

# Selecting “Good Fit” Prevention EBPs

It is preferable that prevention EBPs meet several criteria to have a “good fit” within the identified community. A “good fit” EBP must:

- ▶ Have evidence of past success and it must also fit conceptually with the identified intervening
- ▶ Fit practically within the community and should be able to be implemented with fidelity (meaning implemented as intended by the author/developer); and
- ▶ Should be culturally appropriate and sustainable within the community.

## Why is assessing fit important?

Assessing fit is important to ensure:

- The selected strategies match the needs and the characteristics of the population of focus.
- The plan to impact the priority compliments the activities/programs of other county and community organizations and are not in conflict with them.
- Duplication of effort in the community does not occur.
- The community can support the plan to impact the priority.
- Adequate resources exist to implement the plan properly being aware of the necessary frequency of strategies that will be needed.
- Sufficient capacity in implementing the plan, thereby increasing the likelihood for success.
- The opportunity to refine how other local efforts (e.g., community coalitions, environmental strategies, and prevention programs) can be utilized as resources to increase community buy-in for the plan to impact the identified priority.

SAMHSA identified six components of a “good fit” EBP which have been adapted for this Guide in more detail below:

## Evidence of effectiveness

All selected EBPs must:

- ▶ Have documented evidence of effectiveness and preferably have been rigorously tested and shown to have positive outcomes in two or more peer-reviewed evaluation studies; and
- ▶ Be effective according to EITHER:
  - a. Iowa’s pre-approved EBP list as provided in this guide; or
  - b. Approved by the Evidence-Based Practice Workgroup. The process for submitting a waiver request to be reviewed is available to funded prevention professionals by emailing [bsaprevention@hhs.iowa.gov](mailto:bsaprevention@hhs.iowa.gov) and details will be provided.

## Conceptual fit with the prevention priorities

### A “good conceptual fit” EBP should:

- ▶ Specifically address one or more of the intervening variables and underlying conditions chosen by the service area.
- ▶ Have been shown to drive positive outcomes in the prevention priority, intervening variables and underlying conditions.
- ▶ Ideally have evidence of effectiveness within the population of focus.

As EBPs are assessed for good conceptual fit, Appendix A of this document contains a summary chart of the approved EBPs for each prevention priority area by intervening variable. The chart may be referenced as a tool to help explore fit, while decisions to adopt an EBP should rely on additional information found within the detailed individual and environmental EBPs contained within this guide and supporting resources.

A way to determine if an EBP is a good conceptual fit is to see if you can create logical “If-Then” statements with the strategy and expected outcomes. These statements help connect EBPs to the substance misuse and/or problem gambling changes for which the community is striving to achieve. In doing so, this can help the community better understand if an EBP fits conceptually into the overall prevention plan. Ultimately, EBPs need to positively impact the prevention priority, but there are other milestones along the way that must be reached before this can occur.

For example, social availability has been identified as one of the intervening variables as it was found that parents within a community are providing alcohol to their children. After further exploration, the real issue is that parents do not understand the law. As a result, an EBP is implemented to help educate parents about the laws related to this in their community.

- 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.

## Practical fit with readiness and capacity

### An EBP is a practical fit for your service area if:

- ▶ The community has the necessary staff and funding to provide strategies with adequate frequency based on the research.
- ▶ The community has the necessary collaboration (police, leaders, etc.) established or it is assessed that the necessary collaboration can be built in a sufficient timeframe to allow for successful implementation.
- ▶ The community will support this EBP with available resources including but not limited to time, space, donations, etc.

## Ability to implement with fidelity

All selected EBPs should be implemented as intended, and where possible include:

- ▶ A population of focus that is similar (in demographics and numbers) to the intended (or previously researched) population to be served.
- ▶ Implementation of all elements or facets of the EBP, rather than picking and choosing just some of the elements to implement.
- ▶ Implementation using a similar timeline and in a similar method to the documented evidence.
- ▶ Similar data collection processes.

## Cultural fit within the service area

An EBP has a cultural fit if:

- ▶ The population of focus for the community is similar to the population intended for the EBP through documented evaluation and research studies.
- ▶ The EBP is applicable and appropriate for culturally diverse populations in the community.
- ▶ The EBP considers the cultural beliefs and practices of the population of focus.

Supportive materials for the EBP are properly translated and/or appropriate for the population of focus. According to the [Centers for Disease Control and Prevention Simply Put](#) guide, “It is best to develop your materials in the language of your intended audience. However, translating from English (or another language) is often necessary due to time limitations and/or available resources.” The following information was offered to make certain translations of prevention materials are both culturally and linguistically appropriate.

- **Messages that work well with an English-speaking audience may not work for audiences who speak another language.** Explore the intended audience’s values, health beliefs and cultural perspectives. This can be done through individual interviews, focus groups or other kinds of audience research.
- **Design material for diverse populations based on subgroups and geographic locations.** All members of a diverse population are not alike. For example, Mexican Americans may respond differently than Cuban Americans to certain words, colors and symbols.
- **Get advice from community organizations in the areas you wish to reach.** Collaborate with local groups that work regularly with your audience that can give insight into the specific population you are wanting to reach.
- **Carefully select your translator.** A qualified translator is typically a native speaker of the target language, has ten or more years’ experience in translation and is preferably certified by a recognized institution.
- **Avoid literal translations.** Allow your translator to select from a wide range of expressions, phrases and terms used by the audience.

## High likelihood of sustainability within the service area

### An EBP has a high likelihood of sustainability if:

- ▶ Documented evaluation and research studies have demonstrated sustainable outcomes.
- ▶ Service area leaders and stakeholders believe the EBP is important and are committed to sustaining it.
- ▶ The EBP can be sustained with little or no direct cost following implementation.

**At a minimum, EBPs that are selected must be evidence-based, fit conceptually, and fit practically within the community.** In addition, the EBPs should be implemented with fidelity, be culturally appropriate for the population of focus, and sustainable within the community.

If the EBP being considered does not meet all the components of a “good fit” EBP, take a moment to think about what is missing and how these barriers or limitations could be overcome. To help determine whether an EBP is a good fit for the community, take each proposed EBP through the “test fit” process which is listed below.