

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Abraxas Youth & Family Services-Abraxas Non-Residential Treatment (NRT)

Cohort Total: 12

SPEP ID: 48

Selected Timeframe: Jan. 1, 2013-Sep.17, 2013

Date(s) of Interview(s): Oct. 10, 2013

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)*

The Abraxas Non-Residential Treatment (NRT) Program is community based program for delinquent males and females up to age 21 who are amendable to treatment and can be maintained safely in the community. The NRT Program is designed to maximize each juvenile's chance for success in his or her community by providing intensive, in home and community based treatment services. The NRT Program serves as a "step down" program for youth returning from residential treatment and can also function as an alternative to placement to youth who are recommended for treatment by probation referral or by adjudication through the court.

The NRT Program utilizes several evidence-based practices as foundations for clinical programming: Cognitive Behavioral Therapy (CBT). Youth are provided with assistance in employment and workforce development when needed as well as with assistance in resume development and job interview training.

The program is staffed with one supervisor and three case managers. Each juvenile and family is assigned a case manager who develops a comprehensive treatment plan with specific goals for each youth that are continually evaluated and updated every 30 days. Treatment goals address four themes; Family, School, Group and Probation and are determined by the youth's Youth Level Services (YLS) Assessment. Youth receive the following services weekly; group counseling, individual counseling and a family conference. In order to best address the treatment needs of the youth, individual and family services can be facilitated in tandem when pertinent. Most services are provided within the community and homes of the youth served.

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

1. **SPEP™ Service Type:** Mixed Counseling

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Behavioral Contracting/Management

Was the supplemental service provided? Yes 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: 0

Points received for Dosage or Number of Hours: 4

Total Points Earned: 4 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.

10/12 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 7 points

0/12 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 7 Total Points Possible: 25

Basic SPEP™ Score: 51 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: 60% 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 Abraxas NRT Program scored well with a 60% Program Optimization Percentage. It is classified as a Mixed Counseling program with a Supplemental Service of Behavioral Contracting. The quality of the service is delivered at a very high level. The risk levels of youth admitted to the program are primarily moderate. While the duration of treatment provided to the clients was substantially low for this service type, the amount of hours that service was provided was impressive given how long youth are in the program. The NRT Program could improve its capacity for recidivism reduction through:

1. Increasing the amount of time that youth are permitted to remain within the program to match the 25 weeks of service found in research to best reduce recidivism with this service type. This can be accomplished through better engagement during the referral process on behalf of probation to the Court, which commits youth to the NRT Program. When youth are referred by Probation, the Program Director is recommended to initiate conversations with the JPO regarding the recommended 25 weeks of service for Mixed Counseling.
2. Identify target population and risk factors that this service is intended to target, whether it be Low, Moderate I, Moderate II, High, or Very High.
3. Enhance existing trainings that were developed by Program Director to deliver the Prepare and Family Ties Curriculum such as the development of booster trainings for staff which provide group counseling services.
4. Identify an effective response to address the “burn-out” experienced by staff after delivering the same curriculum repeatedly. This does not seem to be an observable issue with staff performance or employee retention considering the low retentions percentage (not a new staff member since 2010). The burn out referenced by the leadership during the interview appears to be related to a lack of variety of curriculum topic or lack of training and development on how to deliver the curriculums.
5. Develop documentation that specifies the performance of staff as related to service delivery. Since Abraxas is an affiliate of Geo, who uses a standardized yearly evaluation that does not permit changes to be made to formatting, an “in-house” resource could be developed to serve this purpose.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Abraxas Youth & Family Services-Abraxas Non-Residential Treatment (NRT)

Cohort Total: 37

SPEP ID: 48

Selected Timeframe: Dec. 31, 2013-Dec. 19, 2014

Date(s) of Interview(s): Dec. 19, 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)*

The Abraxas Non-Residential Treatment (NRT) Program is community based program for delinquent males and females up to age 21 who are amendable to treatment and can be maintained safely in the community. The NRT Program is designed to maximize each juvenile's chance for success in his or her community by providing intensive, in home and community based treatment services. The NRT Program serves as a "step down" program for youth returning from residential treatment and can also function as an alternative to placement to youth who are recommended for treatment by probation referral or by adjudication through the court.

The NRT Program utilizes several evidence-based practices as foundations for clinical programming: Cognitive Behavioral Therapy (CBT). Youth are provided with assistance in employment and workforce development when needed as well as with assistance in resume development and job interview training.

The program is staffed with one supervisor and three case managers. Each juvenile and family is assigned a case manager who develops a comprehensive treatment plan with specific goals for each youth that are continually evaluated and updated every 30 days. Treatment goals address four themes; Family, School, Group and Probation and are determined by the youth's Youth Level Services (YLS) Assessment. Youth receive the following services weekly; group counseling, individual counseling and a family conference. In order to best address the treatment needs of the youth, individual and family services can be facilitated in tandem when pertinent. Most services are provided within the community and homes of the youth served.

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

1. **SPEP™ Service Type:** Mixed Counseling

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Behavioral Contracting/Management

Was the supplemental service provided? Yes 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: 2

Points received for Dosage or Number of Hours: 4

Total Points Earned: 6 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.

22/30 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 5 points

0/30 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 5 Total Points Possible: 25

Basic SPEP™ Score: 51 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: 60% 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 Abraxas Non-Residential Treatment (NRT) Program scored a 60% Program Optimization Percentage. It is classified as a Group 3 service; Mixed Counseling. The quality of the service is delivered at a high level. The risk levels of youth admitted to the program are 27% youth as low risk, 74% as moderate risk, and 0% as high risk. The amount of service provided to the clients was 35% of the recommended targeted weeks of duration and 57% of the recommended target contact hours for this service type. The Abraxas Non-Residential Treatment (NRT) Program could improve its capacity for recidivism reduction through:

1. Increasing the amount of time that youth are permitted to remain within the program to match the 25 weeks of service found in research to best reduce recidivism with this service type. This can be accomplished through better engagement during the referral process on behalf of probation to the Court, which commits youth to the NRT Program. When youth are referred by Probation, the Program Director is recommended to initiate conversations with the JPO regarding the recommended 25 weeks of service for Mixed Counseling.
2. Enhancing the existing behavioral management component to better reflect the description supported by SPEP research. The defining characteristics require youth to be provided a system of rewards when they engage in targeted behavior and penalties when undesirable behaviors are exhibited. This treatment operates on the principle that individuals adapt their behavior in response to the positive and negative responses from their environment.
3. Develop documentation that specifies the performance of staff as related to service delivery. Since Abraxas is an affiliate of Geo, who uses a standardized yearly evaluation that does not permit changes to be made to formatting, an "in-house" resource could be developed to serve this purpose.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: Abraxas, Non-Residential Treatment (NRT)

Cohort Total: 60

SPEP ID: 48-T03

Selected Timeframe: Dec. 20, 2014-Aug 31, 2016

Date(s) of Interview(s): Apr. 18, 2016

Lead County & SPEP Team Representatives: Matthew Foster, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Matthew Foster

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)*

The Abraxas Non-Residential Treatment (NRT) Program is a community based program for delinquent males and females up to age 21 who are amendable to treatment and can be maintained safely in the community. The NRT Program is designed to maximize each juvenile's chance for success in his or her community by providing intensive, in home and community based treatment services. The NRT Program can function as an alternative to placement to youth who are recommended for treatment by probation referral or by adjudication through the court.

The NRT Program utilizes several evidence-based practices as foundations for clinical programming: Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI) and the Trans-theoretical Model of Change. Balanced and Restorative Justice Principles are fully incorporated into juvenile and family treatment. Curricula used by the program are Prepare, Families Ties and Girls Circle. Youth are provided with assistance in employment and workforce development when needed as well as with assistance in resume development and job interview training. Adventure-based programming is provided to youth on a limited basis.

The NRT Program is one of several services offered by Abraxas Youth and Family Services in Dauphin County. The program is staffed with one supervisor and three case managers. Each juvenile and family is assigned a case manager who develops a comprehensive treatment plan with specific goals for each youth that are continually evaluated and updated every 30 days. Treatment goals address four themes; Family, School, Group and Probation and are determined by the youth's Youth Level Services (YLS) Assessment. Youth receive the following services weekly; group counseling, individual counseling and family counseling. In order to best address the treatment needs of the youth, individual and family services can be facilitated in tandem when pertinent. Most services are provided within the community and homes of the youth served.

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

1. **SPEP™ Service Type:** Mixed Counseling

Based on the meta-analysis, is there a qualifying supplemental service? Yes

If so, what is the Service type? Behavioral Contracting/Management

Was the supplemental service provided? Yes 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: 4

Points received for Dosage or Number of Hours: 6

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.

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

4 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 7 Total Points Possible: 25

Basic SPEP™ Score: 57 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: 68% 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 NRT Program scored a 57 for the Basic Score and a 68% Program Optimization Percentage. It is classified as a Mixed Counseling service type. These scores represent a 5% increase from the previous SPEP™ reassessment scoring results. The program could continue to improve its capacity for recidivism reduction through:

1. Collaboration with Probation to clearly define the service classification to meet the needs of Dauphin County Probation Services – Juvenile Division. Through this process, consideration has to be made to address quality, dosage, and to target moderate and high risk juveniles.