The Standardized Program Evaluation Protocol (SPEP™):  

Service Score Results: Baseline

Name of Program and Service: Adelphi Village - Intensive Supervision Female: Mental Health Focus - Aggression Replacement Training®

Cohort Total: 17  
SPEP ID: 159-T01

Timeframe of Selected Cohort: Jul. 1, 2016 - Jul. 1, 2018

Date(s) of Interview(s): Jun. 23, 2017 & Jul. 20, 2017 (initial); Aug. 1, 2019 & Aug. 1, 2019 (update)

Lead County & SPEP Team Representatives: William Shultz, Allegheny Co. & Christa Park, EPISCenter

Person Preparing Report: William Shultz, Allegheny Co. & Christa Park, 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. (500 word limit)

Adelphi Village provides various types and levels of residential treatment programs for male and female youth across Pennsylvania. Types of treatment include: General Secure Care/Male & Female; Secure Care for Sex Offenders/Male; Independent Living Group Homes/Male; Drug and Alcohol Group Home/Male; Intensive Supervision Group Homes/Male & Female; Intensive Supervision Group Homes with a Mental Health Focus/Female; and Shelter/Male & Female. Treatment is individualized and designed to address a number of criminogenic risk factors, inclusive of anger and aggression issues, poor problem solving, mild to moderate mental health issues, strained family dynamics, and trauma. Adelphi's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success though applying the beliefs and principals of brotherly concern coupled with proven modalities. Female youth with mental health needs are placed by the courts within one of Adelphi Intensive Supervision Group Homes at varied stages of court involvement. This may be the initial out of home placement for a youth, or placement here may be upon the court transitioning a youth already in placement, within a more restrictive level of care, to a less restrictive level of care. The average length of stay varies across Adelphi's different program types. The average length of stay for a youth within one of Adelphi's Intensive Supervision Group Homes falls within the 5-to 6-month range. 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. 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 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-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.

_16_ youth in the cohort are Moderate, High or Very High YLS Risk Level for a total of __10__ points

_3_ youth in the cohort are High or Very High YLS Risk Level for a total of __3__ points

Total Points Earned: __13__ Total Points Possible: 25

**Basic SPEP™ Score**: __84__ 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**: __84%__ 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:

1. **Regarding Amount of Service**
   a. Improve communication with JPO from referring counties to better match research recommendations for the targeted amount of service and appropriate length of stay for each youth.

2. **Regarding Risk Level of Youth Served**
   a. Increase collaboration between juvenile probation and Adelphoi Village to consider each youth’s responsivity factors during treatment.

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