

## Evidence-Based Treatments in System of Care Communities: Plans and Caregiver Perceptions

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## Comprehensive Community Mental Health Services for Children and Their Families Program

- ▶ Referred to as the Children's Mental Health Initiative (CMHI)
- ▶ Funded by the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA)
- ▶ Largest children's mental health services initiative to date (more than \$1.06 billion)
- ▶ 144 grants and cooperative agreements funded since 1992
- ▶ Each system of care community funded for 6 years
- ▶ 30 communities funded in FY 2005 and FY 2006 (Phase V)



## Research Questions

- ▶ What beliefs and knowledge about evidence-based practices (EBP) are held by community system of care leadership teams (project directors, evaluators, family representatives, and clinical directors)?
- ▶ What evidence-based treatment (EBT) approaches do communities plan to use? Which ones do they implement?
- ▶ How important is it to caregivers that they be informed about the research support for, and their provider's clinical experience with, the treatments they and their children receive?



## Research Questions (cont.)

- ▶ Do the caregivers who were and were not informed about expected improvements, research support for, and provider experiences with, the treatments their families receive differ in their satisfaction with services and outcomes?
- ▶ Do groups of youths whose caregivers received or did not receive this information differ in their satisfaction with services and outcomes?



## Methods

Data presented here were collected from system of care communities funded in 2005 and 2006 as part of three national evaluation studies:

- ▶ The Community Plans Substudy (CPS) of the EBP Study  
Involved conference calls with the project director, lead evaluator, clinical director, and a family representative of participating communities during their first 2 years of funding
- ▶ The System of Care Assessment  
Assesses the extent to which grant communities implement the core system of care principles  
Collects data from communities about specific EBTs and service arrays
- ▶ The Longitudinal Child and Family Outcome Study (Outcome Study)




## CPS: Positive Perceptions


- ▶ The majority of the participants made positive statements about the use of EBTs within their systems of care.
- ▶ Leaders see EBTs as a way to improve services, strengthen their system's continuity of care, and maximize the impact of their limited resources.
- ▶ Communities that have successfully implemented one EBT are more likely, and perhaps better able, to adopt others.




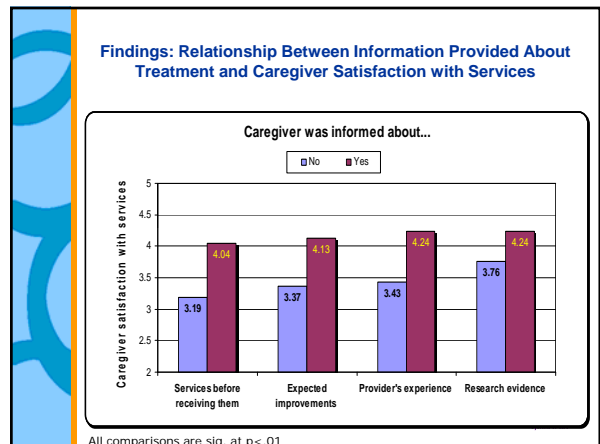
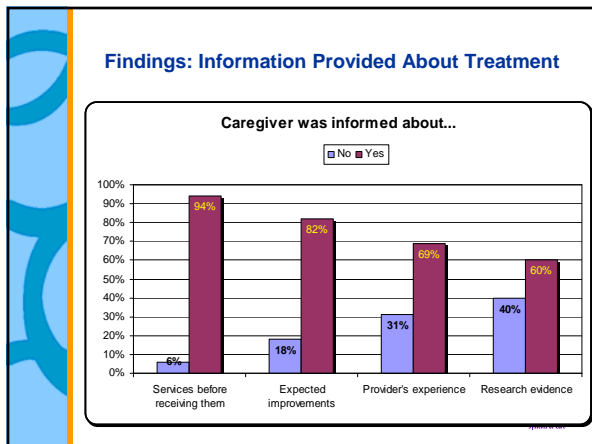
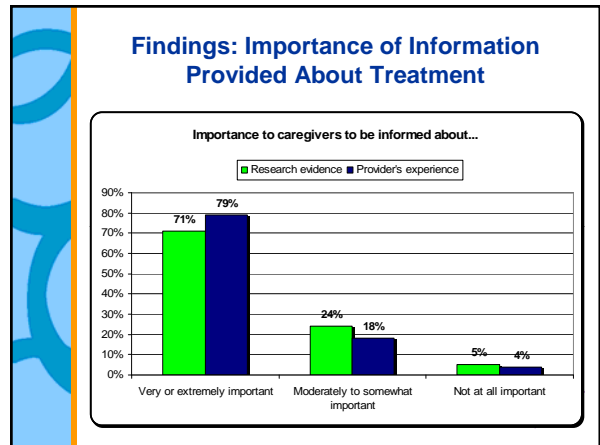
### EBTs Planned and Implemented

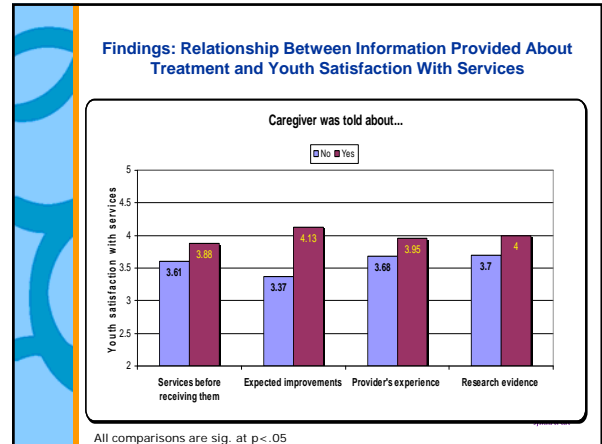
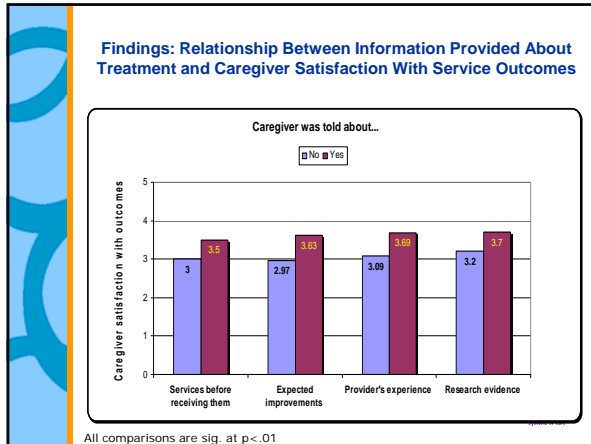
Practice	Number of Communities that Planned to Use the Practice	Number of Communities that Implemented the Practice
Wraparound Services	12	9
Positive Behavioral Interventions and Support	8	5
Multisystemic Therapy	7	7
Trauma-Focused CBT	6	6
Cognitive Behavioral Therapy	6	6
Parent-child Interaction Therapy	5	5
Functional Family Therapy	3	4
Incredible Years Program	4	4
Parent Management Training-Oregon Model	3	2
Family Group Decision Making	3	3
Dialectical Behavior Therapy	2	3
Therapeutic Foster Care	2	1



- ### Challenges Expressed During the CPS
- Leaders voiced concerns regarding...
- ▶ the quality and generalizability of the research supporting EBTs, and whether these treatment approaches really work in applied contexts
  - ▶ the interaction of EBTs with race, ethnicity, and culture
  - ▶ the lack of EBTs for early childhood populations
  - ▶ adherence to fidelity
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- ### CPS: Family Perspectives
- ▶ Family members expressed two main opinions:
    - They support whatever practices will be most helpful for their children
    - They want to retain the power to choose among treatment options
  - ▶ Some family representatives expressed concern about the adoption of EBTs because they worried that effective local and/or traditional practices might be pushed aside
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### Significance of Correlations Between Importance of Being Told Information and Perceptions of Services

Importance of being told about:

	<u>Research evidence</u>	<u>Provider's experience</u>	<u>Services explained</u>	<u>Expected improvements</u>
Caregiver mean satisfaction	yes	yes	yes	yes
Caregiver satisfaction with outcomes	yes	yes	no	no
Youth mean satisfaction	yes	yes	no	no
Youth satisfaction with outcomes	yes	yes	no	yes

- ### Conclusions
- ▶ Service array plans often change
  - ▶ Some discussion participants suggested that caregivers are not as concerned with the level and type of evidence supporting the treatment being provided to their children as they are simply concerned that the treatment will work for their children; data suggest that they are very concerned about both.
  - ▶ Information is important to caregivers, and is significantly related to their satisfaction.
  - ▶ Very often, this information is not provided.
  - ▶ These results may reflect caregiver attributes more than provider behaviors.
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- ### Next steps
- ▶ We plan to continue these analyses with subsequent data collection points, and investigate changes over time.
  - ▶ When we have sufficient data, we plan to perform multi-level modeling (MLM) to explore differences by community and by service array.
  - ▶ Other suggestions?
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- ### Questions:
- ▶ Do you have questions or comments? Please contact Kurt Moore at [kmoore@wrma.com](mailto:kmoore@wrma.com)
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