



Standardized Program Evaluation Protocol (SPEP™): Round # 1 Findings Reports

Organization: A Center for Mental Wellness

Location: 25 S. Old Baltimore Pike Newark, DE 19702

Program(s): Multi-Systemic Therapy (MST)

SPEP™ Range of Service: December 1, 2019- November 30, 2020

Date of Report: May 3, 2021

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 allows for service operationalization of the findings to identify areas in which improvements can be made to optimize existing programs. Program improvements are expected to increase the effectiveness of programs by matching to the research associated with reducing recidivism of the juvenile offenders treated.

Round # 1 Findings:

The MST program offered at A Center for Mental Wellness was Classified and rated for Quality of Service on November 14, 2019. The Classification and Quality of Service Delivery rating was completed by Lauren Copeland (SPEP™ Specialist II) and finalized by Tracy Washington (Program Coordinator) on November 14, 2019.

Full SPEP™ Scores for December 1, 2019- November 30, 2020 are as follows:

Program Name: Multisystemic Therapy

SPEP™ Service Category: Counseling

Rating Type: Family Counseling

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 youth or family's need, 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' workplace, 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 families) to allow for 24/7 availability for the families they serve. Kent and Sussex Counties share 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 6 weeks without the youth 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 trainings every three months. All facilitators attend weekly team meetings with a supervisor and a weekly meeting with the MST Consultant.

Service: Multisystemic Therapy

Location(s): A Center for Mental Wellness

Quality of Service Delivery Rating: High

Protocol: TOTAL 5

- 1 Written manual/protocol describing service to be delivered (1pt)
- 1 Describes service broken out by lesson/session (1pt)
- 1 Identifies target population and risk factors targeted (1pt)
- 1 Documentation manual is being utilized during service delivery (1pt)
- 1 Manual/protocol is reviewed and updated regularly (yearly, semi-annually, etc.) (1pt)

Staff Training: TOTAL 5

- 1 Minimum Education requirements for those delivering service (1pt)
- 1 Delivery staff are trained to deliver service (documented) (1pt)
- 1 Certification is required to deliver service (1pt)
- 1 Booster trainings or recertification (documented) (1pt)
- 1 Supervisors are also trained to deliver the service (documented) (1pt)

On-Going Staff Supervision: TOTAL 5

- 1 Delivery staff are monitored by supervisors on adherence and quality of delivery (1pt)
- 1 Monitoring is documented (1pt)
- 1 Monitoring occurs at predetermined timeframes (yearly, semi-annually, etc.) (1pt)
- 1 Written feedback is provided to those delivering service (1pt)
- 1 Performance Evaluations are, in part, based on adherence to protocol and an assessment service is being delivered as designed (1pt)

Organizational Response to Drift: TOTAL 5

- 1 Documentation of procedures/policies in place to identify departure from delivery protocol (1pt)
- 1 Evidence/documentation of systematic application of these procedures/policies (1pt)
- 1 Policy has specific corrective action steps to be taken should there be “drift” in service delivery (1pt)
- 1 Data is collected including client feedback and peer reviews (1pt)
- 1 Effectiveness of service is evaluated and monitored (1pt)

Quality Rating (associated SPEP points): TOTAL 20

Low 0-6 pts (5 SPEP points)

Medium 7-13 pts (10 SPEP points)

High 14-20 pts (20 SPEP points)

Narrative: The Quality Rating associated with Multisystemic Therapy ranked **HIGH**. This service will be rated collectively throughout the state. Even though the staff are responsible for different counties, they are all trained and monitored to facilitate the same way.

Program: Multisystemic Therapy

Number of Juveniles Represented in Cohort: 14

SPEP Score: 62

Service Optimization Rating (SOR): 73%

Quality of Service Delivery Rating: HIGH

FAMILY COUNSELING/THERAPY

Provider Psychotherapeutic Services (MST)

	Performance Category	SPEP Point Value	Program Data N= 90	SPEP Points
Type of Service				
Primary Service Type	Family Therapy	15	X	15
Supplemental Service		5	X	5
Quality of Service Delivery	Low	5		
	Medium	10		
	High	20	X	20
Duration of Service	0-19%	0		
% with ≥ 14 weeks	20-39%	2		
	40-59%	4	X	4
	60-79%	6		
	80-89%	8		
	90-100%	10		

Contact Hours % with ≥ 30 hours	0-19%	0	X	0
	20-39%	2		
	40-59%	4		
	60-79%	6		
	80-89%	8		
	90-100%	10		
Risk Level of Youth Served % > low (medium or high)	0-29%	0		
	30-49%	2		
	50-74%	5	X	5
	75-84%	7		
	85-94%	10		
	95-100%	12		
% > medium (high)	0-14%	0		
	15-19%	3		
	20-24%	5		
	25-29%	8		
	30-34%	10		
	35-100%	13	X	13
Total SPEP Score				62

Score Detail by SPEP™ Component:

Primary and Supplemental Service Type: 62 SPEP™ Points and 73% SOR %
Multisystemic Therapy was Classified as a Family Counseling. This service is Counseling service type. The service received full points for the primary service type (20) and full points for the supplemental service type.

Quality of Service Delivery: 20 Points (20 Possible)

Amount of Service: 4 Points (20 Possible)

Duration: 4 Points (10 Possible)

The Family Counseling service type indicates a target duration of **14** weeks. For SPEP™ purposes, **6** of the **14** youth received the recommended duration of **14** weeks.

Dosage Contact Hours: 0 Points (10 Possible)

The SPEP™ Scoring Research indicates a target duration of **30** hours for Family Counseling service type. For SPEP™ purposes, **2** of the **14** youth received the recommended duration of **30** hours.

Risk Level of Youth Served: 18 Points (25 Possible)

The risk level score is compiled by calculating the total percent of youth who score above Low Risk to reoffend and the total percent of youth who score above Moderate Risk to reoffend based on the results of the Modified Positive Achievement Change Tool (MPACT) performed by Community Services prior to referral to A Center for Mental Wellness. For the cohort of youth at A Center for Mental Wellness receiving MST, **7 of 14 juveniles (50 %)** scored above Low Risk for a rating of **5 points** and **6 of 14 juveniles (43%)** scored above Moderate Risk for a rating of **13 points**.

Of note: Contact hours and weeks were limited in 2020 into 2021 due to Covid-19 restrictions. These numbers will be reviewed in Round 2 to ensure that contact hours and weeks are in line with the program model, now that staff have been vaccinated and restrictions have been lifted.