

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Manos House-Aggression Replacement Training® (ART®)
Cohort Total: 36/35 SPEP ID: 246-T01
Selected Timeframe: Oct. 16, 2017 – Jun. 7, 2018
Date(s) of Interview(s): May 2, 2018 and Jul. 24, 2018
Lead County & SPEP Team Representatives: Matt Foster/Kija Waithe, Dauphin Co. Juv. Prob; Sue Claytor, York Co. Juv. Prob; Lisa Freese, EPISCenter
Person Preparing Report: Lisa Freese, EPISCenter

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)*

Manos House was established in 1972 to help young men free themselves from addiction and its associated problems. It is a fifty 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 licensed by the Department of Drug and Alcohol Programs, Pennsylvania Department of Health. The target population is adolescent males between the ages of 14 and 18. Typical clients have a history of substance abuse and delinquent behavior. The prospective client must, at a minimum, show partial acceptance of one's own problems and/or symptoms and a willingness to change, a willingness to accept staff direction and guidance, and a willingness to work toward program and aftercare goals. Depending upon treatment needs, clients can remain at Manos House a minimum of three months to as long as nine months.

Aggression Replacement Training® (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 training in Moral Reasoning. Skillstreaming uses modeling, role-playing, performance feedback, and transfer training to teach pro-social skills. In Anger Control Training, participating youth must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program, they are trained in how to respond to their hassles. Training in Moral Reasoning 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.

Aggression Replacement Training® (ART®) consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juvenile offenders 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 training in Moral Reasoning. The program relies on repetitive learning techniques to teach participants to control impulsiveness and anger, resulting in the use of 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: 8

Points received for Dosage or Number of Hours: 8

Total Points Earned: 16 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.

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

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

Basic SPEP™ Score: 96 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: 96% 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 Manos House Aggression Replacement Training® (ART®) scored a 96% Program Optimization Percentage. This intervention was classified as a Group 5 service; cognitive-behavioral therapy with no qualifying supplemental service. The quality of the service was delivered at a high level, receiving the maximum amount of points. The amount of service provided to the clients was at 80% of the recommended targets of duration and dosage for this service type. The maximum amount of points for youth risk level were received.

The Manos House Aggression Replacement Training® (ART®) could improve its capacity for recidivism reduction through:

1. Quality of Service Delivery:

a. Written Protocol:

- i. Provide written feedback and documentation of the monitoring of staff delivering the service.
- ii. The most recent version of the Fidelity Forms, as part of the curriculum, should be completed on each of the three components.

b. Response to Drift:

- i. Develop written procedures/policies to identify departure from delivery protocol and show evidence that these procedures are utilized.
 1. This could be accomplished by documenting the team meetings to review group delivery.
- ii. Although staff discipline issues are infrequent to non-existent, provide specific, corrective action steps to be taken should there be drift in service delivery of ART®.