

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

**Name of Program and Service:** Adelphoi Village-Transitional Youth from General Secure Care-Aggression Replacement Training  
Cohort Total: 17 SPEP ID: 98-T01  
Selected Timeframe: Jul. 22, 2013-Jan. 22, 2015  
Date(s) of Interview(s): Jan. 6, 2016, May 4, 2016  
Lead County & SPEP Team Representatives: Doug Braden, Allegheny Co. & Shawn Peck, EPISCenter  
Person Preparing Report: Shawn Peck & Doug Braden

**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)*

Adelphoi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male and Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/ Male and Female (inclusive of a specialty unit with a mental health focus/Female; and Shelter/Male and Female. Treatment is individualized, designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern coupled with proven modalities.

Youth are placed by the courts within one of Adelphoi Village's General Secure Care programs at varied stages of court involvement. This may be the initial out of home placement for a youth or placement here may be upon the court transitioning a youth already in placement to a more restrictive level of care. The average length of stay varies across Adelphoi Village's different program types. The average length of stay for a youth within one of Adelphoi Village's General Secure Care programs falls within the 5 to 6-month range.

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. Aggression Replacement Training® (ART®) consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders thrice 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 using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

## 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: 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.

14/14 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 12 points

8/14 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:** 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)

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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:

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 was found to be at a High level. 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. The risk levels of youth admitted to the program were 0% as low risk, 43% as moderate risk and 57% as high risk. Due to the high quality of service delivery, there are no identified recommendations for performance improvement.

# The Standardized Program Evaluation Protocol (SPEP™):

## Service Score Results: Reassessment

Name of Program and Service: Adelphoi Village-Transitional Youth from Secure to Intensive Supervision Male & Female Group Homes-ART®

Cohort Total: 19/18

SPEP ID: 98-T02

Selected Timeframe: Jul. 1, 2015 - Jul. 1 2017

Date(s) of Interview(s): Jun. 23, 2017 & Jul. 20, 2017

Lead County & SPEP Team Representatives: Bill Holt, Allegheny County & Shawn Peck, EPISCenter

Person Preparing Report: Bill Shultz & Shawn Peck

**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)*

Adelphoi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male and Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/Male and Female (inclusive of a specialty unit with a mental health focus/Female); and Shelter/Male and Female. Treatment is individualized and is designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern coupled with proven modalities. Youth are placed by the courts within one of Adelphoi Village's General Secure Care and Intensive Supervision Group Homes at varied stages of court involvement. This may be the initial out-of-home placement for a youth or may be upon the court transitioning a youth already in placement, within a more restrictive level of care, to a less restrictive level of care. The average length of stay varies across Adelphoi Village's different program types. ART® 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, and Moral Reasoning Training. Skillstreaming uses modeling, role playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, they are trained how to respond to their hassles. Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others and to train youth to imagine the perspectives of others when they confront various moral problem situations. The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth. During these 10 weeks, participating youth typically attend three 1-hour sessions per week, one session each of Skillstreaming, Anger Control, and Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking.

**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: 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.

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

5 youth in the cohort are High or Very High YLS Risk Level for a total of 8 points

Total Points Earned: 20 Total Points Possible: 25

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**Basic SPEP™ Score:** 95 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:** 95% 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:

Aggression Replacement Training® (ART®) scored a 95 for the Basic Score and a 95% Program Optimization Percentage. It is classified as a Group 5 service; Cognitive-Behavioral Therapy (CBT) service type with no qualifying supplemental service. The quality of the service was found to be at a High level. For amount of service, 100% of the youth received the recommended targeted weeks of duration and 100% of the youth received the recommended targeted contact hours for this service type. The risk levels of youth admitted to the program were 6% as low risk, 66% as moderate risk, and 28% as high risk. This service could continue to improve its capacity for recidivism reduction through:

1. Risk Level of Youth Served:

- a. Improve communication with the Juvenile Probation Departments that use this service to better match research recommendations for the Level of Risk; there are larger positive effects on recidivism with high risk juveniles.

# The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Reassessment 2

SPEP™ ID and Time: 0098-T03

Agency Name: Adelphoi  
Program Name: Transitional Youth (from General Secure to Intensive Supervision Group Home) (GIS)  
Service Name: Aggression Replacement Training® (ART®)  
Cohort Total: 13  
Timeframe of Selected Cohort: Oct. 1, 2018 - Oct. 1, 2020  
Referral County(s): Berks (2); Bucks (3); Dauphin (3); Delaware (1); Erie (1); Franklin (1); Lebanon (1); Mercer (1)  
Date(s) of Interview(s): Jan. 8, 2021 & Feb. 2, 2021  
Lead County: Allegheny County Juvenile Probation Department  
Probation Representative(s): William Shultz, Placement Liaison  
EPIS Representative: Kevin Perluke, SPEP™ Implementation Specialist / Christa Park, SPEP™ Data Manager

## Description of Service:

Headquartered in Latrobe, PA, Adelphoi has programs in over 30 counties, including residential group homes, foster and adoptive care, education services, and in-home treatment options. Adelphoi serves 1200 children, youth, and families each day. Each residential program is designed to meet the individualized needs of youth in placement. As treatment needs change, a unique continuum of care model allows youth to move from one program to another in a way that will ensure success. Education is provided on-site or through Adelphoi's Ketterer Charter School. Adelphoi encourages participation by the family in the youth's treatment and offers family visitation assistance.

Adelphoi provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: shelter, diagnostic, specialized independent living, intensive supervision, intensive supervision with a mental health focus, substance use, sex offender treatment, enhanced supervision, and secure care. Treatment is individualized and designed to address a number of criminogenic risk factors, including anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphoi's philosophy is the cycle of degeneration can be altered in favor of positive growth and success through application of the beliefs and principles of brotherly concern coupled with proven treatment modalities.

Secure Facilities provide locked, secure supervision to adjudicated delinquent male and female youth who have committed serious or chronic offenses, are aggressive runaway risks, or display other serious delinquent behaviors. Youth committed to this program have usually had prior contact with the court system and may have had several prior placements. Step-down into a less secure placement is available as the youth progresses. Adelphoi also offers Secure Care for high risk youth who have been adjudicated for sexually victimizing behavior, have a founded abuse allegation or self-admission of an offense.

Youth are placed by the courts within one of Adelphoi's General Secure Care Programs at varied stages of court involvement. This may be the initial out-of-home placement for a youth or may be upon the court transitioning a youth already in placement, within a more restrictive/secure level of care, to a less restrictive level of care. The average length of stay for a youth within one of Adelphoi's General Secure Care Programs falls within the 5- to 6-month range.

Youth originally placed at the General Secure Care Program have an opportunity to "step down" into one of Adelphoi's Intensive Supervision Group Homes. Intensive Supervision Group Homes provide community-style living to chronically delinquent or dependent male and female youth. The program offers community-based mental health services and medication management, as well as on-site psychiatric and psychological services. The average length of stay varies depending on the youth's treatment needs.

Aggression Replacement Training® (ART®) is an evidence-based curriculum proven to help juveniles reduce aggressive behavior and develop pro-social and moral reasoning skills. ART® 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, and Moral Reasoning Training.

- Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills.
- Anger Control Training requires participating youth to bring one or more descriptions of recent anger-arousing experiences (hassles) to each session. Over the duration of the program, youth are trained in how to respond to their hassles.
- Moral Reasoning Training is designed to enhance youths' sense of fairness and justice regarding the needs and rights of others. It is also designed to train youth to imagine the perspectives of others when they confront various moral problem situations.

ART® consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 youth 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 Moral Reasoning Training. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in using more appropriate behaviors. In addition, guided group discussion is used to correct antisocial thinking. Differences exist regarding the targeted duration (i.e., weeks) and contact hours for the delivery of ART® in a residential program versus delivery of ART® in a community-based program.

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

1. **SPEP™ Service Type:** Cognitive Behavioral 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 Received:** 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, 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:	10
Points received for Contact Hours or Number of Hours:	10

**Total Points Received:** 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.

12/13	youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth	10	points
7/13	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

**Basic SPEP™ Score:** 98 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:** 98% 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.)

### **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.

ART® received a 98 for the Basic Score and a 98% Program Optimization Percentage. The Basic Scores represent an increase of 3 percentage point(s) from the previous SPEP™ Reassessment and an increase of 3 percentage point(s) from the initial SPEP™ Assessment. The POP Scores represent a decrease of 2 percentage point(s) from the previous SPEP™ Reassessment and a decrease of 2 percentage point(s) from the initial SPEP™ Assessment.

The service was classified as a Group 5 service; Cognitive-behavioral Therapy Service Type. There is no qualifying supplemental service found in the research. The Quality of Service was found to be at a High Level. For Amount of Service, 100% of the youth received the recommended targeted weeks of duration and 100% of the youth received the recommended targeted contact hours for this service type. The Risk Levels of Youth admitted to the service were: 8% low risk, 38% moderate risk, and 54% high risk.