

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 242-T01

Agency Name: Mid-Atlantic Youth Services
Program Name: Western PA Childcare Facility
Service Name: Thinking for a Change
Cohort Total: 58 for Amount of Service, 56 for Risk Level
Timeframe of Selected Cohort: May 29, 2018 - Dec. 31, 2018
Referral County(s): Philadelphia, Allegheny, Westmoreland, Butler, Dauphin, Erie, & Washington
Date(s) of Interview(s): May 18, 2018 & May 18, 2018
Lead County: Mercer
Probation Representative(s): Pam Farkas
EPIS Representative: Shannon O'Lone

Description of Service:

The mission of Mid-Atlantic Youth Services, Corp. (MAYS) is to provide high-quality healthcare, education, and treatment services to youth through supportive partnerships with those served (e.g., courts, families, youth, and the community). At the Western PA Childcare Facility, MAYS accomplishes its mission by providing a safe, nurturing, and structured environment that promotes positive changes in the health and well-being of youth, allowing them to return to their communities while remaining alcohol, drug, and crime free. Consistent with Pennsylvania's juvenile justice system, the treatment philosophy of MAYS is grounded in Balanced and Restorative Justice Principles. To this end, MAYS will be consistent with the public's interest to provide programs of supervision, care, and rehabilitation for youth committing delinquent acts. MAYS programs provide balanced attention to the protection of the community, teach youth accountability for offenses committed, and enable youth to become responsible and productive members of their community. MAYS believes the youth in their care are experiencing severe emotional, behavioral, psychological, educational, and social problems which must be treated in a safe, structured, and comprehensive manner. Left untreated, these youth will continue to experience significant impairment in life functioning, resulting in continued drug/alcohol use, mental impairment/illness, and delinquency. When residential care is deemed necessary, an intensive approach to treatment must occur. MAYS believes residential care should be provided in close proximity to the youth's family, significant others, and community. This allows the youth and family the ability to receive family therapy and access continuing care support services that exist within their community. The environment at MAYS provides youth with a high degree of structure, utilizing clearly defined norms & expectations and logical consequences. In addition, all members of the treatment community are expected to model appropriate behaviors and provide mutual help to other youth. Each youth is expected to actively participate in his/her own treatment and participate as a member of a supportive, nurturing, and caring peer group. MAYS integrates residential living and the delivery of treatment with other program components such as security, medical, psychiatric, social, nutrition, education, and recreation services. The focus of this report is Thinking for a Change (T4C), which was developed by the National Institute of Corrections (NIC). T4C concentrates on changing the criminogenic thinking of offenders. T4C is a cognitive-behavioral therapy (CBT) service that includes cognitive restructuring, social skills development, and problem-solving skills development. T4C stresses interpersonal communication skills development and confronts thought patterns that can lead to problematic behaviors. The program has three components: cognitive self-change, social skills, and problem-solving skills. Lessons on cognitive self-change provide participants with a thorough process for self-reflection concentrated on uncovering antisocial thoughts, feelings, attitudes, and beliefs. Social skills lessons prepare participants to engage in prosocial interactions based on self-understanding and awareness of the impact that their actions may have on others. The overall purpose of T4C is to learn how thinking controls their behavior, learn about their beliefs, and learn how their thought process got them into trouble. The overall goal is to help youth learn how to make better decisions. MAYS administers T4C to all male and female youth, ages 12-20, in both secure and non-secure residential programs. By session five, groups are closed. Groups are separated by male and female, as well as, secure and non-secure programs, which consist of 6-12 youth per cohort. Per developer standards, groups need to be administered 15 weeks and 25 sessions, in which MAYS extended the time and have a standard of 15 weeks and 30 lessons, lasting one and a half hours, no more than two hours, per lesson. Staff that are delivering T4C currently consist of a contracted certified facilitator and MAYS supervisor(s), who have been the primary facilitator. There are currently a staff of eight people trained to deliver the program. All trained facilitators have attended and completed the developer standard, required two and one-half day training.

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

1. **SPEP™ Service Type:** Cognitive Behavioral 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 Received: 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, 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: 2

Points received for Contact Hours or Number of Hours: 4

Total Points Received: 6 **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.

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

21 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: 86 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: 86% 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.

1. Quality of Service Delivery

a. Staff Training

- i. Ensure that everyone who delivers this service, including all supervisors, are trained to deliver the service (8 people trained as of 5-18-18).

b. Staff Supervision

- i. Incorporate signature lines, and dates, for staff and supervisor to sign once the fidelity monitoring form is completed and reviewed with the facilitators.
- ii. For each employee delivering a service, create a drop-down box, in File Maker Pro, on the performance evaluations that are specific to interventions/services delivered by each staff.

c. Response to Drift

- i. Develop/Coordinate existing procedures (i.e., “Administration Rules”) into an overarching policy/procedure that describes how the service should be delivered from one step to another.
- ii. Confirm the policy/procedure contains corrective action steps to ensure an “if-then” approach, such as what to do if service delivery departs from what is intended.
- iii. Utilize the How I Think (HIT) Questionnaire to measure the impact the intervention has on the youth.
- iv. Enhance existing processes to proactively assess individual service delivery.

2. Amount of Service

- a. Improve communication with JPO from referring counties to better match research recommendations for the target amount of service and appropriate length of stay for each youth.

3. Risk Level

- a. Improve communication with JPO from referring agency to ensure that youth receive the Youth Level of Service (YLS) to make appropriate referrals matching the risk level/domains.
- b. Improve communication with JPO from referring agency to ensure that youth receive the Youth Level of Service (YLS) to make appropriate referrals matching responsivity factors.