Implementing and Sustaining Evidence-Based Practices: Benefits and Challenges

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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

- 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
# Obtaining Community and Stakeholder Support for EBPs – Discussion Points

<table>
<thead>
<tr>
<th>Program Examples</th>
<th>Effect (No. Studies)</th>
<th>Marginal Costs</th>
<th>Benefits to Community</th>
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</thead>
<tbody>
<tr>
<td>FFT</td>
<td>-15.9% (7)</td>
<td>$2,325</td>
<td>$31,821</td>
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<tr>
<td>MST</td>
<td>-10.5% (10)</td>
<td>$4,264</td>
<td>$18,213</td>
</tr>
<tr>
<td>Restorative Justice (w/low risk offenders)</td>
<td>-8.7% (21)</td>
<td>$880</td>
<td>$7,067</td>
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<tr>
<td>NF Partnership-Mothers</td>
<td>-56.2% (1)</td>
<td>$5,409</td>
<td>$14,283</td>
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<tr>
<td>Scared Straight</td>
<td>+6.8% (10)</td>
<td>$58</td>
<td>-14,667</td>
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RESULTS OF COST/BENEFIT RESEARCH
BENEFITS PER DOLLAR INVESTED

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?

- 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

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)

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Tips for Successfully Implementing Evidence-Based Practices in Your Jurisdiction

- Commit to EBPs—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.
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

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

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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

Models for Change
Systems Reform in Juvenile Justice
Maintaining Fidelity to EBPs: Funders’ Role

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

- **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

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

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

Agency mission drives EPB 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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