

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Pathways Adolescent Center- TLP, Male and Female Residential-ART®

Cohort Total: 10

SPEP ID: 166-T01

Selected Timeframe: Mar. 30, 2017 to Aug. 31, 2017

Date(s) of Interview(s): Oct. 13, 2017

Lead County & SPEP Team Representatives: Julie Bullard, Venango Co., Pam Farkas, Mercer Co., and Heather Perry, EPISCenter

Person Preparing Report: Julie Bullard, Venango Co., Pam Farkas, Mercer Co., and Heather Perry, EPISCenter

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)*

Located in Oil City Pennsylvania, Pathways Adolescent Center is a privately owned residential facility provider that serves Pennsylvania youth referred by Children and Youth and Juvenile Probation. Their campus consists of a 28 bed male residential unit, a 28 bed female residential/transitional living unit named New Beginnings, two 12 bed male transitional living units, a counseling center, a recreation facility, and a private academic school. Also on the grounds is an Emergency Shelter Program that is designed specifically for shelter care, assessment, and counseling of dependent and delinquent youths through a sensitive and highly professional system of programming. Craig Psychological Services provides treatment and counseling on site that includes drug and alcohol, family, individual and group counseling, as well as Aggression Replacement Training® (ART®), Crossroads and Seeking Safety. Specialized treatment, such as Grief Counseling or Sexual Abuse Curriculum must be approved by the referring agency. Each youth has the opportunity to complete Community Service and pay restitution. Pathways offers two male and one female Transitional Living Programs that utilize the Ansell Casey Testing to aid in making an individualized transitional living plan. The Transitional Living Component also offers the resident the ability to obtain employment, attend public school and activities (if appropriate), and have additional counseling services that entail basic life skills with an adaptation to the ISP to meet his/her discharge needs. The focus of this report is (ART®), which is a multi-modal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. ART® incorporates three specific interventions: Skillstreaming, Anger Control Training, and training in Moral Reasoning. According to developer's standards, ART® should consist of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders three times weekly. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control Training, and training in Moral Reasoning. Currently, ART® is being delivered once per week for one hour at Pathways by one therapist. The therapist works with the youth for 8-10 weeks with the main focus being skillstreaming. It was reported that the therapist also reviews the anger control and moral reasoning components during the session. The therapist indicated that it is difficult to meet three times per week (per the developer's standards) because she does not work nights or weekends and youth are involved in other services. Further, the therapist felt the youth would be angry if they were asked to meet more often than once per week. Homework is not assigned because the therapist indicated the youth would refuse to complete it.

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: 5 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: 8

Points received for Dosage or Number of Hours: 0

Total Points Earned: 8 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.

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

2 youth in the cohort are High or Very High YLS Risk Level for a total of 5 points

Total Points Earned: 15 Total Points Possible: 25

Basic SPEP™ Score: 63 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: 63% 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 Aggression Replacement Training® (ART®) at Pathways Adolescent Center scored a 63 for the Basic Score and an 63% Program Optimization Percentage. It is classified as a Cognitive-Behavioral Therapy service type.

1. Service Type: Consider delivering ART® per the developer's standards, or rename the service to accurately reflect what is delivered.
2. Quality of Service Delivery:
 - a. Protocol:
 - i. Utilize the ART® Training material to deliver the service per developer's standards.
 - ii. Enhance the manual by identifying the criminogenic needs that are met by participating in this service.
 - iii. Deliver the service as referenced in the manual as intended by the developer.
 - iv. Review the manual/protocol at predetermined timeframes. Include a "last revised" date on the cover.
 - b. Staff Training:
 - i. Per developer's standards, train at least 1 additional person that can assist with the delivery of ART®.
 - ii. Train the supervisor of the delivery staff.
 - c. Staff Supervision:
 - i. Administer Fidelity Observation Forms as developed by ART® developer.
 - ii. The supervisor should monitor the quality of service delivery at pre-determined timeframes and provide written feedback.
 - iii. Include quality of service delivery that is specific to ART® in performance evaluations.
 - d. Response to Drift:
 - i. Enhance the current policy to identify corrective action steps that would occur when drift in service delivery is identified.
 - ii. Collect data that might include process or outcome data; administer peer reviews after each session.
 - iii. Enhance service delivery by administering pre-tests and post-tests; or at the conclusion of the service, administer an evaluation.
3. Amount of Service: Explore opportunities to ensure students reach a minimum of 10 weeks and 30 hours of service.
4. Risk Level of Youth Served: Continue to serve moderate, high and very high risk youth.