

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: South Mountain Secure Treatment Unit (SMSTU)-Aggression Replacement Training® (ART®)

Cohort Total: 22

SPEP ID: 221-T01

Selected Timeframe: Oct. 29, 2016 – Sep. 30, 2017

Date(s) of Interview(s): Apr. 9, 2018

Lead County & SPEP Team Representatives: Danielle Salisbury, York County Juvenile Probation Heather Perry, EPISCenter

Person Preparing Report: Danielle Salisbury & 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)*

The Bureau of Juvenile Justice Services (BJJS) is responsible for the management, operations, program planning and oversight of Pennsylvania's youth development center/youth forestry camp facilities. These facilities are designed to provide state-of-the-art treatment, care and custody services to Pennsylvania's most at-risk youth. The facilities serve both male and female adolescents who have been adjudicated delinquent by the juvenile court. Treatment services are individualized based on strengths and needs. South Mountain Secure Treatment Facility (SMSTU) is a state secure facility that provides residential services for up to 36 moderate to high risk male youth. Referrals are made to the State Court Liaison for SMSTU by the juvenile probation department. The State Court liaison determines whether the youth is appropriate for SMSTU or another state facility. This facility consists of three separate units and a school. Each unit has a specific focus in terms of the treatment received by the youth: The Sexual Attitudes/Behavior Program, or Charlie Unit, specializes in services for adjudicated youth with sexual behavior problems. The Delta Unit services lower functioning youth. The Habitual and Serious Offenders Program is located in the Alpha Unit. The primary services include ART®, PTND, Victim Awareness Course, Casey Life Skills, and Sexual Attitudes/Behavior specific treatment. The focus of this report is Aggression Replacement Training® (ART®), which is a multimodal psycho educational intervention designed to alter the behavior of chronically aggressive adolescents and young children. The program incorporates three specific interventions: Skillstreaming, Anger Control Training, & training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained in how to respond to their hassles. ART® consists of a 10-week, 30-hour intervention administered to groups of up to 8 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. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in the use of more appropriate behaviors. All youth may have additional one-on-one sessions with their Youth Development Counselor (YDC) as a follow-up to ensure they comprehend the lessons taught during the regular sessions. Lower functioning youth may receive additional programming as needed.

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? n/a

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: 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: 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.

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

12 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: 90 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: 90% 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®) program scored a 90 for the Basic Score and a 90% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy (CBT) type. The program could improve its capacity for recidivism reduction through:

1. Staff Training:
 - a. Consider enhancing the training process by developing booster trainings that occur at minimum annually, and ensure there is documentation of attendees.
2. Staff supervision:
 - a. Implement a regular observation schedule for supervisors to monitor staff delivering the service.
 - b. Provide regular, written feedback to staff facilitating the service.
3. Organizational Response to drift:
 - a. Introduce a policy to ensure that there are systematic procedures in place when drift has occurred. This will likely be aided by the ongoing documentation of staff supervision.
 - b. Consider providing written follow up surveys to group participants specific to the service to enhance service delivery.