

Evidenced Based & Best Practices for Outpatient Services Across the Lifespan

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Service Access Service Quality

Trauma Informed

Wellness

Integrated Treatment

Workforce



Begin with the
End in Mind

*If you don't know where
you are going, then you
probably won't end up
there.*

Forrest Gump

An overview of EBP

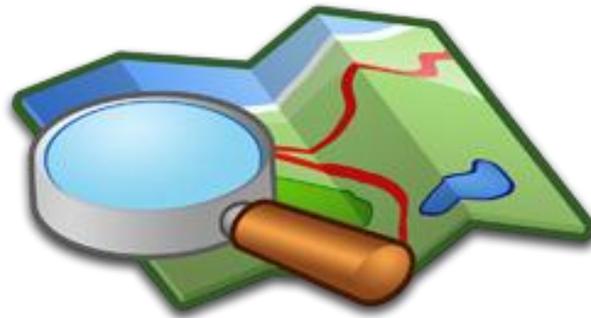
What Currently exists in Oklahoma

National trends and practices

A Road Map to Implementing Evidenced Based Practices

SAMHSA's National Registry of Evidence-
based Programs and Practices

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What are Evidenced Based Practices

- Interventions rigorously tested, have yielded consistent, replicable results, and have proven safe, beneficial, and effective
 - Best Research Evidence
 - Best Clinical Experience
 - Consistent with client/family values
- Many have core components, and if these components are altered, you are no longer implementing with fidelity

Best and Promising Practices

- A program, activity, or strategy that has been shown to work effectively and produce successful outcomes and is supported to some degree by objective and subjective data sources
- A program, activity, or strategy that has worked within one organization and shows promise during it's early stages for becoming a best practice with long term sustainable impact. A promising practice must have some objective basis for claiming effectiveness and must have the potential for replication among other organizations.

Defining

*Assess,
implement,
and measure,
measure,
measure.*

Meninger 2010

Five Stages of Implementation

- **Exploration**
- **Installation**
- **Initial Implementation**
- **Full Implementation**
- **Program Sustainability**

A Road Map to Implementing Evidenced Based Programs

<http://nrepp.samhsa.gov/aboutlearn.aspx>

- **Exploration: Getting Started**

- Identify your community's needs
- Assess organizational capacity
 - Financial & Personnel Costs
 - Commitment and Buy-In
- Search Program registries
 - Center for Substance Abuse Prevention
 - California Evidenced Based Clearing House for Child Welfare
 - National Child Stress Traumatic Network
 - National Registry of Evidence Based Programs and Practices (NREPP) SAMHSA
- Understand program fidelity and program adaptation

Implementation

The use of effective interventions without implementation strategies is like serum without a syringe; the cure is available but the delivery system is not.

Fixsen, Blasé, Duda, Naoom, & Van Dyke, 2010

Five Stages of Implementation

- **Installation: Launching your program**
 - Implementation team, with champions
 - Budget for startup costs
 - Prepare for potential challenges; ie business as usual attitudes

- **Initial Implementation: Expect the Unexpected**
 - Incorporating new practices into existing routines
 - Manage the change process
 - Abundant Coaching
 - Potential challenges; inertia or adaptations vs. fidelity

- **Full Implementation: The Program is in Place**
 - Fully integrated into the service, organization, system
 - Focus on maintenance, fidelity, and improvement
 - Continue program evaluation
 - Potential Challenges; turnover, change in funding, partial implementation

- **Program Sustainability: Maintaining Your Program's Success**
 - It's difficult, must continually adapt
 - Must address in initial planning and implementation

What we want...



What we end up with!



"One Piece at a Time" April 1976

Workforce Development

- Opportunities
- Incentives
- Efforts with existing workforce
- Importance of preparing the future workforce, working with universities and career techs
- Differences in being informed and trained in a model, eg TFCBT, online, live, full process

Screening and Assessment

- Sound assessment is required for accurate identification of for the problems and disorders, for ongoing monitoring response to interventions, and for the evaluation of outcomes of interventions once termination has occurred.
- Assessment guides diagnosis, intervention planning, and outcome evaluation

Points to Ponder

Important Variables addressed by EBPS

- Alliance
- Engagement
- Treatment Retention

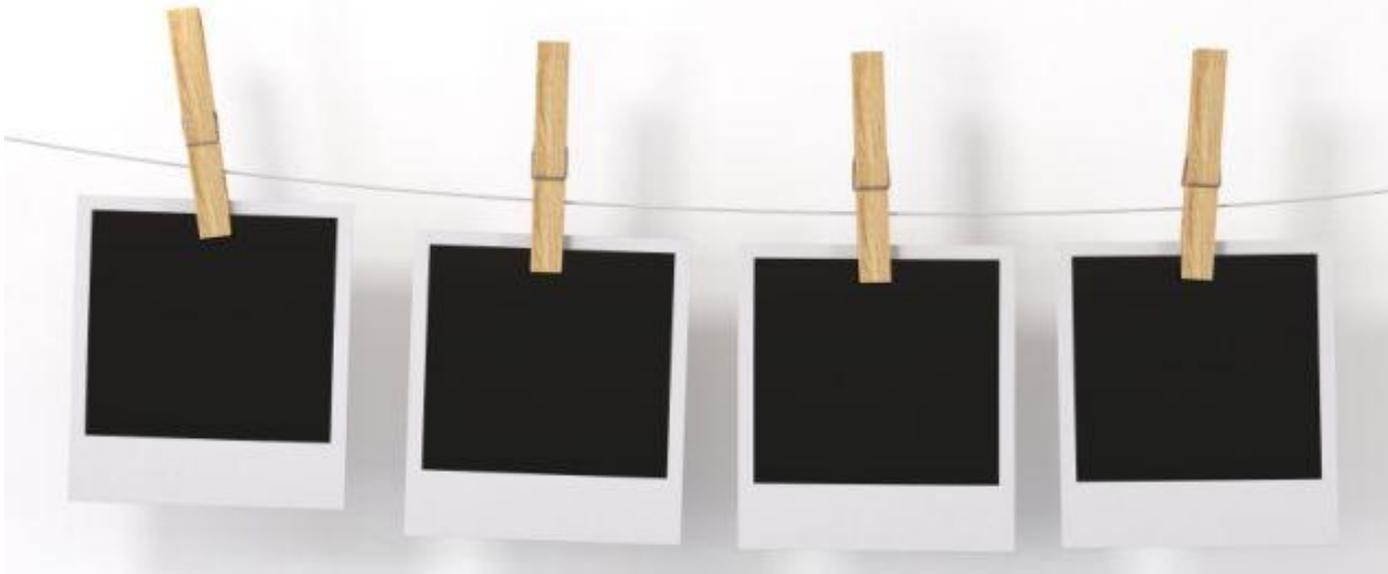
40-60% of individuals who enter outpatient treatment do not stay in treatment longer than a few sessions. Factors that contribute to treatment retention include individual and family characteristics, satisfaction with treatment, and the therapeutic alliance.

Challenges and Limits of EBPs

- Many children in treatment are embedded within complex life circumstances that may include poverty, abuse or neglect, unstable living or custody arrangements or neighborhood violence, any of which may require attention in therapy or case management outside therapy and for most of which no evidence-based treatment exists.
- Many EBPs are developed for licensed/clinical level staff
- Sometimes EBPs are specific to a single issue, and the individual has co-occurring treatment needs.
- Difficulty with funding and billing.
 - Models may require a certain group size, co-therapists, or other elements that are not billable.
 - Depending on the funding source, certain elements may not be billable, such as provider consultation, treatment of parents, school consultation.



Currently in Oklahoma



- Psychotherapy Models
 - Mental Health
 - Substance Abuse
 - Co-occurring
 - Older Adult
 - Adult
 - Youth
 - Children
 - Young Child
 - Individual
 - Group
- Intensive Clinical Program Models
- Trauma Recovery Models
- Family, Couples, & Parenting Models
- Peer Support
- Clinical Psychometrics
 - (screening and assessment)
- Special Populations
 - Organizational Changes
 - Juvenile Justice
 - Military

Infinite diversity in infinite combinations... symbolizing the elements that create truth & beauty.

Commander Spock, Star Trek

EBPs for all



- Cognitive Behavior Therapy (CBT)
- Motivational Interviewing (MI)
- Dialectic Behavior Therapy (DBT)

Psychotherapy



- Seeking Safety
- Trauma Recovery and Empowerment Model (TREM)
 - Trauma Recovery and Empowerment Profile (TREP)
- Cognitive Processing Therapy (CPT)
- Trauma- Focused Cognitive Behavioral Therapy (TF-CBT)
- Parent Child Interactive Therapy (PCIT) **(not trauma specific)**
- Child Parent Psychotherapy (CPP)

- Sanctuary
- CCTIC

- PFA Psychological First Aid
 - For Schools
- PFLASH

Trauma Recovery Models



- Celebrating Families
- Strengthening Families
- Family Systems Therapy
- Parent Management Therapy
- Within My Reach



Family, Couples, & Parenting Models

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- WRAP: Wellness Recovery Action Plan
 - WHAM: Whole Health Action Management



Peer Support

Screening and Assessment

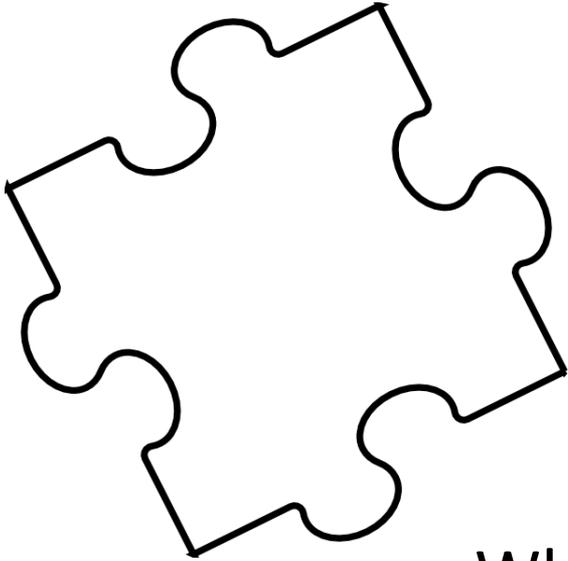
- PTSD Checklist (PCL)
- UCLA PTSD RI
- TSCC Trauma Symptom Checklist
- TSCYC Trauma Symptom Checklist
Young Child

- Addiction Severity Index (ASI)
- Teen Addiction Severity Index
(TASI)

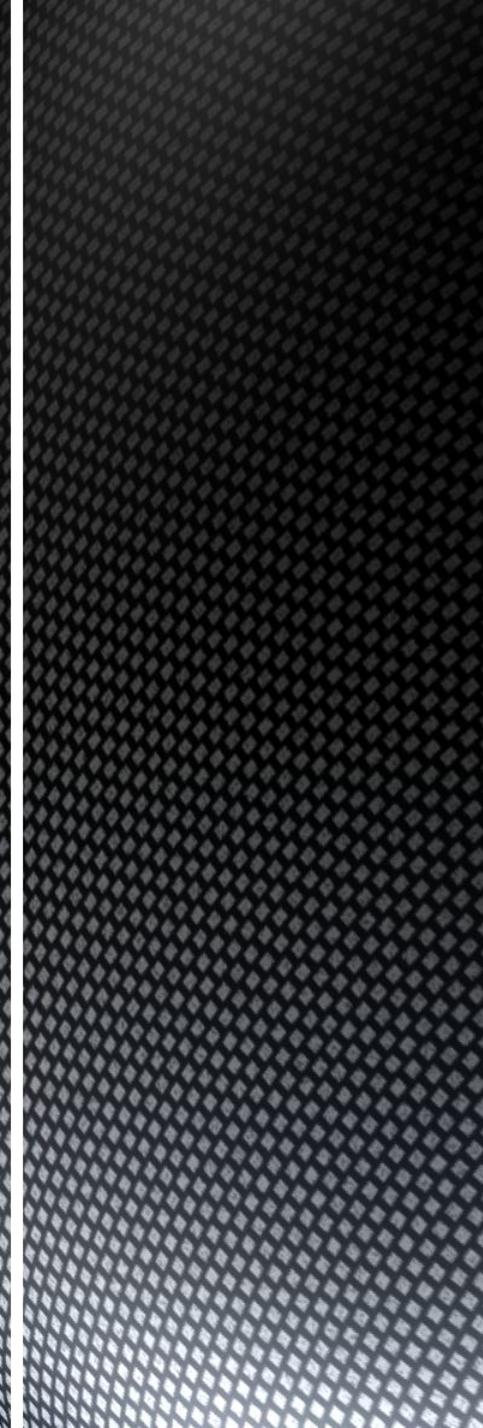
- Mental Health Recovery
Measurements (MHMR)

- Beck Depression Inventory (BDI-II)
- Beck Anxiety Inventory (BAI)





What are we missing...
Where we going....



- For Example
 - Group Size for both children and adults
 - Reimbursement for EBPs
 - Mechanism for regulations
 - Statewide implementations plans for specific EBPs, ie, Seeking Safety

National Trends and Recommendations

