

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

SPEP™ ID: 290-T01

Agency Name: The Academy  
Program Name: Lancaster County Community Based Services  
Service Name: Aggression Replacement Training® (ART®)  
Cohort Total: 10  
Timeframe of Selected Cohort: All delinquent youth who began this service on/after October 1, 2018 and ended this service on/before September 19, 2019  
Referral County(s): Lancaster  
Date(s) of Interview(s): July 15, 2019  
Lead County: Lancaster  
Probation Representative(s): Cheri Modene  
EPIS Representative: Dawn Hooton

## Description of Service:

The Academy's Community Based Services offers daily, face-to-face contact, supervision, and 24/7 emergency intervention availability. The program allows students to remain in their home and community while addressing their educational, social, behavior, and employment needs. The Academy utilizes the Balanced and Restorative Justice (BARJ) principles of accountability, competency, development, and community protection. The purpose of Community Based Services (CBS) is: (1) To provide opportunities and development to avoid further involvement with the juvenile justice system. (2) To provide structure and accountability for the students processed through the juvenile justice system. (3) To monitor school attendance and academic progress. (4) To reduce overall recidivism. (5) To help students avoid detention or residential placement. (6) To help students avoid detention or residential placement for non-payment of restitution owed to the courts. The Community Specialists focus on facilitating positive community, school, and family involvement to increase behavioral accountability and life skills development. This, in conjunction with supervision, counseling, and intervention is geared to help youth reach the ultimate goal of eliminating further contact with the criminal justice system. 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 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 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. Aggression Replacement Training® (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?** N/A **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:** 10

**Total Points Received:** 20 **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.

8 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 7 points

3 youth in the cohort are High or Very High YLS Risk Level for a total of 10 points

**Total Points Received:** 17 **Total Points Possible:** 25

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**Basic SPEP™ Score:** 92 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:** 92% 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.)

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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 juvenile probation department.

#### 1. Regarding Quality of Service Delivery:

##### a. Written Protocol:

- i. Add the criteria for youth that are most appropriate for this service to the manual.
- ii. Ensure youth selection for service components is clearly described in the policies and procedures.

##### b. Staff Training:

- i. Develop written policy regarding the training requirements.

##### c. Staff Supervision:

- i. Ensure weekly supervision meetings are documented.
- ii. Create predetermined time frames at which staff are provided written feedback and/or performance appraisals from their supervisors.

##### d. Organizational Response to Drift:

- i. Ensure the date last revised is added to the existing policy and procedure to identify departure from the fidelity and quality of service delivery.
- ii. Ensure documentation is developed and utilized to verify implementation of policies and procedures.
- iii. Develop an if/then approach to specific corrective action steps to address departure from the fidelity and quality of service.