

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

SPEP™ ID and Time: 0305-T01

Agency Name: Perseus House, Inc.

Program Name: All Programs

Service Name: Aggression Replacement Training® (ART®)

Cohort Total: 14

Timeframe of Selected Cohort: Began service on or after October 1, 2018 and ended service on or before September 1, 2020

Referral County(s): Allegheny (3), Clarion (1), Erie (8), Washington (1), Westmoreland (1)

Date(s) of Interview(s): May 28, 2020 & October 6, 2020

Lead County: Erie

Probation Representative(s): Alex Hromyak, Juvenile Probation Officer, Erie County Juvenile Probation

EPIS Representative Shannon O'Lone, SPEP™ Implementation Specialist

Description of Service:

Perseus House, Inc. was founded in 1971 as a result of the deinstitutionalizing of the state treatment centers. Beginning as a "group home" for truant children with live-in staff, the organization has grown to approximately 245 full and part-time staff. Perseus House, Inc. now serves more than 1,500 children annually, birth through age 18, in both residential treatment facilities, as well as within its school systems, including 600 students in the Charter School of Excellence. Perseus House, Inc. provides a continuum of care services to the youth and families of the community, primarily serving the children and families in Erie County.

Perseus House is certified in the Sanctuary® Model which complements their programming culture and treatment philosophy through the Seven Commitments: Non-Violence, Emotional Intelligence, Social Learning, Open Communication, Democracy, Social Responsibility and Growth & Change. Perseus House believes that a period of external discipline and assistance, however temporary, is at times necessary in a safe environment to interrupt maladaptive patterns of thoughts and behaviors in order to provide the foundation for a new beginning. Community Meetings are a core component of the Model and help drive individuals becoming accountable to each other within the community.

There are eight residential facilities in addition to the Shelter program. Each facility serves clients between the ages of 12 and 18 (shelter serves ages 10-18). Most of the clients are voluntarily placed through a county's mental health system in the residential treatment facilities (RTF). However, clients may also be court ordered from a county's Probation Department or Children and Youth Services Department. Average length of stay is eight to ten months. A client may be discharged to his/her biological family, a court-ordered guardian, foster care, independent living, or another placement provider. Several of the residential facilities are PREA-certified (Perseus House Residential Treatment Facility, Andromeda House Residential Treatment Facility, Andromeda House Intensive Treatment Unit, Perseus House Intensive Residential Treatment Program, and Shelter). In addition to the 16-bed, co-ed shelter located at 1510 State Street, Erie, Perseus House has 3 units specific to males and 5 units specific to females.

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 multi-modal 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 dosage (i.e., 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? No **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: 8

Total Points Received: 18 **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 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of youth 10 points
5 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: 96 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: 96% 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. Within the Written Protocol, incorporate a specific target date (yearly), and person responsible to document manual updates

b. Organizational Response to Drift:

i. Incorporate all of the elements and layers of Fidelity Management and tie together into the Policy and Procedures Manual for ART®

2. Regarding Risk Level of Youth Served:

a. Maintain collaboration between juvenile probation and Perseus House, Inc. to consider the appropriate risk level for each youth

b. Maintain collaboration between juvenile probation and Perseus House, Inc. to consider each youth's responsibility factors during treatment