

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Youth Forestry Camp #3, Rational Emotive Behavior Therapy (REBT) Program

Cohort Total: 14

SPEP ID: 35

Selected Timeframe: August 2013 to April 2014

Date(s) of Interview(s): 3/7/14 & 7/15/2014

Lead County & SPEP Team Representatives: Lehigh County, Tracie Davies, Heather Perry & Lisa Freese

Person Preparing Report: Tracie Davies, Lisa Freese and Heather Perry

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)*

YFC#3 is a 50 bed open residential facility for adjudicated males between the ages of 14 and 20 located in Huntingdon County. B Dorm, which is the residential program, combines both individual and group counseling and consists of a 3 track system. Track 1 residents participate in an intensive 3-4 month group counseling cycle that addresses various identified competencies. Track 2 consists of a 2 month rotation of vocational and technical training while maintaining a focus on the delinquency factors that necessitated placement. Track 3 places an additional emphasis on vocational training, job readiness, and independent living. The focus of this report is the Rational Emotive Behavior Therapy (REBT) Program, which addresses criminogenic factors, emphasizes individual strengths and prepares the resident for a productive reentry into society. Expectations for behavior and decision making are evaluated through a defined, multi-tiered, level system. The service delivered by the REBTs' staff, identified in the manual under Service Description, is described as follows: "Rational Emotive Behavior Therapy...is utilized by our B-dorm Residential Program as its core curriculum for counseling and program integrity. REBT is based on the premise that people are disturbed cognitively, emotionally and behaviorally. REBT is a structured approach to helping clients solve their own problems." Contact with the YDC is daily, however youth are scheduled to meet with their counselor at a minimum of three days per week to work through REBT lesson plans/sessions for approximately 50-55 minutes per lesson plan/session. Youth are assigned homework required to be completed on their own time. Group and/or individual sessions may take place at unscheduled times throughout the day. Unscheduled sessions occur periodically throughout the day. The primary focus of REBT is for residents that score Moderate, High, or Very High on the YLS domain of Personality/Behavior and Attitudes/Orientation.

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? 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 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: 10

Points received for Dosage or Number of Hours: 10

Total Points Earned: 20 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.

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

6 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: 100 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: 100% 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:

1. Improving upon existing staff supervision
 - enhance the Performance Evaluations to include the REBT service delivery assessment
2. Improving upon the existing data collection process
 - account for number of weeks youth participate in the service; number of hours the youth receive the service; and document YLS scores.
 - explore ways to obtain additional outcome data (peer reviews or collecting feedback from youth and families where appropriate).