

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Abraxas Youth and Family Services, LDP, Individual Counseling

Cohort Total: 25/23

SPEP ID: 217-T01

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

Date(s) of Interview(s): Oct. 20, 2017, Nov. 28, 2017 and Apr. 18, 2018

Lead County & SPEP Team Representatives: Sue Christner, Lebanon Co., Tracie Davies, Lehigh Co., Lisa Freese & Heather Perry, EPISCenter

Person Preparing Report: Tracie Davies, Lehigh Co., 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 males (64) and females (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. All clients at LDP receive individual counseling. Upon admission, a client is assigned a primary counselor. The primary counselor meets weekly with each client for a 70-minute session during the school day. The 1st week the primary counselor establishes a rapport with the client and goes over their history in preparation for their Individualized Service Plan (ISP). The ISP Family Conference is held around the 3rd week from admission. The family and assigned probation officer or case worker are invited to attend. The ISP conference typically lasts one hour and during this meeting goals are created through information obtained by the Youth Level of Service (YLS) and focus on the areas of the YLS where the client scores the highest. Independent living goals may also be established typically if the client is 17 years or older and/or if they originate from a specific county such as Philadelphia that requests this area to be addressed. These goals function as part of the individual sessions. During individual sessions, these goals are addressed along with behavior, education/vocation and special clinical issues. Also, the Sanctuary Model (SELF) and the 6 Phases provides the counselors with a guideline for the individual sessions. These six phases are based on clinical process, although some overlap with behavior; they serve as the 6 steps of effective intervention. This is a guide for level of progress; assessed through behavioral and clinical (2 measures) progress. Phase advancement meetings are held monthly and include the counselor and youth, with the clinical supervisor's review of progress. Phase 1: Clarification: being truthful, coming clean with everything. Phase 2: Ownership: understanding why. Phase 3: Thinking Errors and Correctives. Phase 4: Cyclical Patterns, triggers, results of certain feelings, understanding. Phase 5: Balanced and Restorative Justice/Victim Awareness. Phase 6: Planning and Honoring, develop a plan to not follow cyclical pattern; honoring family and themselves and future behavior. Youth complete approximately one phase per month; if they achieve phase 6 and level 5 they receive the Commitment to Change Award. Once the goals of the ISP are complete, individual counseling sessions continue. Youth can also complete counselor request forms (non-structured sessions). The ISP plan is updated monthly and includes clinical assignments: be a unit leader, homework, presentations, etc. There are other meetings held beyond the monthly ISP review to amend treatment goals based on need. Motivational interviewing techniques are used during all individual counseling sessions.

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

1. **SPEP™ Service Type:** Individual 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: 10

Total Points Earned: 10 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: 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

Basic SPEP™ Score: 55 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: 74% 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 Individual Counseling service scored a 55 for the Basic Score and a 74% Program Optimization Percentage. It is classified as a individual counseling service type. The program could improve its capacity for recidivism reduction through:

1. Establishing a pre-determined timeframe for review of the manual for individual counseling.
2. Communicating the targeted 25 weeks of individual counseling, based on the meta-analysis findings. This can occur at referral and during court hearings.
3. Exploring ways to increase the number of hours or dosage each resident receives of individual counseling. There were 9 youth in the cohort that received 20-29 hours, close to the 30-hour targeted duration.