

### *Development of A NAMBHA Consensus Statement on Evidence-Based Practices*

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### Introduction

- National Alliance of Multi-Ethnic Behavioral Health Associations (NAMBHA) Evidence Based Practices Consensus Meeting held on September 23-25, 2005 in Chicago, IL.
- Goals:
  - Describe what the current trend toward adoption of evidence-based practices means for communities of color.
  - Develop consensus statements based on findings from small group discussions.

### Participants

- Representatives from member organizations of NAMBHA:
  - First Nations Behavioral Health Association (FNBHA)
  - National Asian American and Pacific Islander Mental Health Association (NAAPIMHA)
  - National Latino Behavioral Health Association (NLBHA)
  - National Leadership Council on African American Behavioral Health (NCL)
- Other organizations represented:
  - Federation of Families for Children's Mental Health
  - National Alliance of the Mentally Ill (NAMI)

### Methods- Data Collection

- Large group presentations
  - Tape recorded and notes taken
- Small group discussions
  - Tape recorded, notes taken, and main points recorded on flip charts with group feedback
- Independent note takers/observers
  - Provided detailed notes including key quotes and highlighting of emergent themes

### Methods- Analysis and Summary

- Themes identified across notes and flip charts
- Summary presented to participants and revised based on feedback
- Complete coding of notes to provide definitions, descriptions of themes, and quotes

### Findings- Themes

- Roles of communities, researchers, providers and policymakers in the development, testing, documentation, dissemination and implementation of evidence-based practices
- Workforce development strategies
- Approaches and underlying assumptions of research with communities of color
- Implications for policy

### Consensus Statements 1-3

- Statement 1: Communities of color must be included in the development of Evidence Based Practices.
- Statement 2: Cultural competence must be defined and required for EBPs.
- Statement 3: Practice-Based Evidence must be taken into consideration for setting standards and guidelines for EBP.

### Key Quote

*"We can't ignore communities; otherwise we will not reap the benefits of EBP."*

### Consensus Statements 4-6

- Statement 4: Value-Based Practices are the highest priority for communities of color.
- Statement 5: The process of developing and credentialing EBPs needs to be modified to be inclusive of communities of color.
- Statement 6: The process of implementing EBPs in communities of color must be supported with resources

### Key Quote

*"This is an opportunity to implement the science to practice idea, accelerating what is good and putting it into application. But it must be funded for implementation."*

### Consensus Statements 7-10

- Statement 7: Emphasis on EBPs must not reduce outreach to communities of color.
- Statement 8: Language is critical
- Statement 9: Must develop natural helpers, paraprofessionals and peer mentors from the community to partner with formal providers
- Statement 10: Systems that implement EBPs must be accountable to the community and the people that are served.

### Key Quote

*"[We] need to move cultural competence to the next generation. We know, given our current data that culture is critical. We see striking disparities for people of color, less access to mental health care, poorer quality. The critical issues for cultural competence are access, quality and disparities in outcomes."*

### Consensus Statements 11-13

- Statement 11: Must look at outcomes that are important to communities of color.
- Statement 12: Policy, research, services in EBPs must be driven by people of color in their journey to restore the balance, and families.
- Statement 13: Leadership within the community must be recognized and developed.

### Key Quotes

*"In the process of consensus on what is considered an EBP, it is consensus of whom? Experts, guilds, researchers. Who is left out? Consumers and families."*

### Recommendations

- Increase the number of researchers who are trained in the use of participatory action research methods
- Encourage people of color to become involved in developing curricula and manuals that are value-based and providing practice-based evidence
- Increase representation of communities of color in federal level reviews of grants

### Recommendations

- Hold grantees accountable for addressing culture
- Incorporate the New Freedom Commission report (2003) in policy formation
- Advocate for additional funding for development and implementation of evidence-based practices with communities of color

### Suggested Strategies

- Promote communities of color "growing your own" evidence based practices
- Develop training, credentialing and accrediting for cultural competence
- Certify value-based, practice-based and evidence-based practices that fit specific cultural contexts
- Promote the use of participatory action research methods in the process of evidence-based practice development

### Suggested Strategies

- Seek federal level support for the inclusion of NAMBHA registry of practices in evidence based practices lists
- Provide leadership in developing a culturally and linguistically competent workforce
- Advocate for greater recognition and inclusive of non-mainstream values and practices in the evidence-based movement

*"Implementation of recommended strategies should affect all those involved in behavioral health research and practice and contribute to system transformation."*

