
Miami Youth Academy
TrueCore Behavioral Solutions, LLC
(Contract Provider)
10855 SW 84th Street
Miami, Florida 33173

Primary Service: Pathways to Self-Discovery and Change
SPEP Review Date(s): November 6-9, 2018

Florida Department of Juvenile Justice

Report Date(s): November 13, 2018
Introduction

The Standardized Program Evaluation Protocol (SPEP) is a data-driven rating system for evaluating program effectiveness. The SPEP was developed by relying on hundreds of studies that have examined key characteristics of programs that demonstrated their ability to reduce recidivism. To determine a SPEP score, the program’s services are compared to characteristics of effective programs in the research of a similar type.

The SPEP score is composed of four principle characteristics that have been shown to predict reductions in youth recidivism: service type, quality of service, dosage (amount of service), and youth level of risk.

- **Service Type**: service type points are awarded based on the group category that the service falls within
- **Quality of Service**: quality points are awarded by determining the extent to which the program is delivered in what research suggests is a high-quality manner
- **Amount of Service**: or “dosage” refers to the amount and duration of services that were received
- **Risk Level**: refers to the level of criminogenic risk for youth involved in the intervention.

The final output of the SPEP review is the Program Optimization Percentage (POP). This rate is derived from the Basic Score and Program Optimization Score. The POP rate is a percentage score that indicates how the service rates in effectiveness when compared to the potential effectiveness if optimized to match the most effective services in the research. This means the POP rate represents how close the program’s Primary Service is to its potential for that Primary Service Type. For example, a POP rate of 55% would indicate that the program’s Primary Service is operating at 55% of its potential effectiveness for recidivism reduction based on the SPEP research.
1. Primary Service and Supplemental Service Types

Basic Score: 30 Points
POS: 30 Points
POP: 100%

There are five Primary Service Types that have been classified into Groups with a maximum number of points possible for rating purposes. Some Primary Service Types may also have qualifying Supplemental Service Types that could earn a program an additional 5 points.

The Primary Service for this program is Pathways to Self-Discovery and Change.

The program was awarded 25 points because the Primary Service is identified as a Group 4 Service. The specific Sub-Component Service Type identified is Group Counseling. The Primary Service was identified as this type of service as it focuses on psychological or interpersonal problems or issues faced by an individual and involves a group of youths interacting with each other.

An additional 5 points was awarded based on a Qualifying Supplemental Service. The Qualifying Supplemental Service was identified as None (automatic 5 points added to score), which was not demonstrated to have been implemented.

The Primary and Supplemental Service Raw Score is equal to the sum of the Primary Service points plus the Qualifying Supplemental Service points.

*Note: Quality information is evaluated while on-site during the annual compliance review.*
2. Overall Quality of Service Delivery Score

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>POS: 20 Points</td>
<td>POP: 100%</td>
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</table>

The Quality of Service Delivery Score is the sum of the scores for the seven treatment quality indicators. The Program Optimization Percentage Rating determines the Overall Quality of Service Level:

- Indicator Sum Score 0-3 = Low
- Sum Score 4-7 = Medium
- Sum Score 8-10 = High

Sum of all Indicator Scores (a – g below): 9 Points

Overall Quality of Service Delivery Level:
- Low (Raw Score = 5)
- Medium (Raw Score = 10)
- High (Raw Score = 20 Points)

a. Facilitator Training

| Basic Score: 1 Point(s) |
| Maximum Possible Score: 1 Point |

All facilitator(s) of the Primary Service must have received formal training specific to the intervention or model/protocol.

A Standardized Program Evaluation Protocol (SPEP) review includes a twelve month examination of records. The program is utilizing the curriculum Pathways to Self-Discovery and Change. The curriculum is facilitated twice a week by two master's level therapists and one certified addictions professional. A review of documentation confirmed all three received training by master trainer.

b. Treatment Manual/Protocol

| Basic Score: 2 Point(s) |
| Maximum Possible Score: 2 Points |

There is a specific written manual/protocol detailing delivery of the Primary Service.

The program is utilizing a commercial published curriculum which is highly organized. It is designed to be delivered in 32 sessions. The service has a facilitator’s guide for tips and ideas on how to facilitate discussions, as well as a participant guide to reinforce learned concepts and ideas brought about by the youth’s discussions and self discovery of thoughts and ideas.

According to the curriculum, Pathways to Self-Discovery and Change (PDSC) "provides the specific tools necessary for improving evaluation and treatment of at-risk youth, a particularly vulnerable patient population in the justice system. Using an adolescent-focused format, this protocol identifies psychological, biological, and social factors that contribute to the onset of adolescent deviance, and establishes guidelines for delivery of a 32-session treatment curriculum designed to rehabilitate both male and female adolescents with co-occurring substance abuse and criminal conduct. Now in its Second Edition, this guide provides treatment practitioners, program evaluators, and youth services administrators with the most up to date, comprehensive, and accessible information for the treatment and rehabilitation of juvenile justice clients. It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients, as well as feedback over the past seven years from PSDC counselees, treatment providers, and program administrators."
A session of the primary service was not observed during the review period as groups were being held outside of the time the review team was on site. This curriculum was not able to be observed; therefore, this indicator rates as non-applicable.

According to documentation provided by the program, there has been no facilitator turnover during the previous twelve months that adversely affected the delivery of the primary service. In the event of facilitator turnover, the licensed and trained staff would cover any groups until a new facilitator could be hired and trained in delivery of the primary service.

The program provided documentation of internal fidelity monitoring taking place monthly for each facilitator. The program’s director of mental health conducted all internal monitorings.

The program has a policy and procedure in place for corrective action plans based on results of internal fidelity monitoring. According to documentation provided by the program, no need of corrective actions were noted for facilitators in the primary service.

A review of the facilitators' last evaluations noted the facilitators' work in the primary service. They were evaluated on their skills in the delivery of the service.
3. Amount of Service - Duration

Basic Score: 6 Points  
Program Optimization Score: 10 Points  
Program Optimization Percentage: 60%

Research indicates the target duration of 24 weeks for this type of service. Of the 31 youth in the sample, 71% (22 of 31) reached at least the indicated target duration. Further explanation is detailed in the Summary and Recommendations below.

Note: Dosage information (duration) is calculated from the Juvenile Justice Information System (JJIS) Evidence-Based Services module. Duration is included for the youth in the SPEP sample.

4. Amount of Service – Contact Hours

Basic Score: 0 Points  
Program Optimization Score: 10 Points  
Program Optimization Percentage: 0%

Research indicates a target of 40 contact hours for this type of service. Of the 31 youth in the sample, 3% (1 of 31) reached the indicated target contact hours. Further explanation is detailed in the Summary and Recommendations below.

Note: Dosage information (contact hours) is calculated from the Juvenile Justice Information System (JJIS) Evidence-Based Services module. Contact hours are included for the youth in the SPEP sample.

5. Risk Level of Youth Served:

Basic Score: 25 Points  
Program Optimization Score: 25 Points  
Program Optimization Percentage: 100%

Percentage of Youth with Moderate, Moderate-High, and High-Risk Levels to Reoffend: 100%  
Moderate to High Score: 12 Points  
Program Optimization Score: 12 Points  
Program Optimization Percentage: 100%

<table>
<thead>
<tr>
<th>Table 1</th>
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<tbody>
<tr>
<td>Moderate = 1 youth</td>
<td></td>
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<tr>
<td>Moderate-High = 10 youth</td>
<td></td>
</tr>
<tr>
<td>High = 20 youth</td>
<td></td>
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<tr>
<td>Total Youth in Sample = 31 youth</td>
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</tbody>
</table>
Percentage of Youth with High-Risk Level to Reoffend: 65%
High Score: 13 Points
Program Optimization Score: 13 Points
Program Optimization Percentage: 100%

<table>
<thead>
<tr>
<th>Table 2</th>
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<tbody>
<tr>
<td>High    = 20 youth</td>
</tr>
<tr>
<td>Total Youth in Sample = 31 youth</td>
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</table>

The risk level score is compiled by calculating the total percent of the SPEP sample that score Moderate to High-Risk to reoffend and also the total percent of the SPEP sample that score High-Risk to reoffend.

Of the SPEP sample, 100% (31 of 31) youth scored Moderate to High-Risk to reoffend, for a score of 12 points.

Of the SPEP sample, 65% (20 of 31) youth scored High-Risk to reoffend, for a score of 13 points.

Note: The latest Community Positive Achievement Change Tool (C-PACT) prior to the placement date was used in the derivation of the risk level score. This C-PACT provides the best indication of the risk to re-offend level of the youth when the youth was first placed in the program.

Summary and Recommendations

<table>
<thead>
<tr>
<th>Category</th>
<th>Basic Score</th>
<th>Program Optimization Score</th>
<th>Program Optimization Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary and Supplemental Service Type</td>
<td>30</td>
<td>30</td>
<td>100%</td>
</tr>
<tr>
<td>Quality of Service Delivery</td>
<td>20</td>
<td>20</td>
<td>100%</td>
</tr>
<tr>
<td>Amount of Service: Duration</td>
<td>6</td>
<td>10</td>
<td>60%</td>
</tr>
<tr>
<td>Amount of Service: Contact Hours</td>
<td>0</td>
<td>10</td>
<td>0%</td>
</tr>
<tr>
<td>Risk Level of Youth Served</td>
<td>25</td>
<td>25</td>
<td>100%</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>81</strong></td>
<td><strong>95</strong></td>
<td><strong>85%</strong></td>
</tr>
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</table>

This SPEP report evaluates Pathways to Self-Discovery and Change, an intervention delivered at Miami Youth Academy.

31 youth completed the program during the review period. Of those youth, none had previously received this intervention in another setting.

The program scored High for Quality of Service Delivery.

The program earned 6 points for Amount of Service: Duration. Of the 31 total youth sampled, only 29 included dosage with end dates in the EBS Module. Of those youth with correct dosage, 22 received at least the recommended weeks of service. Youth in the sample completed between 18 and 50 weeks of service, with an average of 31 weeks.
The program earned 0 points for Amount of Service: Contact Hours. Of the 31 total youth sampled, only 30 included dosage in the EBS Module. Of those youth with correct dosage, 1 received at least the recommended hours of service. Youth in the sample completed between 5 and 53 hours of service, with an average of 15 hours.

The program was awarded 25 available points for Risk Level of Youth Served. This is calculated using data from the Community - Positive Achievement Change Tool (C-PACT) assessment. This score reflects youths' most recent C-PACT score prior to placement at the program. The program itself has no control over youths’ C-PACT risk level because the scored assessment was administered prior to the youths’ admission.

RECOMMENDATION(S):

Miami Youth Academy can maintain their SPEP Quality of Service Delivery score by continuing the practices in place at the time of this review.

Miami Youth Academy can optimize their SPEP Amount of Service score by ensuring that dosage for all youth is recorded accurately in EBS and by ensuring that youth receive the full targeted dosage of service.