

## **RESIDENTIAL PROGRAMS**

Programs where services are delivered in a residential setting.

This is a guide to aid in determining whether or not a JCPC funded program provides a SPEP service. Classification is based only upon the service, intervention, or treatment being provided. Do not consider the current dosage when classifying the SPEP service type. Dosage is addressed in another part of the SPEP instrument.

### **JCPC PROGRAM TYPES**

**Group Home Care** - Provides twenty-four hour care for a residential placement lasting six to eight months in a therapeutic or structured family-like environment for youth. Includes intervention with client's family during and after placement and target a reduction in offending behavior and recidivism. (Length of Stay= 90+ days, Frequency of Contact=NA)

**Temporary Shelter Care** - Provides group home care and shelter (up to 90 days) for juveniles who need to be temporary removed from their homes during a family crisis. (Length of Stay= up to 90 days, Frequency of Contact=NA)

**Runaway Shelter Care** - Provides shelter care for juveniles who have run away from home, are homeless or otherwise need short term care (15 days or less) while arrangements are made for their return home. (Length of Stay= up to 15 days, Frequency of Contact=NA)

**Specialized Foster Care** - Provides care for youth with serious behavioral or emotional problems through foster parents whose special training is designed to help them understand and provide needed support for children who are placed in their care. (Length of Stay= flexible, Frequency of Contact=NA)

**Temporary Foster Care** - Provides short-term (up to 60 days) emergency foster care for diverted or adjudicated juveniles who need to be temporary removed from their home during a family crisis. Foster parents have been specially trained to understand and support the youth placed in their care. (Length of Stay= up to 60 days, Frequency of Contact=NA)

### **POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Individual Counseling (Optimal Target Weeks=25, Optimal Target hours=30)
- Group Counseling (Optimal Target Weeks=24, Optimal Target hours=40)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Family Counseling (Optimal Target Weeks=20, Optimal Target hours=30)
- Family Crisis Counseling (Optimal Target Weeks=4, Optimal Target hours=8)
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)
- Behavior management (Optimal Target Weeks=24, Optimal Target hours= 72) – The total programming structure and activities of the program are all tied into a behavior management environment which consists of earning points or tokens to achieve previously set goals. A behavior management classification should not be given to programs which merely use periodic rewards or incentives to increase motivation. *\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Mentoring, Mixed Counseling, or Remedial Academic Program*
- Social Skills Training (Optimal Target Weeks=16, Optimal Target hours=24)
- Remedial Academic Program (Optimal Target Weeks=26, Optimal Target hours=100) *\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Job Training, Work Experience, Vocational Counseling*

**Primary Services:** The main focus of a program, on which the majority of service provider staff time or efforts are spent. All youth receive this service.

**Secondary Services:** Other distinct services delivered by the service provider that reinforce or complement the primary service. At a minimum, 50% of the youth in the program must receive this service.

## COMMUNITY DAY PROGRAMS

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### **JCPC PROGRAM TYPES**

**Juvenile Structured Day Programs** - Programs that offer well supervised and highly structured program of service to youth. Such service may enable youth to remain in the community. Clients may be long-term suspended from school or have behavior that might otherwise result in placement in detention. Typically, this type structure serves youth who are court involved and referrals are made from juvenile court counselors. Programs can either be full day or partial day (emphasis on service in the afternoon/after school hours). It is desirable for programs to have both treatment and educational components, such as, Individual and/or Family Counseling, Substance Abuse Education/Treatment, Restitution/Community Service, Tutoring, Alternative Education, Vocational Development and Structured Activities. (Length of Stay= Not to exceed one year without detailed documentation of need, Frequency of Contact=NA)

### **POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Individual Counseling (Optimal Target Weeks=25, Optimal Target hours=30)
- Group Counseling (Optimal Target Weeks=24, Optimal Target hours=40)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*\*\*Could also have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Family Counseling (Optimal Target Weeks=20, Optimal Target hours=30)
- Family Crisis Counseling (Optimal Target Weeks=4, Optimal Target hours=8)
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)
- Behavior management (Optimal Target Weeks=24, Optimal Target hours= 72) – The total programming structure and activities of the program are all tied into a behavior management environment which consists of earning points or tokens to achieve previously set goals. A behavior management classification should not be given to programs which merely use periodic rewards or incentives to increase motivation. *\*\*\*Could also have possible qualifying Supplemental Service of Mentoring, Mixed Counseling, or Remedial Academic Program*
- Remedial Academic Program (Optimal Target Weeks=26, Optimal Target hours=100) *\*\*\*Could also have possible qualifying Supplemental Service of Job Training, Work Experience, Vocational Counseling*

*Primary Services: The main focus of a program, on which the majority of service provider staff time or efforts are spent. All youth receive this service.*

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## **ASSESSMENT PROGRAMS**

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### **JCPC PROGRAM TYPES**

**Clinical Assessments or Psychological Evaluations** - Clinical Evaluations and Assessments, including Psychological Evaluations to help court counselors and judges recommend the most appropriate consequences and treatment for court involved youth.

(Length of Stay= depends upon time needed to complete the assessment activity, Frequency of Contact=Not Specified)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- None

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### **CLINICAL TREATMENT PROGRAMS**

Programs in which a professional helps a juvenile and/or his or her families solve problems through goal directed planning. It may include individual, group, family counseling or a combination. It may have a particular focus such as sex offender treatment or substance abuse treatment. Services may be community or home based.

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### **JCPC PROGRAM TYPES**

**Counseling** - A treatment technique based on one-on-one (individual) or group meetings with a therapist or counselor focusing on individual psychological and/or interpersonal problems. May include cognitive skills/life skills. Category includes family, individual, and group counseling. (Length of Stay=Not Specified, Frequency of Contact= no less than every two weeks)

#### **Individual Counseling**

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Individual Counseling (Optimal Target Weeks=25, Optimal Target hours=30)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)

#### **Group Counseling**

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Group Counseling (Optimal Target Weeks=24, Optimal Target hours=40)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)

#### **Family Counseling**

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Family Counseling (Optimal Target Weeks=20, Optimal Target hours=30)
- Family Crisis Counseling (Optimal Target Weeks=4, Optimal Target hours=8)
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)

**Home Based Family Counseling** - Provides short term, intensive services focusing on family interactions/dynamics and their link to delinquent behavior. Involves the entire family and is typically conducted in the home. May also include the availability of a trained individual to respond by phone or in person to crisis. The

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goal is to prevent delinquent and undisciplined behavior by enhancing family functioning and self-sufficiency. (Length of Stay=six weeks to nine months, Frequency of Contact= at least three hours weekly)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Family Counseling (Optimal Target Weeks=20, Optimal Target hours=30)
- Family Crisis Counseling (Optimal Target Weeks=4, Optimal Target hours=8)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could have possible qualifying Supplemental Service of Behavioral Contracting/Management*

**Substance Abuse Treatment** - In/Out-patient therapeutic services provided to juvenile offenders targeting substance abuse issues, including chemical dependency, alcoholism, and habitual or experimental use of other controlled substances. Personnel providing treatment must be licensed or certified to provide these services. (Assumed to be the same as Counseling Services: Length of Stay=Not Specified, Frequency of Contact= no less than every two weeks)

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- Individual Counseling (Optimal Target Weeks=25, Optimal Target hours=30)
- Group Counseling (Optimal Target Weeks=24, Optimal Target hours=40)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)

**Sexual Offender Treatment** - Provides outpatient assessment and/or therapeutic services to juvenile offenders targeting inappropriate sexual conduct and offending behavior with clear focus on rehabilitation and accountability of the offender. Practiced primarily in groups, has a family focus, has designated follow-up procedures and is generally legally mandated. (Length of Stay=1 ½ to 2 years, Frequency of Contact= weekly with declining frequency as the course of treatment concludes)

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- Individual Counseling (Optimal Target Weeks=25, Optimal Target hours=30)
- Group Counseling (Optimal Target Weeks=24, Optimal Target hours=40)
- Mixed Counseling (Optimal Target Weeks=25, Optimal Target hours=25) *\*<sup>ss</sup>\*Could have possible qualifying Supplemental Service of Behavioral Contracting/Management*
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)

*Note: The target weeks and target hours for the above listed counseling approaches may not be sufficient for Sex Offender Treatment.*

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## **RESTORATIVE PROGRAMS**

Programs that offer immediate and short-term involvement with juveniles to focus on negative and/or offending behaviors with the aim of resolution of the presenting problem and extinction of behavior.

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### **JCPC PROGRAM TYPES**

#### **Restitution/Community Service**

**Restitution** - Programs that provide opportunities for offender to be accountable for their actions to the community and/or victim(s) through forms of payments or community service work that earns money to repay the victim(s).

**Community Service** - A court-ordered dispositional alternative for a delinquent juvenile, consistent with the requirements of G.S. 7A-649, and entailing, on the juvenile's part, for purposes of this definition either community service to redress an injury to any person or entity that has suffered loss or damage as a result of the offense committed by the juvenile. Services should be provided for diverted and/or adjudicated youth.

(Length of Stay: Diverted youth and Teen Court referrals= no more than 6 months, Court supervision= one year unless otherwise ordered; Frequency of Contact= minimum twice per month and no less than 8 hours per month)

#### **POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Restitution/Community Service (Optimal Target Weeks=12, Optimal Target hours=60)

**Mediation/Conflict Resolution** - Programs offering a private process of negotiation conducted by a neutral, third party person, a Mediator. These programs offer immediate and short-term involvement with youth to focus on negative and/or offending behaviors. Mediation is a consensual decision-making process by parties who work towards a mutual understanding to resolve a problem or a dispute. Mediators do not counsel or give advice but facilitate communication among parties as the parties work to reach their own decision regarding resolution of their conflict. Services should be provided for diverted and/or adjudicated youth and may include victim/offender reconciliation. (Length of Stay= No longer than 90 days, Frequency of Contact= Based upon the requirements of the program)

#### **POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Mediation (Optimal Target Weeks=4, Optimal Target hours=8) *\*\*\*Could also have possible qualifying Supplemental Service of Restitution/Community Service*

**Note:** A component that is teaching mediation or conflict resolution skills to clients who are not also at the same time engaged in mediation sessions should be classified as a different SPEP service. Such a service is more likely to be a skill building service such as social skills training.

**Note:** In counting dosage for Mediation, phone work with the client/family prior to the mediation session is included in the contact hours as well as the mediation session. If the mediation intervention also includes a conflict resolution class for the client, count those contact hours as well.

**Teen Court** - Provides a diversion from juvenile court where trained adult and youth volunteers act as officials of the court to hear complaints. These programs make recommendations for appropriate sanctions including but not limited to community service and restitution (if applicable) to be assigned to the youth who have admitted

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committing minor delinquency and undisciplined complaints. Professional adult staff provides supervision of the court proceedings and any subsequent community service and/or restitution. (Length of Stay= Not to exceed 120 days, however 60 additional days may be approved to complete sanctions; Frequency of Contact= Not Specified)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- None

**Note:** You may consider a SPEP classification for a Teen Court program that is directly providing a SPEP service to **ALL** of its youth (not referring it out). Look for services such as community service, conflict resolution, or possibly some other skill building service.

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### **STRUCTURED ACTIVITIES PROGRAMS**

Any non-residential program that provides a structured service plan of learning for the purpose of improving an individual's identified need(s) and with the purpose of improving the juveniles' (or parent's) skills or expanding their knowledge in a particular area, or enhancing academic performance.

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### **JCPC PROGRAM TYPES**

**Mentoring** - Provides opportunities for adult volunteers to be matched with delinquent or at-risk youth on a one-on-one basis. The mentor is an individual providing support, friendship, advice, and/or assistance to the juvenile. After recruitment, screening and training, the mentor spends time with the juvenile on a regular basis engaged in activities such as sports, movies, helping with homework, etc. (Length of Stay= Minimum 1 year, Frequency of Contact= should average 2 hours per week)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Mentoring (Optimal Target Weeks=24, Optimal Target hours=78) *\*<sup>ss</sup>\* Could also have possible qualifying Supplemental Service of Behavioral Management*
- Behavior management (Optimal Target Weeks=24, Optimal Target hours= 72) – The total programming structure and activities of the program are all tied into a behavior management environment which consists of earning points or tokens to achieve previously set goals. A behavior management classification should not be given to programs which merely use periodic rewards or incentives to increase motivation. *\*<sup>ss</sup>\* Could also have possible qualifying Supplemental Service of Mentoring, Mixed Counseling, or Remedial Academic Program*

**Parent/Family Skill Building** – Services that focus on interactional or interpersonal issues faced by a parent(s)/family of a juvenile. This service works to develop parenting skills, communication skills, discipline techniques, and other related skills. May include sessions for parents only and/or sessions for parents and their child(ren). (Length of Stay= Minimum 12 weeks unless implementing a model program & following model specifications, Frequency of Contact= no less than 2 hours weekly)

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- Social Skills Training (Optimal Target Weeks=16, Optimal Target hours=24)

**Note:** If ONLY parents are the recipients of this service then it cannot be SPEP classified. If the service includes the parent and child, drill down to see if the service is a Social Skills Training service or a Family Counseling service.

**Interpersonal Skill Building** – Services that focus on developing the social skills required for an individual to interact in a positive way with others. The basic skill model begins with an individual's goals, progresses to how these goals should be translated into appropriate and effective social behaviors, and concludes with the impact of the behavior on the social environment. Typical training techniques are instruction, modeling of behavior, practice and rehearsal, feedback, reinforcement. May also include training in a set of techniques, such as conflict resolution or

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decision making, that focus on how to effectively deal with specific types of problems or issues that an individual may confront in interacting with others. (Length of Stay= Minimum 12 weeks unless implementing a model program & following model specifications, Frequency of Contact= no less than 2 hours weekly)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Social Skills Training (Optimal Target Weeks=16, Optimal Target hours=24)
- Cognitive Behavioral Therapy (Optimal Target Weeks=15, Optimal Target hours=45)
- Behavior management (Optimal Target Weeks=24, Optimal Target hours= 72) – The total programming structure and activities of the program are all tied into a behavior management environment which consists of earning points or tokens to achieve previously set goals. A behavior management classification should not be given to programs which merely use periodic rewards or incentives to increase motivation.  
*\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Mentoring, Mixed Counseling, or Remedial Academic Program*

**Experiential Skill Building** - Services that provide opportunities to juveniles using activities to develop skills. The activities may be highly related to the acquisition of the skill (i.e. Independent living skills training taught by having juveniles practice life skills such as laundry, washing dishes, balancing a checkbook) or may include adventure activities (such as rock climbing, rafting, backpacking, etc.) aimed at increasing self-esteem and building interpersonal skills to promote more appropriate behavior. (Length of Stay= Minimum 12 weeks unless implementing a model program & following model specifications, Frequency of Contact= no less than 2 hours weekly)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Challenge Programs (Optimal Target Weeks = 4, Optimal Target hours=60) *\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Group Counseling*

**Tutoring/Academic Enhancement** - Services intended to supplement full time academic program by providing assistance with understanding and completing schoolwork and/or classes. May also provide trips designed to be an enrichment of or supplemental experience beyond the basic educational curriculum. (Length of Stay= Minimum of 20 weeks, Frequency of Contact= No less than 2 hrs/week.)

**POSSIBLE SPEP PRIMARY SERVICE CLASSIFICATIONS for services which may be provided in the above types. Consider the following SPEP service types whether or not the service meets the optimal dosage.**

- Remedial Academic Program (Optimal Target Weeks=26, Optimal Target hours=100) *\*<sup>ss</sup>\*Could also have possible qualifying Supplemental Service of Job Training, Work Experience, Vocational Counseling*

**Vocational Development** - The overall emphasis focuses on preparing the juvenile to enter the work force by providing actual employment, job placement, non-paid work service (non-restitution based), job training or career counseling. These programs provide training to juveniles in a specific vocation, career exploration or career counseling, and/or job readiness. (Length of Stay= Minimum 12 weeks unless implementing a model program & following model specifications, Frequency of Contact= no less than 2 hours weekly)

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- Vocational Counseling (Optimal Target Weeks=25, Optimal Target hours = 40) *\*\*\*Could also have possible qualifying Supplemental Service of Remedial Academic Services*
- Job Training (Optimal Target Weeks=25, Optimal Target hours=400) *\*\*\*Could also have possible qualifying Supplemental Service of Remedial Academic Services*
- Job Placement (Optimal Target Weeks=26, Optimal Target hours=520) *\*\*\*Could also have possible qualifying Supplemental Service of Remedial Academic Services*

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