

The Standardized Program Evaluation Protocol (SPEP™):

Service Score Results: Baseline

Name of Program and Service: Community Solutions, Inc.-Multi-systemic Therapy (MST)
Cohort Total: 17 SPEP ID: 104-T01
Selected Timeframe: Jul. 30, 2014-May 18, 2016
Date(s) of Interview(s): Aug. 29, 2016
Lead County & SPEP Team Representatives: Matt Minnier, Lycoming County & Heather Perry, EPISCenter
Person Preparing Report: Matt Minnier and Heather Perry

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)*

Community Solutions Inc. (CSI) became the first licensed provider of Multi-systemic Therapy (MST) in central Connecticut in 1999. In 2002 CSI came to Pennsylvania and received a grant from the PA Commission on Crime and Delinquency (PCCD) to deliver Multi-systemic Therapy, and now serve youth in 12 counties across the state. MST is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. It is a family-focused and community-based treatment that is developed for youth that display chronic or violent delinquent behavior, emotional problems, truancy, academic problems as well as drug and alcohol problems. Clinical interventions are delivered in the home and include strategic family therapy, structural family therapy, behavioral parenting training and cognitive behavioral therapy. MST works with the family and youth to develop interventions to impact behavior and then assess how the intervention went. The MST therapist is constantly assessing, developing and implementing and then reassessing. MST is not intended to work in tandem with other services; therefore youth receiving MST are typically not participating in other treatment interventions. MST does have exclusion criteria; it is not suited for youth who currently have suicidal/homicidal ideations or attempts, or who display psychotic behaviors. Youth on the autism spectrum or who have a borderline or below IQ are assessed to determine appropriateness. MST is not appropriate for youth where sexual issues are the primary behavior. MST is based on the theory that behavioral change in youth is reached through the process of addressing their ecological factors, such as neighborhood, school, peers and family. As a result, attention is given to these “drivers” of behavior at the onset of treatment in order to ensure that the undesired behaviors are addressed. In the Williamsport, CSI office, there is 1 MST team for Lycoming County: 1 supervisor and 3 therapists. Referrals are made by juvenile probation, children and youth agencies, mental health organizations and schools. Typically cases are opened under county funds and Medical Assistance funding is pursued for eligible clients. Clients can be male or female and are typically between the ages of 12-17. Youth under the age of 12 that demonstrate behavioral problems can be considered on a case by case basis. The average length of treatment is approximately 4 months, and each family is seen 2-3 times per week for a total of 3.5 to 5 hours weekly. Therapists typically have between 4 and 6 families on their caseload. Although service delivery is always consistent among youth, CSI is challenged with a diverse population both culturally and demographically. CSI is considered a network partner with MST; one of approximately 10 network partners nationwide.

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

1. **SPEP™ Service Type:** Family Counseling

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: 20

Total Points Earned: 20 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.

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

0 youth in the cohort are High or Very High YLS Risk Level for a total of 0 points

Total Points Earned: 10 Total Points Possible: 25

Basic SPEP™ Score: 66 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: 78% 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:

Community Solutions Inc. MST program scored a 78% Program Optimization Percentage. It is classified as a family counseling program. The quality of the service was delivered at a high level, earning the maximum amount of points. The amount of service provided to the residents did not meet the recommended targets of duration and dosage for this service type. The program could improve its capacity for recidivism reduction through:

Recommendation:

- Collaborate with the juvenile probation office to ensure that youth are receiving a minimum of 30 hours of service over a minimum of 13 weeks.
- Collaborate with the probation department to coordinate YLS training for the CSI staff.
- Review the YLS results of all referrals and target youth who are of moderate or higher risk for MST.