

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: VisionQuest-Day/Evening Program-Aggression Replacement Training

Cohort Total: 25

SPEP ID: 19

Selected Timeframe: Jun. 2013-Dec.2013

Date(s) of Interview(s): May 5, 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)*

VisionQuest County Day/Evening Program is a structured, community-based program for adolescent males and females with a target age range of 13-18. The program is designed for youth as an alternative to residential placement or for aftercare when a youth is released from residential placement. Youth will participate in the program between 3-5 months, but the time frame can be reviewed on a case by case basis.

The service of Aggression Replacement Training (ART) is provided to most JPO youth committed to the Vision Quest Day/Evening Program. Within the Moral Reasoning component, youth are challenged to take the perspective of others in real world scenarios in order to address their thinking errors and irrational beliefs. Another goal of Cognitive Behavioral Therapy is to provide skills to youth that they can use to monitor their thought patterns and to correct their behavior as situations unfold around them. ART accomplishes this goal through the Anger Control component wherein youth are taught through use of role-play how to recognize their anger control chain and how to respond pro-socially through the use of meta-cognition also known as "bubble-talk." Within the Skillstreaming component, youth learn to replace antisocial behaviors with positive alternatives. Youth role-play a new Skillstreaming skill each week and they learn how to implement these newly acquired social skills into their daily behavior through use of Homework Reports.

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: 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: 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.

24/25 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

3/25 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 12 Total Points Possible: 25

Basic SPEP™ Score: 65 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: 65% 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 VisionQuest Day/Evening Program service of Aggression Replacement Training (ART) scored a 65% 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 at a Medium level. The risk levels of youth admitted to the program were 4% as low risk, 84% as moderate risk and 12% as high risk. The amount of service provided to the clients was 52% of the recommended targeted weeks of duration and 56% of the recommended target contact hours for this service type.

The VisionQuest Day/Evening Program's service of Aggression Replacement Training (ART) could improve its capacity for recidivism reduction through:

1. Through certifying the supervisor of this service in ART in order to ensure the service is delivered according to protocol.
2. Ensuring that staff members that deliver this service attend ART booster trainings.
3. Developing a schedule for the supervisor to observe the delivery of ART.
4. Developing an agency policy that outlines how to prevent drift from delivering ART with high fidelity.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment

Name of Program and Service: VisionQuest-Day/Evening Program-Aggression Replacement Training

Cohort Total: 17

SPEP ID: 19

Selected Timeframe: Jan. 2015-Feb. 2016

Date(s) of Interview(s): Sep. 23, 2015

Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck

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)*

VisionQuest County Day/Evening Program is a structured, community-based program for adolescent males and females with a target age range of 13-18. The program is designed for youth as an alternative to residential placement or for aftercare when a youth is released from residential placement. Youth will participate in the program between 3-5 months, but the time frame can be reviewed on a case by case basis.

The service of Aggression Replacement Training (ART) is provided to most JPO youth committed to the Vision Quest Day/Evening Program. Within the Moral Reasoning component, youth are challenged to take the perspective of others in real world scenarios in order to address their thinking errors and irrational beliefs. Another goal of Cognitive Behavioral Therapy is to provide skills to youth that they can use to monitor their thought patterns and to correct their behavior as situations unfold around them. ART accomplishes this goal through the Anger Control component wherein youth are taught through use of role-play how to recognize their anger control chain and how to respond pro-socially through the use of meta-cognition also known as "bubble-talk." Within the Skillstreaming component, youth learn to replace antisocial behaviors with positive alternatives. Youth role-play a new Skillstreaming skill each week and they learn how to implement these newly acquired social skills into their daily behavior through use of Homework Reports.

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: 8

Points received for Dosage or Number of Hours: 8

Total Points Earned: 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.

16/17 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

7/17 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: 96 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: 96% 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 VisionQuest Day/Evening Program's service of Aggression Replacement Training® (ART)® scored a 96% for the Basic Score and a 96% 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, it is recommended that a sign-in checklist be developed that identifies the date and number of Fidelity Checklists reviewed as well as a place for printed name and signature and section for performance feedback/comments.
2. Regarding Organizational Response to Drift:
 - a. It is recommended that an agency policy and procedure be developed that documents the systematic application of these procedures/policies.
 - b. In addition, it is recommended that specific corrective action steps be taken should "drift" in service delivery occur. These steps should identify which action the organizational leadership will take in response to drift, an "if-then" approach.
 - c. It is recommended that pre and post-test assessments be utilized (i.e. Skill Streaming Checklist, Aggression Questionnaire, and How I Think) to determine which components of ART® can most benefit youth that receive the service.
 - d. It is also recommended that there be more consistent utilization of pre and post tests to measure ART® outcomes for the agency as recommended by Educational Training Alternatives, ETA.
3. Regarding Service Amount: Continue to communicate the recommended duration of Aggression Replacement Training® ART® with Allegheny County Juvenile Court.
4. Regarding Youth Level of Risk: Continue to accept Moderate to High Risk youth that are best suited for this service.