

# The Standardized Program Evaluation Protocol (SPEP™):

*Service Score Results:* Baseline

SPEP™ ID and Time: 169-T01

Agency Name: Pathways Adolescent Center

Program Name: New Beginnings Female Unit

Service Name: Guided Group Time

Cohort Total: 11

Timeframe of Selected Cohort: Sep. 5, 2016 – Apr. 28, 2018

Referral County(s): Butler (1), Blair (1), Clearfield (3), Jefferson (2), Lawrence (1), Washington (2), and Warren(1)

Date(s) of Interview(s): Feb. 26, 2018

Lead County: Venango and Mercer

Probation Representative(s): Julie Bullard, Venango Co. and Pam Farkas, Mercer Co.

EPIS Representative: Heather Perry

## Description of Service:

Located in Oil City Pennsylvania, Pathways Adolescent Center (PAC) is a privately owned residential facility provider that serves PA youth referred by CYS and JPO. Their campus consists of a 28 bed male residential unit, a 28 bed female residential/transitional living unit named New Beginnings, two 12 bed male transitional living units, an 8 bed female transitional living home, a counseling center, a recreation facility, and a private academic school. Also on the grounds is an Emergency Shelter Program that is designed specifically to provide a facility for the shelter, care, assessment, and counseling of dependent and delinquent youths. Craig Psychological Services provides treatment and counseling on site that includes family, individual and group counseling, as well as Seeking Safety. Specialized treatment, such as Grief Counseling, D&A, or Sexual Abuse Curriculum must be approved by the referring agency. Each youth has the opportunity to complete Community Service Projects, Court Ordered Community Service, Restitution/Payment Plans/Personal Banking, Employment, and Money Management Skills. PAC offers Behavioral Modification Programming while incorporating CBT techniques with counseling services. Staff also provide youth with Cross Roads training, and group counseling. The Ansell Casey Testing, which identify strengths, weaknesses, and deficient areas that need to be addressed, is completed to aid in making an individualized transitional living plan. The Transitional Living component offers the resident the ability to obtain employment, attend public school and activities, and have additional counseling services that entail basic life skills with an adaptation to the ISP to meet his/her discharge needs. The focus of this report is the Guided Group Time service, specifically for the female residents in New Beginnings Program. Guided Group Time is an open group offered to all residents during their entire length of stay. Youth typically participate in Guided Group Time at least one hour every week. Most sessions are designed to be informal and focus on ways to learn or enhance coping skills through cognitive behavior therapy methods. Occasionally the group focuses on goals. The staff assigned to lead the group draws from a variety of topics and the discussion typically correlates with the issues occurring within the unit.

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

**1. SPEP™ Service Type:** Group 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:** 30

**Total Points Received:** 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, staff supervision, and how drift from service delivery is addressed.

**Total Points Received:** 5 **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:** 0

**Points received for Contact Hours or Number of Hours:** 0

**Total Points Received:** 0 **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.

9 youth in the cohort are Moderate, High, Very High YLS Risk Level for a total of 12 points

6 youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

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

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**Basic SPEP™ Score:** 60 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:** 64% 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. Amount of Service:

- a. Continuing to collaborate with the probation departments to ensure that each juvenile reaches a minimum of 24 weeks of service and 40 contact hours.
- b. Consider lengthening the sessions to 2 hours per week.
- c. Consider streamlining the service to ensure youth that transition between units do not experience service interruption or duplicative topics.

### 2. Quality of Service Delivery:

- a. Written Protocol:
  - i. Enhance current process by creating a formal manual that describes.
    1. The service to be delivered.
    2. The service by process/topic/lesson/session.
    3. The target population.
    4. A policy to ensure the manual is being reviewed annually at minimum.
- b. Staff Training:
  - i. Develop a formal training process (for example, a shadowing checklist) and ensure that all staff and supervisors have been formally trained.
  - ii. Document training topics that are offered to staff.
  - iii. Consider educating staff on the YLS, Case Plan and other JJSES topics as well as topics specific to group counseling.
- c. Staff Supervision:
  - i. Develop a document that will enable the supervisor to easily monitor delivery staff at regular time-frames (e.g. monthly, quarterly), and
  - ii. implement the process upon the completion of the manual. Ensure delivery staff are provided with a copy of the document.
  - iii. Begin to utilize staff performance evaluations on a regular basis during the year.
- d. Response to Drift:
  - i. Develop a policy related to drift and include this in the manual/protocol.
  - ii. Enhance Data Collection by identifying process data to collect.
  - iii. Consider developing an exit survey to assist with evaluating the effectiveness of the service.