

State Mental Health Agencies' Strategies for Disseminating Evidence-Based Practices

Jeanne C. Rivard, Ph.D.
NASMHPD Research Institute, Inc.
66 Canal Center Plaza, Suite 302
Alexandria, Virginia 22314
703-682-9468
jeanne.rivard@nri-inc.org

Purpose of Presentation

- What evidence-based practices are being selected and implemented?
- What do we know about strategies for successful implementation and dissemination?
- Identifying technical assistance needs.
- Identifying technical assistance resources.

Section I: What are the EBPs?

- Adult Array
- Child and Family Array

(The following tables show data from preliminary analyses of the NRI update of the 2004 survey of SMHA strategies for implementing and disseminating evidence-based practices.)

Table 1: Adult Mental Health (n=29 States) NASMHPD/NRI Study in Progress

Intervention	Number of states implementing	Demonstrating in few or several programs	Expanding to different regions across state	Statewide implementation
Assertive Community Treatment	24	6	9	9
Supported Employment	17	1	9	7
Illness Management & Recovery	21	11	6	4
Integrated Mental Health/Addictions	26	7	14	5
Family Psychoeducation	17	7	8	2
Medication Algorithms	15	8	4	3
Supported Housing	22	7	5	10
Wellness Recovery Action Plan	20	4	10	6
Wraparound Integrated Systems	10	1	5	4

Table 2: Children's Mental Health
 (n=25 States) NASMHPD/NRI Study in Progress

Intervention	Number of States Implementing	Demo in Few or Several Programs	Expanding to Different Regions	Statewide Implementation
Multisystemic	15	10	3	2
Intensive In-Home	17	3	7	7
Functional Family Therapy	13	10	3	-
Wraparound	21	7	9	5
Therapeutic Foster Care	17	5	4	8
Family Support	15	2	7	6
Parent Management Training	7	1	3	3
Respite	15	5	6	4
School-based Services in General	15	3	7	5
Medication Algorithm or Guidelines	8	3	1	4
Early Childhood Services	13	6	4	3
Trauma-Focused Intervention	14	5	6	3

States that Participated in EBP Federal Grant Projects

State	SAMHSA National EBP Project	NIMH-SAMHSA Grants	SAMHSA EBP Training/Evaluation Grants
AR		Medication Management	
CA			Integrated Treatment for Co-Occurring Disorders
HI			Illness Management & Recovery; Integrated Tx for Co-Occurring Disorders
IL			Integrated Treatment for Co-Occurring Disorders
IN	ACT; Integrated Treatment for Co-Occurring Disorders		Illness Management & Recovery
KS	Supported Employment; Integrated Treatment for Co-Occurring Disorders		
KY			Medication Management
ME		Adult & Children	
MD	Family Psychoeducation; Supported Employment	Children	

States that Participated in EBP Federal Grant Projects

State	SAMHSA National EBP Project	NIMH-SAMHSA Grants	SAMHSA EBP Training/Evaluation Grants
MI		Children	
NC		Assertive Community Treatment	
NH	Illness Mgt & Recovery; Family Psychoeducation		
NY	Assertive Community Treatment; Illness Management & Recovery	Children	Family Psychoeducation
OH	Integrated Tx for Co-Occurring Disorders; Illness Management & Recovery	Adults & Children	Supported Employment
OR	Supported Employment		
TX		Cognitive Behavioral Therapy	
VT	Illness Management & Recovery; Family Psychoeducation		Integrated Treatment for Co-Occurring Disorders
WA		Adults & Children	

Section II: What Do We Know About Strategies for Successful Implementation and Dissemination?

- Limited empirical base, but accumulated knowledge based on:
 - Research on implementation in mental health and other related fields
 - Lessons learned through SAMHSA's National EBP Demonstration Project, SAMHSA's Training and Evaluation Grant, NIMH Planning Grants
 - NRI surveys

Framework for Developing Infrastructure for EBPs

National EBP Demonstration Project (*NASMHPD/NRI, 2003*)

System Leadership Implementation Plan

- Long term goal to transform system & sustain
- Vision/mission/values in alignment
- Bridge to other agencies & coalition of partners
- Promote consensus building/buy-in

Organizational Structures

- Interorganizational collaboration
- Formalize role of advocates/stakeholders in decision-making
- Center of Excellence model
- EBP initiative in state plan for transformation

Policies & Procedures

- Review all P&P with an eye to 'barrier busting'
- Regulations must define and support EBP
- License/certification: individual and agency
- LMHA and SMHA need to be 'in sync'

Information Technology assess current IT infrastructure/web access; state/agency/local integration; standards for IT; use IT as a learning tool; assist local agency obtain technology; high-level system champion

Financing Strategies

- Collaborate with funders
- Identify and shift resources
- Reliable cost modeling
- Fiscal incentives; tie fidelity/outcomes to money
- Explicit funding for supervisor/training/TA/coaching
- Acknowledge productivity costs offset for initial training

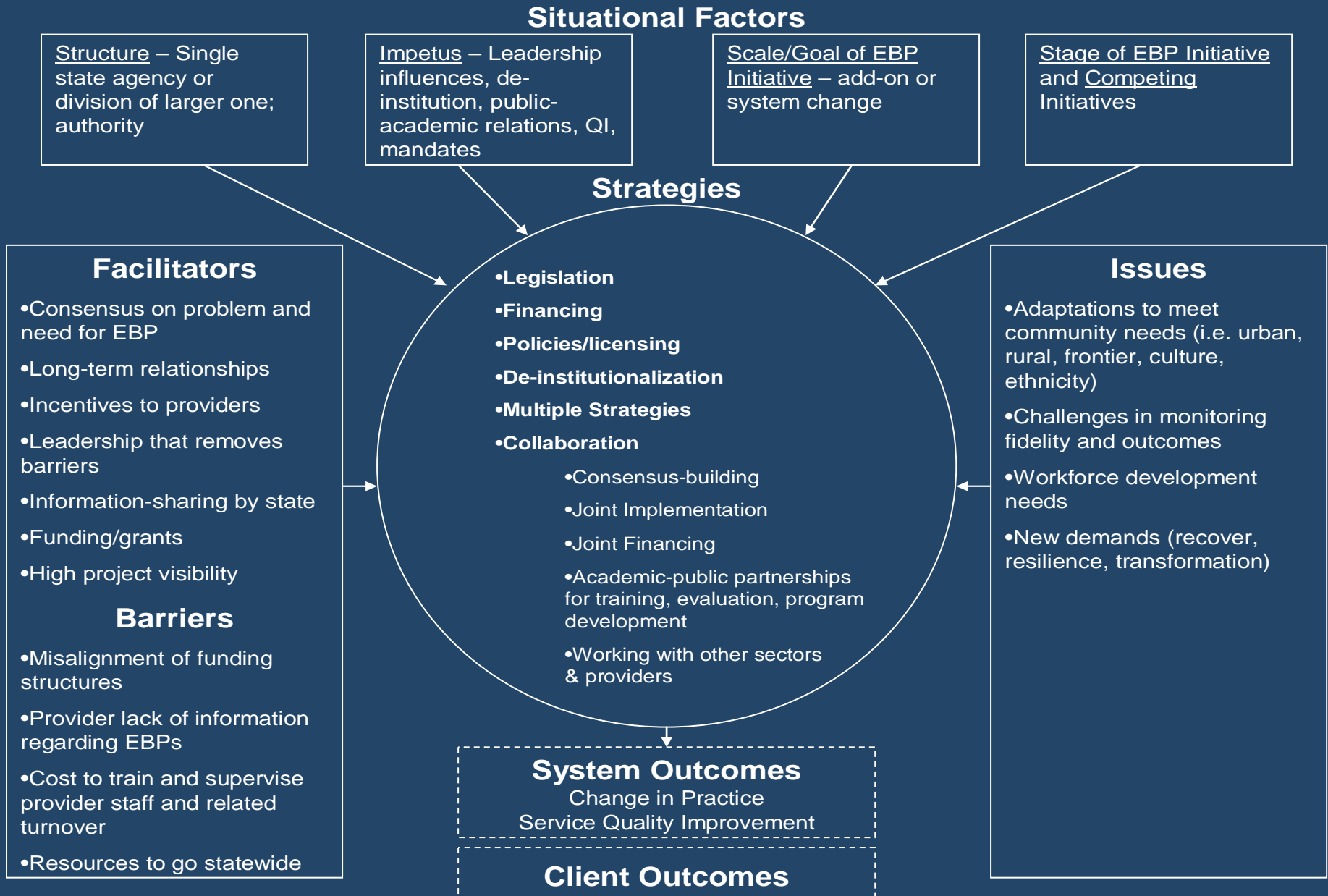
Performance Improvement

- Ongoing fidelity measurement/refinement of key elements?
- Who does it; who gets information for what purpose?
- Consumer-based outcomes monitoring
- Ongoing availability of TA

Human Resource Capacity

- Develop internal capacity to train state/local agency
- Outsource training to state universities and community colleges
- Supervision: practice-specific emphasizing data/outcomes
- Resources for competency-based management

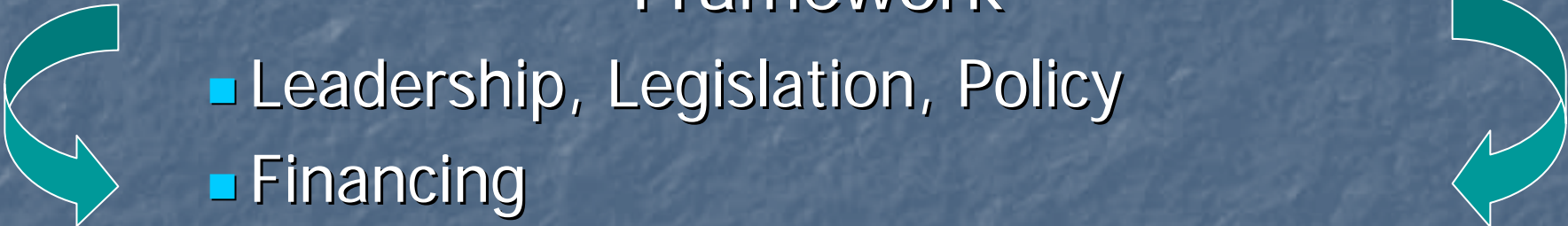
Summary of 2004 EBP Survey Results of SMHA Strategies for Implementation *(NASMHPD/NRI, 2005)*



Highlights of NRI-SAMHSA 2006 Conference on Lessons Learned

(NRI, August 2007b)

Continuous Quality Improvement (CQI) Framework

- 
- Leadership, Legislation, Policy
 - Financing
 - Fidelity and Outcomes
 - Training and Workforce Development
 - Adapting/Modifying EBPs
 - Consumer/Family Involvement

Section III: Technical Assistance

- Technical Assistance Needs
- Technical Assistance Resources

A. Technical Assistance Needs

(NASMHPD/NRI, 2007a)

- Depends on stage of implementation:
 - TA needs at start-up
 - TA needs in moving from demonstration to expansion around state
 - TA needs in going to scale/statewide (sustainment)
- Depends on target for change
 - TA needs at system level
 - TA needs at provider/organization level

Considerations at the System Level

(NASMHPD/NRI, 2007a)

- What are the needs of the target population and subsets of that population?
- Which specific interventions address the needs of the target population and subsets?
- Are all stakeholders at the planning and decision-making table (including families, youth, practitioners, agency and community representatives, funders)?
- What specific outcomes are desired?
- How broad or how limited are the prevention or intervention goals (universal, selected, targeted)?

Considerations at the System Level, Continued...

- What is the context and what are the values in which the intervention will be imbedded (e.g., family/child centered, system of care, cultural, etc.)?
- What is required of all involved users (provider agencies, practitioners, families, funders)?
- How practical, acceptable, and feasible are the intervention options?

Considerations at the System Level, Continued...

- What are the financing and reimbursement options for:
 - Training
 - Coaching
 - On-going technical assistance
 - Assessing fidelity and outcomes
 - Delivering the intervention
- What is the capacity and readiness of the system, agencies, and workforce to incorporate the new intervention options?

Considerations at the Organizational Provider Level

(Lehman, Greener, & Simpson, 2002)

- Motivational readiness (perceived need for improvement, training needs, pressure for chg)
- Institutional resources (office, staffing, training, resources, computer access, electronic communications)
- Staff attributes (value placed on professional growth, efficacy, willingness and ability to influence co-workers, adaptability)
- Organizational climate (clarity of mission and goals, staff cohesiveness, staff autonomy, openness of communication, level of stress, openness to change)

B. Technical Assistance Resources

- NRI Products and Services:
 - Targeted topical conferences and meetings
 - Needs assessments
 - Matching TA needs and resources
 - Surveys
 - Program evaluation
 - Analyses of existing databases
 - Development of technical assistance products (see next slide)

Examples of Technical Assistance Products

- Second Generation of SAMHSA Toolkits
 - Children's Mental Health Implementation Resource Kit
 - Compendium of EBPs and promising practices for children and youth with Disruptive Behavior Disorders (DBD)
 - Older Adult Implementation Resource Kit
 - Compendium of EBPs for older adults with depression
 - Resource Guide for Promoting an Evidence-based Culture in Children's Mental Health