and is based on practice. Each workbook contains pre- and post-tests and exercises which can be given as homework. Youth may be required to do role plays or watch videos during group sessions. Each resident also completes 5 Thinking Reports weekly which are then reviewed during individual sessions with their direct counselor. The individual counselor also will review examples in the books and relate them to the residents own thinking reports which helps the resident link their thoughts and patterns to their own behaviors. The individual counseling sessions (completed by the YDC, PSS, and DATS) enhance the A New Direction 2nd Edition curriculum. Thinking Report Improvement Group (TRIG) runs concurrent with Criminal Addictive Thinking (CAT) and Orientation as a remedial treatment group if youth are not meeting expectations.

## 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.

30	youth in the cohort of	37	received the targeted Duration or Number of Weeks for a total	8	points
36	youth in the cohort of	37	of received the targeted Dosage or Number of Hours for a total of	8	points

**Total Points Received:** 16 **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: 1 low risk, 22 moderate risk, 14 , high risk, and 0 very high risk.

36	youth in the cohort of	37	are Moderate, High, Very High YLS Risk Level for a total of	12	points
14	youth in the cohort of	37	are High or Very High YLS Risk Level for a total of	13	points

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

**Basic SPEP™ Score:** 96 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:** 96% 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:

Since the initial assessment, YFC 3 has worked with Hazelden Publishing to revise curriculum materials to better meet the needs of youth. The 2nd version of A New Direction has more relevant examples and activities which enable it be more flexible. The new version is also better adapted to youth with lower reading levels (e.g., 4th grade). These changes have had a positive impact on the overall service delivery.

No specific recommendations are being made at this time to improve A New Direction's capacity for recidivism reduction. YFC 3 is encouraged to maintain current practices to ensure quality service delivery.