

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 275-T01

Agency Name: Abraxas Youth and Family Services

Program Name: Non-Residential Treatment (NRT)

Service Name: Skillstreaming Group

Cohort Total: 28

Timeframe of Selected Cohort: All delinquent youth who began this service on/after July 1, 2018 and ended this service on/before December 31, 2019

Referral County(s): Dauphin

Date(s) of Interview(s): December 3, 2019 and January 9, 2020

Lead County: Dauphin

Probation Representative(s): Joe Gifford

EPIS Representative: Lisa Freese

## Description of Service:

Abraxas Non-Residential Treatment (NRT) Program is a post-dispositional program offering targeted intervention to teach and reinforce prosocial skills and behaviors for Dauphin County youth. The program aims to reduce recidivism by training youth in essential skills, using behavioral strategies such as roleplaying and practicing new behaviors (skill practice), while enhancing protective factors within the home and community. Transportation is provided.

NRT is a 6 month program with an emphasis on completing social skills training. The program operates 6 days per week; youth attend after school groups on Tuesdays for Skillstreaming Group and Thursdays for Applied Group to practice the skills learned on Tuesdays. Every youth receives 24 skills and these groups are offered through the following activities/modalities: Adventure Based Learning, Moral Reasoning, Interactive Journaling Forward Thinking Curricula, Community Connections, and Family/Recognition. Groups are offered on Saturdays as "make up lessons" if a group is missed during the week. Youth receive 60 minute individual sessions weekly to tie in the skill piece and address individual domains on the YLS. Family sessions occur every other week for 30 minutes. These sessions can be information sharing or occasionally counseling related. Families are sometimes assigned homework based upon skills taught to the youth in group. Staff meet with youth not only at home but in the school over lunch or study hall and in the community as well.

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

1. **SPEP™ Service Type:** Social Skills Training

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 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: 5      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:** 8

**Points received for Contact Hours or Number of Hours:** 8

**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.

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

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

**Total Points Received:** 10 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 51 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:** 60% 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.)

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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 juvenile probation department.

The Skillstreaming Group received a 51 for the Basic Score and a 60% Program Optimization Percentage. It was classified as a Group 3 service; Social Skills Training Service Type. There is no qualifying supplemental service found in the research. The Quality of Service Delivery was found to be at a Low Level. For Amount of Service, 86% of the youth received the recommended targeted weeks of duration and 86% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 7% low risk, 79% moderate risk, 14% high risk, and 0% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:
  - a. Written Protocol:
    - i. Ensure staff utilize the Skillstreaming Manual that is used by the HASA staff: Skillstreaming the Adolescent: A Guide for Teaching Prosocial Skills (3rd Edition).
    - ii. Ensure routine review of curriculums utilized for the service are documented in writing and dated.
  - b. Staff Training:
    - i. Develop a written policy that training specific to delivery of Skillstreaming Group is required by staff to deliver the service.
    - ii. Provide booster trainings at pre-determined timeframes and ensure that documentation occurs for all booster trainings specific to the service.
  - c. Staff Supervision:
    - i. Ensure that supervisors are routinely monitoring delivery of the Skillstreaming Group at pre-determined timeframes and document it.
    - ii. Provide staff delivering the service written feedback following observation and notes from monthly supervision conferences.
    - iii. Include in performance evaluations, written feedback specific to the delivery of Skillstreaming Group.
  - d. Organizational Response to Drift:
    - i. Create a response to drift policy and include documentation when utilized.
    - ii. The policy should include specific language regarding progression of steps taken, should drift continue to occur.
    - iii. Create a formalized review of the monthly data collected to ensure that evaluation of the data is used to adapt or improve delivery.
2. Regarding Amount of Service:
  - a. Continue to monitor duration and dosage to maintain or increase current amount of service.
3. Regarding Risk Level of Youth Served:
  - a. Monitor level of risk as referrals are received to increase the number of high or very high risk youth.
  - b. Communicate with referral sources that higher risk youth would benefit most from the service.