

# **From Evidence to Impact**

**Bridging the Gap Between Research and Practice**

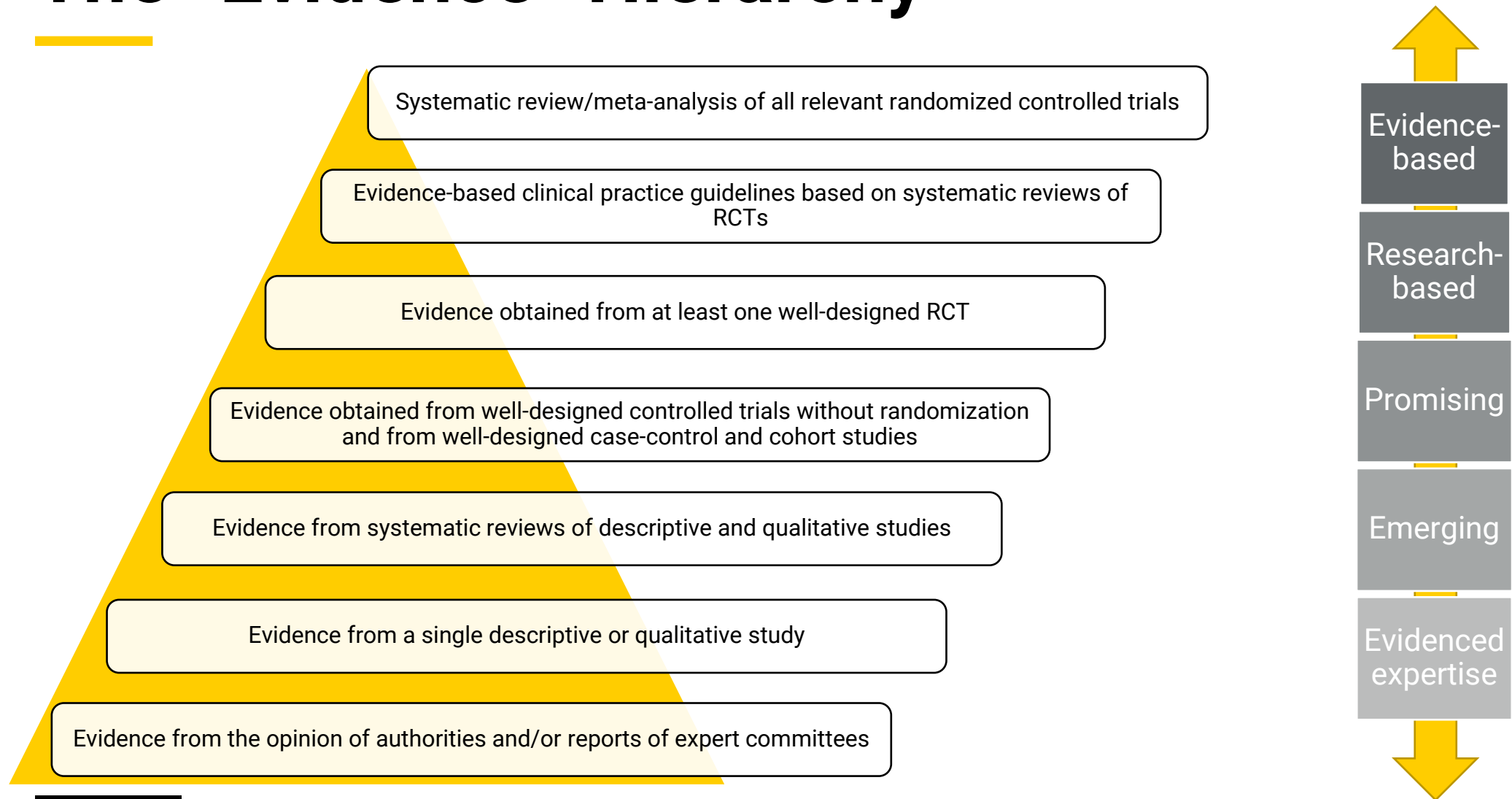
# What is an evidence-based practice?

“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



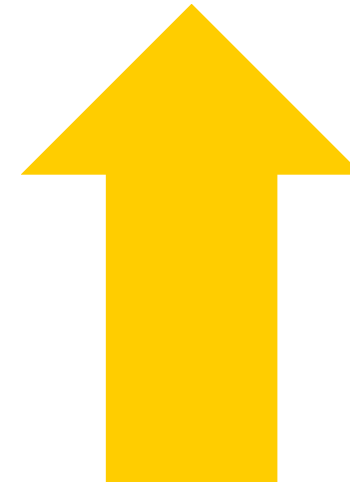
# Degree of Implementation

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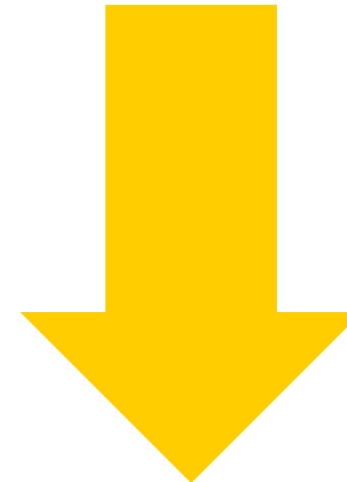
Fidelity is the degree to which something matches something else



How closely a program operates to a program model (i.e., standards)



High Fidelity =  
Better Outcomes



Low Fidelity =  
Worse Outcomes

# Let's bake a cake "to fidelity"

## BAKING INSTRUCTION



# Why this matters?

- Improved patient outcomes
- Increased credibility and professionalism
- Cost-effectiveness and resource optimization
- Standardization and quality assurance
- Adaptability to new research

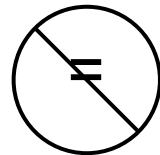


# Evidence-to-Practice Gap

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- More research today than ever before.

What Works



What's Implemented



# POLL

**What is the biggest barrier you face in implementing best practices?**

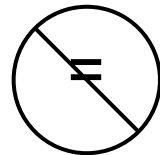


# Evidence-to-Practice Gap

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- More research today than ever before.

What Works



What's Implemented



# Realities of the Gap

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## SPEED

Research is slow.  
Practice needs  
solutions *yesterday*.

## COMPLEXITY

Research gives us  
controlled, idealized  
conditions. Practice  
is messy, resource-  
strained, and diverse.

## OWNERSHIP

Research is often  
“done to” communities,  
not *with* them. That  
erodes trust and  
makes buy-in difficult.

# Core Strategies for Bridging the Gap

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## Use a Theory, Model, or Framework

Provide a structured approach to understanding, guiding, and evaluating the complex process of translating research into practical applications

## Train for Real Contexts

Tailor trainings based on practitioner. Use coaching, simulation, roleplay—methods that reinforce skills under pressure.

## Co-Creation

Successful implementation requires infrastructure from a cross-functional team

## Data as Dialogue

Don't collect just to collect. Collect with intent and purpose. Review regularly and interpret to stakeholders.

# Implementation Science Theories, Models, and Frameworks

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## Process Models

- *Used to describe or guide the process of translating research into practice*

## Determinant Frameworks

- *Used to understand and/or explain what influences implementation outcomes*

## Classic Theories

- *Used to understand and/or explain what influences implementation outcomes*

## Implementation Theories

- *Used to understand and/or explain what influences implementation outcomes*

## Evaluation Frameworks

- *Used to systematically evaluate implementation success*

# Data as a Dialogue

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COLLECT THE  
RIGHT DATA –  
KEEP IT SIMPLE



MAKE DATA VISIBLE  
AND  
UNDERSTANDABLE



EMBED DATA INTO  
TEAM DIALOGUE



USE DATA TO  
EMPOWER, NOT  
PUNISH

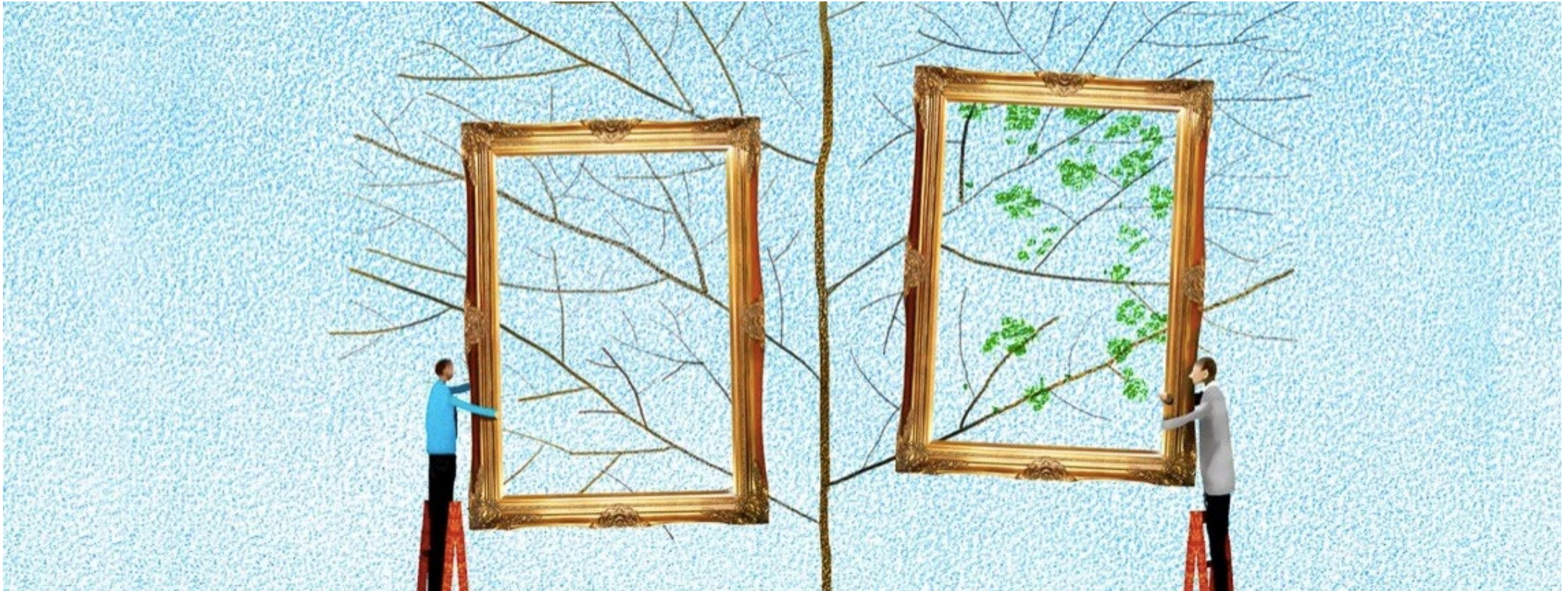


CLOSE THE LOOP  
WITH CLIENTS AND  
COMMUNITIES



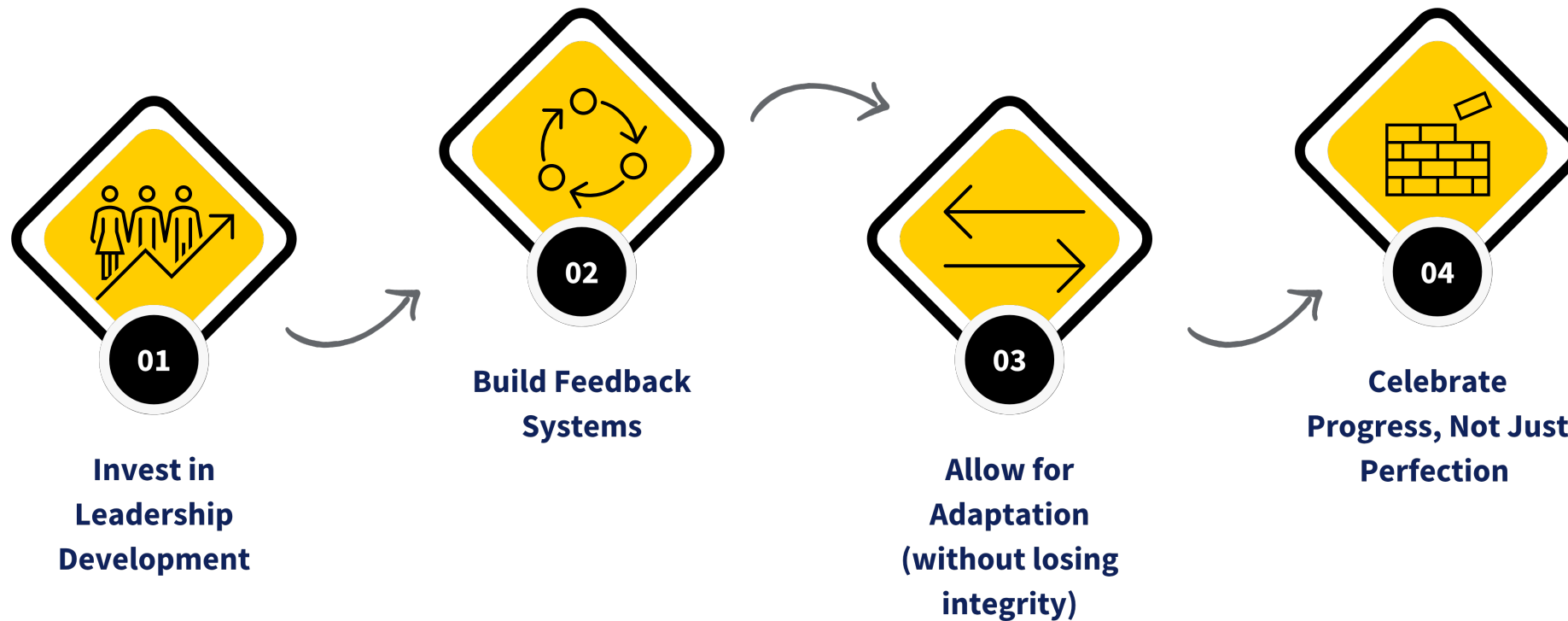
# Reframing Success

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# Everyone has a role

**IMPLEMENTATION ISN'T AN EVENT. ITS A PROCESS.**



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Iowa's Center of Excellence for Behavioral Health

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# Thank You

→ [iowacebh.org](https://iowacebh.org)

Torie Keith, LMSW  
Program Manager  
Center of Excellence for Behavioral Health  
[Victoria-keith@uiowa.edu](mailto:Victoria-keith@uiowa.edu)  
[iowa-cebh@uiowa.edu](mailto:iowa-cebh@uiowa.edu)