

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 303-T01

Agency Name: Abraxas Youth and Family Services – Abraxas I

Program Name: IORP, STEP, Female Intensive (D&A), Male Intensive (D&A)

Service Name: SELF Psycho Education

Cohort Total: 169 Amount of Service / 159 Risk Level

Timeframe of Selected Cohort: Began the service on/after February 21, 2018 and ended the service on/before March 31, 2020

Referral County(s): Adams (3) Allegheny (30) Beaver (4) Bedford (1) Berks (3) Bucks (5) Butler (2) Cambria (4) Chester (2) Clearfield (6) Columbia (1) Cumberland (2) Dauphin (6) Delaware (17) Erie (11) Fayette (4) Franklin (1) Indiana (1) Jefferson (1) Juniata (1) Lackawanna (4) Lawrence (2) Lebanon (3) Lehigh (13) Mifflin (1) Monroe (4) Montgomery (3) Northampton (11) Northumberland (1) Schuylkill (3) Venango (4) Warren (3) Washington (2) Wayne (2) Westmoreland (4) Wyoming (3) York (1)

Date(s) of Interview(s): July 8, 2020

Lead County: Montgomery

Probation Representative(s): Lisa Fetzer

EPIS Representative: Kevin Perluke

Description of Service:

Abraxas I, a division of Abraxas Youth and Family Services, is located in rural Marienville, PA and offers a variety of programs within the campus including: The Social Training and Education Program (STEP), The Intensive Open Residential Program (IORP), The Abraxas Residential Mental Health Services (ARMHS) Program and The Abraxas I Intensive Drug & Alcohol Treatment Programs. Abraxas I is a Sanctuary® Model affiliated program which provides guidance in support of a trauma informed, trauma sensitive culture by employing the Seven Commitments of the Sanctuary® Model, along with the Sanctuary® Toolkit.

The Abraxas I Intensive Open Residential Program (IORP) is a 12-bed, open residential program that provides staff secure/intensive programming for male adolescents between the ages of 13 to 18. This highly structured, staff-secure residential program provides individualized treatment for youth with diverse needs directly impacting their delinquency issues, and as a result, may have demonstrated resistance toward other treatment programs. Abraxas I uses a strengths-based approach, which focuses on intensive clinical programming, evidence-based curricula, personal character development, and specific counseling to remedy family deficits. The program is designed as an alternative to secure placement. Utilizing a cognitive behavioral model, the Intensive Open Residential Program implements a strong emphasis on Aggression Replacement Training and Balanced and Restorative Justice.

The Abraxas I Social Training and Education Program (STEP) is a 14 bed, open residential program that provides social skill development and substance abuse education/prevention services to male adolescents between the ages of 13 to 18. The STEP program enables youth to transition within the Abraxas I continuum of services on the Marienville, PA campus. Utilizing a cognitive behavioral model and a trauma-informed care approach, STEP places a strong emphasis on life skill development and Balanced and Restorative Justice. A three-phase clinical system provides clear and obtainable treatment objectives to assist the client in navigating through their individual treatment goals.

The Abraxas I Intensive Drug and Alcohol Treatment Programs provide intensive substance abuse programming for 60 adolescent males and 32 female adolescents in separate treatment settings. The programs provide a safe, nurturing and structured environment for delinquent and/or dependent youth to make positive changes in their behaviors, attitudes and beliefs. The goal of treatment is to eliminate drug abuse/dependency & delinquency and develop competencies that will enable youth to function as responsible members of the community. Youth participate in a variety of therapeutically structured activities. Treatment planning integrates the concepts of Balanced and Restorative Justice by focusing on offense-specific counseling, victim awareness, accountability and competency development.

The SELF Psycho Education Program is a trauma-informed care curriculum designed to assist youth in emotional management and self-regulation. It was developed by the Sanctuary Institute. Two modules, SELF Psycho Education and Learning Through Heroes, are provided to youth at Abraxas. The curriculum teaches core Sanctuary concepts in the language of SELF (Safety, Emotions, Loss and Future) with the goal of helping youth recover from the effects of trauma and chronic stress. Through group discussion, youth understand how chronic stress/traumatic events effect the way they act in everyday life. SELF Psycho Education also emphasizes education as well as the processing of feelings. This is a supportive service for the core services. It is delivered one hour weekly for 26 weeks in an open group format; group size is typically 15 youth.

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? No **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: 10 **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: 4
Points received for Contact Hours or Number of Hours: 0

Total Points Received: 4 **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.

146 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 10 points
60 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: 67 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: 71% 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.

1. Regarding Quality of Service Delivery:

a. Written Protocol:

- i. Ensure that the latest version of SELF Psycho Education is used when delivering the service and include revision date.

b. Staff Training:

- i. Identify specialized trainings that are relevant to the service.
- ii. Ensure that documentation occurs when staff complete specialized trainings.
- iii. Ensure through documentation that staff receive booster trainings.
- iv. Ensure through documentation that the supervisor has been trained to deliver the service.

c. Staff Supervision:

- i. Create a supervision form for indirect observation.
- ii. Document when supervisors monitor staff.
- iii. Ensure through documentation supervision of staff occurs at predetermined timeframes.
- iv. Ensure that all supervisors provide written feedback to staff delivering the service.

d. Organizational Response to Drift:

- i. Develop a policy and procedure to identify departure from fidelity and quality of service delivery.
- ii. Within the written policy, develop a process to document the utilization of the drift policy.
- iii. Ensure that the organizational response to drift policy includes specific action steps for the agency to take to avoid drift, including an “if/then” approach to specific corrective action steps to address departure from fidelity and quality of service delivery.
- iv. Create a mechanism to collect data on the fidelity and quality of service delivery.
- v. Develop a process to evaluate and use data to adapt or improve service delivery.

2. Regarding Amount of Service:

- a. Establish ways to enhance amount of service to reach the targeted amounts of 24 weeks and 40 hours.

3. Regarding Risk Level of Youth Served:

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