



Center of Excellence for  
Behavioral Health

# Evidence-Based Practices in Behavioral Health Summit

Friday, September 29, 2023

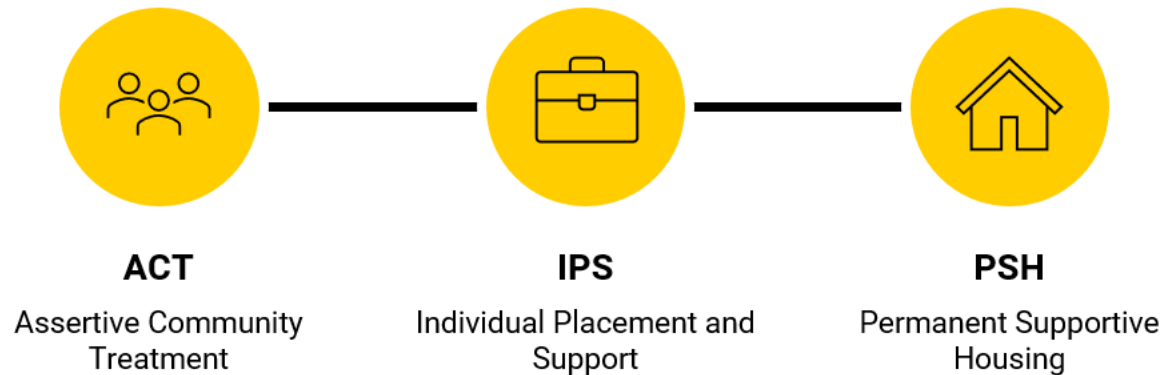
Learn. Support. Advance



([Pollev.com/iowacebh984](https://Pollev.com/iowacebh984))

# Iowa's Center of Excellence for Behavioral Health

Provide training, technical assistance, and fidelity monitoring for entities responsible for developing and implementing evidence-based practices for individuals with serious mental illness, serious emotional disturbance, and co-occurring conditions in Iowa.





# Setting the Tone for Our Day

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**Culturally Informing Evidence-  
Based Practices Support  
Community Integration**

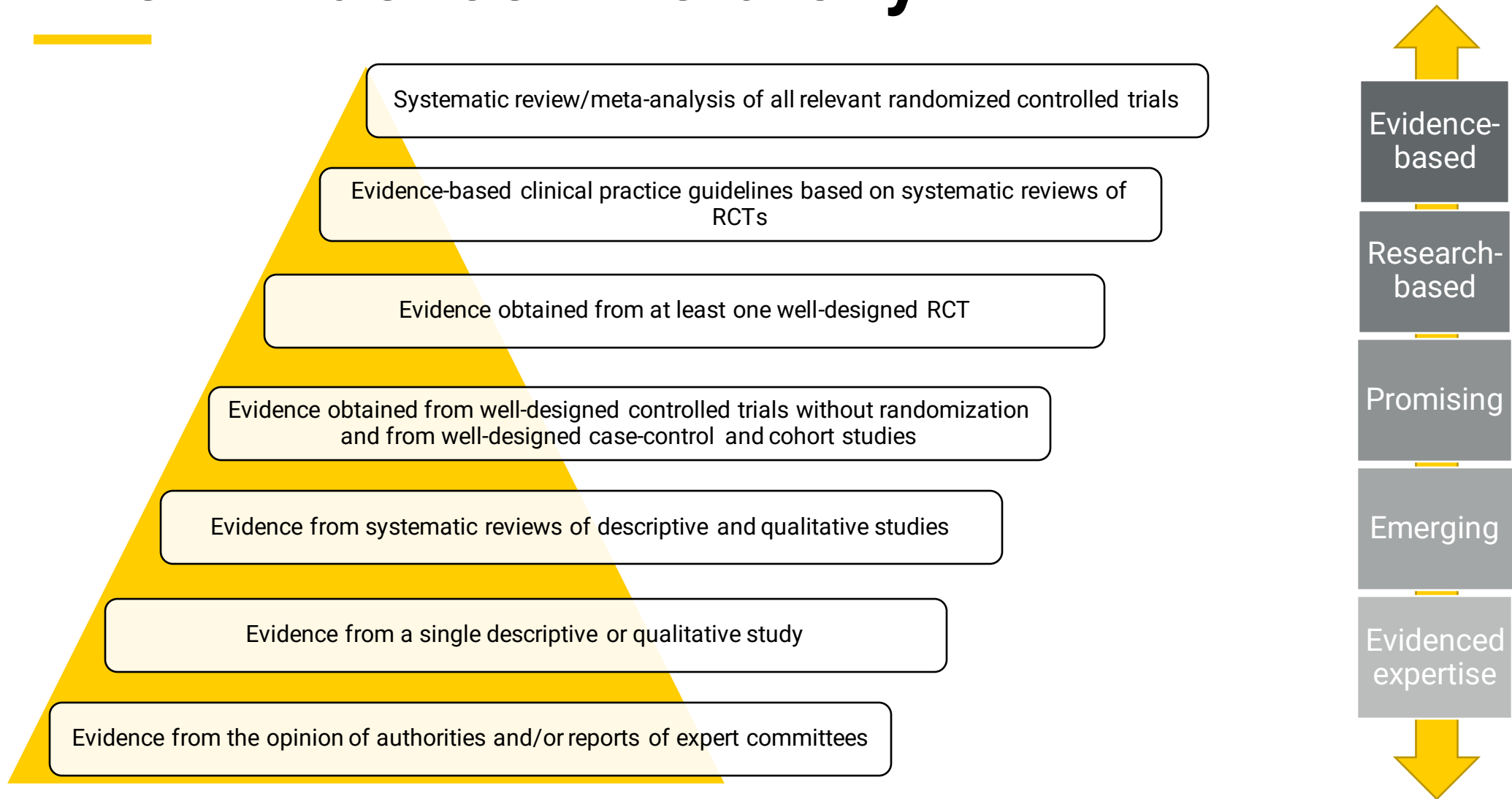
# What is an evidence-based practice?

“conscientious, explicit and judicious use of current best evidence in making decisions about the care of individuals”

“the integration of best research evidence with clinical expertise and [client] values”



# The “Evidence” Hierarchy



# The EBP Process

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1. Asking the clinical question

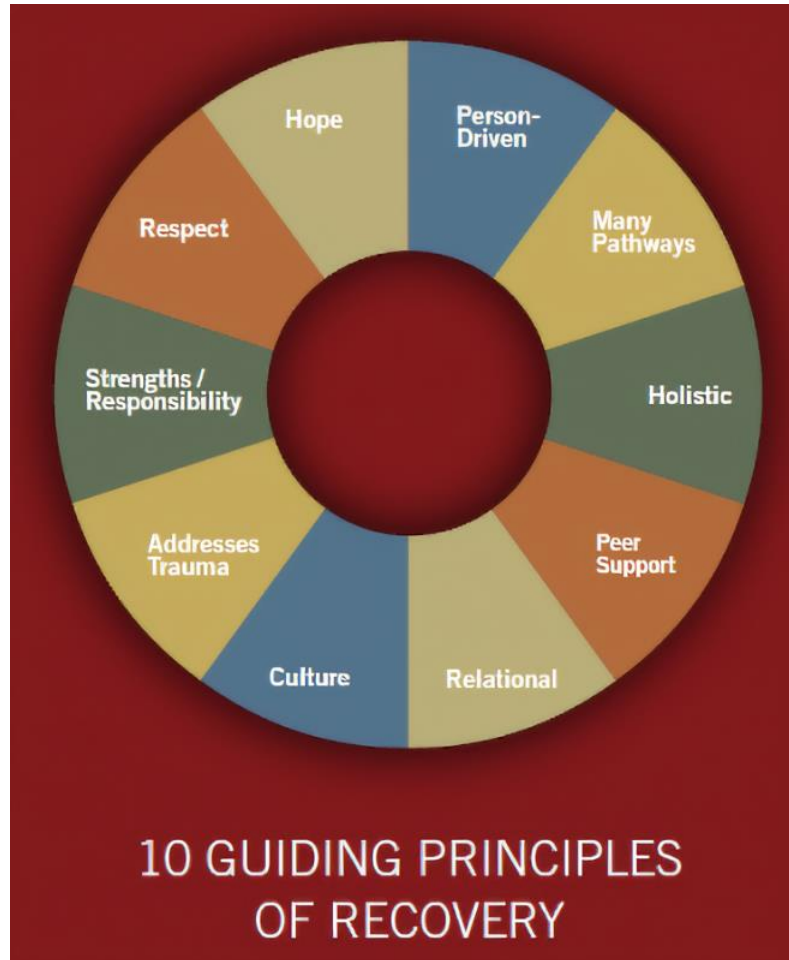
2. Searching for the best evidence

3. Critically appraising the evidence

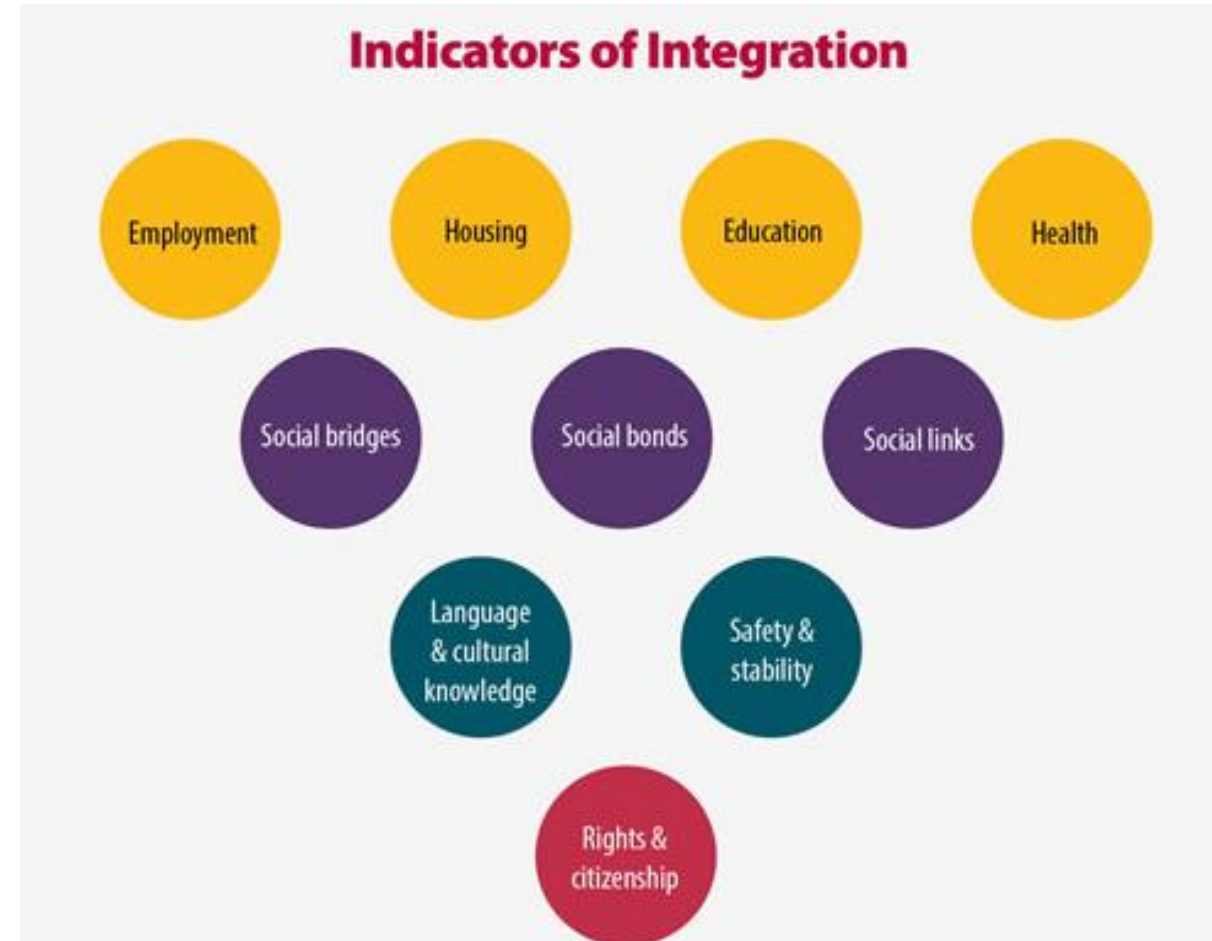
4. Addressing the sufficiency of the evidence – to implement or not to implement

5. Evaluating the outcome of evidence implementation

# Recovery



# Community Integration







# **Incorporating Culturally Responsive Care into Practice**

# Dr. Martin Luther King

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One of the greatest liabilities of history is when people fail to remain awake through great periods of social change.

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Society has its protectors of the status quo and they are notorious for sleeping through revolutions.

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Our survival depends on our ability to stay awake, adjust to new ways and face the challenge of change.

# What gets in the way?

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We avoid tough conversations, including honest productive feedback

We spend an unreasonable amount of time managing problematic situations, instead of being proactive and strategic

We don't spend enough time on learning and capacity building

Our organizational values are gauzy, not measured or evaluated

# Essential Public Health Services

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Communicate Effectively to Educate People



Strengthen, Support, and Mobilize Communities



Build and Support a Diverse Public Health Workforce



Build and Maintain a Strong Organizational Infrastructure

# Communicate Effectively

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Using appropriate communication channels

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Actively engaging in two-way communication

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Developing and deploying culturally and linguistically appropriate and relative communications

# Mobilize Communities

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Convening and facilitating multi-sector partnership

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Fostering and building genuine, strengths-based relationships

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Learning from, and supporting existing community partnerships

# Build Diverse Workforce

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Leadership that reflects the community and practices  
cultural humility

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Building pathways for future public health practitioners

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Fostering leadership skills at all levels

# Conditions of Collective Impact

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*Common Understanding of the Problem*

(shared vision for change)

*Collecting Data and Measuring Results*

*Mutually Reinforcing Activities*

(joint plan of action)

*Continuous Communication*

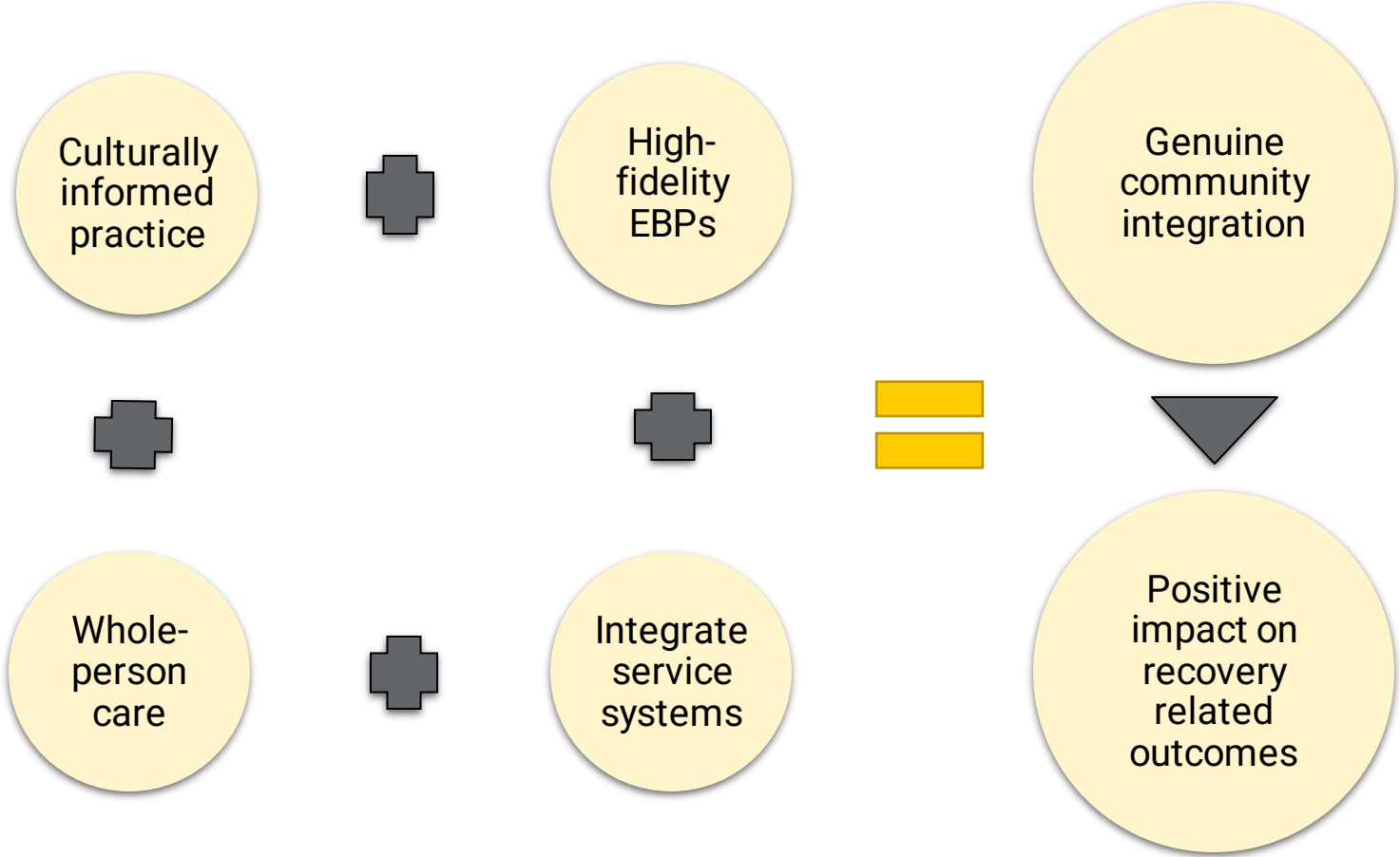
(consistent and open, building on trust)

*Backbone Support*

(staff, resources, skills to convene)



# Literature to Practice



# References

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