What are Evidence-based Programs, Polices, and Practices?

What are EBPs

- The strategy is **based on a theory of change** that is documented in a clear logic or conceptual model.

- The strategy is similar in content and structure to interventions that appear **in registries and/or the peer-reviewed literature**.

- The strategy is supported by documentation that has been **effectively implemented multiple times** in the past in a manner attentive to scientific standards of evidence and with results that show a consistent pattern of credible and positive effects.
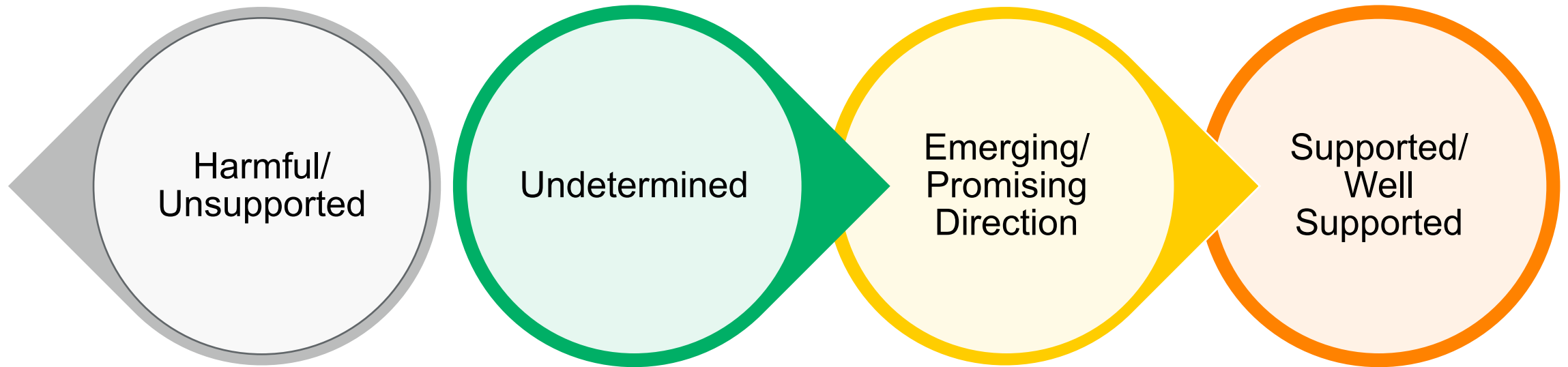
What Does It Mean to be Evidence-based?

An intervention with "**evidence of effectiveness**" has been found to be effective under a specific set of circumstances.

- It is included in a federal registry of evidence-based interventions.
- It is reported in a peer-reviewed journal (with positive effects on the primary targeted outcome)
- Its documented effectiveness is supported by other sources of information and the consensus judgment of informed experts.

EBPs in the Basic Theory of Change
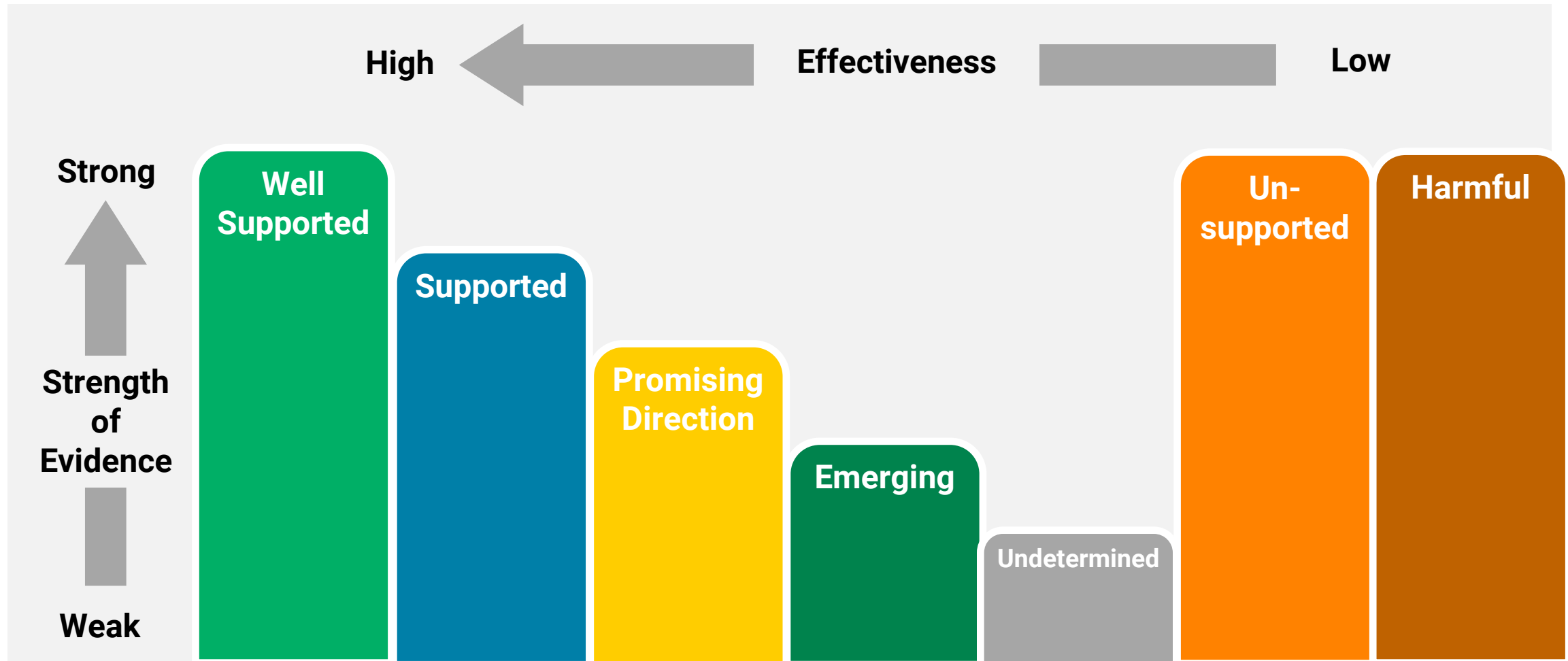

| Problems and Related Behaviors | ⟷ | Risk and Protective Factors | ⟷ | Strategies |

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Continuum of Evidence of Effectiveness

Harmful/ Unsupported

Undetermined

Emerging/ Promising Direction

Supported/ Well Supported

Evidence and Effectiveness

High ← Effectiveness Low

Strength of Evidence: Strong ↑ Weak

- Well Supported
- Supported
- Promising Direction
- Emerging
- Undetermined
- Un-supported
- Harmful

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Definitions and Examples

Programs
- Structured, curriculum-based interventions
- Individual-level

Policies
- Legal or regulatory approaches
- Population-level

Practices
- Techniques or methods used
- Population- or individual-level
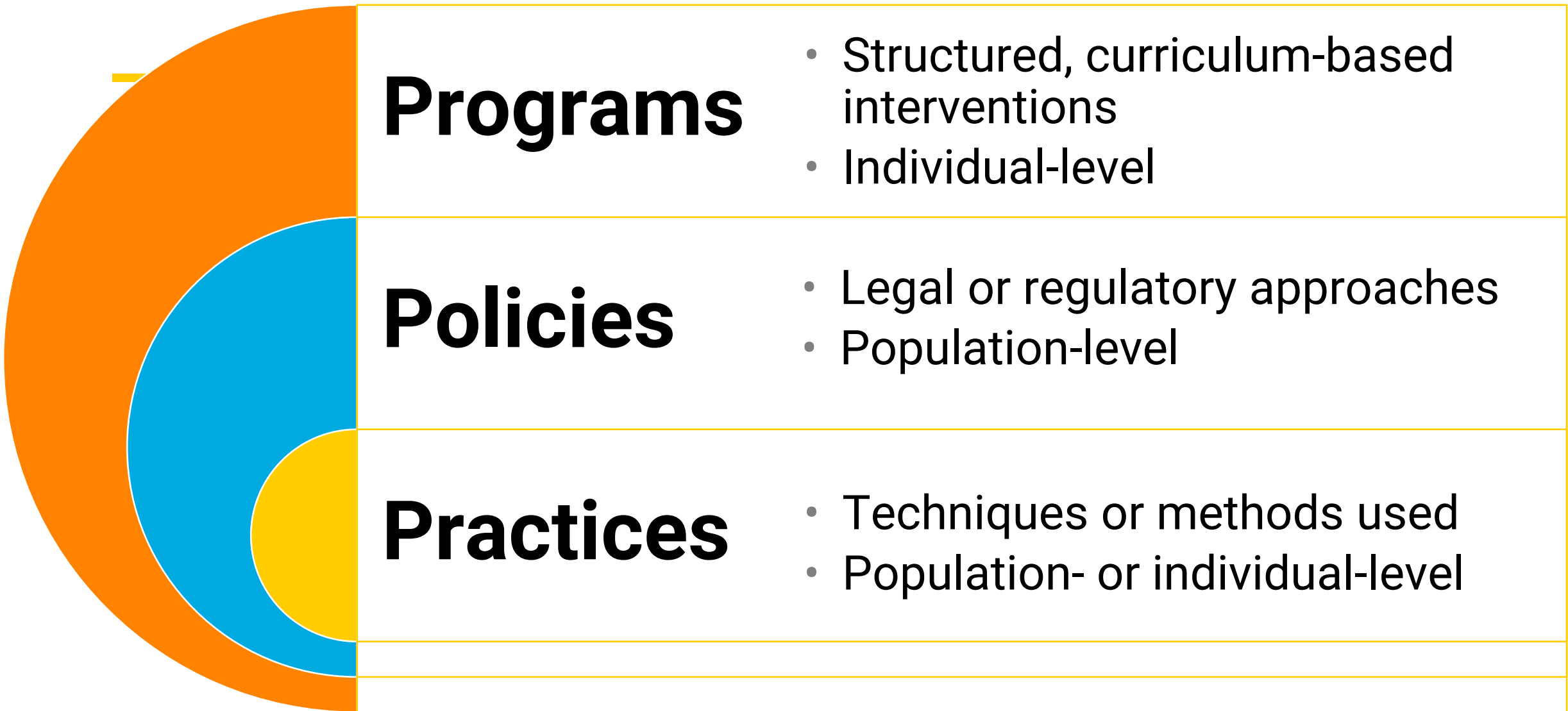
Evidence-based Programs

Program	Population	Prevention Priorities
LifeSkills Training (LST)	Middle/High School Students	Alcohol, Opioids, Tobacco, Suicide
Prime for Life	Youth 13-20 and Parents/Guardians	Alcohol
Youth mentoring	Youth 5-18 years	Alcohol, Suicide, Tobacco
Stacked Deck	High School Youth	Problem Gambling

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Evidence-Based Policies

Policy	Population	Prevention Priority
Social Host Ordinances	Adults/Parents	Alcohol
Alcohol Outlet Density Limitations	General Population	Alcohol, Suicide
Law enforcement Naloxone Policies	Law Enforcement	Opioids
School Policies	Underage Youth	Alcohol, Illicit drugs, problem gambling, suicide

Evidence-Based Practices

Practices	
Coalition Approach	Coordination across the community strengthens evidence based strategic processes (SPF).
Youth Engagement:	Including youth in prevention implementation and planning is a practice ensures relevance to the audience.
Community Mobilization	Address substance misuse among young adults by assembling necessary resources, disseminating information, generating support, fostering cooperation

Selecting EBPs

Identifying the evidence-based program, policy, or practice that fits best for your community

The Selection Process

- Conducted in the planning phase of the SPF
- Should involve collaborators and partners
- Based on the data and learning in the assessment and capacity stages of the SPF process.
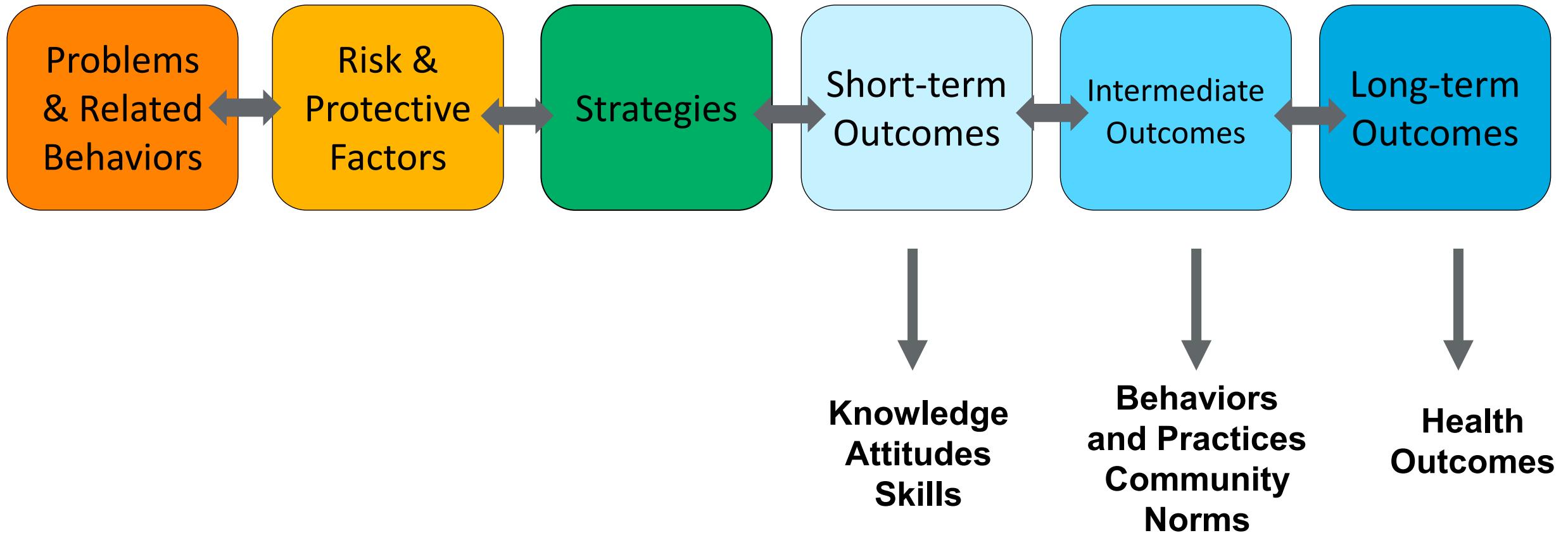
The Components of Fit

Conceptual Fit

Will the program, policy or practice have an impact on identified problems and risk factors in the community?

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Impacts Prevention Priorities

Problems & Related Behaviors ← → Risk & Protective Factors ← → Strategies → Short-term Outcomes → Intermediate Outcomes ← → Long-term Outcomes

Short-term Outcomes → **Knowledge Attitudes Skills**

Intermediate Outcomes → **Behaviors and Practices Community Norms**

Long-term Outcomes → **Health Outcomes**

The "*If-Then*" Test

For example...

- *If* we educate parents about the laws, *then* they will be less likely to provide alcohol to their underage children;

- *If* parents are providing less alcohol to their children*, then* minors in the county will have reduced social access to alcohol;

- *If* minors have reduced social access to alcohol, *then* their rates of drinking will decrease.

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Resources and Readiness

Review what you identified in the capacity assessment and consider the progress made through the capacity building stage. Do you have enough…

- Support?

- Buy-in?

- Resources?

Able to Implement with Fidelity

Consider if you can adhere to the original, tried, and tested core components of the program, policy, or practice.

Examples of core components are:

1. Population
2. Setting
3. Dosage

4. Timing
5. Materials
6. Training Requirements

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Barriers to Fidelity

Local adaptations based on immediate needs and feedback	Intervention not tested with population of interest	Individual variations in practitioner adherence and competence
Lack of available training and technical support	Limited resources for supporting the intervention at the agency level	Competing demands for practitioner time

Community Fit

- Same or similar to the indented, tested population

- Applicable and appropriate for the community type, language, and demographics.

- Considers specific characteristics of the population of focus

Likelihood of Sustainability

Sustainability is a community's ongoing capacity and resolve to work together to establish, advance, and maintain effective strategies that continuously improve health and quality of life for all.

- Evidence of sustainable outcomes in evaluation and research findings.

- Partners, collaborators, and community members understand the role the EBP plays in community-level change.

- Sustainability would have little or no direct costs.

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A Comprehensive Approach to Prevention

Evidence-based approaches are often best used in coordination to create a comprehensive approach. For example:

- **PROGRAM:** A program can address risk and protective factors in the individual domain to increase individual knowledge and skills

- **POLICY:** A policy can change the conditions or environment in a lasting way.

- **PRACTICE:** Practices put in place to support the policies and practices and ensure the continuation and implementation of strategic process.

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Implementing EBPs

Mobilize Support

Carry Out Strategies

Monitor Implementation

Preparing for Implementation Success

- Build capacity and understanding of community members and partners.

- Develop a budget and resource plan with implementation partners. Include materials, space, training costs, staff time, etc.

- Use a fidelity checklist or guide to develop a fidelity monitoring plan with staff, partners, and evaluator.

- Schedule regular "fidelity check ins" with partners, staff, participants and volunteers.

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Implement with Fidelity

Why is Fidelity So Important?

When implementing an EBP, preserving the components that made the original program or policy effective **can directly affect the program success** in achieving anticipated outcomes.

Lack of implementation fidelity can **weaken outcomes**.

Baking Analogy

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# Monitor Implementation

- ❏ Measures of core components
- ❏ Feedback from trainers/implementers
- ❏ Insights from community partners
- ❏ Pre- and post-tests

Regularly review with staff, partners, champions and collaborators

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Making Mid-Course Corrections

- What do we need to change?

- How will we know that the adaptation or change is an improvement?

- What change can we make that will lead to an improvement?

- Will the change a core component?

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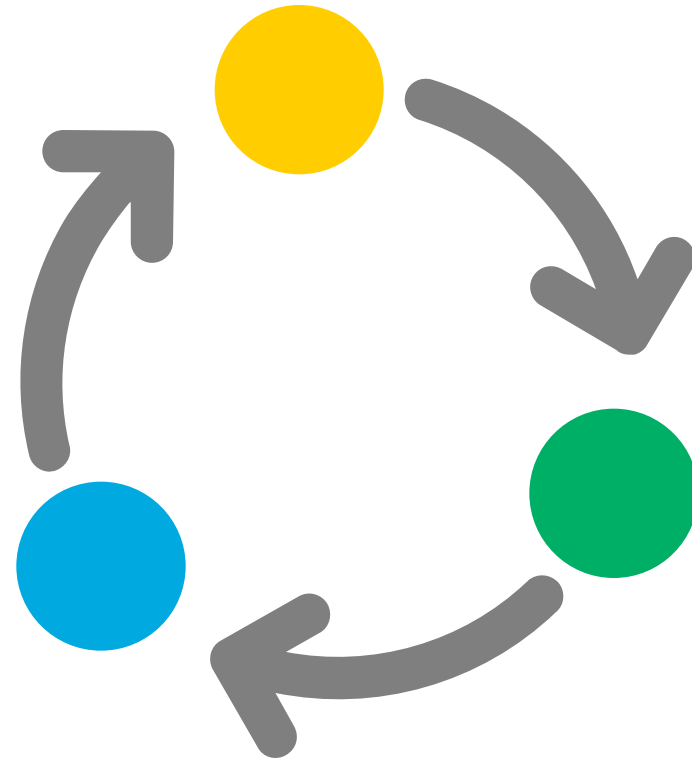
Balancing Fidelity and Adaptations

If monitoring calls for mid-course correction, strike a balance.

- Retain core components.
- Build capacity before changing the program.
- Adapt with care.
- If adapting, get help.

Key Questions to Consider

- What are we trying to accomplish?

- How will we know that the adaptation or change is an improvement to the EBP?

- What adaptation can we make that will lead to an improvement in outcomes?

- Will the adaptation impact or change a core component?

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1. Mobilize Support

- Introduce the strategy to relevant partners and stakeholders.

- Increase community awareness.

- Provide training.

- Plan for any anticipated adaptations.

2. Implement Strategies: GO TIME

- Carry out strategy as planned.
- Implement the strategy's components and procedures.
- Gather data on implementation.
- Make adaptations as needed.

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Next Steps

In the next days and weeks, what can you do to begin identifying EBPs for your state/community?

- Share the workshop materials with your colleagues and partners.

- Identify data you may need to identify EBPPPs for your state/community.

- Familiarize yourself with registries and/or journals that highlight EBPPPs

- Other ideas?

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