

**Evidence-Based Practice in a System of Care:
Elevating the Discussion**

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A System of Care for Children's Mental Health: Expanding the Research Base
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Change ...

“Our Time for Change Has Come”

Barack Obama, January 4, 2008



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What is on the Horizon for Evidence-Based Practice in Systems of Care?

... in full bloom?,

... uncertain?,

... or standing still?



**What is on the Horizon
for Evidence-Based Practice in Systems of Care?**

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... uncertain?,
... or standing still?**

Related to ...

**... believers,
... doubters,
... or resisters?**



**What is on the Horizon for Evidence-Based Practice
in Systems of Care?**

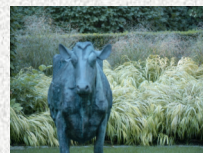
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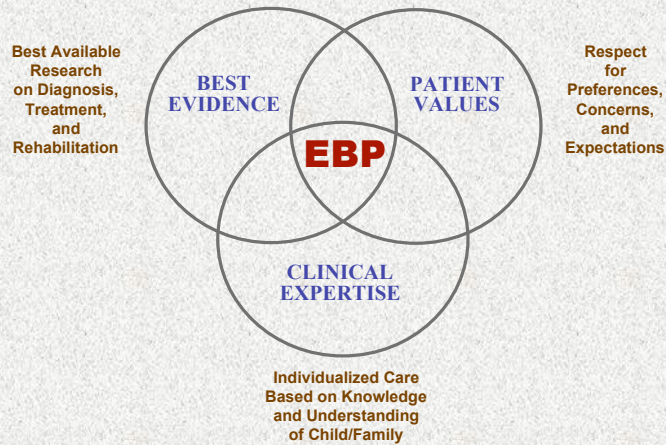


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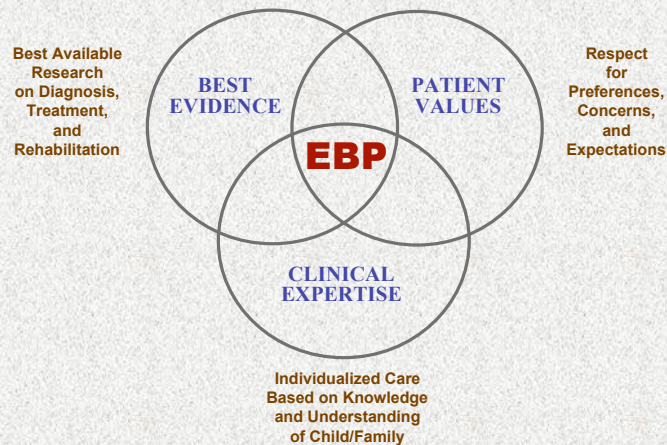
What IS Evidence-Based Practice?

“It is the integration of the best research evidence
with clinical expertise and patient values.”
Institute of Medicine, 2001



Is Evidence-Based Practice Consistent with System of Care Values?

“Child-centered, family focused, and family driven; community-based;
and culturally competent and responsive.”
(Stroul and Friedman, 1986)



Thesis:

**Evidence-Based Practice Belongs
in Systems of Care**

**Highest risk youth
deserve the most
effective services!**

Progress:

- **The Evidence Base**
- **Spread of EBPs**
- **Family Involvement**
- **Dialogue**
- **Future Directions**

The Evidence Base

- **Strong support for most common problems of youth seeking treatment**
- **Many EBPs developed in real-world practice settings and university-developed ones are now being tested in the community**
- **Inclusion of ethnic/racial groups in interventions studies is high, at least for behavioral disorders**

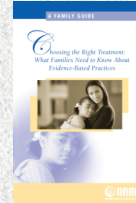
Spread of EBPs

- **Leading the Way Are ...**
 - Wraparound
 - Multisystemic Therapy
 - Parent Management Training (Parent Coaching)
 - Trauma-Focused Cognitive Behavior Therapy
 - Family Therapy – Functional Family and Brief Strategic Treatment
 - Foster Care
 - Cognitive Behavior Therapy
- **Training is Available and Clinicians Respond**

What is available in your system of care?

Family Involvement in EBP

- **Motivated Parents/
Caregivers**



- **Growth of Professional Parents**

- **Key National Organizations**

National Federation of Families for Mental Health

National Alliance on Mental Illness

Children and Adults with Attention-Deficit/Hyperactivity Disorder

The Challenge

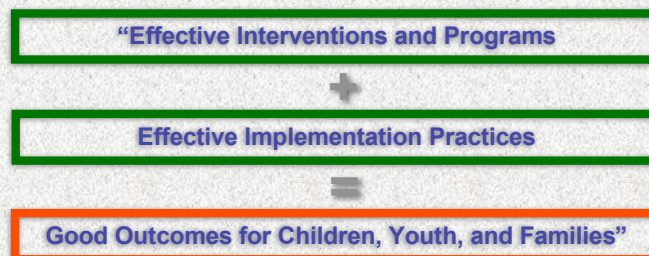
**There is nothing more difficult
to plan, more doubtful of
success, nor more dangerous
to manage than the creation of
a new order of things ...**

Machiavelli, *The Prince*

Barriers to the Spread of EBP

- **Increase in residential beds, RTCs, and child psychiatric hospitals under construction**
- **“Stuck Kids” \$66,000,000 in Massachusetts, 2001**
- **Increased use of psychotropic medications**
(60% across service systems, \$6.8 million for youth in 2000)
- **Limited formal education in EBP for the mental health work force**

Addressing The Challenge



Karen Blase, 2007

Or ...

Get the relevant actors on board and keep them there. Begin with dialogue ...


Believers



Family
My child has specialized needs, will benefit from focused treatment and this includes me

Administrators
The idea of prevented outcomes ... might ... the money on ... al care

Doubters




Family
Is there any answer for my child?

Administrators
Don't know how to evaluate the evidence; can't afford down time for training/supervision/consultation ... Too few choices or too many to choose from; and, how much will it really cost?

Resisters

<p><u>Family</u></p> <p><i>If I have to participate in the treatment, it must mean it's my fault and I am being blamed ...</i></p>	 <p><u>Clinicians</u></p> <p><i>When I have to do EBP, I will prove I am <u>not</u> doing EBP</i></p>	<p><u>Administrators</u></p> <p><i>It is difficult for a large work force; clinicians won't rate many requirements – outcomes and fidelity. We don't do groups and we only see people in clinics</i></p>
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Future Directions for Systems of Care

- **Dialogue with all stakeholders in all phases of process**
- **Assess ^{including} readiness for EBP in each SOC**

- **Ask for all of the facts from academics, investigators, intervention developers -- and be TOUGH**
- **Create a national training consortium; partner with federal demonstrations at the local level.**
- **Insure data to monitor outcomes and fidelity**

Future Directions for Systems of Care

(continued)

- **To build workforce capability, expose trainees from local colleges and universities to EBP in SOCs**
- **Create family and system linkages to residential settings and study the impact**
- **Define and evaluate professional parent services (advocacy, education, and support)**
- **Conduct further research on home-based services**
- **Increase understanding about the links between service provision (including EBP) and outcomes across sites**

