

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Alternative Rehabilitation Communities Inc.-Susquehanna Trail Program-Aggression Replacement Training

Cohort Total: 11

SPEP ID: 84

Selected Timeframe: Apr. 1, 2013-Sep. 12, 2014

Date(s) of Interview(s): Mar. 20, 2015

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)*

Alternative Rehabilitation Communities, Inc. (A.R.C.) has been providing services to court adjudicated youth since 1975. A.R.C.'s residential services are the hallmark of the agency's continuum of service. Their service philosophy supports a home-like, community-based focus for their youth. The programs are highly structured, peer oriented and located in a community setting. Their programs provide Individual Service Plans for each student, individual and group counseling, individual and group education, recreation as well as group living skills. A.R.C. has provided staff-secure programs in the Commonwealth of Pennsylvania.

The A.R.C Residential Program at Susquehanna Trail was developed for delinquent and adolescent Latino Males, ages 14-19 with a variety of treatment needs. Youth can enter the program as part of a step down process from a more restrictive environment or enter the program as their first residential experience. The average length of stay is between 9-12 months however some youth stay in the program for 6 months. The Residential Program at Susquehanna Trail has a capacity of 18 youth and serves multiple counties throughout Pennsylvania.

With few exceptions, youth placed within these group homes participate in Aggression Replacement Training® (ART®), designed to alter the behavior of chronically aggressive adolescents. The program incorporates: skill-streaming, anger-control training, and moral reasoning.

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: 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: 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.

10/10 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

5/10 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: 100 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: 100% 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 A.R.C. Residential Program at Susquehanna Trail service of Aggression Replacement Training® (ART) scored a 100% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy with no qualifying supplemental service. The quality of the service is delivered at a high level. The risk levels of youth admitted to the program are all above low risk, 50% as moderate risk, and 50% as high risk. The amount of service provided to the clients was 100% of the recommended targeted weeks of duration and 100% of the recommended target contact hours for this service type. A.R.C. Residential Program at Susquehanna Trail can continue to maintain its capacity for recidivism reduction through:

1. Utilize pre and post tests to measure ART outcomes and service effectiveness.
2. Utilize Skill Streaming Checklist to determine which skills can most benefit youth that receive the service.
3. Continue to implement Fidelity Forms consistently in order to ensure high fidelity of service delivery.
4. Maintain high training standards and supervision in order to prevent drift from service delivery.