

# The Standardized Program Evaluation Protocol (SPEP™):

## Service Score Results:

Baseline

SPEP™ ID and Contact Time: 0344-T01

Agency/Program Name: Drug & Alcohol Rehabilitation Services, Inc. D.A.R.S. Inc./Manos House - Residential  
Service Name: Psychoeducational Classes  
Cohort Total: 35  
Cohort Time Frame: Youth that began the service on/after January 1, 2022 and ended on/before December 31, 2022  
Referral County(s): Berks (3); Bucks (1); Centre (1); Chester (1); Cumberland (2); Franklin (1); Lackawanna (2); Lancaster (2); Lebanon (1); Lehigh (2); Luzerne (1); Montgomery (1); Northampton (4); Philadelphia (1); Schuylkill (5); Wayne (1); Wyoming (2); York (4)  
Feedback Report Delivery: June 26, 2023  
County/Probation Officer(s) Involved: Joe Gifford, Matt Foster, Terrance Williams - Dauphin Co Juvenile Probation  
Sue Claytor and Andrew Guise - York Co Juvenile Probation  
EPIS SIS(s): Lisa Freese, Lisa Fetzer, and Dawn Karoscik

Manos House was established in 1972 for the purpose of helping young men free themselves from addiction and its associated problems, and to enable them to lead a rewarding, responsible life. It is a 43 bed, self-contained, residential treatment facility located in Columbia, PA. Manos House is a component of Drug and Alcohol Rehabilitation Services, Inc. (DARS) and is fully licensed by the Department of Drug and Alcohol Programs, Pennsylvania Department of Health. Over the years, the overall approach and target population has changed, but the general philosophy has remained the same. The target population is an adolescent male between the ages of fourteen and eighteen. Some youth over the age of 18 remain in treatment up to age 20. Referrals are made by families, Student Assistance Programs, probation departments, social service agencies, managed care occasionally, or by private referral. The youth must not have physical or mental impairments that might hinder his treatment progression, e.g. physically disabled to the extent he could not participate in work or recreational therapy, or mentally incapable of comprehending program structure or values. Typical youth have a history of substance abuse and delinquent behavior. Appropriate youth must, at a minimum, show partial acceptance of their own problems and/ or symptoms and willingness to change, a willingness to accept staff direction and guidance, and a willingness to work toward program and aftercare goals.

The Keep it Direct and Simple Series from the Change Companies Journals are utilized for therapy - the journals are designed to assist youth through the process of change regarding their drug issues - Why am I here and Moving Forward are the two Journals that all youth receive - others are based on individual client needs and treatment plan goals. What About Marijuana is also utilized to address current trends in marijuana use specific to an adolescent population. These journals are incorporated into each treatment plan. Residents are prescribed a treatment track, which takes into account DSM 5 Substance Use Disorder diagnosis, previous treatment experience(s), as well as legal involvement with Juvenile Probation and/or Children and Youth Services. The shortest treatment track is 90 successful days in length. Tracks grow by 30 days dependent upon the needs of the resident with a maximum length of stay being 150 successful days. Status advancement is required every 30 successful days and follows a specific process to include the completion of a status advancement application, as well as rubric requirements for treatment, education and general program engagement. Specific privileges and community engagement opportunities are also built into each 30 day treatment experience

Manos House offers a range of psychoeducational classes aimed at enhancing clients' personal development and well-being. The Social Competence Development class focuses on assertive communication and relationship-building skills. Stress Management provides coping strategies for daily stressors and substance-related stress, incorporating mindfulness techniques and principles of Dialectical Behavioral Therapy. The Relapse Prevention Program, based on evidence-based practices, covers comprehensive aspects of preventing relapse. Victim Empathy/Moral Reasoning helps clients understand empathy and its connection to criminal behavior through activities such as writing apology letters. Cultural Awareness and Violence Prevention explores peer relationships, tolerance, gun violence, and bullying prevention. The Drug Awareness classes cover the negative impacts of drugs on the body, behavior, and family dynamics, utilizing the Matrix Model. Healthy Living focuses on nutrition, exercise, and the effects of drug use on the body. The 12 Step Process incorporates guest speakers and stories from Narcotics Anonymous and Alcoholics Anonymous to promote understanding and engagement with the 12 Steps in personal recovery. The class topics are conducted for a duration of 2 weeks, with 10 sessions in total for each and typically last for 45 minutes. Additionally, the 12 Step Process class spans a duration of 2 weeks. It's worth noting that Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) meetings are available at least 3 times per week during evening and weekend programming.

### 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 dosage. Youth should receive the targeted amounts to have the greatest impact on recidivism reduction. Targeted duration and dosage for this service is 24 weeks, 40 hours.

<u>0</u>	youth in the cohort of <u>35</u>	received the targeted Duration or Number of Weeks for a total	<u>0</u>	points
<u>26</u>	youth in the cohort of <u>35</u>	of received the targeted Dosage or Number of Hours for a total of	<u>6</u>	points

**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. The Risk Levels of Youth admitted to the service were: 7 low risk, 22 moderate risk, 4 , high risk, and 0 very high risk.

<u>26</u>	youth in the cohort of <u>33</u>	are Moderate, High, Very High YLS Risk Level for a total of	<u>7</u>	points
<u>4</u>	youth in the cohort of <u>33</u>	are High or Very High YLS Risk Level for a total of	<u>0</u>	points

**Total Points Received:** 7 **Total Points Possible:** 25

**Basic SPEP™ Score:** 63 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:** 66% 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. The service could improve its capacity for recidivism reduction by addressing the following recommendations:

It is important to note that during the cohort time frame, the durations of youth stays were shorter than usual due to Covid restrictions and limited funding from insurance, which prevented longer commitment periods.

#### 1. Regarding Quality of Service Delivery:

##### a. Organizational Response to Drift:

- Enhance the drift policy to identify drift from service delivery, how it will be corrected, and document when it is utilized.

#### 2. Regarding Amount of Service:

- Consider ways to increase dosage and duration to the research supported targeted amounts of 24 weeks and 40 contact hours.

#### 3. Regarding Risk Level of Youth Served:

- Maintain collaboration with referring JPO to consider appropriate risk level for each youth.