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?

... in full bloom?,
... uncertain?,
... or standing still?

Related to ...

... believers,
... doubters,
... or resisters?
What IS Evidence-Based Practice?

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

Institute of Medicine, 2001

Best Available Research on Diagnosis, Treatment, and Rehabilitation

Respect for Preferences, Concerns, and Expectations

CLINICAL EXPERTISE

Individualized Care Based on Knowledge and Understanding of Child/Family

PATIENT VALUES

EBP

Best Evidence

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)

Best Available Research on Diagnosis, Treatment, and Rehabilitation

Respect for Preferences, Concerns, and Expectations

CLINICAL EXPERTISE

Individualized Care Based on Knowledge and Understanding of Child/Family

PATIENT VALUES

EBP

Best Evidence
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

"Effective Interventions and Programs

Effective Implementation Practices

Good Outcomes for Children, Youth, and Families"

Or ...

Get the relevant actors on board and keep them there. Begin with dialogue ...
My child has specialized needs, will benefit from focused treatment and this includes me.

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

Family
If I have to participate in the treatment, it must mean it’s my fault and I am being blamed ...

Clinicians
Why should I change? I work with kids, not parents
Manual? No – too rigid, not individualized

Administrators
I can’t prove I am not doing EBP
Too difficult for a public work force; My clinicians won’t cooperate
Too many requirements – outcomes and fidelity
We don’t do groups and we only see people in clinics

Future Directions for Systems of Care

- Dialogue with all stakeholders in all phases of process
- Assess need for EBPs 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

“The future will be better tomorrow.”

Yogi Berra