

# **Implementing Evidence-Based Practices:**

## **What Stakeholders Need to Know**

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# **PRESIDENT'S NEW FREEDOM COMMISSION ON MENTAL HEALTH**

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## **GOAL 5: ACCESS TO EFFECTIVE CARE BASED ON BEST EMERGING SCIENCE**

- Children and adults with mental health disorders will have ready access to the best treatments, services, and supports leading to recovery and cure. Accelerate research to enhance prevention of, recovery from, and ultimate discovery of cures for mental illness
- Strategic plan to improve recruitment, retention, diversity and skills of the workforce



# The Context

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- Budget shortfalls
- Public perception of mental health services
- Unclear outcomes and “pay-offs”
- Broad-based initiatives related to quality and accountability in general health



# The Quality Pyramid

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## SYSTEM OUTCOMES

**Quality  
Improvement**

**Evidence-Based  
Practices**



**Performance Measurement**

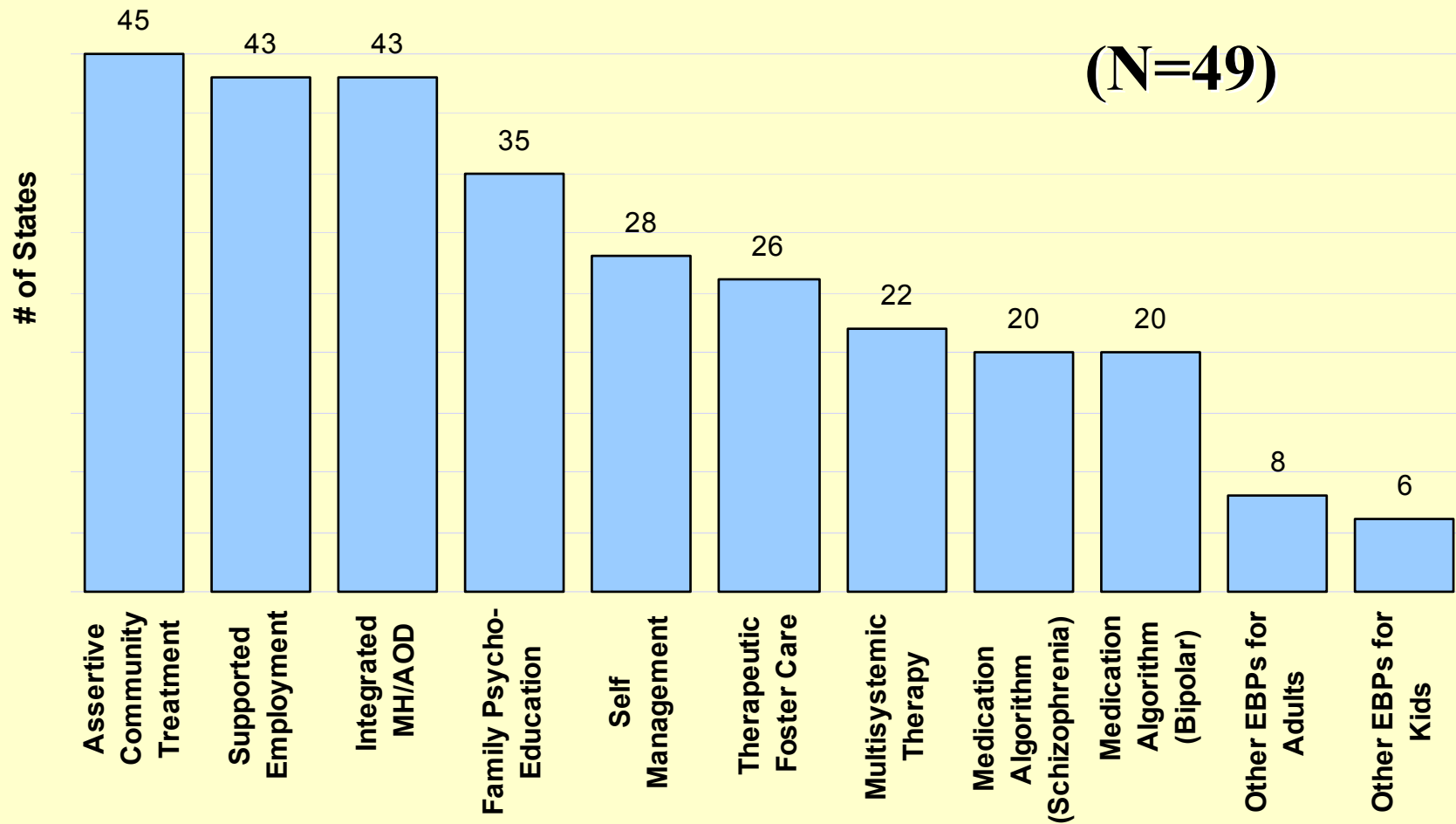


# Evidence-Based Services

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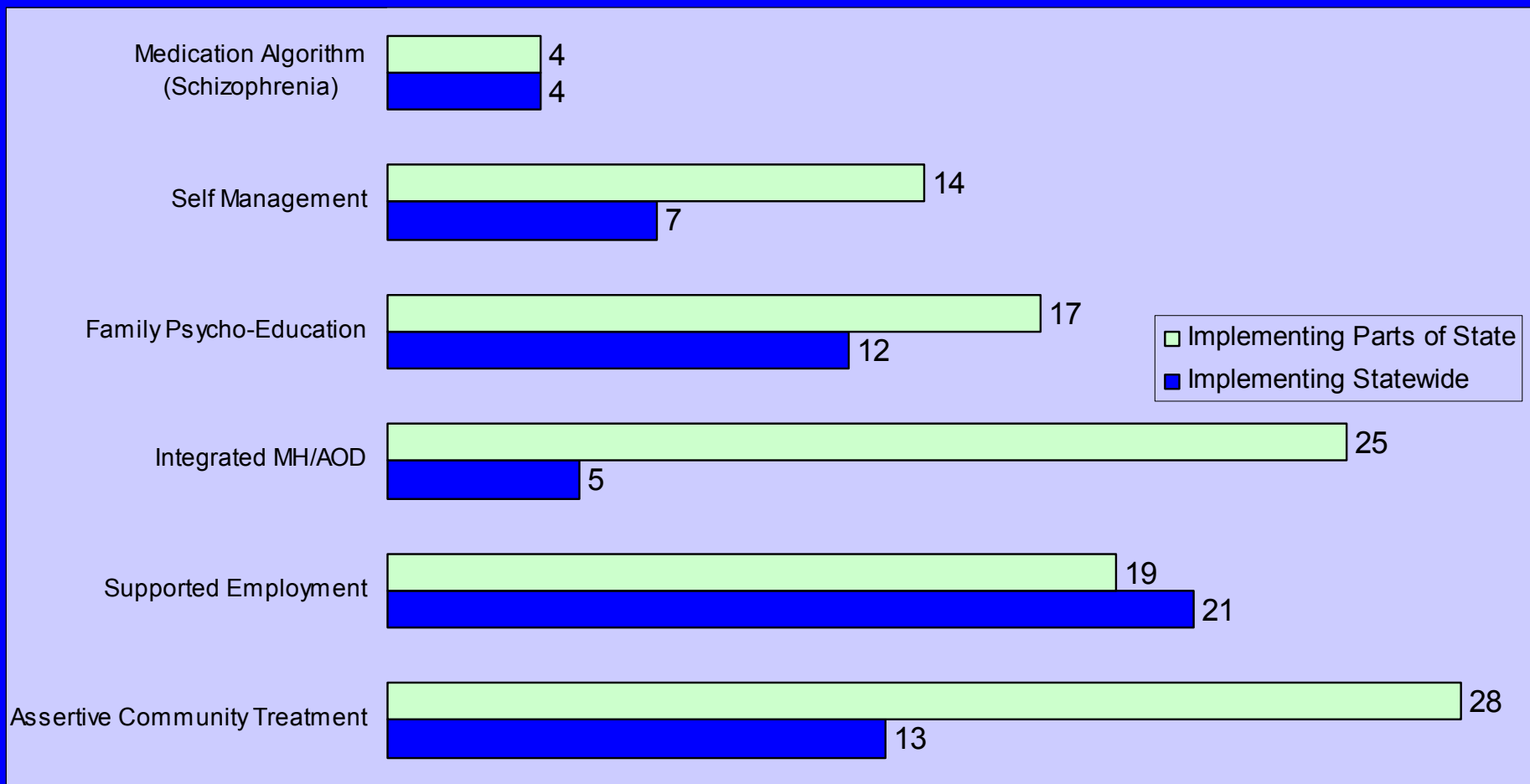
- One mechanism to achieve quality and accountability
- The Big Plus: Effectiveness is proven and inherent in evidence-based practices
- The Big Gap: Surgeon General's Report finding of the gap between knowledge and practice
- The Big Opportunity: Opportunities for system reform embedded in implementation of evidence-based practices

# Number of States Implementing EBPs: FY 2001



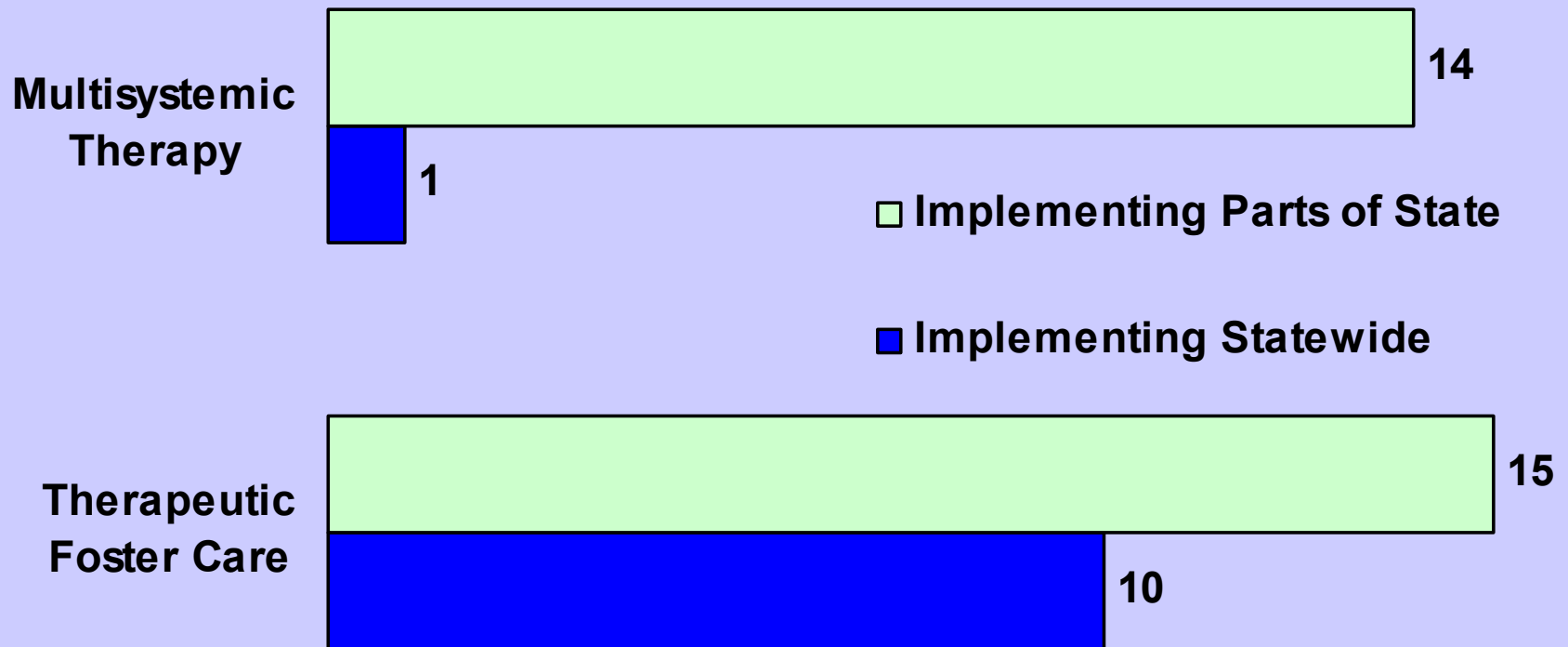
# Implementation of Evidence-Based Practices For Adults

(N = 49)



# Implementation of Evidence-Based Practices For Children

(N = 49)





# Assessment of Fidelity

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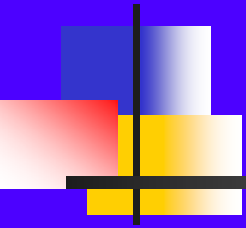
<b>ACT</b>	<b>58%</b>
<b>Supported Employment</b>	<b>52%</b>
<b>Medication Algorithm</b>	<b>83%</b>
<b>Family Psychoed.</b>	<b>38%</b>
<b>Integrated MH/SA</b>	<b>67%</b>
<b>Self management</b>	<b>38%</b>



# **State Mental Health Agency Initiatives**

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- **Individual state initiatives**
- **Toolkit project**
- **EBP Consortium of States**



**EBP Consortium expanded  
to the 50 states and the  
District of Columbia**

# Public Mental Health Authority

## Provider Organization

- Leadership
- Organizational Culture
- Administrative Support
- Information Technology

- Leadership
- Policies
- Regulation
- Resources



### Practitioner

- Knowledge
- Perceived advantage
- Feedback

### EBP

- Cost
- Compatibility
- Payoffs
- Complexity

### Consumer/Family Member

- Choice
- Commitment
- Perceived advantage

# Enabling Environment for EBP Implementation



(Based on O'dell and Grayson, 1998)



# **Evidence-Based Practices for Adults with Serious Mental Illness**

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## **Toolkit Project**

- **Six evidence-based services in project**
  - **Medications**
  - **Illness self-management**
  - **Assertive community treatment**
  - **Family psychoeducation**
  - **Supported employment**
  - **Integrated substance abuse/mental illness services**



# **Different Toolkits for Different Audiences**

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- **For each evidence-based practice, there are toolkits for different audiences**
  - **State Mental Health Authority**
  - **Provider organization**
  - **Clinician/provider**
  - **Consumer**
  - **Family member**



# **The EBP Toolkit Development Process**

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- **Phase One**
  - **Development of “Implementation Resource Kits” (toolkits)**
- **Phase Two**
  - **Provide consultation and training**
  - **Evaluate the effectiveness**
  - **Improve the toolkits and the consultation and training based on feedback**



# Pilot States for Phase Two

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- **A.C.T.**

- New York
- Indiana

- **I.D.D.T.**

- Ohio
- Indiana
- Kansas

- **F.P.E.**

- Vermont
- Maryland
- New Hampshire

- **I.M.R.**

- Vermont
- New York
- New Hampshire
- Ohio

- **S.E.**

- Oregon
- Kansas
- Maryland

- **Med.M.A.P**

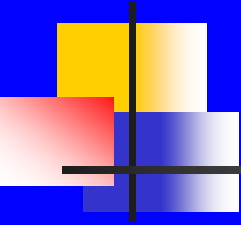
- Veteran's Administration



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# Is implementation of EBPs a high priority for your State?

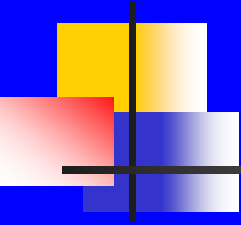
<b>Yes – Currently</b>	<b>86.5%</b>
<b>Yes – Not currently, but as a long term objective</b>	<b>11.5%</b>
<b>No</b>	<b>2%</b>



# **What are the most important needs that must be met for your state to move forward with an EBP agenda (Or advance its current agenda?)**

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- **Funding mechanisms/incentives**
- **Infrastructure, Development/Integration**
- **Training of providers, consumers and family members**
- **Consensus Building / Buy-In**
- **Human Resource Development**
- **Outcome Measures and Fidelity Measures**
- **Technical Assistance**



**To address these needs, which of the following areas (which were previously identified by Commissioners as high priority areas) would you rate as helping you the most through technical assistance or collaboration with other states?**

- **Planning/budgeting models for EBPs** 23%
- **Consensus-building with stakeholders, funders, other agencies, etc** 18%
- **Program implementation models for rural areas** 16%
- **Fidelity measurement/monitoring** 13%
- **Children's EBPs** 8%
- **Readiness assessment** 8%



# Steps for Moving Toward Statewide EBP Implementation

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- **Awareness of EBPs**
  - Consumers and family members
  - Providers, clinicians
  - Management and program leaders
  - Legislators, funders
- **Consensus-Building**
  - Plan of action
- **Demonstration Projects**
- **Support / Infrastructure**
  - Training
  - Information systems / data reports
  - Contracts
  - Licensure / standards
  - Quality improvement
  - Monitoring / feedback
- **Expansion + Sustaining EBPs**



# Challenges

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- Definition of “evidence”
- Stakeholder buy-in
- Introduction of EBPs in time of budgetary restraint
- Sustained statewide effort over time
- Remote and rural areas
- Mental health services outside purview of state mental health authority



# **Consumer and Family Member Concerns**

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- **Shift from consumer and family member program initiatives**
- **Recovery orientation**
- **Consumer power, partnerships with consumers**
- **Life vs. services**
- **Techniques vs. experiences and relationships**



# Practitioner Concerns

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- **Research relevance**
- **Training support**
- **Professional autonomy**
- **EBP implementation support**



# **Administrator Concerns**

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- **Start-up investment**
- **Services displacement/replacement**
- **Consensus-building**
- **Systemic alignment/support**
- **Training capacity/models**



# **Polycymaker Concerns**

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- **Funding alignment and incentives e.g. Medicaid**
- **Non-EBP Services**
- **Payoffs from investment**
- **Quality vs. access**



# **Center for Mental Health Quality and Accountability Initiatives - 2002**

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- ◆ **Adult Science-to-Services EBP Conference**
- ◆ **NRI/NTAC Children's EBP Workgroup**
- ◆ **State-level Evaluation of National EBP Demonstration Project**
- ◆ **Dissemination of Fidelity Measures**
- ◆ **Survey of State Needs and Priorities Related to EBP Implementation**
- ◆ **Web-site development**
- ◆ **Collaborating with individual state initiatives**
- ◆ **Development of EBP related Performance Measures**
- ◆ **Cultural Competence and EBPs**



# **Center for Mental Health Quality and Accountability Initiatives - 2003**

- ◆ **Web-Site**
- ◆ **Surveys of States**
- ◆ **Children's Evidence-based Practices Conference**
- ◆ **Planning and Budgeting Models for EBPs**
- ◆ **Collaborations with Individual States**
- ◆ **Report on State-level Evaluation of National EBP Demonstration Project**
- ◆ **“Toolkit” project – “Lessons Learned”**
- ◆ **“Toolkit” project – Technical Assistance**