

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** North Central Secure Treatment Unit (NCSTU)-Individual Counseling

Cohort Total: 36

SPEP ID: 140-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 Individual Counseling which is provided at NCSTU in the Rise, Focus and Power Programs. Per the Program Manual, Individual Counseling is therapeutic in nature and designed to address treatment areas specific to each individual resident. Upon admission, residents are assigned to a youth development counselor (YDC). The YDC establishes a rapport with the resident and reviews their history/Youth Level of Service (YLS) results in preparation for their Treatment Plan. The YDC is expected to meet weekly with each resident for a one-hour session. Individual Counseling sessions build competencies, explore treatment issues, and prepare residents to live a pro-social lifestyle when they return to their community. The resident's treatment plan will serve as a guide regarding the specific issues and goals to work on with each resident. Dosage and duration will vary among each resident. Individual Counseling sessions also reinforce and clarify material taught and provided during treatment groups within the programs offered at NCSTU.

**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: 6

Points received for Dosage or Number of Hours: 4

Total Points Earned: 10 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.

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

15 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

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**Basic SPEP™ Score:** 65 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:** 87% 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)

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## 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:

Individual Counseling at the North Central Secure Treatment Unit scored a basic score of 65 and an 87% Program Optimization Percentage. This intervention is categorized as a Group 1 service: individual counseling, with no qualifying supplemental service. The quality of the service was delivered at a high level, and 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 NCSTU individual counseling service could improve its capacity for recidivism reduction through:

1. Enhance Written Protocol:

- Develop a mechanism for tracking use of the protocol during the delivery of individual counseling.
- Establish a review process of the protocol on a routine basis to ensure effective service delivery and include a "Last Revised Date" on the cover of the IC Protocol Manual.

2. Enhance Organizational Response to Drift:

- Document procedures that specifically address steps to be taken should a YDC fail to deliver individual counseling as it is intended to be delivered
- Ensure that these procedures are systematically

3. Amount of Service: Investigate ways to increase the number of weeks of service and contact hours to reach the recommended 25 weeks and 30 hours.

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Reassessment 1



SPEP™ ID and Time: 0140-T02

Agency Name: North Central Secure Treatment Unit (NCSTU)

Program Name: Male General Secure- Focus, Power and Rise Units

Service Name: Individual Counseling

Cohort Total: 82

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

Referral County(s): Allegheny (10), Berks (1), Bucks (3), Cambria (1), Chester (2), Dauphin (1), Delaware (1), Erie (8), Lehigh (4), Luzerne (1), Monroe (1), Montgomery (3), Philadelphia (42), Snyder (1), Wayne (1), Westmoreland (1), and York (1)

Date(s) of Interview(s): March 9, 2020, May 12, 2020 and July 13, 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. 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 incorporate a Balanced and Restorative Justice (BARJ) perspective.

The focus of this report is Individual Counseling which is provided at NCSTU in the Rise, Focus and Power Programs. Per the Program Manual, Individual Counseling is therapeutic in nature and designed to address treatment areas specific to each individual resident. Upon admission, residents are assigned to a youth development counselor (YDC). The YDC establishes a rapport with the resident and reviews their history/Youth Level of Service (YLS) results in preparation for their Treatment Plan. The YDC is expected to meet weekly with each resident for a one-hour session. Individual Counseling sessions build competencies, explore treatment issues, and prepare residents to live a pro-social lifestyle when they return to their community. The resident's treatment plan will serve as a guide regarding the specific issues and goals to work on with each resident. Dosage and duration will vary among each resident. Individual Counseling sessions also reinforce and clarify material taught and provided during treatment groups within the programs offered at NCSTU.

## 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 Received: 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, 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:** 6

**Points received for Contact Hours or Number of Hours:** 4

**Total Points Received:** 10 **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.

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

33 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

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**Basic SPEP™ Score:** 63 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:** 84% 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.)

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### **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.

Individual Counseling received a 63 for the Basic Score and an 84% Program Optimization Percentage. These Basic Scores represent a decrease of 2 percentage point(s) from the initial SPEP™ Assessment. These POP Scores represent a decrease of 3 percentage point(s) from the initial SPEP™ Assessment. The service was classified as a Group 1 service; Individual 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 and included improvements in quality of service delivery. For Amount of Service, 62% of the youth received the recommended targeted weeks of duration and 55% 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, 50% moderate risk, 35% high risk, and 5% 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. Provide documented booster training at predetermined timeframes.
  - b. Organizational Response to Drift:
    - i. Collect data on the fidelity and quality of Individual Counseling.
    - ii. Evaluate the data to determine the effectiveness of the service in an effort to improve service delivery.
2. Regarding Amount of Service:
  - a. Continue to communicate to referral sources that youth in Individual Counseling should receive service for a minimum of 25 weeks.
3. Regarding Risk Level of Youth Served:
  - a. Continue to communicate to referral sources that NCSTU targets moderate to very high-risk youth.