

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: North Central Secure Treatment Unit (NCSTU)-Dialectical Behavior Therapy (DBT)

Cohort Total: 23

SPEP ID: 115-T01

Selected Timeframe: Jun. 1, 2015-Sep. 30, 2016

Date(s) of Interview(s): Jan. 25, 2017

Lead County & SPEP Team Representatives: Tracie Davies, Lehigh Co. JPO & Heather Perry, EPISCenter

Person Preparing Report: Tracie Davies & 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)*

North Central Secure Treatment Unit (NCSTU) Male Program provides secure treatment programming for adjudicated delinquent males age 13–20. Located in Montour County, the Male Program offers a wide range of services designed to meet the diverse needs of its residents including specific programming for substance abuse, criminal behavior issues, 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. The focus of this report is the Dialectical Behavior Therapy (DBT) program, which is provided at NCSTU in the Focus and Power Programs. Per the DBT Treatment Protocol, DBT is a five step process that deals with almost every sort of emotional issue as well as develops youths' social skills and interactions. This type of therapy has been known to help individuals develop a person's sense of self and alleviate the empty feelings that people often feel. The process is to reach into one's soul and improve the outlook on life as well as improve how to process feelings. DBT is a therapeutic approach that includes Eastern meditation. DBT is an extended form of Cognitive Behavioral Therapy. DBT will help youth become more equipped to work in group oriented settings. The goal is to become mindful of their behavior and think before they speak and/or react. DBT focuses on five important modules that include: Mindfulness Skills, Distress Tolerance, Emotion Regulation, Middle Path and Interpersonal Effectiveness. Group counseling is the core treatment method of DBT. Group counseling is supplemented with Individual counseling. All residents in the Focus and Power Units receive DBT twice a week for one hour each time. Youth learn the skill and are assigned homework during the first weekly session. During the second weekly group session, residents review homework and review how they used the DBT skill during the week. The Psychological Services Associate (PSA) maintains the curriculum and serves as the lead facilitator. Approximately ten minutes of each Individual Counseling session is spent on DBT skills. The assigned Youth Development Counselor will review the weekly DBT skill, discuss its importance, and discuss how that skill was applied and did it work for them. The sessions are documented and tracked in the individual counseling session notes.

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: 6

Points received for Dosage or Number of Hours: 6

Total Points Earned: 12 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.

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

7 youth in the cohort are High or Very High YLS Risk Level for a total of 10 points

Total Points Earned: 22 Total Points Possible: 25

Basic SPEP™ Score: 89 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: 89% 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 Dialectical Behavior Therapy Program at North Central Secure Treatment Unit scored a 89 for the Basic Score and a 89% Program Optimization Percentage. It is classified as a Cognitive-behavioral Therapy program. The quality of the service was delivered at a high level, the amount of service provided to the residents fell slightly short of meeting the recommended targets of duration and dosage for this service type. The program could improve its capacity for recidivism reduction through:

1. Enhance Protocol:
 - a. Include a “last revised” date on the DBT Treatment Protocol document
2. Enhance Organizational Response to Drift:
 - a. Document procedures that specifically address steps to be taken should staff fail to deliver curriculum as it is intended to be delivered, and ensure that these procedures are systematically applied.
3. Amount of Service: Investigate ways to increase the number of weeks of service and contact hours to reach the recommended 15 weeks and 45 hours.
4. Continue to target high risk youth as residents.

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 1



SPEP™ ID and Time: 0115-T02

Agency Name: North Central Secure Treatment Unit (NCSTU)

Program Name: Male General Secure- Power and Focus Units

Service Name: Dialectical Behavior Therapy (DBT)

Cohort Total: 51

Timeframe of Selected Cohort: January 1, 2018 - December 31, 2019

Referral County(s): Allegheny (6), Berks (1), Bucks (2), Cambria (1), Chester (2), Delaware (1), Erie (7), Lehigh (2), Luzerne (1), Monroe (1), Montgomery (1), Philadelphia (24), Wayne (1), and Westmoreland (1)

Date(s) of Interview(s): March 9, 2020, May 12, 2020 and June 10, 2020

Lead County: Lehigh

Probation Representative(s): Tracie Davies, Eva Frederick and Andrew Guise (York County)

EPIS Representative: Lisa Freese

Description of Service:

North Central Secure Treatment Unit (NCSTU) Male Program provides secure treatment programming for adjudicated delinquent males age 13–20. The focus of this report is the Dialectical Behavior Therapy (DBT) program, which is provided at NCSTU in the Focus and Power Programs. Per the DBT Treatment Protocol, DBT is a five step process that deals with almost every sort of emotional issue as well as develops youths' social skills and interactions. This type of therapy has been known to help individuals develop a person's sense of self and alleviate the empty feelings that people often feel. The process is to reach into one's soul and improve the outlook on life as well as improve how to process feelings. DBT is a therapeutic approach that includes Eastern meditation. DBT is an extended form of Cognitive Behavioral Therapy. DBT will help youth become more equipped to work in group-oriented settings. The goal is to become mindful of their behavior and think before they speak and/or react. DBT focuses on five important modules that include: Mindfulness Skills, Distress Tolerance, Emotion Regulation, Middle Path and Interpersonal Effectiveness. Group counseling is the core treatment method of DBT. Group counseling is supplemented with Individual counseling. All residents in the Focus and Power Units receive DBT twice a week for one hour each time. Youth learn the skill and are assigned homework during the first weekly session. During the second weekly group session, residents review homework and review how they used the DBT skill during the week. The Psychological Services Associate (PSA) maintains the curriculum and serves as the lead facilitator. Approximately ten minutes of each Individual Counseling session is spent on DBT skills. The assigned Youth Development Counselor will review the weekly DBT skill, discuss its importance, and discuss how that skill was applied and did it work for them. The sessions are documented and tracked in the individual counseling session notes.

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: 8

Points received for Contact Hours or Number of Hours: 6

Total Points Received: 14 **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.

46 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 10 points

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

Total Points Received: 23 **Total Points Possible:** 25

Basic SPEP™ Score: 92 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: 92% 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.

Dialectical Behavior Therapy received a 92 for the Basic Score and a 92% Program Optimization Percentage. These Basic Scores represent an increase of 3 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent an increase of 3 percentage point(s) from the initial SPEP™ Assessment.

The service was classified as a Group 5 service; Cognitive-behavioral Therapy 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, 92% of the youth received the recommended targeted weeks of duration and 77% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 10% low risk, 49% moderate risk, 35% high risk, and 6% very high risk. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Regarding Amount of Service:

- a. Continue to communicate to referral sources that youth in a cognitive behavioral therapy service should remain in that service for a minimum of 15 weeks.
- b. Consider ways to increase the dosage to 45 hours. This could potentially be achieved through additional time spent in individual counseling on DBT or time spent reviewing concepts during weekend hours.