The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Alternative Rehabilitation Communities Inc.-Chambersburg Secure-Behavior Management

Cohort Total: 20

SPEP ID: 51

Selected Timeframe: Jan. 1, 2013-Dec. 31, 2013

Date(s) of Interview(s): Dec. 6, 2013 & Feb. 6, 2014

Lead County & SPEP Team Representatives: Nicole Mattern, Dauphin Co. & Shawn Peck, EPISCenter

Person Preparing Report: Shawn Peck & Nicole Mattern

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)*

Alternative Rehabilitation Communities, Inc. (A.R.C.) has been providing services to court adjudicated youth since 1975. A.R.C.'s residential services are the hallmark of the agency's continuum of service. Their service philosophy supports a home-like, community-based focus for their youth. The programs are highly structured, peer oriented and located in a community setting. Their programs provide Individual Service Plans for each student, individual and group counseling, individual and group education, recreation as well as group living skills. A.R.C. has provided staff-secure programs in the Commonwealth of Pennsylvania.

Behavior management is an integral service in the residential setting of A.R.C. Chambersburg Secure. Behavior management is based on three levels. Juveniles can move up and down a level based on their behavior (with each level consisting of unique responsibilities and privileges). The status of each youth is reviewed bi-weekly with the youth, counselor and program management to ensure that youth are given the opportunity to move up in level.

There is an overarching Guided Group Interaction (GGI) format that occurs at various scheduled and unscheduled times throughout the day with supervised peer input and interaction. Youth are encouraged to check in and monitor peers. This level of communication often includes a discussion of a youth's treatment goals and helps to foster a therapeutic culture in the program.

The four characteristics of a service found to be the most strongly related to reducing recidivism:

1. **SPEP™ Service Type:** Behavior Management

   Based on the meta-analysis, is there a qualifying supplemental service? Yes

   If so, what is the Service type? Behavioral Contracting/Management

   Was the supplemental service provided? Yes   **Total Points Possible for this Service Type:** 30

   Total Points Earned: 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 and supervision, and how drift from service delivery is addressed.

   Total Points Earned: 5   **Total Points Possible:** 20

3. <u>Amount of Service</u>: 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: _6_
   Points received for Dosage or Number of Hours: _8_

   Total Points Earned: _14_ Total Points Possible: _20_

4. <u>Youth Risk Level</u>: 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.

   _14/15_ youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of _10_ points
   _8/15_ youth in the cohort are High or Very High YLS Risk Level for a total of _13_ points

   Total Points Earned: _23_ Total Points Possible: _25_

Basic SPEP™ Score: _72_ 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: _76%_ 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 <u>Performance Improvement</u>

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 A.R.C. Chambersburg Secure service of Behavior Management scored a 76% Program Optimization Percentage. It is classified as a Group 4 service; Behavioral contracting; contingency management with a qualifying supplemental service of Counseling. The quality of the service is delivered at a low level. The risk levels of youth admitted to the program are 6% youth as low risk, 40% as moderate risk and 53% as high risk. The amount of service provided to the clients was 60% of the recommended targeted weeks of duration and 90% of the recommended target contact hours for this service type. A.R.C. Chambersburg Secure could improve its capacity for recidivism reduction through:

1. The development of a written protocol for the service that includes the GGI process and contract development.
2. A handbook for staff that describes the service delivery and facilitation instructions for all aspects of the service (i.e. two and three ways).
3. A handbook for youth that describes service benefits and expectations (youth could help identify how the handbook could be improved to better explain the service to youth).
4. Develop a training process on how to deliver the service of Behavior Management for new staff, supervisors and management.
5. A written policy for staff to review levels with youth and a training process for staff to review levels according to the policy.
6. Develop an agency policy for service delivery drift.
7. Develop a system to clearly identify service amount regarding dosage of this service.