

# STANDARDIZED PROGRAM EVALUATION PROTOCOL (SPEP)

## A CENTER FOR MENTAL WELLNESS -MULTI SYSTEMIC THERAPY-

Multisystemic Therapy is a family-focused, community based treatment program. Therapy focuses on teaching families how to decrease the youth's antisocial behaviors. The service focuses primarily with the parents/guardians, but, will on occasion, include the youth in sessions as well. This service can include a substance abuse component when needed/requested by a Probation Officer. The service runs for 4-6 months depending on individual need/basis, with 3-4 sessions per week. Sessions can range from 15 minutes to 2 hours each. Sessions can be held in the family's home, youths school, parents work place, over the phone, or any other community location. The goal is to have the family as engaged as possible and to meet with them when and where it works best for the family. Therapists have low caseloads (4-6) to allow for 24/7 availability for the families they serve. Kent and Sussex County have 3 therapists and New Castle County has 2. Sessions incorporate strength based strategies which focus on overarching goals. Successful completion of the service is based on positive and sustainable outcomes; at least 6 weeks without exhibiting the antisocial behavior that led to the referral.

**SPEP Quality Rating:** On May 3, 2021 SPEP Specialists met with the Program Coordinator at A Center for Mental Wellness to determine the SPEP Quality Rating for Multi-Systemic Therapy. Multi-Systemic Therapy was classified as Family Counseling and received a HIGH Quality of Service Rating.

The Quality Assurance Unit will collect data on dosage, duration and risk level of youth served from A Center for Mental Wellness from December 1, 2020 to November 30, 2021. This data will provide the needed information to complete a SPEP Rating and then a Service Optimization and Action Plan (SOAP). The SOAP will allow the Quality Assurance Unit and A Center for Mental Wellness to work collaboratively to optimize the services that are provided to our youth.

