

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: North Central Secure Treatment Unit, Girls' Program, Post Traumatic Stress Disorder Group
Cohort Total: 22 SPEP ID: 117-T01
Selected Timeframe: Sep. 15, 2015 - Aug. 11, 2016
Date(s) of Interview(s): Sep. 13, 2016 and Oct.18, 2016
Lead County & SPEP Team Representatives: Danielle Salisbury, York Co. & Lisa Freese, EPISCenter
Person Preparing Report: Danielle Salisbury & Lisa Freese

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)*

North Central Secure Treatment Unit (NCSTU) Girls Program provides secure treatment programming for adjudicated delinquent females age 13–20. Located in Montour County, the Girls Program offers a wide range of services designed to meet the diverse needs of its residents including specific programming for substance abuse and criminal behavior issues, gender-responsive services for female offenders, programming for residents having lower cognitive functioning, and treatment for issues related to chronic delinquent behavior and mental health disorders. All treatment services and aftercare planning incorporates a Balanced and Restorative Justice (BARJ) perspective. There are currently two Girls Programs located at the NCSTU. Both the Green and Reed Buildings can house up to 24 residents. Each building has two 12 bed units that provide female offenders with treatment and services targeting delinquency, trauma, loss, and mental health disorders. The program's mission is to provide a safe, supportive environment while encouraging and empowering young women to lead healthy lifestyles that promote dignity, integrity and responsibility.

The North Central Secure Treatment Unit Post-Traumatic Stress Disorder (PTSD) Group is a service within the Girls' Program that is designed to address youth with trauma experiences in their history. Every girl in the program receives the service, as program staff reported that the vast majority of the youth have experienced some form of trauma or would benefit from trauma-informed care. The only exclusions to this would be residents who have a history of sexual offending behaviors.

When each resident is admitted to NCSTU, they undergo a needs assessment with their assigned Psychological Service Associate (PSA). The PSA and the treatment team will determine a resident's readiness to participate in the PTSD group.

The PTSD Group is run in-house by the Psychological Service Associates, whom are all master's level clinicians. The group is a closed group, inasmuch that the girls in the program start and end the program together to ensure the fidelity of the curriculum. The group typically consists of 8-12 residents, and is overseen by a facilitator and a co-facilitator. The duration is 16 one hour sessions over 16 weeks.

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: 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: 0

Points received for Dosage or Number of Hours: 0

Total Points Earned: 0 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 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

4 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

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: 58% 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 NCSTU PTSD group counseling service could improve its capacity for recidivism reduction through:

1. Addressing the following points related to service quality:
 - a. Consider including utilization of the manual as part of the staff observations, to occur at predetermined time frames. This will help to ensure that each staff is utilizing the lesson plans as outlined for consistency.
 - b. The addition of booster trainings to staff delivering the service (create in house training or reach out to the developer to request routine booster training);
 - c. Train supervisors in the PTSD curriculum;
 - d. Provide written feedback to the staff regarding their performance in delivering the service;
 - e. Document procedures that specifically address steps to be taken should a PSA fail to deliver the group as it is intended to be delivered, and ensure that these procedures are systematically applied;
 - f. While data is collected through feedback from residents and pre and post tests, the development a process for formal evaluation of the effectiveness of the group will reveal opportunities where delivery of the curriculum can be improved.
2. Monitoring the amount of service by:
 - a. Enhancing or expanding the lessons to target 40 hours for delivery of the curriculum.
 - b. Delivering the enhanced curriculum over a period of the targeted duration of 24 weeks.
3. Continue to target high risk youth as residents.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1

SPEP™ ID and Time: 117-T02

Agency Name: North Central Secure Treatment Unit (NCSTU)

Program Name: Girls Program

Service Name: Post Traumatic Stress Disorder Group (PTSD)

Cohort Total: 40

Timeframe of Selected Cohort: All delinquent youth who began this service on/after January 1, 2018 and ended this service on/before January 24, 2020

Referral County(s): Allegheny (4), Berks (1), Carbon (1), Chester (1), Columbia (1), Dauphin (1), Delaware (1), Erie (1), Fayette (1), Franklin (1), Lehigh (2), Luzerne (2), Monroe (1), Montgomery (2), Philadelphia (12), Pike (1), Schuylkill (2), Westmoreland (3), York (2)

Date(s) of Interview(s): March 26, May 21 and October 17, 2019

Lead County: York

Probation Representative(s): Danielle Salisbury, Supervisor

EPIS Representative: Lisa Freese

Description of Service:

North Central Secure Treatment Unit (NCSTU) Girls Program provides secure treatment programming for adjudicated delinquent females age 13–20. Located in Montour County, the Girls Program offers a wide range of services designed to meet the diverse needs of its residents including specific programming for substance abuse and criminal behavior issues, gender-responsive services for female offenders, programming for residents having lower cognitive functioning, and treatment for issues related to chronic delinquent behavior and mental health disorders. All treatment services and aftercare planning incorporates a Balanced and Restorative Justice (BARJ) perspective.

There are currently two Girls Programs located at the NCSTU. Both the Green and Reed Buildings can house up to 24 residents. Each building has two 12 bed units that provide female offenders with treatment and services targeting delinquency, trauma, loss, and mental health disorders. The program's mission is to provide a safe, supportive environment while encouraging and empowering young women to lead healthy lifestyles that promote dignity, integrity and responsibility.

The Post-Traumatic Stress Disorder (PTSD) Group is a service within the Girls Program that is designed to address youth with trauma experiences in their history. Every girl in the program receives the service, as program staff reported that the vast majority of the youth have experienced some form of trauma or would benefit from trauma-informed care.

The PTSD Group is run by the Psychological Service Specialists, whom are all Master's Level Clinicians. This is a closed group, as the girls start and end the curriculum together. The program duration is 24 weeks and 40 hours. The group is overseen by a facilitator and a co-facilitator. The duration is 24 weeks and 40 hours. 8 weeks and 16 hours of this time is spent facilitating and introductory group to prepare the residents for the full curriculum. The actual PTSD curriculum itself is delivered over 16 weeks.

The overall group curriculum has not changed since their initial assessment. The goal continues to be to return the residents to a normal level of development by teaching skills through the group. Continued topics include trauma history, safety, boundaries, PTSD symptoms, family trauma exposure, and creating healthy relationships. The group also covers areas such as traumatic grief, abuse, and physical responses to trauma exposure. Relaxation techniques are also taught to the residents. Each facilitator documents the participation of the residents. Additionally, pre-tests and post-tests are administered to the youth.

In addition to group participation, the residents may also discuss PTSD group topics during their individual counseling sessions.

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 Received: 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, staff supervision, and how drift from service delivery is addressed.

Total Points Received: 20 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: 0

Points received for Contact Hours or Number of Hours: 0

Total Points Received: 0 **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.

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

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

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

Basic SPEP™ Score: 75 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: 79 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.)

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.

PTSD received a 75 for the Basic Score and a 79% Program Optimization Percentage. These Basic Scores represent an increase of 20 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent an increase of 21 percentage point(s) from the initial SPEP™ Assessment. The service was classified as a Group 4 service; Group Counseling Service Type. There is no qualifying supplemental service found in the research. The Quality of Service Delivery was found to be at a High Level. For Amount of Service, 0% of the youth received the recommended targeted weeks of duration and 0% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 0% low risk, 43% moderate risk, 48% high risk, and 10% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Quality of Service Delivery:

a. Staff Training:

- i. The addition of booster trainings to staff delivering the service (create in house training or reach out to the developer to request routine booster training).

b. Staff Supervision:

- i. Provide written feedback to the staff regarding their performance in delivering the service.

c. Organizational Response to Drift:

- i. Document procedures that specifically address steps to be taken should a PSS fail to deliver the group as it is intended to be delivered, and ensure that these procedures are systematically applied.

2. Regarding Amount of Service:

- a. Consider expanding the weekly lessons and time spent in group to increase the overall dosage to the targeted amount of 40 hours.
- b. Consider delivering the enhanced curriculum over a period of the targeted duration of 24 weeks.