Balancing Research Evidence with Community Fit to Identify an Evidence-based Program that Fits Just Right

THE GOLDILOCKS APPROACH

Washington State Prevention Summit
November 6, 2019

Today's Story

- Chapter 1: Introductions

- Chapter 2: Setting the Stage

- Chapter 3: Outlining the Steps

- Chapter 4: Audience Participation

The Three Bears, Illustration by Arthur Rackham, 1918

Chapter 1

INTRODUCTIONS

Our Characters

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Our Objectives

After attending this workshop, participants will be able to:

1. Navigate online evidence-based program registries to identify programs that work best for their community.

2. Assess levels of evidence and program implementation information provided by the online registries.

3. Apply tools to assess the fit of a program based on levels of research evidence and community needs.

Your Story

- Turn to your neighbor

- Introduce yourself

- What brings you here today?

- What do you want to learn?

Story of the Three Bears, Leonard Leslie Brooke, 1900

Chapter 2

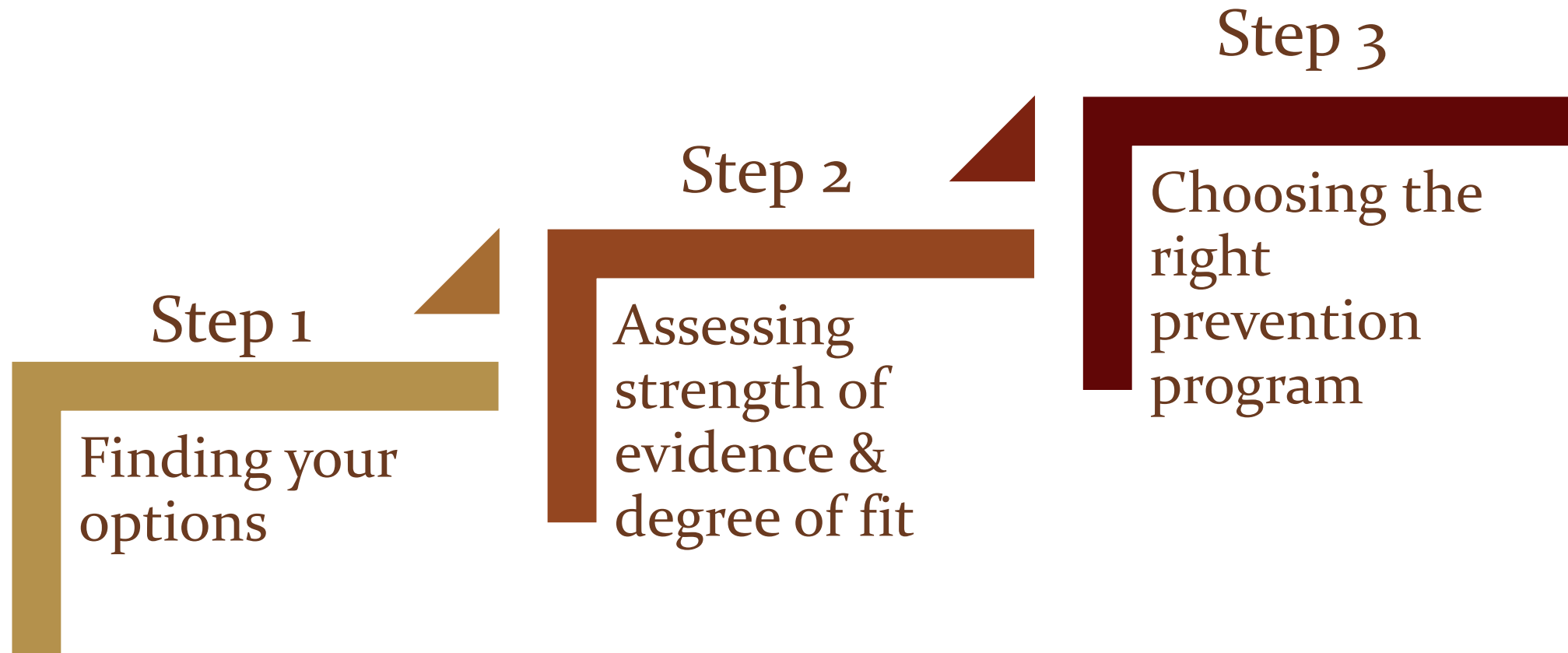SETTING THE STAGE

SAMHSA's Strategic Prevention Framework

Chapter 3

OUTLINING THE STEPS

Identifying the Program That Fits Just Right

Step 3

Choosing the right prevention program

Step 2

Assessing strength of evidence & degree of fit

Step 1

Finding your options

Step 1: Finding Your Options

https://www.blueprintsprograms.org/

https://crimesolutions.gov/

https://www.cebc4cw.org/

https://www.theathenaforum.org/EBP

Registry Name	Sponsor/Funder	Focus	Categories
Blueprints for Healthy Youth Development	University of Colorado Boulder/Arnold Ventures (previously funded by Annie E. Casey & OJJDP)	Evidence-based interventions that are effective in reducing antisocial behavior and promoting a healthy course of youth development and adult maturity	Model Plus, Model, Promising, Non-Certified
Crime Solutions	National Institute of Justice	Justice-related programs and practices (e.g., delinquency prevention)	Effective, Promising, No Effects, Inclusive Evidence
California Evidence-based Clearinghouse	California Department of Social Services' Office of Child Abuse Prevention	Child welfare practices and programs aiming to improve child safety, increase permanency, increase family and community stability, and promote child and family well-being	Well-supported, Supported, Promising, Fails to Demonstrate Effect, Concerning Practice, Not able to be rated
Excellence in Prevention Strategy List	WA State Division of Behavioral Health & Recovery	Substance abuse prevention (direct services and environmental strategies)	N/A* *Some funding-specific lists include Evidence-based, Research-based, Promising program categories

Why Blueprints?

- Most thorough, credible, well-maintained, publically-available national program registry

- Ability to search using multiple criteria

  - Outcomes, target population, program type/setting, risk & protective factors

- Provides detailed information on program costs, possible funding strategies, and training/technical assistance.

Blueprints Promising Program

✓Intervention specificity

✓Evaluation quality

✓Intervention impact

✓Dissemination readiness

Blueprints	Crime Solutions	California Evidence-based Clearing House
Promising Program	Effective Program	Well-Supported

Step 2: Assessing strength of evidence & degree of fit

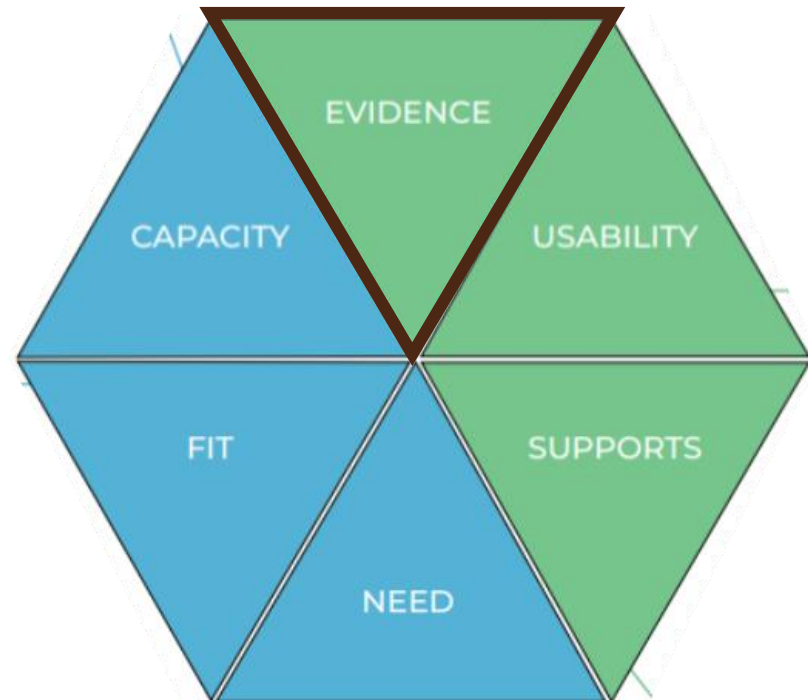The Hexagon Tool: https://nirn.fpg.unc.edu/resources/hexagon-exploration-tool

- Helps organizations evaluate fit & feasibility of evidence-based programs

- Designed to be used by a team to ensure diverse perspectives are considered

- Provides assessment of 3 program indicators & 3 implementing site indicators

- For each indicator, there are a set of discussion questions & rating scale (1 = low to 5= high) to help determine a program's score

NIRN | NATIONAL IMPLEMENTATION RESEARCH NETWORK
FRANK PORTER GRAHAM CHILD DEVELOPMENT INSTITUTE

Hexagon Tool: **Program Indicators**

Evidence

- The extent to which a program is supported by research.

- Is the program efficacious & effective? If so, for whom?
  - Randomized controlled trails
  - Number of studies
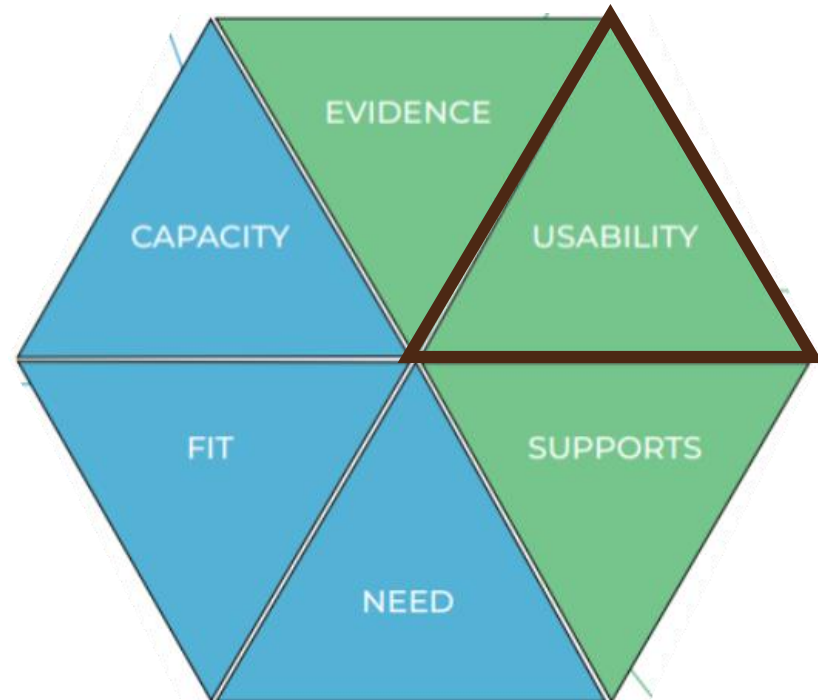 - Population similarities

- Is it cost-effective?

Hexagon Tool: **Program Indicators**
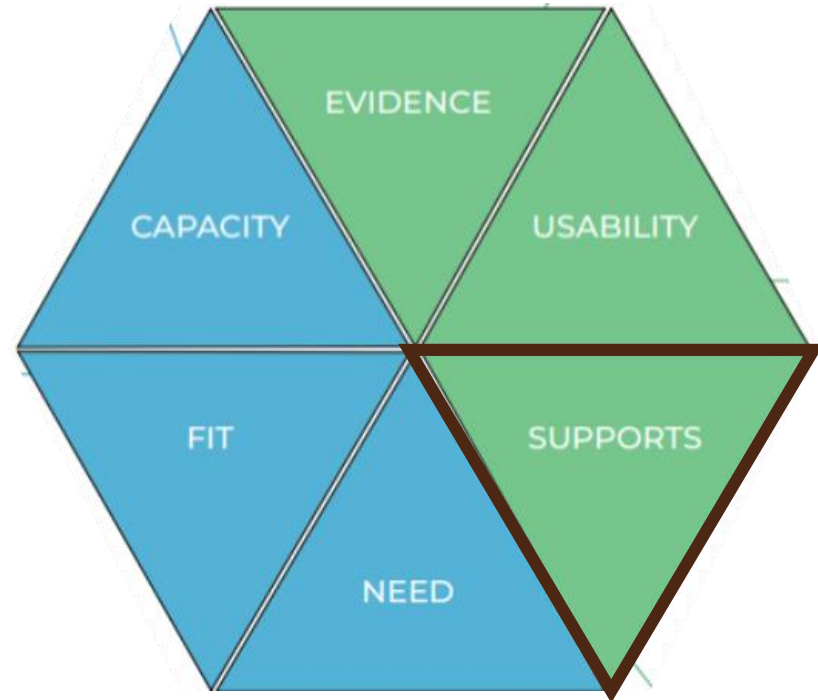
Usability

- The extent to which a program is defined, replicable, and adaptable.

- Given ideal conditions, would implementation be feasible?

Hexagon Tool: **Program Indicators**
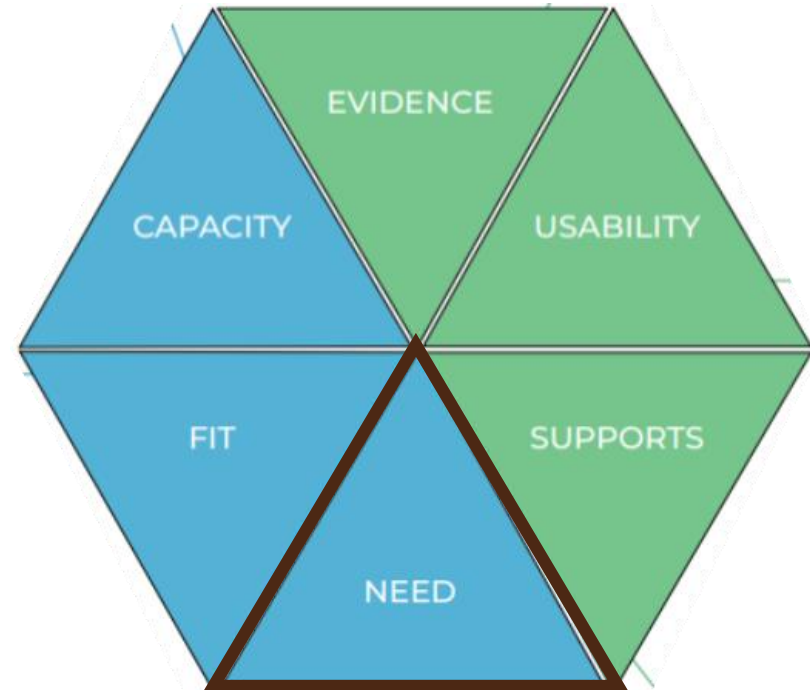
Supports

- Expert assistance

- Staffing

- Training, coaching & supervision

- Racial equity impact assessment

- Data systems, technology supports

- Administration & system

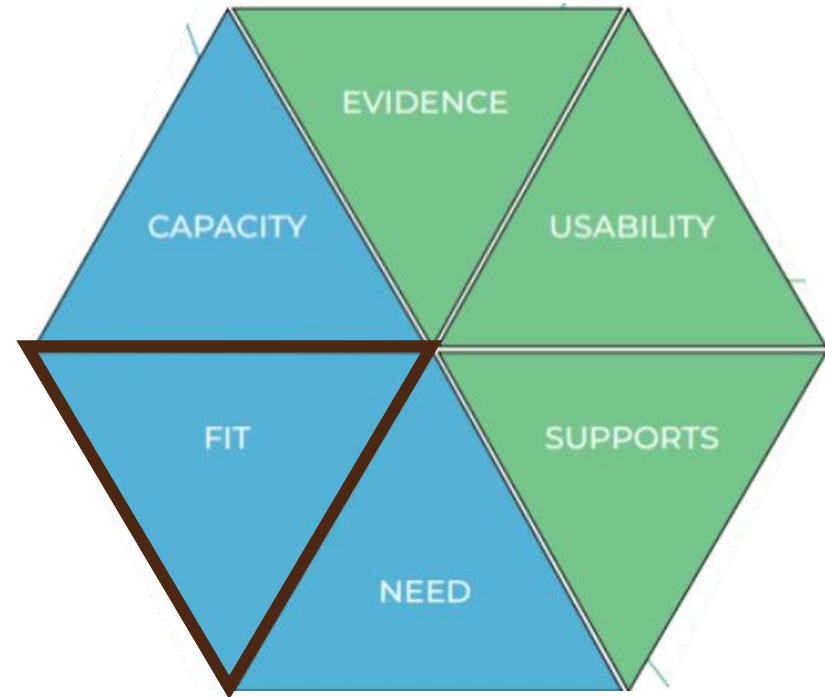# Hexagon Tool: **Implementation Site Indicators**

Need

- Target population identified

- Disaggregated data indicating population needs

- Community perceptions of need

- Addresses service or system gaps

Hexagon Tool: **Implementation Site Indicators**
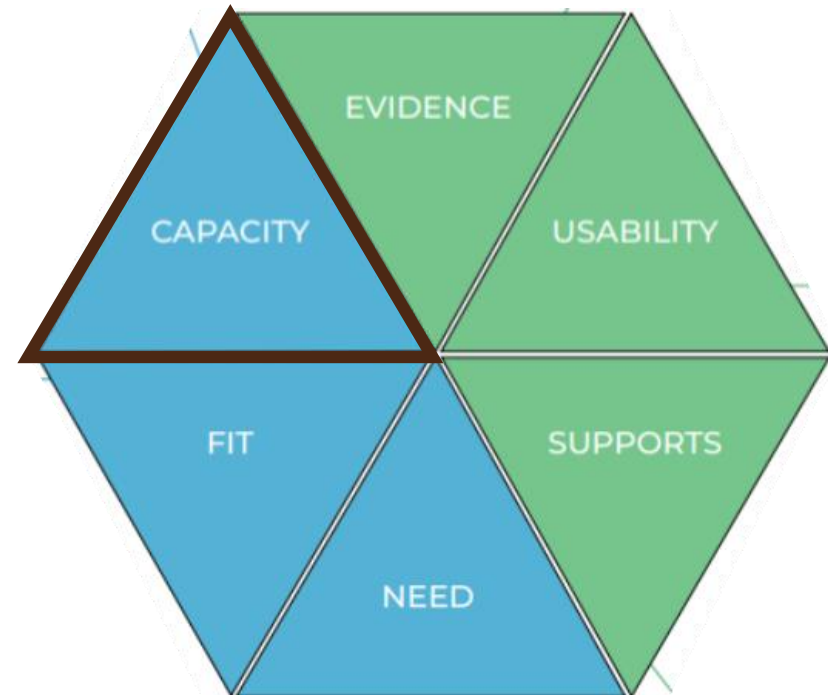
Fit with Current Initiatives

- Alignment with community, regional, and state priorities

- Fit with family and community values, culture & history

- Impact on other interventions & initiatives

Hexagon Tool: **Implementation Site Indicators**

Capacity to Implement

- Staff that meet minimum qualifications

- Able to sustain staffing, training, data systems, and performance assessment
  - Financial, structural, cultural responsivity

- Buy-in process
  - Practitioners
  - Family

Step 3: Choosing Your Program

too hot   too cold   just right

Chapter 4

AUDIENCE PARTICIPATION

Imagine this Scenario

- **Who?** Prevention Coalition in Caresalot, WA

- **What?** Healthy Youth Survey data from 2014, 2016, 2018
  - 2018: higher alcohol & marijuana rates in 8th and 10th grade vs. state
  - 2014-2018: increasing trend for 12th grade depressive symptoms & suicidal thoughts
  - Risk factors: laws and norms favorable to drug use, poor family management, parental attitudes favorable towards drug use, and friends use of drugs.
  - School officials have expressed particular concern about students' mental health

- **Where?** School offers health classes in 6th and 9th grades, which provide some programming opportunities. Local library also has space available for programming in the evenings.

  See handout for other school/community factors to consider.
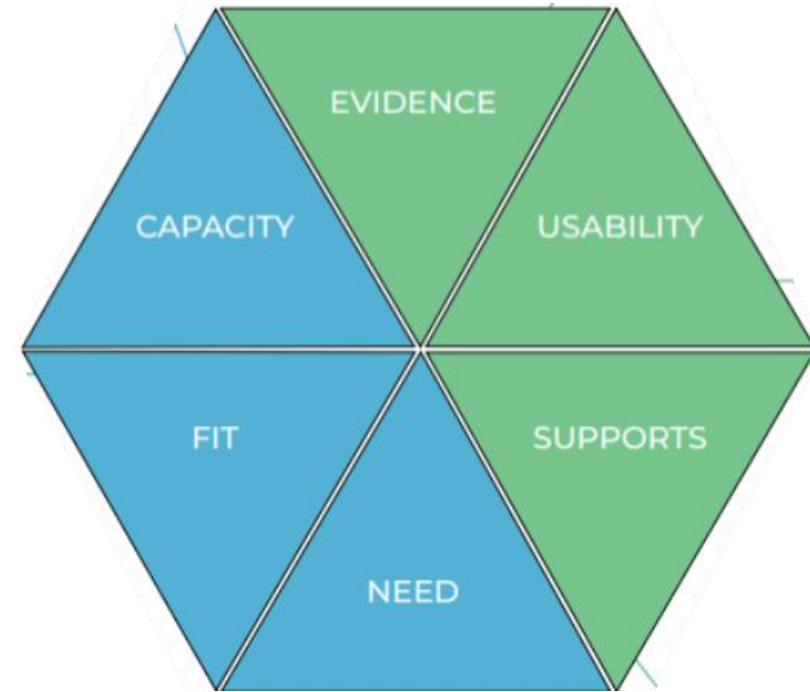
Guiding Good Choices

- **Outcomes**: alcohol, delinquency, depression

- **Target Population**: Parents of 12-14 years olds

- GGC is a **family competency training program** for parents of children in middle school. The program contains five-sessions, with an average session length of 2 hours each week. Children are required to attend one session that teaches peer resistance skills.

- **Parent sessions** focus on: (a) identification of risk factors for adolescent substance abuse and a strategy to enhance protective family processes; (b) development of effective parenting practices, particularly regarding substance use issues; (c) family conflict management; and (d) use of family meetings as a vehicle for improving family management and positive child involvement.

https://www.blueprintsprograms.org/programs/guiding-good-choices/

Application Activity

- Review case example and program factsheet

- Each group assess assigned Hexagon indicators

- Using the discussion questions and rating scale, score the program on those indicators

- Kyle, Brianna, & Marie will take notes and record scores

EVIDENCE

CAPACITY

USABILITY

FIT

SUPPORTS

NEED

Additional Resources

- SAMHSA's Selecting Best-Fit Programs & Practices
  - https://www.samhsa.gov/sites/default/files/ebp_prevention_guidance_document_241.pdf

- Active Implementation Hub
  - https://nirn.fpg.unc.edu/ai-hub

- CDC's Using Essential Elements to Select, Adapt, and Evaluate Violence Prevention Approaches
  - https://www.cdc.gov/violenceprevention/pdf/adaptationguidance.pdf

The End

THANK YOU!

QUESTIONS?
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