

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Wesley Spectrum Services-Wesley Spectrum-Aggression Replacement Training

Cohort Total: 45

SPEP ID: 17

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

Date(s) of Interview(s): May 1, 2014

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)*

Wesley Spectrum Services (WSS) is a private, nonprofit service agency that provides a wide array of integrated education, behavioral health and family support services to meet the complex needs of at-risk children and families throughout Western Pennsylvania. They provide integrated continuum of autism, behavioral health, as well as education and family support services.

ART is a multi-modal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skill-streaming, anger-control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

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? n/a

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: 6

Total Points Earned: 12 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.

43/45 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

9/45 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 17 Total Points Possible: 25

Basic SPEP™ Score: 84 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: 84% 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 Wesley Spectrum service of Aggression Replacement Training (ART) scored an 84% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. The quality of the service was found to be delivered at a Very High level. The risk levels of youth participating in this program are: 5% as Low Risk; 96% as Moderate Risk or above; and 20% as High Risk. The amount of service provided to the clients was at 72% of the recommended targeted weeks of duration and 69% of the recommended target contact hours for this service type.

Wesley Spectrum's service of ART could improve its capacity for recidivism reduction through:

1. Developing 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 a specific process for Wesley Spectrum.
2. Continuing to implement Fidelity Tools consistently in order to ensure high fidelity of service delivery.
3. Maintaining high training standards and supervision in order to prevent drift from service delivery.
4. Incorporating 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. Identifying JPO and agency personnel to work collaboratively toward implementing ways to improve upon the mutual understanding of each other's roles as applicable to ART presentation; addressing attendance issues, ways to avoid absences, matters related to notification/documentation to court of youth's progress.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Wesley Spectrum Services-Wesley Spectrum-Aggression Replacement Training

Cohort Total: 41

SPEP ID: 17

Selected Timeframe: Feb. 3, 2014-Dec. 4, 2014

Date(s) of Interview(s): September 21, 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)*

Wesley Spectrum Services (WSS) is a private, nonprofit service agency that provides a wide array of integrated education, behavioral health and family support services to meet the complex needs of at-risk children and families throughout Western Pennsylvania. They provide integrated continuum of autism, behavioral health, as well as education and family support services.

ART is a multi-modal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: skill-streaming, anger-control training, and training in moral reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. Training in moral reasoning is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations.

The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger-Control Training, and training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger and resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

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? n/a

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: 4

Points received for Dosage or Number of Hours: 4

Total Points Earned: 8 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.

40/41 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

7/41 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: 78 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: 78% 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:

Aggression Replacement Training® (ART®) as delivered by Wesley Spectrum scored a 78% for the Basic Score and a 78% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy service type. These scores represent an increase from the baseline findings of the initial SPEP™ scoring results. The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Staff Supervision:
 - a. It is recommended that written feedback be provided to those delivering the service via Fidelity Checklist.
 - b. In addition it is recommended that a sign-in checklist be developed that identifies the date and number of Fidelity Checklist reviewed as well as a place for printed name and signature and section for performance feedback/comments.
 - c. It is recommended that performance evaluations refer to the individual's delivery of this service.
2. Regarding Service Amount: Continue to communicate the recommended duration of Aggression Replacement Training® ART® with Allegheny County Juvenile Court.
3. Regarding Youth Level of Risk: Continue to accept Moderate to High Risk youth that are best suited for this service.