

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Alternative Rehabilitation Communities Inc.-Chambersburg Secure-Aggression Replacement Training

Cohort Total: 12

SPEP ID: 53

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): Dec. 6, 2013 & Feb. 6, 2014

Lead County & SPEP Team Representatives: Nicole Mattern, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Nicole Mattern

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)*

Alternative Rehabilitation Communities, Inc. (A.R.C.) has been providing services to court adjudicated youth since 1975. A.R.C.'s residential services are the hallmark of the agency's continuum of service. Their service philosophy supports a home-like, community-based focus for their youth. The programs are highly structured, peer oriented and located in a community setting. Their programs provide Individual Service Plans for each student, individual and group counseling, individual and group education, recreation as well as group living skills. A.R.C. has provided staff-secure programs in the Commonwealth of Pennsylvania.

The 18 bed A.R.C. Secure Program in Chambersburg was developed to provide services for the more violent, serious and chronic juvenile offenders. Classified as an Institutional Placement by Department of Public Welfare regulations, this program represents a secure building for court adjudicated youth with serious offenses. Staff members include an education psychologist and a nurse who oversees the administration of medications. As a student progresses through the program, staff will recommend that the youth step down to a less restrictive setting. A.R.C.'s philosophy of working with youth in the least restrictive environment is a key component of their services.

With few exceptions, youth placed within these group homes participate in Aggression Replacement Training® (ART®), designed to alter the behavior of chronically aggressive adolescents. The program incorporates: skill-streaming, anger-control training, and moral reasoning.

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: 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.

11/11 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

4/11 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

Basic SPEP™ Score: 100 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: 100% 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 A.R.C. Chambersburg Secure service of Aggression Replacement Training scored a 100% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-behavioral therapy with no qualifying supplemental service. The quality of the service is delivered at a high level. The risk levels of youth admitted to the program are all above low risk, 63% as moderate risk, and 36% as high risk. The amount of service provided to the clients was 100% of the recommended targeted weeks of duration and 100% of the recommended target contact hours for this service type. A.R.C. Chambersburg Secure can continue to maintain its capacity for recidivism reduction through:

1. Develop an agency policy that outlines how to prevent drift from delivering ART with high fidelity. During the SPEP Interview, there was discussion on the benefits of formatting internal controls into a policy in order to ensure success. Collaboration with ETA is strongly recommended in order to develop specific process for A.R.C. Chambersburg Secure.
2. Continue to implement Fidelity Tools consistently in order to ensure high fidelity of service delivery.
3. Maintain high training standards and supervision in order to prevent drift from service delivery.
4. Incorporate ART concepts by use of Hassle Logs and Homework Reports into daily conversations and behavioral interventions with youth in order to help them apply the training received in the group setting.
5. Utilize assessments (i.e. Skill Streaming Checklist, AQ, and How I Think) to determine which components of ART can most benefit youth that receive the service.
6. Utilize pre and post tests to measure ART outcomes for the agency.