

# Evidence-Based Practice

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Oregon Summit on Child Abuse and Neglect

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Oregon Social Learning Center

# Evidence-Based Practice (EBP)

- \* The term EBP spans multiple healthcare service systems at different points of the system
  - \* Evidence-based medicine
  - \* Evidence-based behavioral health
  - \* Evidence-based mental health
  - \* Evidence-based education
- \* Some EBPs can be implemented at the individual provider level and others require an organization or system
- \* EBP targets multiple players in each system-- primary providers, provider support, leadership, organizations



# What is an EBP?

An intervention that has undergone rigorous testing and demonstrated replicable positive outcomes.



Feasibility  
Testing

Pilot Testing

Efficacy Trial

Effectiveness  
Trial

# What is a Rigorous Evaluation?

- \* Randomized Controlled Trial (RCT)
- \* Evaluated Across Multiple Conditions
- \* Limitations Acknowledged
- \* Longitudinal Assessment
- \* Cost Analysis
- \* Use of Appropriate Analytic Techniques
  
- \* Although not required, demonstrated successful implementation strategy is a high priority



# What Makes an EBP an EBP?

- \* Repeatedly demonstrated positive outcomes for addressing a **well-defined problem**

## Most Often Achieved By

- \* Training and sustainability plan provided by expert
- \* Defined Fidelity Monitoring System
  - \* Competency and Adherence
- \* Cost-Benefit
  - \* Clinically
  - \* Fiscally



# What Environment is Needed for an EBP to Be Successful?

- \* A community need for the EBP
  - \* What service gap is being addressed?
- \* Strong Organizational Culture and Climate
- \* A Readiness for Change
- \* Strong Leadership and Support
- \* Commitment to Fidelity
- \* Plan for Financial Sustainability



# Culturally Sensitivity

- \* Many EBPs are Individualized and Demonstrate Positive outcomes across populations
- \* Some Are Developed to be Culturally Specific
  - \* Family Spirit: Home visiting program for adolescent teenaged mothers from tribal communities
  - \* American Indian Life Skills Development: Suicide prevention in young adults aged 15-24
  - \* Strong African Americans Families Program (promising)
  - \* Familias Unidas (promising)



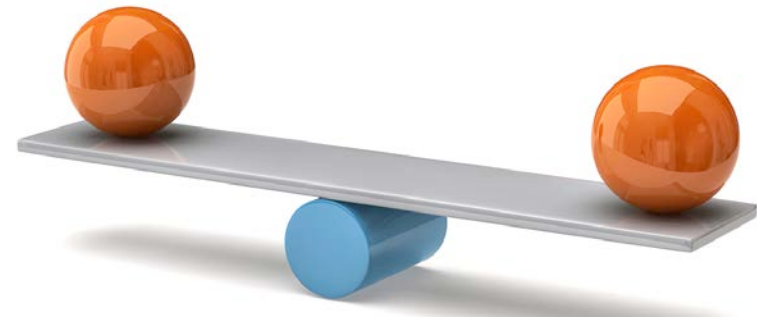
# What is not an EBP?

- \* “Home grown” practices
- \* An intervention that has not defined what populations and targets are being treated
- \* An intervention where data has been collected, but without rigorous evaluation
- \* An intervention that “borrows” from multiple EBPs without conducting any with fidelity
- \* An intervention that is delivered after just reading about an EBP, but without the proper training or evaluation
- \* Not all “approved” interventions are EBP ([oregon.gov](http://oregon.gov))



# When Should EBP Be Considered?

- \* **Should Always Be Considered** with any Health and Social Service
- \* When not available, should consider what specific need is being targeted. Identify service to address specific need.
- \* **More is not necessarily better!**



# Implementation is Just as Important as the Intervention Itself

- \* A voltage-drop is expected, but can be minimized
- \* If a strong intervention is delivered without fidelity, the outcomes seen in RCTs cannot be expected



- \* Implementation is a Recursive Process with Many Decision-Points that Must be Considered Carefully
- \* Most EBPs have a Defined Implementation Process

# What to Expect From Quality Assurance

- \* Formal Training
- \* Manualized Materials
- \* Shadowing
- \* Remote Coaching or Consultation
- \* Ongoing Fidelity Monitoring
- \* Competency Targets
- \* Approval of Sustainability Plan

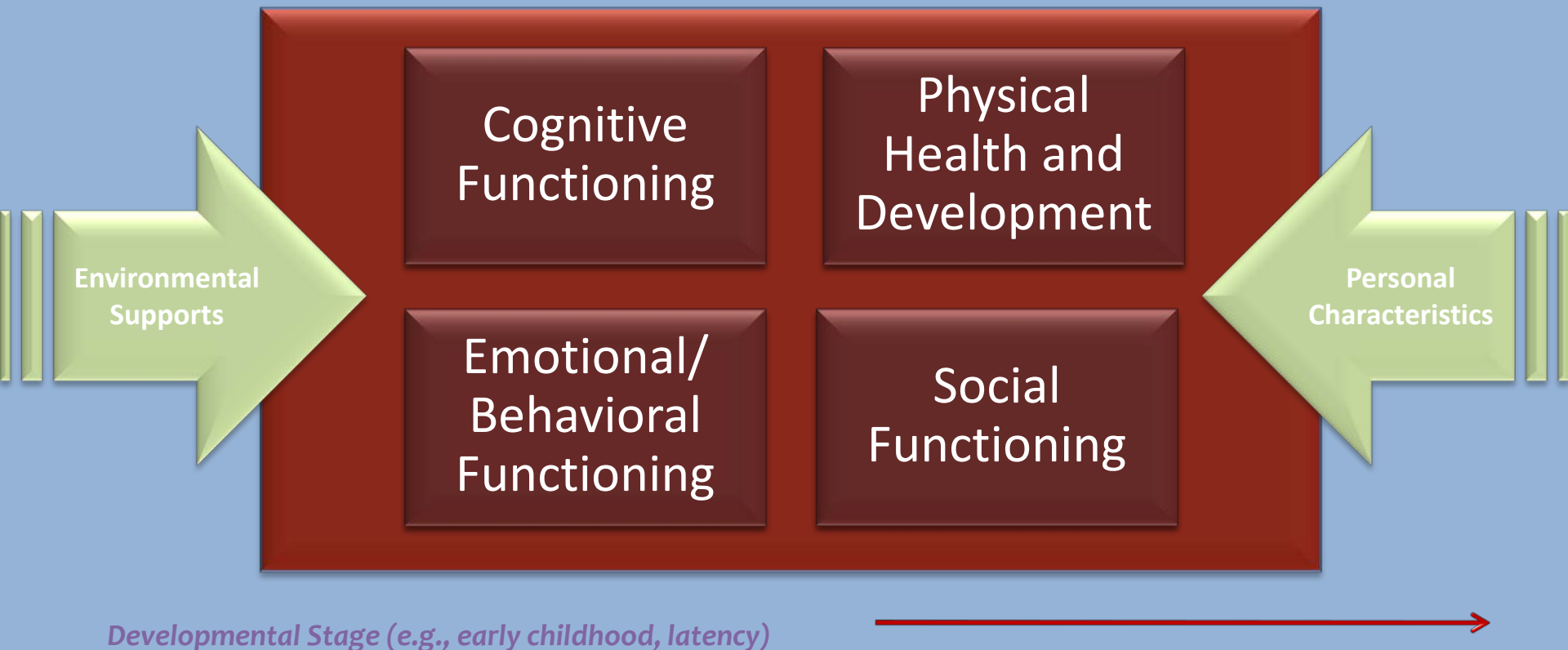


# How EBPs can Impact Child Well-Being



# A Framework for Well-being

Within each domain, the characteristics of healthy functioning relate directly to how children and youth navigate their daily lives: how they engage in relationships, cope with challenges, and handle responsibilities.



# What EBPs are Relevant to CAN: Individual Provider EBPs

- \* Cognitive-Behavioral Therapy
- \* Behavioral Therapy
- \* Solution-Focused Problem Solving
- \* Parent Management Training
- \* Contingency Management
- \* Pharmacotherapy



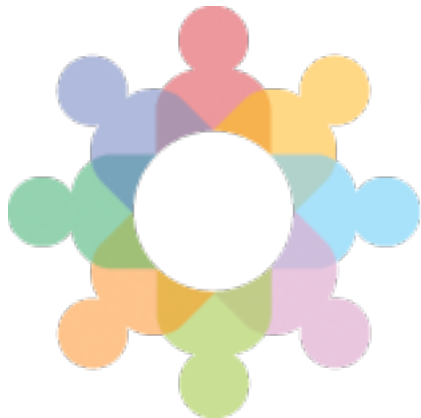
# What EBPs are Relevant to CAN?

- \* Child Welfare interventions
  - \* KEEP
  - \* Treatment Foster Care Oregon (TFCO)
  - \* Nurse Family Partnership
- \* Parenting Interventions
  - \* Triple P
  - \* Parent-Management Training Oregon (PMTO)
- \* Family-Based Interventions
  - \* Multidimensional Family Therapy (MDFT)
  - \* Multisystemic Therapy (MST)
  - \* Functional Family Therapy (FFT)
- \* School-Preparedness
  - \* Kids-in-Transition
- \* Individual-Oriented Interventions
  - \* Trauma-Focused CBT
  - \* DBT
  - \* Incredible Years



# Developing Practices from OSLC

- \* R<sup>3</sup> : Child Welfare System
- \* FAIR: Integrated Substance Use, Parenting and Mental Health within the context of DHS treatment plan
- \* SWIFT: Transition from Day Treatment School to Public School



Oregon Social  
Learning Center  
*Science benefiting families*



# Finding EBPs



SAMHSA's National Registry of  
Evidence-based Programs and Practices



**The California  
Evidence-Based  
Clearinghouse**  
for Child Welfare

# Selecting an EBP

- \* As a System Leader
- \* As A Referral Source
- \* As A Client



What is Available?

# Limited Number Meeting EBP MODEL Standards

Information and Resources for Child Welfare Professionals



[Programs](#)

[Topic Areas](#)

[Rating Scales](#)

[CEBC Webinars](#)

[Cultural Resources](#)

[Measurement Tools](#)

[Home](#) < [Programs](#) <

## Search Results

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30 results — listed alphabetically below // [search again?](#)

[▶ Search Criteria](#)

[Hide search result descriptions](#)

[compare \(?\)](#)

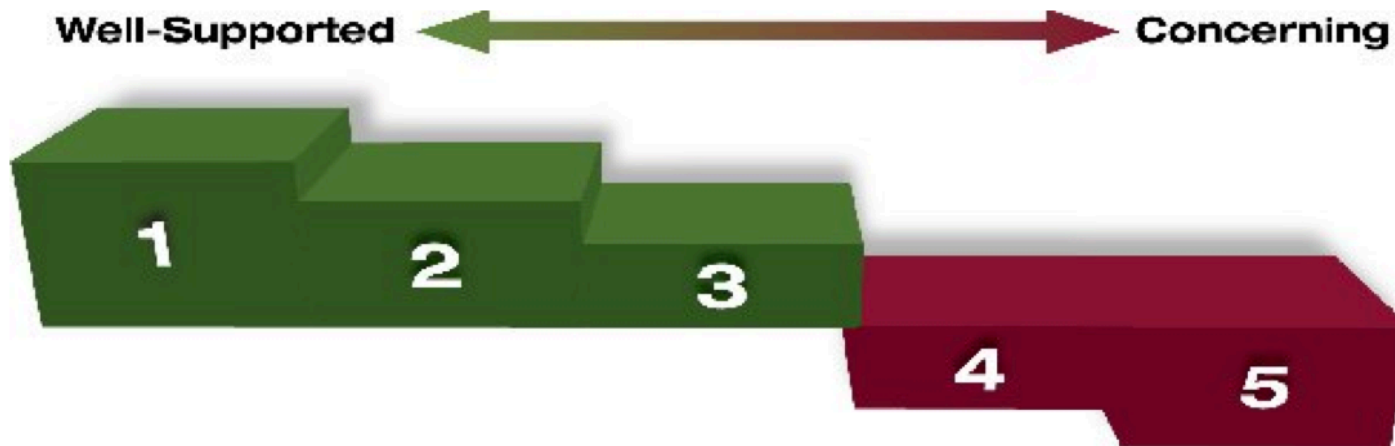
# California Evidence Based Clearinghouse



[www.cebc4cw.org/ratings/scientific-rating-scale/](http://www.cebc4cw.org/ratings/scientific-rating-scale/)

- Programs that have strong empirical support.
- Programs that are in common use in California.
- Programs that are being marketed in California.

A lower score indicates a greater level of research support. The graphic representation of the scale is shown below:



# CEBC Topic Areas

## Topic Areas

- Anger Management Treatment (Adult)
- Anxiety Treatment (Child & Adolescent)
- Attachment Interventions (Child & Adolescent)
- Behavioral Management Programs for Adolescents in Child Welfare
- Bipolar Disorder Treatment (Child & Adolescent)
- Casework Practice
- Commercial Sexual Exploitation of Children and Adolescents: Services for Victims
- Depression Treatment (Adult)
- Depression Treatment (Child & Adolescent)
- Disruptive Behavior Treatment (Child & Adolescent)
- Domestic/Intimate Partner Violence: Batterer Intervention Programs
- Domestic/Intimate Partner Violence: Services for Victims and their Children
- Educational Interventions for Children and Adolescents in Child Welfare
- Family Stabilization Programs
- Father Involvement Interventions
- Higher Levels of Placement
- Home Visiting Programs for Child Well-Being
- Home Visiting Programs for Prevention of Child Abuse and Neglect
- Infant and Toddler Mental Health Programs (Birth to 3)
- Interventions for Abusive Behavior
- Interventions for Neglect
- Mentoring Programs (Child & Adolescent)
- Motivation and Engagement Programs
- Parent Partner Programs for Families Involved in the Child Welfare System
- Parent Training Programs that Address Behavior Problems in Children and Adolescents
- Parent Training Programs that Address Child Abuse and Neglect
- Permanency Enhancement Interventions for Adolescents
- Placement Stabilization Programs
- Post-Permanency Services
- Prevention of Child Abuse and Neglect (Primary) Programs
- Prevention of Child Abuse and Neglect (Secondary) Programs
- Reducing Racial Disparity and Disproportionality in Child Welfare: Programs
- Resource Parent Recruitment and Training Programs
- Reunification Programs
- Sexual Behavior Problems Treatment (Adolescents)
- Sexual Behavior Problems Treatment (Children)
- Substance Abuse Treatment (Adolescent)
- Substance Abuse Treatment (Adult)
- Supervised Visitation Programs
- Teen Pregnancy Services
- Trauma Treatment (Adult)
- Trauma Treatment - Client-Level Interventions (Child & Adolescent)
- Trauma Treatment - System-Level Programs (Child & Adolescent)
- Working with Parents with Cognitive Disabilities: Programs
- Youth Transitioning Into Adulthood

# CEBC Search Categories

## Scientific Rating

### By Scientific Rating

Each program highlighted in the CEBC has been reviewed as to the scientific strength of the research evidence supporting it (see [Scientific Rating Scale](#)). Updates will be included as research evidence accumulates which may change the initial rating for a practice.

- 1 - Well-Supported by Research Evidence
- 2 - Supported by Research Evidence
- 3 - Promising Research Evidence
- 4 - Evidence Fails to Demonstrate Effect
- 5 - Concerning Practice
- NR - Not able to be Rated

## Child Welfare System Relevance Level

### By Child Welfare System Relevance Level

Each program is assigned a Child Welfare System Relevance Level based on the target population and goals of the program (see [Child Welfare System Relevance Levels](#) page).

- High
- Medium
- Low

## Child Welfare Outcomes

### By Child Welfare Outcomes

There are three major federal child welfare outcomes that public child welfare systems are accountable to address: [Safety](#), [Permanency](#), and [Child and Family Well-Being](#). Only programs that are rated on the [Scientific Rating Scale](#) will be reviewed to see if the research study outcomes are relevant to any of these three goals. Some practices are relevant to all three outcomes, other practices may focus on only two and some are tightly targeted to one outcome. If you are seeking information about how to enhance your child welfare efforts related to any of the three outcomes, you can search by the outcome type. You will be given a list of reviewed practices that are related to the selected outcome.

- Child/Family Well-Being

# Example Snap-Shot

Rating: 1

Topics: Infant and Toddler Mental Health Programs (Birth to 3)

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## Cognitive Behavioral Therapy (CBT) for Adult Depression – detailed view

Adults (18 and over) diagnosed with a mood disorder, including Unipolar Major Depressive Disorder (MDD), Depressive Disorder Not Otherwise Specified, and ...

Rating: 1

Topics: Depression Treatment (Adult)

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## Cognitive Processing Therapy (CPT) – detailed view

Adults who have experienced a traumatic event and are currently suffering from the symptoms of posttraumatic stress disorder (PTSD) and/...

Rating: 1

Topics: Trauma Treatment (Adult)

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## Cognitive Therapy (CT) – detailed view

Adults with mental health disorders including depression, anger, and anxiety among others - the program is also designed to include ...

Rating: 1

Topics: Depression Treatment (Adult)



[nrepp.samhsa.gov/AdvancedSearch.aspx#hide](https://nrepp.samhsa.gov/AdvancedSearch.aspx#hide)

**\* Criteria applies to newly reviewed programs only.**

⬆ Program Type

- Mental health promotion
- Mental health treatment
- Substance abuse prevention
- Substance abuse treatment
- Co-occurring disorders

⬇ Ages

⬇ Outcome Categories \*

⬇ Gender

⬇ Geographic Locations




⬇ Settings \*

⬇ Implementation / Dissemination \*


⬇ Outcome Rating \*










# Dashboard of Rating

Programs in Search Results (2)
Programs with Effective Outcomes (1) 
Programs with Promising Outcomes (2) 
Programs with Ineffective Outcomes (0) 
Return to Search Page

Showing Page 1 of 1

Records per page  

Title	Evidence Rating (by Outcomes)	Program Description
<a href="#">SafeCare</a>	 Victimization and Maltreatment	SafeCare® is an in-home program that aims to prevent child maltreatment and abuse and improve children's health, development, and welfare <a href="#">... More info</a>
<a href="#">Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</a>	 Depression and Depressive Symptoms  General Functioning and Well-being  Non-specific mental health disorders and symptoms  Social competence  Trauma and Stressor-related Disorders and Symptoms 	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychosocial treatment model designed to treat posttraumatic stress and related emotional <a href="#">... More info</a>

# Example Snapshot

## Catch-up (ABC)

- ✔ Disruptive Behavior Disorders and Externalizing/Antisocial Behaviors
- ✔ Unspecified Serious Mental Illness or Emotional Disturbance
- ✔ Family-child Relationship
- ✔ Parenting Behaviors
- ✔ Personal Resilience/Self-concept
- ✔ Physical Health Conditions and Symptoms

Attachment and Biobehavioral Catch-up (ABC) is a parent-training intervention aimed primarily at children between 6 and 24 months of age and their [... More info](#)

## Brief Marijuana Dependence Counseling

- ✔ Anxiety disorders and symptoms
- ✔ Cannabis (Non-medical) Use and Disorders
- ✔ Alcohol Use and Disorders
- ✔ Depression and Depressive Symptoms
- ✔ Employment status and work competence
- ✔ Non-specific mental health disorders and symptoms
- ✔ Physical Health Conditions and Symptoms

Brief Marijuana Dependence Counseling (BMDC) is a 12-week intervention designed to treat adults with a diagnosis of cannabis dependence. Using a cl [... More info](#)

## Children's Friendship Training

- ✔ Knowledge, Attitudes and Beliefs
- ✔ Self-regulation
- ✔ Healthy Relationships
- ✔ Personal Resilience/Self-concept
- ✔ Physical Health Conditions and Symptoms

Children's Friendship Training (CFT) is a 12-session, social-skills and play-therapy outpatient treatment for elementary school-aged children [... More info](#)

## PROGRAM SELECTOR

### PROGRAM OUTCOMES

- PROBLEM BEHAVIOR
- EDUCATION
- EMOTIONAL WELL-BEING
- PHYSICAL HEALTH
- POSITIVE RELATIONSHIPS

### TARGET POPULATION

- AGE
- GENDER
- RACE/ETHNICITY

### PROGRAM SPECIFICS

- PROGRAM TYPE
- PROGRAM SETTING
- CONTINUUM OF INTERVENTION

### RISK AND PROTECTIVE FACTORS

*Protective factors are conditions that buffer a person from exposure to risk by either reducing the impact of the risks or changing the way that one respond to risks.*

*Risk factors are conditions that increase the likelihood of a person becoming involved in problem behavior or developing a disease or injury (e.g., smoking increases the chance of developing lung cancer).*

- INDIVIDUAL
- PEER
- FAMILY

0 PROGRAMS MATCH CRITERIA

## PROGRAM SELECTOR



The **Program Selector** to the left allows you to view **ALL** of the available search criteria at once, to select various factors associated with programs.

This interactive search enables you to search based on specific criteria and then browse through a wide range of programs that match those criteria.



### SEARCH STRATEGY: Select only a few criteria of importance.

Multiple criteria selected **ACROSS** categories may reduce the number of programs returned. *Note: It is possible to return a search with 0 results if many search items are selected across categories.*  
[SEE EXAMPLE >>](#)

Multiple criteria selected **WITHIN** categories may increase the number of programs returned.  
[SEE EXAMPLE >>](#)

# Example Snapshot

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- PROGRAM TYPE
- PROGRAM SETTING
- CONTINUUM OF INTERVENTION

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- INDIVIDUAL
- PEER
- FAMILY
- SCHOOL
- NEIGHBORHOOD/COMMUNITY

DISPLAY RESULTS

PROGRAM ▶	RATING ▲	BENEFITS AND COSTS	IMPACT
<input type="checkbox"/> <p><b>MULTISYSTEMIC THERAPY® (MST®)</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Model Plus	BENEFITS MINUS COSTS	Close Relationships with Parents, Conduct Problems, Delinquency and Criminal Behavior, Externalizing, Illicit Drug Use, Internalizing, Mental Health - Other, Positive Social/Prosocial Behavior, Prosocial with Peers, Violence
<input type="checkbox"/> <p><b>FUNCTIONAL FAMILY THERAPY (FFT)</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Model	BENEFITS MINUS COSTS	Delinquency and Criminal Behavior, Illicit Drug Use
<input type="checkbox"/> <p><b>NEW BEGINNINGS (FOR CHILDREN OF DIVORCE)</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Model	BENEFITS MINUS COSTS	Antisocial-aggressive Behavior, Close Relationships with Parents, Externalizing, Internalizing, Mental Health - Other, Reciprocal Parent-Child Warmth, Sexual Risk Behaviors
<input type="checkbox"/> <p><b>NURSE-FAMILY PARTNERSHIP</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Model	BENEFITS MINUS COSTS	Child Maltreatment, Delinquency and Criminal Behavior, Early Cognitive Development, Internalizing, Mental Health - Other, Physical Health and Well-Being, Preschool Communication/Language Development, Reciprocal Parent-Child Warmth
<input type="checkbox"/> <p><b>PROJECT TOWARDS NO DRUG ABUSE</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Model	BENEFITS MINUS COSTS	Alcohol, Illicit Drug Use, Tobacco, Violent Victimization
<input type="checkbox"/> <p><b>ADOLESCENT COPING WITH DEPRESSION</b></p> <p>PROGRAM INFORMATION   TARGET POPULATION   FUNDING STRATEGIES</p>	Promising	BENEFITS MINUS COSTS	Depression

17

PROGRAMS  
MATCH CRITERIA

# Despite the Overall Success of an EBP....



# The Promise of Looking through the Lens of EBP

## Clients Will Be:

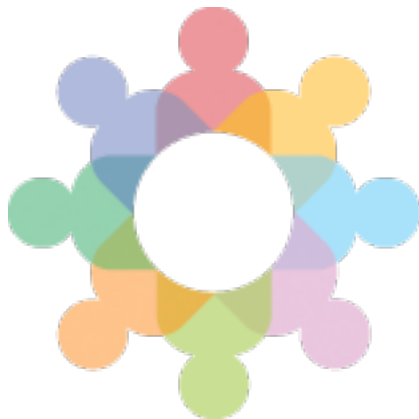
- \* More likely to receive the highest quality services available
- \* More likely to receive the best FIT of services
- \* More Likely to Achieve Symptom Reduction and Clinical Success
  - \* Retention
  - \* Completion
  - \* Immediate Success
  - \* Sustained Success



# Thank You!

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Oregon Social  
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*Science benefiting families*