Selecting Evidenced Based Interventions

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Presentation Outline & Objectives

Outline for Identifying Evidence-Based Interventions (EBIs)

• Review of Assoc. of Maternal Child Health Programs’ (AMCHP) Innovation Station Resources
  • Exploring the Innovation Station
• Review of the Centers for Disease Control’s (CDC) Community Guide
  • Exploring the Community Guide
• Review of Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices
  • Exploring NREPP

Objectives

• Become familiar with 3 databases for evidence based interventions (EBIs)
• Understand how to use the databases and their strengths and limitations
AMCHP Database – Innovation Station
Sharing Best Practices in MCH

- Searchable database of emerging, promising and best practices in MCH
- Allows for learning more about MCH programs across the U.S. and to benefit from the lessons learned
- Use search fields below to locate the innovative programs AMCHP has collected (Currently 53 programs)
- Click on the program title to download a summary of program objectives, target population, activities, evaluation, outcomes, program costs, assets and challenges, lessons learned and resources
AMCHP Database – Innovation Station

Searching the Innovation Station

- Search Fields include: State, Region, Practice Category, Primary Topic, National Performance Measure, Year and/or Keywords
- The blank space in the drop down boxes is the equivalent of the "ALL" option (Can have all blank – hit search – see all interventions)
- Hit the Search button and page will refresh. Links to the related practices listed under the Search button
- SEARCH TIP: Practices can address multiple health outcomes. If you don't find any practices using the "Primary Topic" field, try searching for that topic as a Keyword instead. This will likely yield the most results
AMCHP Database – Innovation Station

Pros
• MCH-focused interventions
• Resource links provided

Cons
• Small selection
• Limited number of topics and interventions
• Consider submitting an intervention!
Welcome to the Innovation Station, AMCHP’s searchable database of emerging, promising and best practices in MCH! This database allows you to learn more about MCH programs across the U.S. and to benefit from the lessons learned by your peers. Use the search fields below to locate the innovative programs AMCHP has collected. You can then click on the program title to download a summary of activities, evaluation, outcomes, lessons learned and resources.

If you would like to contribute to this database by sharing effective programs in your state, click here. Learn more about AMCHP’s Best Practices program at www.amchp.org/bestpractices.

Search Innovation Station:

- Use the Search Fields below to find practices by State, Region, Practice Category, Primary Topic, National Performance Measure, Year and/or Keywords. (The blank space in the drop down boxes is the equivalent of the “ALL” option.)
- Hit the Search button and the page will refresh. Links to the related practices will be listed under the Search button.
- You can also click on a marker in the Google map to view Innovation Station programs in that state.

SEARCH TIP: Practices can address multiple health outcomes. If you don’t find any practices using the “Primary Topic” field, try searching for that topic as a Keyword instead. This will likely yield the most results.
The Tribal Court Fetal Alcohol Spectrum Disorders Program

Minnesota
Date submitted: 11/2008
Category: Emerging Practice

BACKGROUND

Fetal Alcohol Spectrum Disorders (FASD) occur in about 10 per 1,000 live births, or about 40,000 babies per year. Fetal Alcohol Syndrome (FAS), the most recognized condition in the spectrum, is estimated to occur in 0.5 to 2 per 1,000 live births. There is an alarming rate of FASD among American Indian populations. Several factors play a role in the occurrence of FAS among American Indians, including drinking patterns, cultural influences, fertility, nutrition, and metabolic differences. The White Earth Tribal Court and the Reservation Tribal Council have taken a special interest in serving children and families who are suffering from the effects of alcohol in the community. Several programs within the White Earth community focus on prevention. This program addresses critical issues facing children who are diagnosed with FASD and provides support to parents and caregivers. This project, which helps to identify a portion of the population with issues related to FASD is the first of its kind in White Earth.

PROGRAM OBJECTIVES

The two major goals of the program are to:
- Increase children’s developmental progress so they can function to the best of their abilities at home, in school, and in the community
- Increase the stability of children at home, in school, and in the environment

TARGET POPULATION SERVED

The targeted population, children ages 0-7 who are under the protection of the tribal court, was chosen so that the work of this project could have the maximum impact. Children who are diagnosed early with an FASD and have appropriate interventions in place make better adjustments. The approximate sample size of those receiving FASD follow-up services is 128 children per year.

PROGRAM ACTIVITIES

The Fetal Alcohol Spectrum Disorders Program has become an integral part of the Tribal court. All children ages 0-7 who are involved with the court system through White Earth Indian Child Welfare are screened for an FASD. Once the child is screened and the birth mother is interviewed, it is determined whether or not the child meets the guidelines for an FASD diagnostic evaluation. If so, the child is referred to an FASD diagnostic clinic and the family is assisted with the application process. Children who receive an FASD diagnosis are followed closely by the FASD case manager. An intervention plan is created by the case manager with family input, and the child will begin receiving educational and mental health related services.

This program also conducts interviews with birth mothers to assess their level of alcohol consumption during pregnancy. The Behavior Assessment System for Children (BASC-II) is also completed with families, which allows for the evaluation of the child’s level of functioning from a family perspective.

The following table shows the number of services provided as of 11/08:

<table>
<thead>
<tr>
<th>Month 1</th>
<th>Month 2</th>
<th>Month 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clients entering service</td>
<td>115</td>
<td>10</td>
</tr>
<tr>
<td>Clients screened for an FASD</td>
<td>115</td>
<td>12</td>
</tr>
<tr>
<td>Clients with a positive FASD screen</td>
<td>17</td>
<td>3</td>
</tr>
</tbody>
</table>

PROGRAM OUTCOMES/EVALUATION DATA

This program is new and therefore outcomes were not provided at the time of submission.

There is no evaluation data available at this time (11/08). However, the University of Minnesota-Duluth has entered
Exploring the Innovation Station

- Visit website: http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/Pages/default.aspx

- Explore:
  - Perinatal health
  - Women’s health
CDC Database –
The Guide to Community Prevention Services
What works to Promote Health

Free resource for choosing programs and policies to improve community health.

**Systematic reviews address**
- Which program and policy interventions have been proven effective?
- Are there effective interventions that are right for my community?
- What might effective interventions cost; what is the likely return on investment?
CDC Database –
The Guide to Community Prevention Services

Topics

- Adolescent Health
- Alcohol - Excessive Consumption
- Asthma
- Birth Defects
- Cancer
- Cardiovascular Disease
- Diabetes
- Emergency Preparedness
- Health Communication
- Health Equity
- HIV/AIDS, STIs, Pregnancy
- Mental Health
- Motor Vehicle Injury
- Nutrition
- Obesity
- Oral Health
- Physical Activity
- Social Environment
- Tobacco
- Vaccination
Pros

• Includes summary of Task Force recommendations and findings, results of the systematic review, economic evidence, and presentation and promotional materials, fairly easy to navigate

Cons

• NOT really a searchable database, only includes information on 21 topics, not necessarily specific to MCH population, not as many resource for implementing interventions
Task Force Recommends Education Programs to Promote Health Equity

High school completion and out-of-school-time academic programs improve long-term health for minority and low-income groups. More >>

2014 Meetings
October 29–30

2015-2016 Meetings

Annual Reports to Congress

Text Size:  S  M  L  XL

Get Email Updates
Submit your email address to get updates on The Community Guide topics of interest.
Your email address
Submit

What's this?
Increasing Physical Activity: Environmental and Policy Approaches

Environmental and policy approaches are designed to provide opportunities, support, and cues to help people be more physically active. They may involve:

- The physical environment
- Social networks
- Organizational norms and policies
- Laws
- Public health professionals, community organizations, legislators, departments of parks, recreation, transportation, and planning, and the media

Task Force Recommendations and Findings

This table lists interventions reviewed by the Community Guide, with a summary of the Task Force finding (definitions of findings). Click on an underlined intervention title for a summary of the review, and where available, Research-tested Intervention Programs (RTIPs).

| Community-Scale Urban Design and Land Use Policies | Recommended June 2004 |
| Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities | Recommended May 2001 |
| Street-Scale Urban Design and Land Use Policies | Recommended June 2004 |
| Transportation and Travel Policies and Practices | Insufficient Evidence February 2004 |
| Point-of-Decision Prompts to Encourage Use of Stairs | Recommended June 2005 |

Presentations and Promotional Materials

Community Guide In Action: Stories from the Field
Creating Walkable Communities in Rural North Carolina [PDF - 508 KB]
Walkable Communities: Video – 8:55
Evidence-Based Recommendations Get Minnesotans in the Groove [PDF - 543 KB]
The Toolbox

The Community Guide Toolbox is a collection of online public health materials that will help users assess and carry out evidence-based public health strategies and interventions to meet their community’s critical health needs.

In the Toolbox, users can find case studies, fact sheets, evaluations, templates, and more that can be adapted to help plan and design effective interventions based on the Community Preventive Services Task Force recommendations and other findings.

The Toolbox is made up of five sections, each focusing on one of the steps involved in developing an intervention. See what each of the tools includes:
Explore the Community Guide

Website
http://www.thecommunityguide.org/

Examples
• Oral Health
• Health Equity
What Is The National Registry of Evidence-based Programs and Practices (NREPP)?

• A searchable online database of **more than 330** mental health and substance abuse interventions

• All interventions in the registry have met NREPP’s minimum requirements for review and have been independently assessed and rated for Quality of Research and Readiness for Dissemination

• NREPP is a voluntary, self-nominating system in which intervention developers elect to participate

• New intervention summaries are continually being added, so the registry is always growing
What Information Does NREPP Provide About Interventions?

- NREPP publishes a report called an intervention summary on this Web site for every intervention it reviews. Each intervention summary includes:
  - General information about the intervention
  - A description of the research outcomes reviewed
  - Quality of Research and Readiness for Dissemination ratings
  - A list of studies and materials reviewed
  - Contact information to obtain more information about implementation or research
How Should NREPP Be Used?

- The information in NREPP intervention summaries is provided to help you begin to determine whether a particular intervention may meet your needs.

- Direct conversations with intervention developers and others listed as contacts are advised before making any decisions regarding selection or implementation of an intervention.

- A list of potential questions to ask developers (PDF, 54KB) is available from NREPP to facilitate these conversations.
SAMHSA Database – National Registry of Evidenced-based Programs and Practices

Pros
• More than 330 interventions
  • An intervention must produce one or more positive behavioral outcomes and have published results

Cons
• Limited to mental health and substance use
• Not particularly MCH focused

Search Tips
• Recommend using “Advanced Search” – allows for specifying age, race, gender, outcomes, geographic location, setting,
**Find an Intervention - Advanced Search**

Select specific criteria for a more detailed search of interventions reviewed by NREPP.

### Areas of Interest
- Mental health promotion
- Mental health treatment
- Substance abuse prevention
- Substance abuse treatment

### Outcome Categories
- Alcohol
- Cost
- Crime/delinquency
- Drugs

### Geographic Locations
- Urban
- Suburban
- Rural and/or frontier
- Tribal

### Ages
- 0-5 (Early childhood)
- 6-12 (Childhood)
- 13-17 (Adolescent)
- 18-23 (Young adult)

### Races/Ethnicities*
- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino

### Settings
- Inpatient
- Residential
- Outpatient
- Correctional

*Limit search to interventions evaluated in studies with higher percentages (50% or more) of the selected groups.
Bringing Baby Home

Bringing Baby Home (BBH), a psychoeducational intervention for couples who are expecting a baby or recently had a baby, is designed to prevent or minimize postpartum difficulties for wives and husbands, promote positive couple relationships during the transition to parenthood, increase positive parenting, and improve family functioning. Participating couples can be first-time parents or parents who already have one or more children. The core component of BBH is a 2-day psychoeducational workshop for couples that uses lectures, demonstrations, videos, role-plays, and communication exercises to explore the following aspects of marital relationships:

- Coparenting: Working together as parents to make decisions with regard to children, not engaging in marital conflict in front of children or otherwise involving them in marital conflict, and coordinating rather than competing during family play.
- Father involvement: Recognizing the importance of fathers and planning specific ways that fathers can get involved and stay involved with their children.
- Infant development: Understanding infant developmental milestones, recognizing infant states, and recognizing and responding sensitively to infant signals.

Following the workshop, parents can participate in a series of 12 support group meetings conducted every other week over a 6-month period. During the meetings, which are intended to maintain improvements made as a result of the workshop, couples discuss issues they are facing at the time and they provide each other with emotional support. The educators that deliver the intervention draw connections between the couple's experience and the lessons learned in the workshop. The educators (professionals such as nurses, midwives, doulas, and clergy) must undergo training and pass an exam before delivering the intervention.

Descriptive Information
Explore the NREPP

Website
http://nrepp.samhsa.gov/

Examples
• Mental Health Promotion
• Substance Use Prevention
Summary

• There are a growing number of websites and tools to help you identify evidence based interventions and policies.

• Resources are not always easy to use and have a limited number of topics/interventions available.

• Searching can be time consuming.

• Some interventions are proprietary and can be expensive to access and use.
So how can FHOP help?

• FHOP is working to identify EBIs by topic area and will provide links to the interventions on FHOP’s website

• Please contact FHOP with suggestions of EBIs you’ve used and for additional assistance in finding appropriate EBIs for your community’s needs

THANK YOU!
Questions?
Contact Information

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