Evidenced-based Practice within a Children’s System of Care

Touchstone Behavioral Health

March 3, 2009

Touchstone Behavioral Health Evidence Based Programs

FFT
Multidimensional Treatment Foster Care 2001-2004
Multisystemic Therapy 2003

BSFT
Brief Strategic Family Therapy 2006

MST-PSB
Multisystemic Therapy-Problem Sexual Behavior 2009

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Why?

Legislative Mandate
Research Options
Ethical Consideration
Mission

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Lessons Learned

Considerations
Licensing Issues
Contract Issues
Matrix Issues
Referral Issues

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The 12 Arizona Principles

1. Collaboration with child and family
2. Functional outcomes
3. Collaboration with others
4. Accessible services
5. Best practices
6. Most appropriate setting
7. Timeliness
8. Services tailored to child and family (strengths-based)
9. Stability
10. Respect for child and family’s unique cultural heritage
11. Independence
12. Connection to natural supports

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Myths About Evidenced-Based Practice

Substitutes for the Arizona Vision and CFT Practice
- Too Prescriptive
- Stifles Creativity
- Can Treat Anyone
- Too Expensive
- Outsiders

Evidenced-Based Practice and the Child and Family Team
- Protocol Can Be Communicated
- Informed Consent
- Ethical Responsibility
- Choice

Evidenced-Based Practice Within a Children’s System of Care

Thank You

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Successful EBP Implementation

**What is it?**
- A new process for intake and brief service across all 5 geographic program areas in Kinark
- An effective and efficient process designed to meet the needs of families in a timely, personal, and flexible way
- Utilization of two EBPs to improve client outcomes
  - Solution Focus Brief Therapy
  - Primary Care Triple P

**Efficient**
- Clients receive service as quickly as possible
- Intake process is streamlined
- Specialized intake software application developed

**Effective**
- Services matched to client needs and readiness
- Service process and outcome factors measured

**Critical Success Factors for Implementation**
- Management and Staff support the rationale for change
- Careful selection of Evidence-Based Practices
- Partners understand and support the rationale for change
- Development of interdisciplinary teams
- Increased professional competency and efficacy in staff
- Integrated system of initial and ongoing education and coaching
- Sustainability

**Description**
- **Client chooses medium of initial consultation:**
  - Telephone
  - Face-to-Face
- **After brief initial assessment, the case is:**
  - Closed
  - Referred to other services (internal or external)
  - Provided brief evidence based interventions
    - Solution Focused Brief Therapy
    - Primary Care Triple P
DirectResponse ~ Outcomes
Reduction in waitlist over last year:
- June 07 - 459
- June 08 - 136
- Reduction in wait time for first appointment from 2 - 4 months to 2 weeks.
- Approximately 30% of the clients referred complete service within 60 days.
- Approximately 300 clients have been involved in one of the 2 EBPs between April 08 and December 09.

Kinark Child and Family Services
Clinical Transformation – the context
FOCUS ON IMPLEMENTATION
Effective intervention practices +
Effective implementation practices =
GOOD OUTCOMES FOR CHILDREN AND FAMILIES

DirectResponse ~ Where we’ve been
Stages of Implementation - Fixsen et al
Exploration
- Working Group
- Research
- Prioritizing
- Recommendations
- Conclusion of group

DirectResponse ~ Where we’ve been
Stages of Implementation - Fixsen et al
Installation
- Installation team
- Focus on practical implementation
- Resources, systems, processes
- Develop the installation plan
- Recommend and conclude

DirectResponse ~ Where we are
Stages of Implementation - Fixsen et al
Initial Implementation
- Implementation team
- Focus on “form serving function”
- Integration - a key role
- Staff involvement in process - focus groups, feedback, trial and error

DirectResponse ~ Where we’re going
Stages of Implementation - Fixsen et al
Full Implementation - What’s next?
- Practicing what we preach
- Consistency in practice and outcomes
- Systems and infrastructure in place
- Integrated with other services
Stages of Implementation

- Building upon success
- Exploring enhancements based on data
- Revisioning from a “new norm”
- Incorporating value-added service

Innovation - What else?

Sustainability - Continuing forward

- Sticking to the plan
- Peer Consultation Committee
- DirectResponse Manual
- Practice Leader support
- Process and Program Evaluation

Thank you