Evidence-Based Programs

Presented by: Joel N. Walkey
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Topics include:

• What is an Evidence Based Program (EBP)?
• What are the key features of programs that are ‘evidence-based’?
• What is an EBP registry and how will Virginia use it?
• Why is fidelity important?
• What are some lessons learned from existing implementation efforts that relate to the success and sustainability of EBPs?
EBA supports families and strengthens communities through the high-quality implementation of evidence-based programs. With backgrounds in social services, juvenile justice, evidence-based programs, information technology, and human resources, EBA’s multi-disciplinary team brings years of experience in evidence-based program implementation and management.

**Washington, DC**
- 8 EBPs
- 1 MST/ 2 FFT
- 25+ providers
- Served 2500 + youth & families since 2010

**Florida**
- 5 EBPs
- 12 providers
- 10,000+ hi-risk youth
- Achieved a 75% success rate
- Recidivism ↓ 41%
- Saved > $250 mil

**Georgia**
- 5 EBPs
- 3,000 + youth
- Reduce placements by 31% in EBA communities compared to those without EBA support.

We Produce Exceptional Results
What is an Evidence-Based Program?
How many Skittles?
How many Skittles?

Number of Skittles = 0.755 \times \left( \frac{\pi r^2 h}{0.71 \text{ cm}^3} \right)

1. Number of Skittles = 0.755 \times \left( \frac{\pi \left(4.9 \div 2 \right)^2 h}{0.71 \text{ cm}^3} \right)

2. Number of Skittles = 0.755 \times \left( \frac{\pi \left(2.45 \right)^2 \left(9.2 \right)}{0.71 \text{ cm}^3} \right)

3. Number of Skittles = 0.755 \times \left( \frac{\pi \left(6.0025 \right) \left(9.2 \right)}{0.71 \text{ cm}^3} \right)

4. Number of Skittles = 0.755 \times \left( \frac{\pi \left(55.223 \right)}{0.71 \text{ cm}^3} \right)

5. Number of Skittles = 0.755 \times \left( \frac{173.488}{0.71 \text{ cm}^3} \right)

6. Number of Skittles = 0.755 \times \left( \frac{244.350}{0.71 \text{ cm}^3} \right)

7. Number of Skittles = 184.484
# Components of Evidence-Based Practices

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<tr>
<th>Specific</th>
<th>Evaluated</th>
<th>Impact</th>
<th>Dissemination</th>
<th>Generalized</th>
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<td>• The problem, outcomes, population, and intervention method are clearly defined.</td>
<td>• Studies found the intervention to produce both valid and reliable results. This includes a random-control trial (two RCT for Model+ Programs).</td>
<td>• The positive outcomes can be attributed to the program (and not other factors) without harm. This includes a sustained positive outcome for at least 12 months after discharge for Model+ Programs.</td>
<td>• The program can be readily shared in other contexts including administration, organization, and training support.</td>
<td>• The evaluation has been replicated by an independent researcher to find similar results.</td>
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**Well Supported**
- Improved outcome must be based on the results of at least 2 studies that used a random control or quasi-experimental trial
- Carried out in a usual care or practice setting
- Sustained effect for at least one year beyond the end of treatment

**Supported**
- Improved outcome must be based on the results of at least one study that used a random control or quasi-experimental trial
- Carried out in a usual care or practice setting
- Sustained effect for at least 6 months beyond the end of treatment

**Promising**
- Improved outcomes must be based on at least one study that use some form of control group

Borrowed from VA DSS
Evidence-Based Models

Where to find them?
Common Registries Available

- BLUEPRINTS
  [WWW.BLUERINTSPROGRAMS.ORG/](WWW.BLUERINTSPROGRAMS.ORG/)

- CALIFORNIA CLEARING HOUSE
  [WWW.CEBC4CW.ORG/](WWW.CEBC4CW.ORG/)

- Children’s Bureau
  ABT Associates
Let’s take a look together

BLUEPRINTS PROGRAMS
WHO WE ARE

BLUEPRINTS FOR HEALTHY YOUTH DEVELOPMENT helps you easily identify evidence-based programs that help young people reach their full potential. Get ahead of various challenges that influence children’s success with programs that have the highest standards for promoting prosocial behavior, academic success, emotional well-being, physical health and positive relationships. More about evidence-based programs here.

EVIDENCE-BASED PROGRAMS
REVIEWED BY BLUEPRINTS PREVENT:

BULLYING IN SCHOOLS
YOUTH VIOLENCE
TEEN SUBSTANCE ABUSE
ANTISOCIAL, AGGRESSIVE BEHAVIOR
CHILDHOOD OBESITY
SCHOOL FAILURE
DELINQUENCY
YOUTH DEPRESSION/ANXIETY

LEARN MORE ABOUT BLUEPRINTS
VIEW VIDEOS

WHY
USE BLUEPRINTS
HOW
BLUEPRINTS HELPS

We review and rate programs that promote positive youth development. Find a program that matches your needs with the tools below or VIEW ALL PROGRAMS »

SEARCH ALL CRITERIA
STEP BY STEP

This approach walks you through our PROGRAM SELECTOR to view all criteria in 4 EASY STEPS.

START >>

SEARCH ALL CRITERIA
AT ONCE

This approach allows you to view all criteria of our PROGRAM SELECTOR AT ONCE.

START >>

SEARCH BY KEYWORD

USE TERMS AND PHRASES to search our database.

Enter Keyword >>

Optional: Narrow search to a specific category:

https://www.blueprintsprograms.org/
IV-E Reimbursable Services, through Families First

- Mental Health Prevention Treatment
- Substance Abuse Prevention Treatment
- In-Home Parent Skill-Based Programs

Trauma Informed
Initial List of Services Under Review

**Mental Health**
- Parent-Child Interaction Therapy
- Trauma-Focused Cognitive Behavioral Therapy
- Multisystemic Therapy
- Functional Family Therapy

**Substance Abuse**
- Motivational Interviewing
- Multisystemic Therapy
- Families Facing the Future
- Methadone Maintenance Therapy

**In-Home Parent Skill-Based**
- Nurse-Family Partnership
- Healthy Families America
- Parents as Teachers

**Kinship Navigator**
- Children’s Home Inc. Kinship Interdisciplinary Navigation
- Technologically-Advanced Model (KIN-Tech)
- Children’s Home Society of New Jersey Kinship Navigator Model

Borrowed from VA DSS
Why buy-in?

As a Provider

As a Funder
Fidelity Matters

Ask to see and review the data.

I didn't have any accurate numbers so I just made up this one.

Studies have shown that accurate numbers aren't any more useful than the ones you make up.

How many studies showed that?

Eighty-seven.
Have Realistic Expectations
One more great service is not better, it’s only more.
Utilization numbers matter.
Use the Right EBP at the right time, for the right youth.
Fidelity is worth paying for.

Be open to something different.

State of Pennsylvania:
When the Commonwealth invests in FFT LLC’s programs, it receives a cost benefit of $14.56 for every dollar spent on its program. This is a potential statewide economic benefit of $136 million. For 2010, 1642 youth were served in FFT. This translates into an economic benefit of $67 million dollars.

DRAMATIC COST SAVINGS FOR COMMUNITIES

MST DELIVERS
SUPERIOR CLINICAL & FINANCIAL RESULTS
RELATIVE TO INCARCERATION AND ALTERNATIVE TREATMENTS

UP TO $23.59 ROI FOR EVERY DOLLAR SPENT

UP TO $200K NET BENEFIT PER YOUTH

*Journal of Family Psychology
Be willing to try something new:
Don’t be a ‘Mexican Jumping Bean’
A few last notes

- Be informed
- Review the registries
- Attend Stakeholder meetings and maintain ongoing communication with providers
SPREAD
YOUR WINGS
AND TRY
Something New