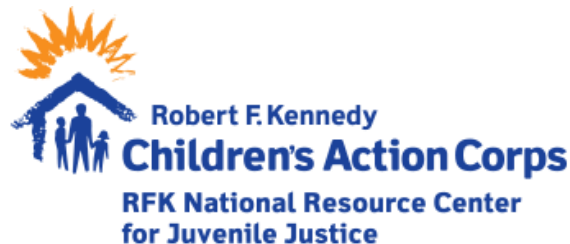


# Implementing and Sustaining Evidence-Based Practices: Benefits and Challenges

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# Learning Objectives

## Participants will be able to:

- Describe methods for building community support for Evidence-Based Practices (EBPs)
- Utilize several proven tools for choosing and maintaining EBPs
- Understand the importance of a common mission and vision when developing and using EBPs
- Understand the importance of screening and assessments when implementing EBPs
- Implement procedures for maintaining sustainability, fidelity, and funding for EBPs

# Assessing Participant Experiences

- ❑ How does your jurisdiction know your interventions are effective?
- ❑ How does your jurisdiction determine what services youth and families need?
- ❑ How prepared are your community and stakeholders for implementing EBPs?



# Obtaining Community and Stakeholder Support for EBPs – Setting the Foundation

Agree on a common philosophy – EBPs transcend philosophical differences (Jefferson Parish Experience)

Emphasize cost/benefits, effectiveness, and research results

Agree on acceptable outcomes (e.g., more accountability, better outcomes) (Rock County Experience)

Politically popular ≠ effective!

## Training & Education

- What are EBP's?
- What are target outcomes?
- What are baselines?



# Top Reasons People Shy Away From EBPs



- ❑ Funding – no money to train
- ❑ Fit – EBP does not address diverse populations (e.g., gender, race, ethnicity, SES)
- ❑ Fidelity – manualized process cannot be adapted to local culture
- ❑ Function – No identified need = wrong EBP
- ❑ Lack of Understanding of EBPs

# Obtaining Community and Stakeholder Support for EBPs – Discussion Points

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- ✚ Move away from, “I know it works, because I’ve been doing it for 20 years”?
- ✚ If you don’t know the outcomes of your programs, you may be doing more harm than good.
- ✚ How do you know that money being spent has positive impacts?
- ✚ Key cost-benefit analyses published by the Washington State Institute for Public Policy
- ✚ “Evidence-Based Juvenile Offender Programs: Program Description, Quality Assurance, and Cost” <http://www.wsipp.wa.gov/ReportFile/986>



# Obtaining Community and Stakeholder Support for EBPs – Discussion Points

Program Examples	Effect (No. Studies)	Marginal Costs	Benefits to Community
FFT	-15.9% (7)	\$2,325	\$31,821
MST	-10.5% (10)	\$4,264	\$18,213
Restorative Justice (w/low risk offenders)	-8.7% (21)	\$880	\$7,067
NF Partnership-Mothers	-56.2% (1)	\$5,409	\$14,283
Scared Straight	+6.8% (10)	\$58	-14,667
Adapted from Barnoski, R., Aos, S., & Lieb, R. (2003). <i>Recommended Quality Control Standards: Washington State Research-Based Juvenile Offender Programs</i> . Olympia: Washington State Institute for Public Policy, Document Number 03-12-1203.			

# RESULTS OF COST/BENEFIT RESEARCH

## BENEFITS PER DOLLAR INVESTED

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**For every \$1.00 spent on the following services, taxpayers save ...**

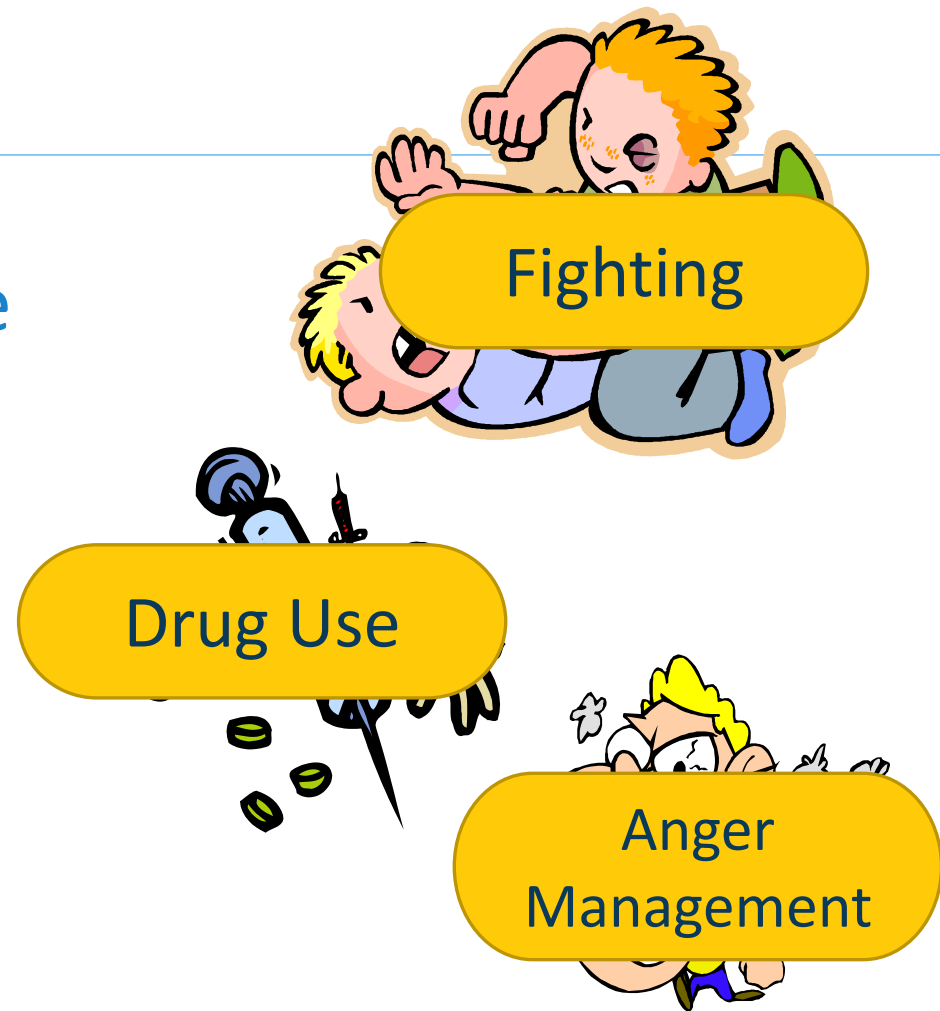
- ✓ Functional Family Therapy - \$28.34
- ✓ Multisystemic Family Therapy- \$28.81
- ✓ Multidimensional Treatment Foster Care- \$43.70
- ✓ Adolescent Diversion Project- \$24.92
- ? Juvenile Boot Camps- \$0.81
- x Scared Straight - \$-477.75 (NET LOSS)



# Why Use EBPs?

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- ❑ Empirically validated to change specific behaviors
- ❑ Based on sound scientific principles demonstrated by research
- ❑ Target diverse needs across diverse groups



# Selecting Evidence-Based Practices for Your Jurisdiction

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## Cost?

### Generic vs. Name Brand EBP's

- Generic: Motivational Interviewing, Cognitive-Behavioral Therapy, Restorative Justice
- Name Brand: MST, FFT, MRT, ART, Triple-P, TF-CBT

### Identified Juvenile Justice Targets in Louisiana

- Family Functioning (MST, FFT, EBFT, NFP, Triple P)
- Aggression and Violence (MRT, ART)
- Grief & Trauma (TF-CBT, Project LAST)

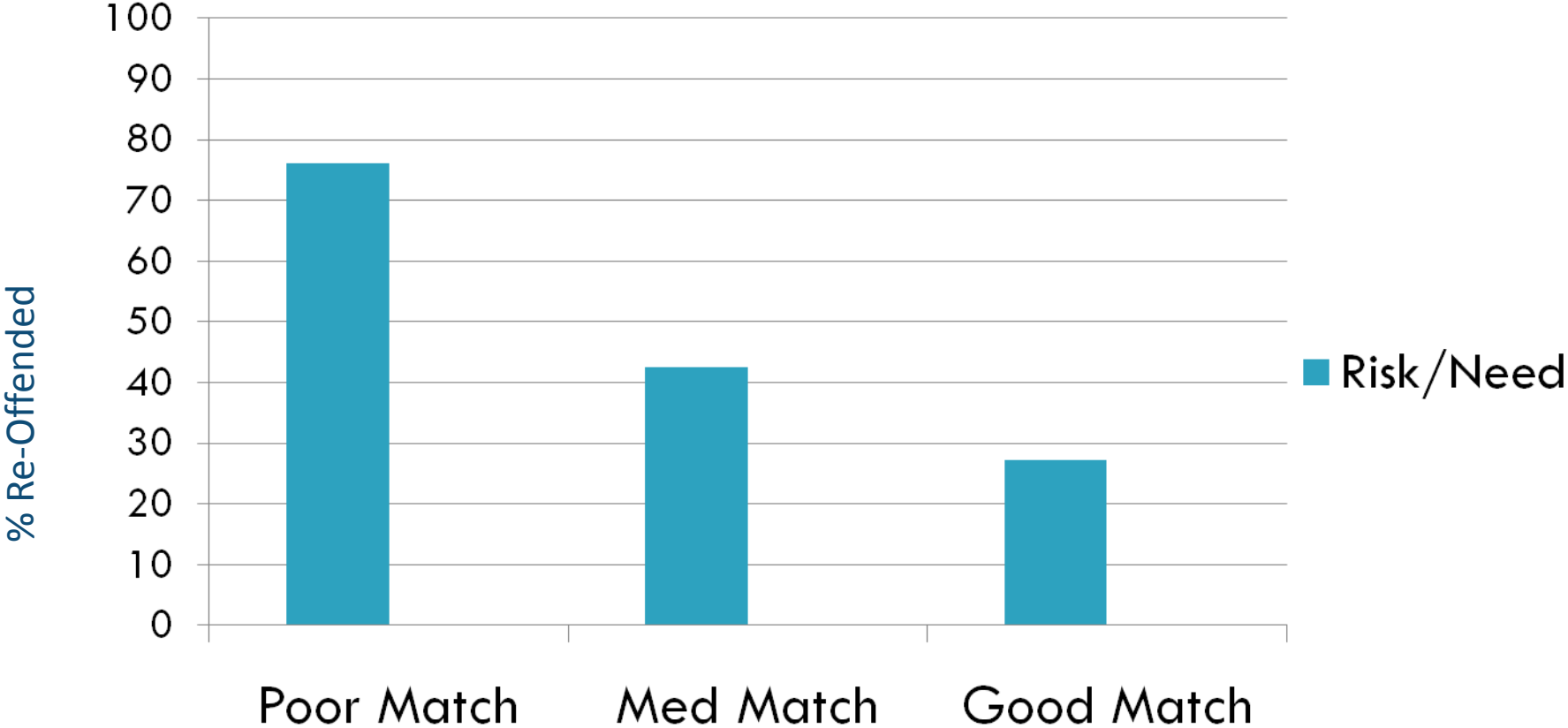


# Tips for Successfully Implementing Evidence-Based Practices in Your Jurisdiction

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- ❑ Commit to EBP's-not ineffective programs with questionable or unknown outcomes
- ❑ Implement with fidelity so outcomes drive discussions for increased funding
- ❑ Report successes as often as possible – funders require proof!
- ❑ Track outcomes using valid and reliable screening and assessment instruments
- ❑ Avoid implementing EBPs because you want one-there should be an identified need

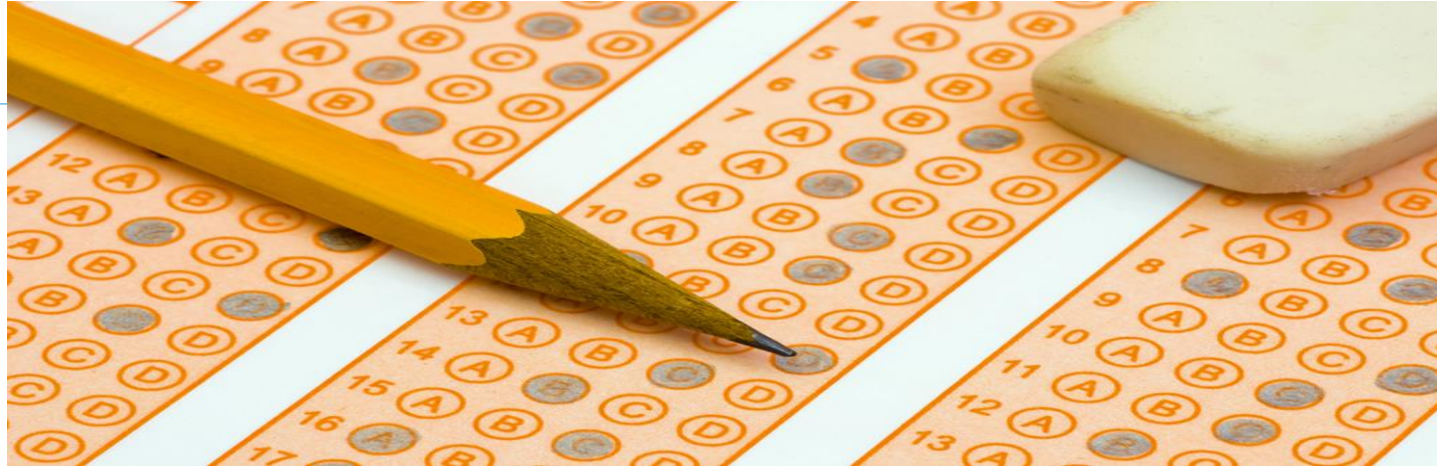
# Re-offense Rates When Youth Receive Services that Match Their Criminogenic Needs (Vieira, Skilling, & Peterson-Badali, 2009)



Match based on # of Services Given in Response to a

**Youths' Risk/Need Factor**  
PROBATION SYSTEM REFORM SYMPOSIUM, BOSTON, MA

# Screening & Assessment



- Use Valid & Reliable Screening/Assessment Tools
- Right Screen/Assessment, Right Time, Right Youth, & Right Place
- Develop Procedures & Tools
- Use Tools to Collect Data

# Screening & Assessment

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## Valid & Reliable Screening/Assessment Tools

- ❑ Screening vs. Assessment
- ❑ MAYSI-2: Post-Arrest/Detention Screen
- ❑ TSCC: Traumatic Screening Checklist for Children
- ❑ SASSI: Substance Abuse Subtle Screening Inventory – Adolescent
- ❑ YASI: Youth Assessment Screening Instrument
- ❑ YLS-CMI: Youth Level of Service-Case Management Inventory
- ❑ SAVRY: Pre-Disposition Assessment

# Matching Process: Case Example



- Stella: 15 year old, African-American female
- Arrested for Possession of Stolen Goods
  - Adjudicated delinquent
  - Pre-Dispositional Investigation performed using MAYSI-2 and SAVRY
  - No further substance abuse or mental health assessment indicated
  - High 'Traumatic Experiences'
  - Reports history of witnessing violence in home
  - Poor parental management
  - Prior school grade failure, but currently attending regularly with average grades
  - What are identified needs? Strengths?
  - What are some goals for service plan?
  - How would you engage parent & youth?
  - Which EBPs would we match her with?



## Juvenile Justice Resource Series

### Screening and Assessment in Juvenile Justice Systems: Identifying Mental Health Needs and Risk of Reoffending



Technical Assistance Partnership for Child and Family Mental Health

## Risk Assessment in Juvenile Justice: A Guidebook for Implementation

Gina M. Vincent, Ph.D.  
Laura S. Guy, Ph.D.  
Thomas Grisso, Ph.D.  
National Youth Screening & Assessment Project

**ModelsforChange**  
Systems Reform in Juvenile Justice

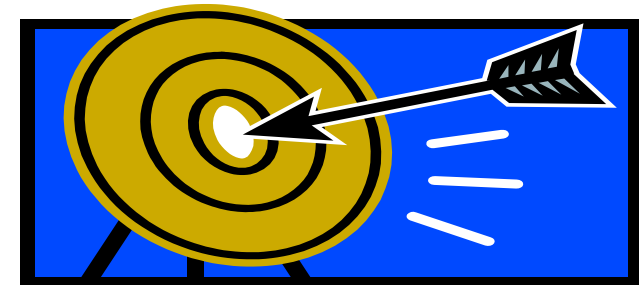


# Maintaining Fidelity to EBPs: Funders' Role

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## Utilize Performance-Based Contracts (PBC's)

- ❑ Tell contractors what outcomes you want to achieve
  - ❑ Outcomes for service or program
  - ❑ Outcomes for youth
- ❑ Contracts target the needs of youth
- ❑ Services target specific outcomes → BEHAVIORAL CHANGES!



# Maintaining Fidelity: Performance-Based Contracting

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- ❑ PBC's should include:
  - ❑ Minimum amount of days from start to finish of intervention (Duration)
  - ❑ Maximum amount of days between sessions (Intensity)
  - ❑ Certification in EBP (Fidelity)
  - ❑ Weekly supervision with staff (Fidelity)
  - ❑ Quarterly reports (Regular monitoring)

# Sustainability & Funding: Key Considerations

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Why does funding for services get cut first?

- ❑ Don't buy more light bulbs, buy more light!
- ❑ Scarce \$ means we need to spend wisely for OUTCOMES, not OUTPUTS.
- ❑ Contractors need clear performance goals.



# Basics of Funding: Importance Matters

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## Why Recidivism & School Performance Are Important?

- A. “Politicians are interested in pinching pennies and fighting crime.” - Steve Aos, Washington State Institute of Public Policy
- B. Your program needs money.
- C. Changes in cognitive and emotional development in youth does not equate to dollars saved.



# Sustain EBPs Through System Integration

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## Agency mission drives EBP choices

- ❑ Example: Juvenile Justice Mission
  - ❑ Prevent recidivism
  - ❑ Habilitate youth
- ❑ Targets: Behaviors known to be associated with youth who are in juvenile justice system (criminogenic need)

## Establish Program Outcomes Early



# Discussion/Questions

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