

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Abraxas Leadership Development Program for Females, Girls Circle®

Cohort Total: 25/23

SPEP ID: 216-T01

Selected Timeframe: Dec. 1, 2016 – Nov. 30, 2017

Date(s) of Interview(s): Oct. 20, 2017, Nov. 28, 2017 & Feb. 23, 2018

Lead County & SPEP Team Representatives: Tracie Davies, Lehigh County Juvenile Probation; Lisa Freese EPISCenter

Person Preparing Report: Lisa Freese, EPISCenter

**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 Leadership Development Program (LDP) is an 88 bed open residential program for male (64) and female (24) youth between the ages of 13 and 18 who have been court committed to the program, following an adjudication of delinquency and/or dependency. The program is designed to last approximately 6 months; however, most youth average a 4 month stay.

Girls Circle® developed by One Circle Foundation is a gender-responsive program designed to reduce delinquency for the adolescent female population. It is a strength-based program that creates a safe space for girls to learn and grow within a group setting. Girls Circle® is a way for teenage girls to speak and voice their opinions in a safe environment. It is different from a typical group where they can talk freely but in a structured way. The group is intended only for females ages 9-18, it is based on 9 guides. Each of the guides vary in age range as well as length; each guide ranges between 8 and 12 weeks.

The group is held once per week on a Friday for approximately one hour at Abraxas Female Leadership Development Program. The guides are based on the following group topics: Friendship, Being A Girl, Body Image, Honoring Our Diversity, Relationships with Peers, Mind/Body/Spirit, Expressing My Individuality, Who I AM, and Paths to the Future. Each group is structured in a very specific format beginning with an opening ritual, theme introduction, check-in, activity, sharing of activity and closing ritual.

The group typically consists of no more than 8 girls. During the one-hour group girls take turns talking and listening to one another about their concerns and interests. The girls can express themselves through organized activities such as role playing, drama, journaling, poetry, and art. All girls must follow the circle guidelines: no put downs, no interruptions, offer experiences, no advice giving, focus on themselves and keep what is said in the group private from others. The Girls Circle does not aim to provide advice but simply to encourage girls to share their experiences. Through this process girls build their self-confidence, self-esteem, and empowers them to express their feelings in a healthy manner.

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

### 1. **SPEP™ Service Type:** Group Counseling

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: 30

Total Points Earned: 30  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: 5  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: 0

Total Points Earned: 2 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.

21/23 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 10  points

8/23 youth in the cohort are High or Very High YLS Risk Level for a total of 13  points

Total Points Earned: 23 Total Points Possible: 25

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**Basic SPEP™ Score:** 60 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:** 64% 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:

The Girls Circle® program scored a 60 for the Basic Score and a 64% Program Optimization Percentage. It is classified as a group counseling service type. The program could improve its capacity for recidivism reduction through:

1. Improving quality of service delivery by:
  - a. Identify and document the target population best suited for Girls Circle®
  - b. Regularly review the curriculum's to ensure that the service is effectively delivered.
  - c. Provide routine booster training or ongoing training and document it.
  - d. Ensure that all facilitators are trained to deliver the service.
  - e. Monitor service delivery through documented, routine observation
  - f. Address delivery of Girls Circle® in performance reviews.
  - g. Develop a policy related to service delivery drift that has specific, corrective action steps to be taken if drift occurs.
  - h. Collect process or outcome data through peer reviews or feedback from the residents, or utilize the fidelity tools created by the developer.
  - i. Evaluate the effectiveness of the service (through data or feedback collected) and use the information to adapt or enhance service delivery.
2. Communicate to referral sources the targeted duration of group counseling.
3. Consider increasing the length of the group to meet 40 hours based on average length of stay.