The Standardized Program Evaluation Protocol (SPEP™): Service Score Results: Baseline

Name of Program and Service: Abraxas I-Intensive Open Residential Program (IORP)-ART®
Cohort Total: 12 SPEP ID: 109-T01
Date(s) of Interview(s): Jun. 9, 2016, Sep. 16, 2016
Lead County & SPEP Team Representatives: Angela Work, McKean Co. & Shawn Peck, EPISCenter
Person Preparing Report: Shawn Peck & Angela Work

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)

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.

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 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: 10

   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.

- 10 youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of 7 points.
- 4 youth in the cohort are High or Very High YLS Risk Level for a total of 10 points.

Total Points Earned: 17
Total Points Possible: 25

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**Basic SPEP™ Score:** 70 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:** 70% 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®) could improve its capacity for recidivism reduction through:

1. Regarding Quality of Service:
   a. Ensure that Fidelity Checklists are utilized to ensure model adherence
   b. Ensure the supervisor utilizes Fidelity Checklists to provide written feedback for those who deliver this service
   c. Develop a process to monitor the delivery of this service
   d. Develop a scheduled process for the supervisor to observe the delivery of this service
   e. Develop a policy that outlines how to prevent drift from occurring while delivering ART®
      i. Ensure that the organizational response to drift includes specific action steps for the agency to take to avoid drift, an “if-then” approach
      ii. A progressive supervision process and response plan
2. Regarding Amount of Service:
   a. Ensure youth receive three sessions of ART® each week per protocol

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