

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Youth Advocate Program-Aggression Replacement Training® (ART®)

Cohort Total: 27

SPEP ID: 128-T01

Selected Timeframe: May 8, 2015-Aug. 24, 2016

Date(s) of Interview(s): Jul. 29, 2016, Sept. 22, 2016

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

Person Preparing Report: Shawn Peck, Nicole Mattern, and Sue Christner

**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)*

Youth Advocate Programs, Inc., (YAP) provides various types of services for male and female youth across the United States. YAP's Mission is to provide safe, proven effective and economical alternatives to institutional placement. Types of treatment include Juvenile Justice programs, Child Welfare programs, developmental disability programs and Behavioral Health programs. YAP's community-based programs emphasize the treatment needs of the individual youth, family and community. The YAP philosophy to prepare youth and their families for engagement after treatment ends is emphasized throughout treatment to create independent communication with the youth and their family and the development of community linkages the youth and family can access independently. Mentoring is a theme of YAP's treatment milieu and paid mentors are selected from the same communities as the youth.

ART® is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, 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.

Aggression Replacement Training® (ART®) consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times 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, 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? 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: 10       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.

27/27 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12  points

4/27 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

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**Basic SPEP™ Score:** 70 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:** 70% 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)

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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 local juvenile court. The recommendations for this service included in the feedback report are:

Aggression Replacement Training® (ART®) could improve its capacity for recidivism reduction through:

### 1. Regarding Quality of Service:

#### a. Written Protocol:

- i. Utilize Fidelity Checklist's to ensure that the service is delivered according to protocol.

#### b. Staff Training:

- i. Ensure Booster Trainings are delivered.
- ii. Ensures there is a schedule for booster trainings.

#### c. Staff Supervision:

- i. Utilize Fidelity Checklist to ensure that the service is supervised.
- ii. Establish a schedule to supervise this service.
- iii. Provide written feedback to facilitators via Fidelity Checklist.
- iv. Ensure the performance of staff facilitating this service is directly referenced into their yearly performance evaluations.

#### d. Organizational Response to Drift:

- i. Develop an agency policy that outlines how to prevent drift from occurring while delivering this service.
- ii. Ensure that the organizational response to drift includes specific action steps for the agency to take to avoid drift, an "if-then" approach.
- iii. Utilize pre and post testing to measure the effectiveness of service delivery.

### 2. Regarding Service Amount:

- a. Improve communication with Juvenile Probation to better match research recommendations for targeted amount of service.