

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Community Solutions, Inc., Multisystemic Therapy (MST)
Cohort Total: 11 SPEP ID: 102-T01
Selected Timeframe: Jun. 1, 2015 - May 31, 2016
Date(s) of Interview(s): July 13, 2016
Lead County & SPEP Team Representatives: Neal Johnson, Luzerne Co. & Lisa Freese, EPISCenter
Person Preparing Report: 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)*

MST is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. It is a family-focused and community-based treatment program that is developed for youth or display chronic or violent delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol problems. Clinical interventions are delivered in the home and include strategic and structural family therapy, behavioral parenting training and cognitive behavioral therapy. MST works with the family and youth to develop interventions to impact behavior and then assess how the intervention went. The MST therapist is constantly assessing, developing and implementing and then reassessing. MST is not intended to work in tandem with other services; therefore youth receiving MST are typically not participating in other treatment interventions. MST does have exclusion criteria; it is not suited for youth who currently have suicidal/homicidal ideations or attempts, or who display psychotic behaviors. Youth on the autism spectrum or who have a borderline or below IQ are excluded as well. MST is not appropriate for youth where sexual issues are the primary behavior. MST is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers and family. As a result, attention is given to these “drivers” of behavior at the onset of treatment in order to ensure that the undesired behaviors are addressed.

In the Scranton CSI office, there is 1 MST team that includes 1 supervisor and up to 4 therapists. In addition to Luzerne County, this office also provides service to youth and families in Wayne, Pike and Wyoming Counties. Clients can be male or female and typically are between the ages of 12-17. If a client is under the age of 12 and demonstrate behavioral problems, they will consider youth on a case by case basis. The average length of treatment is approximately 4 months, and each family is seen 2-3 times a week for a total of 3.5 to 5 hours weekly. Therapists typically have between 4 and 6 families on their caseload. Although service delivery is always consistent among youth, CSI is challenged with a diverse population both culturally and demographically. CSI is considered a network partner with MST; one of approximately 10 network partners nationwide.

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

1. **SPEP™ Service Type:** Family 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: 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: 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.

9 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 7 points

2 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: 60 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: 71% 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:

Community Solutions Inc. MST program scored a 71% Program Optimization Percentage. It is classified as a family counseling program. The quality of the service was delivered at a high level, earning the maximum amount of points. The amount of service provided to the residents did not meet the recommended targets of duration and dosage for this service type. The program could improve its capacity for recidivism reduction through:

1. Collaborate with the juvenile probation office to ensure that youth are receiving a minimum of 30 hours of service over a minimum of 13 weeks.
2. Review the YLS results of all referrals and target youth who are of moderate or higher risk for MST.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1



SPEP™ ID and Time: 0102-T02

Agency Name: Community Solutions, Inc. (CSI)

Program Name: Multisystemic Therapy (MST®)

Service Name: Multisystemic Therapy (MST®)

Cohort Total: 13 Amount of Service/ 12 Risk Level

Timeframe of Selected Cohort: Began the service on/after December 1, 2018 and ended the service on/before October 1, 2021

Referral County(s): Luzerne

Date(s) of Interview(s): October 27, 2021

Lead County: Luzerne

Probation Representative(s): Cari Million

EPIS Representative: Kevin Perluke

Description of Service:

Multisystemic Therapy (MST®) is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. It is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers, and family. As a result, attention is given to these drivers of behavior at the onset of treatment to ensure that the undesired behaviors are addressed. MST® is a family-focused, community-based treatment program developed for youth who display chronic or violent delinquent behavior, emotional problems, truancy, academic problems as well as substance use/abuse. Clinical interventions are delivered in the home environment and include strategic family therapy, structural family therapy, behavioral parenting training, and cognitive behavioral therapy. MST® works with the family and youth to develop interventions to impact behavior and then assess how the intervention went. The MST® therapist is constantly assessing, developing, implementing, and reassessing. MST® is not intended to work in tandem with other services; therefore, youth receiving MST® are typically not participating in other treatment interventions. MST® is not suited for youth with various mental health concerns, including those presenting with current suicidal/homicidal ideations or attempts, psychotic behaviors, borderline/below IQ, or autism. MST® is not appropriate for youth where sexual issues are the primary behavior.

In the Scranton CSI office, there is two MST® team that includes one supervisor and up to six therapists. In addition to Luzerne County, this office also provides service to youth and families in Wayne, Pike, Susquehanna, Lackawanna, Monroe and Wyoming Counties. Clients can be male or female and typically are between the ages of 12-17. If a client is under the age of 12 and demonstrate behavioral problems, they will consider youth on a case by case basis. The average length of treatment is approximately 4 months, and each family is seen 2-3 times a week for a total of 3.5 to 5 hours weekly. Therapists typically have between 4 and 6 families on their caseload. Although service delivery is always consistent among youth, CSI is challenged with a diverse population both culturally and demographically. CSI is considered a network partner with MST®; one of approximately 10 network partners nationwide.

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

1. **SPEP™ Service Type:** Family 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? No

Total Points Possible for this Service Type:

20

Total Points Received:

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, 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: 4

Total Points Received: 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.

12 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 12 points
4 in the cohort are High or Very High YLS Risk Level for a total of 10 points

Total Points Received: 22 Total Points Possible: 25

Basic SPEP™ Score: 72 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: 85% 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.

1. Regarding Amount of Service:

- a. Maintain communication between CSI MST® and Luzerne County Juvenile Probation regarding youth being discharged early from the program without looking at the research recommended targeted amount of service.

2. Regarding Risk Level of Youth Served:

- a. Continue to communicate with Luzerne County Juvenile Probation regarding the research supported targeted risk population recommended for this service type; there are larger positive effects on recidivism with high risk juveniles.