The Standardized Program Evaluation Protocol (SPEPTM):

Service Score Results: Baseline

Agency Name: Pathways Adolescent Center
Program Name: Individual and Group Counseling Provided by Craig Psychological
Service Name: Mixed Counseling
Cohort Total: 10
Timeframe of Selected Cohort: Jul. 2, 2017 to Aug. 24, 2018
Referral County(s): Butler (1), Clearfield (2), Lawrence (1), Venango (1), and Washington (5)
Date(s) of Interview(s): Mar. 23, 2018
Lead County: Venango and Mercer
Probation Representative(s): Julie Bullard, Venago Co., 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 therapeutic Mixed Counseling services provided by Craig Psychological Services, in conjunction with PAC, which include Individual Counseling and Family Counseling. All youth that are referred to the Residential program at Pathways are required to have a Psychological Evaluation completed by Robert Craig, PhD. Referrals from the evaluation will be made by Dr. Craig, but it should be noted that at any given time while in the residential program, referrals can be made for therapeutic services by staff at the unit, JPO's, Self-Referral, Judges, Parent(s)/Guardians, etc. Each youth that receives services through Craig Psychological, will have a treatment plan that is reviewed regularly, and changes will be made as needed to meet the needs of the youth. Sessions usually last one (1) hour twice a week, but can be longer depending on the severity of issues and topics that are being discussed with the youth and/or family. Family sessions can be done face to face, over the phone, or through video conferencing if applicable. Youth and/or families who are actively in services with Craig Psychological Services may opt to continue Individual and Family Counseling with them, or seek services elsewhere.

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

1. SPEPTM Service Type: Mixed Counseling

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

   If so, what is the Service Type? Behavioral Management

   Was the supplemental service provided? N/A

   Total Points Possible for this Service Type: 20

   Total Points Received: 15

   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 SPEPTM service categorization. Each SPEPTM 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**: 4
- **Points received for Contact Hours or Number of Hours**: 6

**Total Points Received**: 10  **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 10 points
- **6** youth in the cohort are High or Very High YLS Risk Level for a total of 13 points

**Total Points Received**: 23  **Total Points Possible**: 25

**Basic SPEPTM Score**: 53 total points received out of 100 points. Compares service to any other type of SPEPTM 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**: 63% 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.)*

**The SPEPTM and Performance Improvement**

The intended use of the SPEPTM 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.

Individual and Group Counseling, or Mixed Counseling, provided by Craig Psychological at Pathways Adolescent Center scored a 53 for the Basic Score and a 63% Program Optimization Percentage. It is classified as a Group 3 Counseling service – Mixed Counseling service type. The program could improve its capacity for recidivism reduction through:

1. **Service Type**: Develop and utilize behavior contracts with youth consistently.
2. **Quality of Service Delivery**
   a. **Written Protocol**:
      i. Enhance current process by creating a formal manual that describes the service to be delivered, the service by process/topic/lesson/session; the target population; and includes 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 implement the process upon the completion of the manual. Ensure delivery staff are provided with a copy of the document.
      ii. Begin to utilize staff performance evaluations at 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.
3. **Amount of Service**:
   a. Continuing to collaborate with the probation departments to ensure that each juvenile reaches a minimum of 25 weeks of service and 25 contact hours.

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