



Standardized Program Evaluation Protocol (SPEP™): Round #3 Findings Rating Report

Organization: A Center for Mental Wellness

Program: Multi-Systemic Therapy

SPEP™ Range of Service: 12/1/2021 – 11/30/2022

Date of Report: 5/20/23

The Standardized Program Evaluation Protocol (SPEP™) tool derived from meta-analytic research is a validated, data-driven assessment scheme designed to compare existing juvenile justice intervention programs to the characteristics of the most effective programs found in the research. This scoring system produces findings which allow us to identify areas in which improvements can be made to optimize existing services. Service improvements are expected to increase the effectiveness of programs by matching to the research associated with reducing recidivism of the juvenile offenders treated.

Multi-Systemic Therapy

The Quality Rating associated with Multi-Systemic Therapy ranked HIGH. This service was rated collectively throughout the state. Even though staff are responsible for different counties, they are all trained and monitored to facilitate in the same way.

Suggested action items:

- Contact hours and weeks should be increased.
 - It should be noted that hours and weeks have increased since the Round 2.

Round # 3 Findings:

The program offered at A Center for Mental Wellness was Classified and rated for Quality of Service on May 3, 2021, by Lauren Copeland (SPEP™ Specialist II) and Tracy Washington (Program Coordinator).

Full SPEP™ Scores for the December 1, 2021, to November 30, 2022, were unable to be determined due to a low level of youth that started and completed the program in the range of service.

Program Name: Multi-Systemic Therapy (MST)

SPEP™ Service Category: Counseling

Rating Type: Family counseling

Program Description: Multi-Systemic 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 two hours each. Sessions can be held in the family's home, youth's school, parent's workplace, over the phone, or any other community setting. 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 families) to allow for 24/7 availability for the families they serve. Kent and Sussex Counties have three therapists and New Castle County has two therapists. Sessions incorporate strength-based strategies which focus on overarching goals. Successful completion of the service is based on positive and sustainable outcomes; at least six weeks without exhibiting the antisocial behavior that led to the referral.

The MST team consists of therapists with at least a master's degree (in social work or counseling); however, the team may include one member that has a bachelor's degree. All facilitators attend an intensive five-day training, followed by booster training every three months. All facilitators attend weekly team meetings with a supervisor and a weekly meeting with an MST consultant.

Notes: With lower numbers of youth being referred for service, it may be advisable to change the range of service from yearly to every other year to allow for a larger cohort conducive with the SPEP™ rating process.

Standardized Program Evaluation Protocol (SPEP™): Round # 3: Service Optimization and Action Plan (SOAP)

The purpose of the Service Optimization and Action Plan (SOAP) is to record the findings produced from the Standardized Program Evaluation Protocol (SPEP™) tool and to capture the program optimization recommendations derived from the findings and meeting(s) with Delaware Youth Rehabilitative Services and A Center for Mental Wellness. Round #3 rating could not occur with the limited number of youth in the cohort for the range of service from December 1, 2021–November 30, 2022.

Service/Program	SPEP rating	POP Rating	YRS Recommended Optimization Plan	A Center for Mental Wellness Recommended Optimization Plan	Implementation Plan
Multi-Systemic Therapy	N/A	N/A	<ul style="list-style-type: none"> With lower numbers of youth being referred for service, it may be advisable to change the range of service from yearly to every other year to allow for a larger cohort conducive with the SPEP™ rating process. 	<ul style="list-style-type: none"> ACFMW agrees to move to bi-annual scoring. 	<ul style="list-style-type: none"> This is the second-round scores were unable to be determined due to low cohort numbers. Next round will be for 12/1/22-11/30/24 range of service