

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

Name of Program and Service: YMCA-Camp Curtin Branch-Sisters Helping Sisters and Man UP

Cohort Total: 56

SPEP ID: 65

Selected Timeframe: Jul. 2013-Oct. 2014

Date(s) of Interview(s): Sep. 25, 2014

Lead County & SPEP Team Representatives: Nicole Mattern, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Nicole Mattern

**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)*

Young Men's Christian Association (YMCA) is a nationally recognized non-profit organization committed to developing and enriching the lives of youth. The Camp Curtin Branch YMCA offers several mentoring programs to delinquent youth in Dauphin County, such as; Sisters Helping Sisters and Man Up. Several interventions or services are offered within the context of Sisters Helping Sisters and Man Up. One of these services, known as Life Skills, was selected for the SPEP Process due the fact that the amount of service delivered to the youth could be measured according to the requirements of SPEP. Life Skills is delivered to male and female youth twice a week to promote healthy living, social responsibility and youth development.

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

1. **SPEP™ Service Type:** Group 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: 30

Total Points Earned: 30      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: 10      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: 0

Points received for Dosage or Number of Hours: 0

Total Points Earned: 0 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.

18/50 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 5 points

1/50 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 5 Total Points Possible: 25

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**Basic SPEP™ Score:** 45 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:** 48% 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:

The Camp Curtin Branch YMCA service of Life Skills scored a 48% Program Optimization Percentage. It is classified as a Group 4 service; Group counseling. The quality of the service is delivered at a medium level. The risk levels of youth admitted to the program are 36% youth as low risk, 62% as moderate risk, and 2% as high risk. The amount of service provided to the clients was 0% of the recommended targeted weeks of duration and 0% of the recommended target contact hours for this service type. The Camp Curtin Branch YMCA could improve its capacity for recidivism reduction through:

- Careful consideration given to increase the potential amount of service regarding weeks and hours. Reallocating time spent within the program to emphasize the community service less:
  - At this time, there was twice the amount of time devoted to community service when compared to Life Skills
  - At this time it seems that the program wants to do D/A prevention – 1/56 had D/A has their highest domain – 1 male and 0 females – potentially do tracts with D/A and maybe give more Life Skills for those youth
  - Consideration needs to be given to YLS score and needs to determine the most appropriate service tract
- Developing and incorporating of staff training directly for the use, knowledge, and implementation of the service of Life Skills.
  - The training should be specific to the service being delivered.
  - All training efforts should be included in documentation.
  - Ensure that the supervisors of this service attend this training.
  - Develop documentation for the supervision of staff who delivers the service. This should include written feedback provided by the supervisor that includes adherence to the facilitator manual and protocol for delivering the service.
- Developing performance evaluations to include an assessment of how this service is facilitated.
- Creating policy/procedure to identify drift in the service being delivered and a way to apply this policy/procedure to those delivering the service. Consideration should be given to documenting all applications of the developed policy/procedure.

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Reassessment 1

SPEP™ ID and Time: 65-T02

Agency Name: YMCA  
Program Name: Camp Curtain Branch  
Service Name: Man Up and Sisters Helping Sisters-Life Skills  
Cohort Total: 25 for Amount of Service; 23 for Risk  
Timeframe of Selected Cohort: Aug. 1, 2015 - June 30, 2016  
Referral County(s): Dauphin  
Date(s) of Interview(s): Jan. 21, 2016  
Lead County: Dauphin  
Probation Representative(s): Matt Foster  
EPIS Representative: Shawn Peck

## Description of Service:

Young Men's Christian Association (YMCA) is a nationally recognized non-profit organization committed to developing and enriching the lives of youth. Man Up and Sisters Helping Sisters is one of the many programs that the YMCA offers. Several services are offered within the context of Sisters Helping Sisters and Man Up. One of these services, known as Life Skills, was initially selected and reassessed for the SPEP Process. Man Up and Sisters Helping Sisters provides Life Skills on a variety of topics to male and female youth to promote healthy living, social responsibility, and youth development. Since the last feedback report, the service has been defined to target juveniles with an overall YLS risk level of Low (0-8) and Moderate I (9-16) for one hour, three times a week as compared to two times a week previously.

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

1. **SPEP™ Service Type:** Group 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: 30

Total Points Received: 30      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:** 0

**Points received for Contact Hours or Number of Hours:** 0

**Total Points Received:** 0 **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.

17/23 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 5 points

0/23 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

**Total Points Received:** 5 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 55 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:** 58% 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.

The Man Up and Sisters Helping Sisters - Life Skills program scored a 55 for the Basic Score and a 58% Program Optimization Percentage. It is classified as a Group 4 - Group Counseling service type. These scores represent an increase from the baseline findings of the initial SPEP™ scoring results of eleven percentage points. The service provider took recommendations from the last feedback report and lowered the amount of time spent on community service, decreased the time spent on drug/alcohol prevention, and has increased the number of hours for Life Skills from 2 to 3 hours per week. The service provider also has improved their quality of service delivery from Medium to High Quality.

The program could continue to improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:

- a. Continue to utilize the YLS risk assessment to determine appropriate referrals and group topics. Continue to use one-on-one meetings with juveniles after group discussions to relate topics back to a juvenile's identified YLS domains and treatment goals.
- b. Create documented policy/procedure that responds to drift in service delivery that includes specific action steps for the agency to take to avoid drift, an "if-then" approach.

2. Regarding Amount of Service:

- a. Continue discussions with referring agencies on how to increase dosage of Life Skills to decrease the gap between the current dosage of 10 weeks/30 hours and the recommended dosage of 24 weeks/40 hours.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 2

SPEP™ ID and Time: 65-T03

Agency Name: YMCA  
Program Name: Camp Curtain Branch  
Service Name: Man Up and Sisters Helping Sisters  
Cohort Total: 41  
Timeframe of Selected Cohort: Nov. 20, 2017 - Jan. 18, 2019  
Referral County(s): Dauphin  
Date(s) of Interview(s): Jan. 21, 2016  
Lead County: Dauphin  
Probation Representative(s): Kija Waithe  
EPIS Representative: Lisa Freese

## Description of Service:

Young Men's Christian Association (YMCA) is a nationally recognized non-profit organization committed to developing and enriching the lives of youth. Man Up and Sisters Helping Sisters is one of many programs that the YMCA offers, and the program itself is comprised of many services. One of these services, known as Life Skills, received a baseline assessment in 2014 and the first reassessment occurred in 2016. Man Up and Sisters Helping Sisters provides Life Skills on a variety of topics to male and female youth to promote healthy living, social responsibility and youth development. Since the initial assessment, the service has been defined to target juveniles with an overall YLS risk level of Low (0-9) and Moderate I (10-21) and now meets one hour three times per week as compared to two times per week prior to the baseline assessment. Man Up and Sisters Helping Sisters is designed to assist youth in improving self-esteem, social competence and reduce high risk behaviors. An intake interview occurs with the youth and parent/guardian, where program expectations are explained. Youth are expected at the program three days per week from 4:15 pm to 6:30 pm. Life Skills occurs during the first hour of each day. Youth eat dinner at the YMCA and the remainder of the time is for One on Ones and structured recreational time. One on Ones are individual meetings between youth and the Prevention Specialist or Program Development Director. It allows youth an opportunity to share information that they may not feel comfortable sharing in a group. Staff also utilize this time to review progress on identified goals through the Youth Level of Service (YLS). Emphasis is placed on "life after the program," and how to become productive and responsible citizens of their community. Parent workshops and Family Nights occur 3 nights each per program year. These nights include dinner, family activities, guest speakers and educational workshops for issues facing parents. Transportation is provided not only for these special events, but also to the youth for each afternoon they attend the program. The Life Skills curriculum utilizes a number of lessons from several curricula such as Botvin's Life Skills Training, Aggression Replacement Training (ART), ARISE, Dialectical Behavioral Therapy, Too Good for Violence, Girls Circle, Gateway Drugs and more. Prevention Specialists are required to create lesson plans 30 days in advance of each group. These plans are reviewed by the Program Development Director. Topics include, but are not limited to anger management, conflict resolution, drug and alcohol prevention, domestic violence prevention, financial management and goal setting. Youth must complete 40 of the Life Skills curriculum to be considered for successful discharge. Youth can earn \$25 gift cards midway and upon completion of the service, provided behavioral expectations are met and discharge is successful.

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

1. **SPEP™ Service Type:** Group 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: 30

Total Points Received: 30      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:** 0

**Points received for Contact Hours or Number of Hours:** 6

**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.

25 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 5 points

1 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

**Total Points Received:** 5 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 61 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:** 65% 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.

The Life Skills service scored a 61 for the Basic Score and a 65% Program Optimization Percentage. This Basic Score represents an increase of 6 point(s) from the previous SPEP™ reassessment and an increase of 16 point(s) from the initial SPEP™ assessment. The current POP score represents an increase of 3 percentage point(s) from the previous SPEP™ reassessment and an increase of 14 percentage point(s) from the initial SPEP™ assessment.

The service is classified as a group counseling service type. The quality of service was found to be at a High Level. For Amount of Service, 3% of the youth received the recommended targeted weeks of duration and 76% of the youth received the recommended targeted contact hours for this service type. The risk levels of youth admitted to the program were: 39% Low Risk, 59% Moderate Risk, and 2% High Risk.

The program could improve its capacity for recidivism reduction by addressing the following recommendations:

1. Quality of Service Delivery:

a. Written Protocol:

i. Establish a pre-determined time for review of the manual.

b. Staff Training:

i. Create staff sign-in sheets for web-based training as a mechanism to track attendance.

c. Organizational Response to Drift:

i. Create a means of tracking data internally to evaluate the effectiveness of the Life Skills service.

2. Amount of Service:

a. Continue discussions with Dauphin County Juvenile Probation to increase duration to 24 weeks.

b. While dosage has increased since the previous assessment, continue to monitor number of hours in the service for each youth.