Transforming Mental Health Services Through the Use of Evidence-Based and Emerging Best Practices
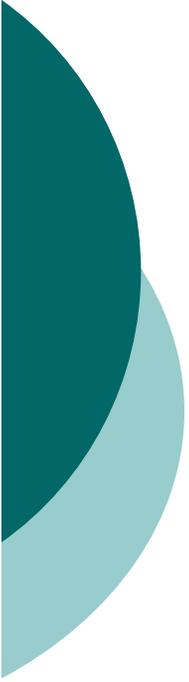
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# Moving from Promising Practice to Evidence-Based Practice

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PROGRAM IN CONSUMER STUDIES & TRAINING
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Getting Ready for EBPs

- Understand the barriers peer-run programs might face when developing an evidence- base and creative solutions to overcoming these barriers
- Decide if your peer-run program should become evidence-based
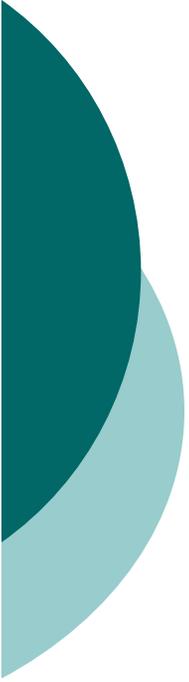
Overview of EBPs

- Definition and Examples
- Evidence-Base of Peer-Run Programs
- Types of Data Peer-run Programs Collect
- Advantages and Disadvantages of Becoming an EBP
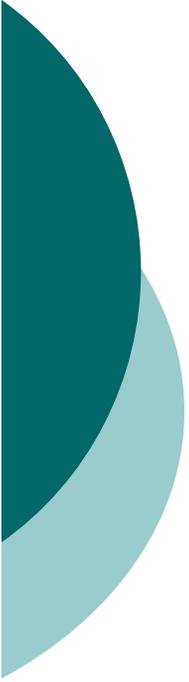
How To Become an EBP

- Can you describe what your program does?
  - Define key ingredients,
  - Processes, outputs, and outcomes
- Do you collect program data?
  - Unduplicated count of members
  - Demographics
  - Program attendance
  - Program costs
 - Qualitative and quantitative information on accomplishments
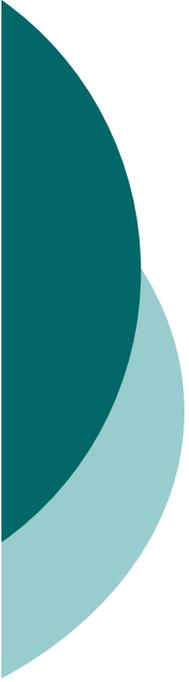
How To Become an EBP

- Do you have instructions on how to implement your program?
  - workbooks and manuals that describe the program's core operational elements
- Have you developed ways to measure your program's adherence to its goals, standards and services?
 - fidelity measure
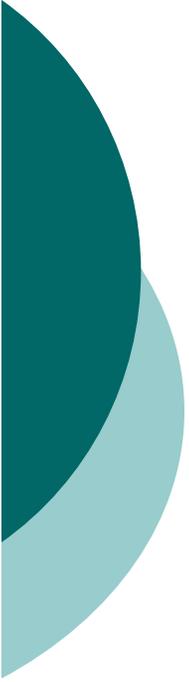
Measuring Program Effectiveness

- Identify study resources and research partners
- Use participatory research approaches
- Be active in the research process
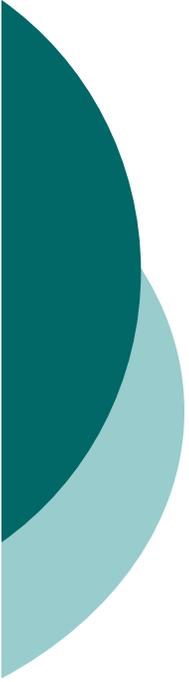
Measuring Program Effectiveness

- Help identify appropriate program outcomes and measurement tools
- Develop a theory on how the program works and ways to link the theoretical to measurable accomplishments for its members
- Identify a program to be used as a comparison to your program
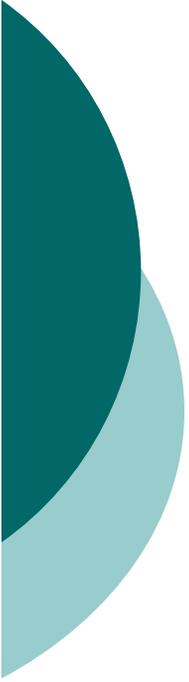
Measuring Program Effectiveness

- Decide how to compare similar groups of program members
- Help develop a detailed evaluation plan (protocol)
- Problem-solve challenges to implementing the research
  - program members dropping out of the research
  - program members providing partial information

"Marketing" Your Program

- Provide different formats of materials for different audiences
  - Consumers & their families
  - Providers
  - Policymakers
  - Funders
- Be creative
  - Multi-media
  - Electronic/Print
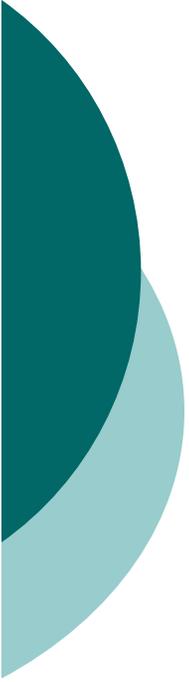
Monitoring Your Program

- ○ Collect data over time to monitor the effects of implementing your program