

OFFICIAL ENTRY FORM

Entrants must complete all sections for the entry to be considered complete. A copy of this official entry is available at www.pacounties.org

-Applicant must select the type of facility or program. Alternative Program

Owner/Contracting County Lancaster
Address 235 Circle Avenue
City, State, Zip Code Lancaster, PA 17602
Primary Contact, Title Drew Fredericks, Director
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PROJECT INFORMATION

Project Title P.U.L.S.E. Evening Treatment Center

Start Date August 2016

PROGRAM NARRATIVE

Enter program narrative that addresses each of the following subject areas, and does so in the order presented below. Entries must be submitting using this form. All sections must be complete. Entries submitted without the required information may be disqualified.

Problem Discussion - Enter comments on the identified need and the background including what programs were in place before the current project, if any, and how it led to this effort. This section is worth 10 points.

Through the implementation of the Juvenile Justice System Enhancement Strategy, Lancaster County has focused its efforts on demonstrating better outcomes, increasing the use of cost effective interventions, and ensuring risk reduction. Lancaster County's Juvenile Court, the Office of Juvenile Probation, and the Children and Youth Agency were experiencing a reduced accessibility to specialized programs, as well as the closure of some residential facilities. This resulted in their need to seek out opportunities to keep low to moderate risk juveniles within close proximity to home and community resources which could parallel the successful outcomes of long-term placements. Research indicates that the greatest opportunity to create measurable change is by offering services that specifically address the needs of these juveniles. The Youth Intervention Center initially developed the P.U.L.S.E. Weekend Program with the objective of providing short-term, research/evidence based treatment with the goal of diverting juveniles away from the need for long-term placements. While the P.U.L.S.E. Weekend Program served a number of the needs of Lancaster County youth, it became evident that there were additional areas of need that were not being met with the current program. First, there was a need for individual groups that focused on specific needs, such as aggression, family conflict, substance

use, decision-making, and gender-specific issues. The second area was a need for a program that accepted adolescent females. The third area was the need for therapeutic interventions to assist juveniles living in the Youth Intervention Center Shelter Program. These three areas of need evolved into the creation of the P.U.L.S.E. Evening Treatment Center (ETC).

Background – Enter history of the project, including any evidenced-based approaches to divert individuals from further penetration into the juvenile or adult justice system, community involvement strategies, formation of stakeholder groups, county- wide planning strategies, etc. This section is worth 10 points.

Prior to the development of the P.U.L.S.E. Evening Treatment Center (ETC), there were no other programs that were designed to address the youth’s criminogenic needs with evidence based practices on a weeknight basis. The Office of Juvenile Probation and the Children and Youth Agency worked collaboratively with the Youth Intervention Center in order to identify the needs of the adolescents, identify evidence-based practices that would serve those needs, and develop the program.

Project Description – Enter a description of expectations and measurable goals, including supporting data. This section is worth 20 points

The P.U.L.S.E. Evening Treatment Center serves adolescents who are involved with the Office of Juvenile Probation or the Children and Youth Agency. The program is offered to males and females ages 13-18. It is open to adolescents who live in the community, as well as those who reside in the Youth Intervention Center Shelter Program. Participants will be transported to the program after school and then transported home at 8:30pm as long as they live within a 12 mile radius of the facility. The participant’s goals, program length, and groups will be determined based on recommendations from the Juvenile Probation Officer or Children and Youth Caseworker, consultation with the parents/guardians, and results of various assessments. The participants participate in evidence based programs, as well as psycho-educational groups. The following evidence based programs are offered: Aggression Replacement Training, Forward Thinking, Strengthening Families, Alternatives, The Council for Boys and Young Men, and Girls Circle. In addition, participants are able to participate in the following psycho-educational groups: Employment Skills Development, Life Skills Development, Coping Strategies, Relationship Skills, and components of the Prepare Curriculum (Empathy, Problem-Solving, and Social Perception Training). While at the program, participants will receive an evening meal and snack. They will be given time to complete their homework, as well as recreation time.

The Evening Treatment Center works collaboratively with the referring agency, the parents/guardians, other agencies involved with the family, and occasionally the adolescent’s school. Prior to a participant starting the program, their needs are assessed using the Problem Oriented Screening Instrument for Teenagers and the Problem Oriented Screening Instrument for Parents. In addition, the Office of Juvenile Probation will provide the participant’s YLS. These

instruments provide the foundation for the development of the adolescent's Individual Service Plan. The four pillars of the program are Motivational Interviewing, Cognitive Behavioral Techniques, Positive Reinforcement for prosocial behaviors, and our 12 Core Values (Responsibility, Self-Discipline, Empathy, Accountability, Integrity, Forgiveness, Courage, Wisdom, Leadership, Respect, Purpose, and Honesty). The walls of the program are the eleven different evidence-based and psychoeducational groups that are offered that develop prosocial competencies. Finally, the foundation, pillars, walls are all held together by the compassionate engagement of the staff that operate the program. This structure allows the program to pursue our four main goals, which are as follows:

- To provide a range of evidence-based and psychoeducational groups to meet the needs of the adolescents involved with the Office of Juvenile Probation or the Children and Youth Agency, while keeping these youth in their communities, homes, and schools.
- To reduce the likelihood that the adolescents we serve will be placed outside of their homes or commit future illegal acts and antisocial behaviors.
- To provide therapeutic programs to Shelter residents in order to increase prosocial attitudes and behaviors that will assist in their transition back into their communities.
- To decrease the antisocial, distorted, and criminal thinking patterns of the adolescents we serve.

Program Evaluation – Enter a description of how the project was evaluated and any lessons learned. This section is worth 15 points.

Since the Evening Treatment Center has only been operating for a year and half, it is constantly being evaluated for areas of improvement. In addition to the data collection sources listed below, we have recently started gathering data from the Office of Juvenile Probation and the Children and Youth Agency in order to examine recidivism and adolescents who come into the care of the Children and Youth Agency. Currently, we assess our four main goals in the following manner:

- The first goal is to provide a range of evidence-based and psychoeducational groups to meet the needs of the adolescents involved with the Office of Juvenile Probation or the Children and Youth Agency, while keeping these youth in their communities, homes, and schools. The P.U.L.S.E. Evening Treatment Center provides six different evidence-based programs and five different psychoeducational groups, as listed above. Transportation for these adolescents is provided within a 12 mile radius of the facility. Each participant's treatment plan is uniquely designed to meet their individual needs.
- The second goal is reduce the likelihood that these adolescents will be placed outside of their homes or commit future illegal acts. Only 5% of the 42 participants that successfully completed the program have been placed in the Youth Intervention Center Detention Program or Shelter Program.
- The third goal is to provide therapeutic programs to Shelter in order to increase prosocial attitudes and behaviors that will assist in their transition back into their communities. Of the Shelter residents who participated in the ETC, 39% of them

transitioned home. Of those participants, 36% of them continued to attend groups at ETC in order to provide support as they transitioned home.

- The fourth goal is to decrease antisocial, distorted, and criminal thinking patterns. This goal is assessed using the How I Think (HIT) Questionnaire, which is administered when a participant starts the program and when they successfully complete the program. The HIT Questionnaire is divided into two subscales: the Overt Scale, which reflects direct confrontation such as oppositional defiance and physical aggression, and the Covert Scale, which reflects antisocial behaviors that typically do not involve direct confrontation such as lying and stealing. Of the participants who completed a pre and post HIT Questionnaire, 58% report a decrease in the Overt Scale and 67% report a decrease in the Covert Scale.

Community Involvement – Enter a description of the community, including a description of key stakeholders, organizations, and county departments that were involved in the project. This section is worth 10 points.

The Office of Juvenile Probation, the Juvenile Court Judges, and the Children and Youth Agency have been instrumental in the success of the program. The Office of Juvenile Probation, the Children and Youth Agency, and the P.U.L.S.E. Program meet every six weeks to discuss successes, as well as any areas that need improvement. Each department has appointed a liaison that communicates with the P.U.L.S.E. Program Director on a regular basis.

Future of the Project – Enter details describing how the activities included in the project started in the past were altered or will be continued based on experience, including plans for leveraging additional resources. This section is worth 5 points.

The program continues to grow and utilization has increased since its inception. Furthermore, there continues to be a need for additional evidence-based program options which address local needs, while at the same time lessening the burden on taxpayers. The program will continue to evolve and adapt as new needs are identified by the referring agencies.

Funding – Enter a description of any costs associated with the project and how it was funded; cost savings, if any, and any change in community acceptance, reductions in insurance costs, or inspection improvements that resulted from the program. This section is worth 10 points.

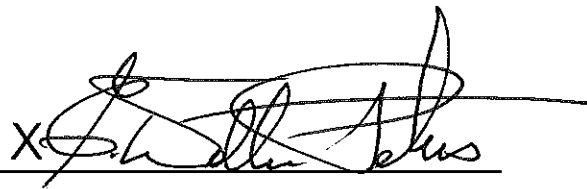
The P.U.L.S.E. Evening Treatment Center (ETC) is licensed by the Department of Human Services under a Day Treatment license, therefore, the program is 80% reimbursable by the state. At this time, the Office of Juvenile Probation and the Children and Youth Agency pays actual costs for the juveniles referred to the program.


SUPPORTING DOCUMENTS

Please include any supporting documentation to demonstrate the impact of the project in cost or population outcomes, or other data to demonstrate the considerations utilized in determining the scope or design of the project. Scoring will be based on factors including the entrant's description of the problem, the soundness of the approach, and success in meeting goals and objectives. Award submissions will receive consideration for outcomes or best practices supported by data. **SUPPORTING INFORMATION SHOULD BE COPIED AND PASTED DIRECTLY INTO THE FORM USING THE BOX BELOW.**

Click here to enter text.

Each application must be submitted with at least one signatures. Signatures can be entered electronically, or submitted via fax using a separate form. To sign, right-click on the signature line, select "Signature Setup" from the drop down, and follow the prompts. If submitting signatures on a separate form, enter "FAXING" on the signature line.

X  _____

X  _____

SUBMITTING YOUR ENTRY – To submit the entry, save a copy of this completed form after all information, including signatures and supporting materials have been added. When saving the form, please assure that the document name includes the county name, the type of project and the year – (i.e. FranklinAlternativeAward2018). Address an email to bpenyak@pacounties.org and attach the award submission.