



HARMONY IN DUALITY

*Using Evidence-Based Programs to Transform
the Traditional Parts of Your Agency*



1852 - present

BECOMING AN EB PROVIDER

- 2000 – FFT
- 2002 – MTFC
- 2005 - MST

THE OLD US

- RESIDENTIAL TREATMENT
- FAMILY RESILIENCY BASED ON HOME BUILDERS MODEL

THE NEW US

- RESIDENTIAL TREATMENT
- FAMILY RESILIENCY

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- FFT
- MTFC
- MST

FEELINGS AND DYNAMICS

- “The Evidence-Based and the Dinosaur part of the agency...”
- Shifts in resources and the spotlight set off lots of feelings.
- If not processed, they’ll grow and build divisions.

OUR RESPONSE

- Educate, educate, educate...
- Starting with Upper Management
- But involving the entire agency

LESSONS FROM EVIDENCE-BASED

- EB clearly identifies a model
- Holds practitioners to model – to FIDELITY
- Non-EB work is defined by each practitioner and is not a set, proven model.
- It emphasizes *effort* – not a *proven intervention*
- We began to create an *obsession with outcomes not efforts*

LESSONS FROM THE TRADITIONAL

- Our traditional work had great strength in partnerships – learning to discover customer needs and pressures
- Too often EB developers don't address real life challenges – e.g. referrals.
- "Where the rubber meets the road" practicality made EB more user-friendly to customers.

OUTGROWTHS

- The interchange produced mutual growth
 - Traditional became more disciplined
 - EB became less academic
- Logic Template for programs.

LOGIC TEMPLATE

- Name of Intervention
- Focus Population
- Hypothesis Of Problem
- How Intervention Remedies Problem
- Brief Overview of Intervention
- Projected Outcomes
- How Outcome Achievement is Determined:

EB EFFECT ON RESIDENTIAL

- Working to make Residential more evidence-based:
 - Define intervention model
 - Greater structure to the model
 - Creating staff fidelity links
 - Tracking post-discharge outcomes
- Integrating other EB interventions
 - Matrix Institute Teen Matrix Model for Teen Substance Abuse

CROSS-POLLINATION

- USING FFT to shorten Residential lengths-of-stay.
 - Starting FFT after 16 weeks.
 - Return home after 22 weeks.
 - FFT intervention continues and concludes after return home.

CROSS-POLLINATION

- Offering FFT and MST in same county.
- What's the best match for whom?
 - Risk factors & presenting issues.
 - But also family style – e.g. intimacy.

NEXT STEPS

- Continuing to change Residential
- Furthering initial cross-pollination
- Tracking outcomes

- LOOKING FOR A RESEARCHER TO ADOPT US!!

CONTACT INFO

Edward Myers Hayes
CEO
Cayuga Home for Children
101 Hamilton Avenue
Auburn, New York 13021
emh1@cayugahome.org