



Selecting and Implementing Evidence-Based Practices in Prevention

Presentation – Rhode Island Prevention Resource Center

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Meet Drew

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- Social worker
- Helps organizations use data to demonstrate impact and secure funding.
- www.commongooddata.com

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Agenda

- How Do We Decide?
- What Are Evidence-Based Practices?
- Finding and Selecting Programs
- Fit, Adaptation, and Implementation
- Using Data and Evaluation
- Clarity -> Impact -> Funding



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1: How Do We Decide What to Do?

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Albert Bobbet, 1877. The Death of George Washington. From [Wikimedia Commons](#)

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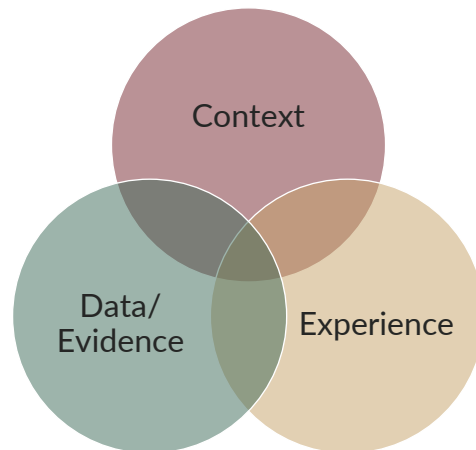
When selecting prevention programs or activities, I...

- Look at my grant's requirements
- Select programs we've run well before
- Try something new I saw at a presentation or conference
- Ask my colleague who works at another prevention organization
- Google or AI search
- Search databases for evidence-based programs

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The Venn-Diagram of EBP's

When selecting programs or interventions, use a combination of the context, experience, and data and evidence.



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Funder expectations

- Evidence-based approaches
- Measurable outcomes
- Justification of impact



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Discussion

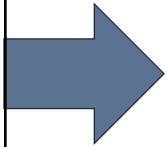
Drop your response
in the chat

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EBPs Defined



Evidence-based practices (EBPs) are programs or strategies that have been tested through research and shown to produce measurable, positive outcomes.

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Evidenced based Practices & Programs

Practices are approaches, strategies, or principles that are supported by research. Can include programs, policies, interventions, strategies, etc.

Programs are structured interventions with defined components that have been tested and shown to work. They usually have a specific curriculum or model.

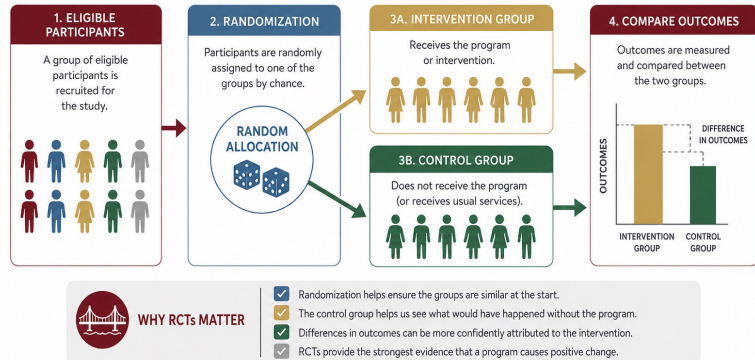
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What makes it “Evidence-Based”?



What is a Randomized Controlled Trial (RCT)?

An RCT is a research study that randomly assigns participants to either an intervention group or a control group to evaluate the program's impact.



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Examples of Model EBPs in Prevention

- Botvin LifeSkills Training
- Blues Program
- Nurse-Family Partnership
- Strong African American Families Program

---> Have been tested with **two randomized controlled trials** and met standards for sustained effects over time and replication to other sites.

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Examples of Promising EBPs in Prevention

- Triple P
- Incredible Years
- Drug Court: Baltimore City
- Olweus Bullying Prevention Program
- Safe Dates
- Strengthening Families

---> Have been tested with one randomized controlled trial or two quasi-experimental studies and met standards for sustained effects over time and replication to other sites.

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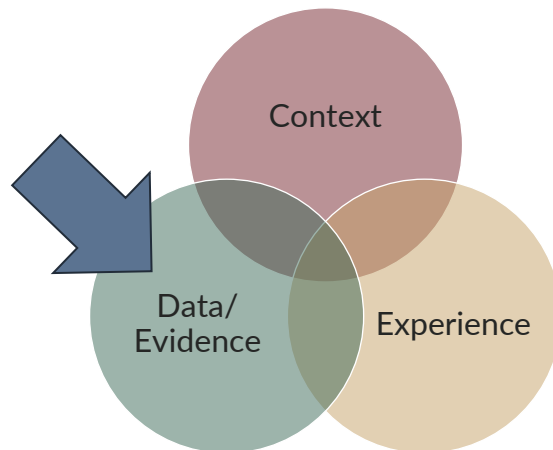
3: Finding and Selecting a Program

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The Venn-Diagram of EBPs

Selecting a program on Blueprints can help ensure your program is research-based.

Blueprints is a tool that integrates existing research into a usable tool to select programs that work.



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FOR HEALTHY YOUTH DEVELOPMENT

FIND PROGRAMS BLUEPRINTS CERTIFICATION IMPLEMENTATION RESOURCES FAQs ABOUT BLUEPRINTS

PROVIDING A REGISTRY OF

Experimentally Proven Programs





<https://www.blueprintsprograms.org/>

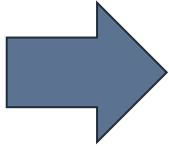


The Blueprints for Healthy Youth Development mission is to provide a comprehensive registry of scientifically proven and scalable interventions that prevent or reduce the likelihood of antisocial behavior and promote a healthy course of youth development and adult maturity. We also advocate for evidence-based interventions locally and nationally and produce publications on the importance of adopting high-scientific standards when evaluating what works in social and crime prevention interventions.

Most programs implemented in communities to improve youths' lives, unfortunately, do not produce the hoped-for effects

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Your Task:



1. Visit www.blueprintsprograms.org
2. Browse programs. Select one Model/Model Plus or Promising Program that interests you!
3. Drop the program you chose into the chat, with 1-sentence explaining why you chose it.

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What about strategies not on Blueprints?

Blueprints focuses on programs with specific, structured interventions to improve youth.

However, other strategies can be evidence-based that do not meet this criteria, for example – policy changes, media campaigns, coalition building, and other prevention activities.

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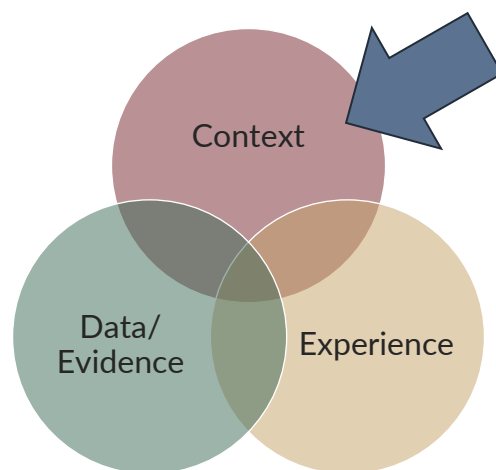
4: Fit, Adaptation, and Implementation

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The Venn-Diagram of EBPs

Choosing a program on Blueprints can help ensure your program is research-based.

However, you still need to determine if the program matches your program context.



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How Needs Assessments Guide the Search

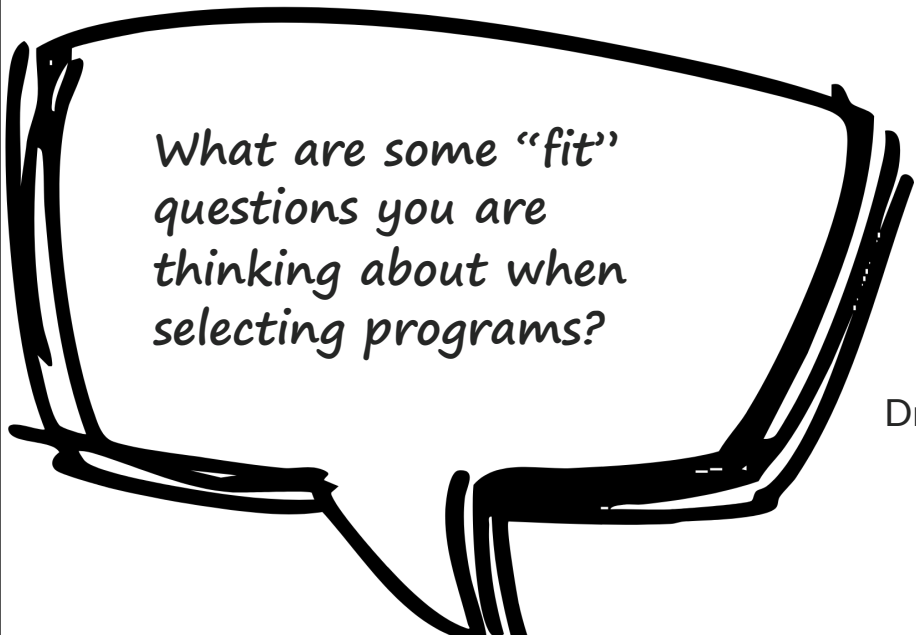
- Conducting a community needs assessment (or relying on one that has been created in your community) helps provide the context needed to select appropriate programs.
- EBPs should not be “out of the box,” rather, it is important to incorporate community input and voice in the selection of prevention programs.

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“Fit” Questions to ask:

- **Culture:** Is the program responsive to the cultural and linguistic factors that may affect program implementation?
 - Are program materials offered in different languages?
 - Does it attend to cultural differences?
- **Capacity:** Do you have the funding and capacity to effectively implement the program?
 - Are your staff trained?
 - Do you have sufficient funding?
- **Alignment:** Does the program advance your goals?

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What are some “fit” questions you are thinking about when selecting programs?

Discussion

Drop your response
in the chat

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Can, or should, you adapt?

- It is important to implement evidence-based programs as intended – or at least, as closely as possible.
- Why? -> That is what was tested. Changes in the model could affect whether the program will have an impact.

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Adaption issues for consideration

- Was the program developed to be delivered in online or hybrid formats? Does it have an online version?
- How can you adapt if session lengths differ from established or regular meeting times with parents and youth?
- How should you think about including (or not including) sensitive topics (e.g. HIV, teen pregnancy, fentanyl, gender, immigration)?

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The Tension: Fidelity vs. Adaptation

Find the right balance to get the best outcomes.



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5: Using Data and Evaluating EBP.s.

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Why evaluate, if it's an EBP?

- Implementation fidelity – are you doing what you intended?
Helpful with multi-site EBPs
- Adaptation adjustments – what's working well, what needs to change?
- Demonstrate your impact with local data
- Appeals to funders

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Program Evaluation Designs



Post Quant Design

- Increased knowledge
- Satisfaction



Pre-Post Quant Design

- Changes in behavior, attitudes, knowledge



Mixed-Methods

- Combine with pre/post design
- Adds qualitative data (focus groups, interviews)

-> Limitation: Cannot establish causality

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Surveys: Design and Approach

- Begin with informed consent form
- Align questions with your goals/logic model
- Use clear, simple language. Test readability.
- Ensure functionality on desktop and mobile formats.
- Limit length, the shorter the better.
- Test it before sending



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Qualitative Evaluation Approaches



Interviews

- In-depth exploration of experiences
- Key Informants



Focus Groups

- Exploring group norms, shared experiences, brainstorming
- CHAs



Testimonials

- Brief, personal stories to illustrate impact

-> Understanding, depth, and "thick description" is the goal -> not causality

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What are some ways that you have evaluated programs before?

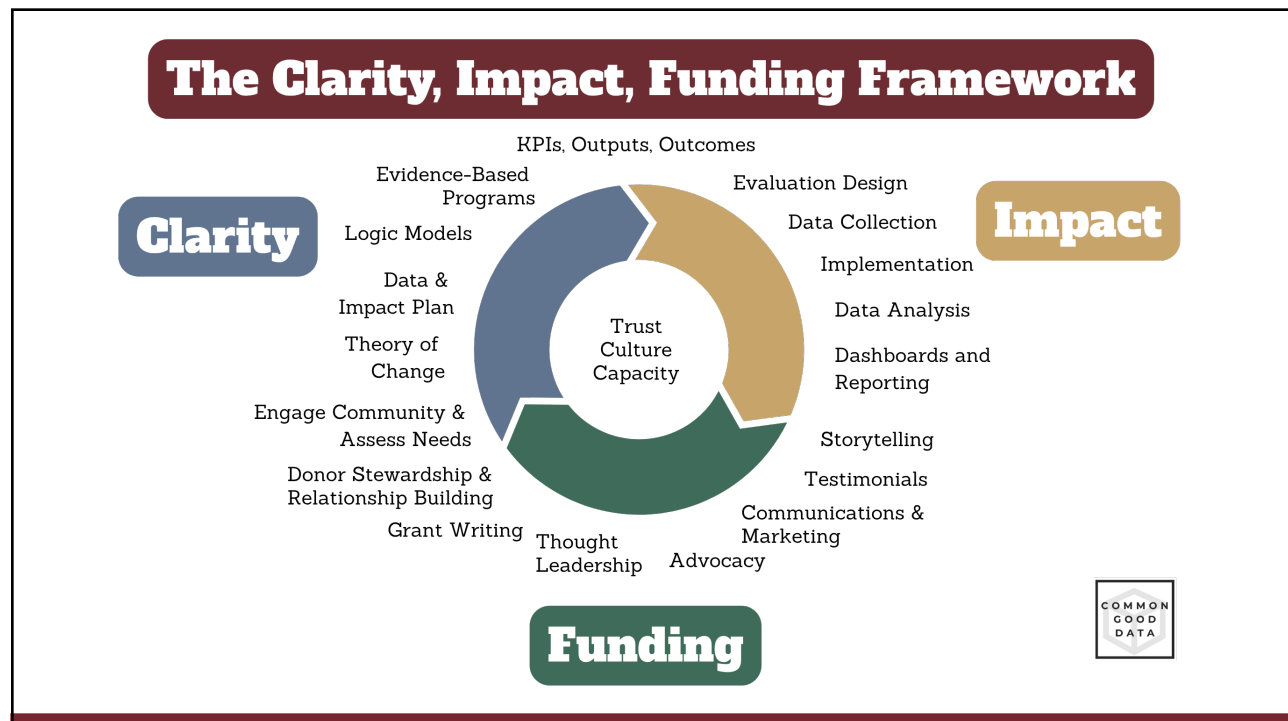
Discussion

Drop your response in the chat

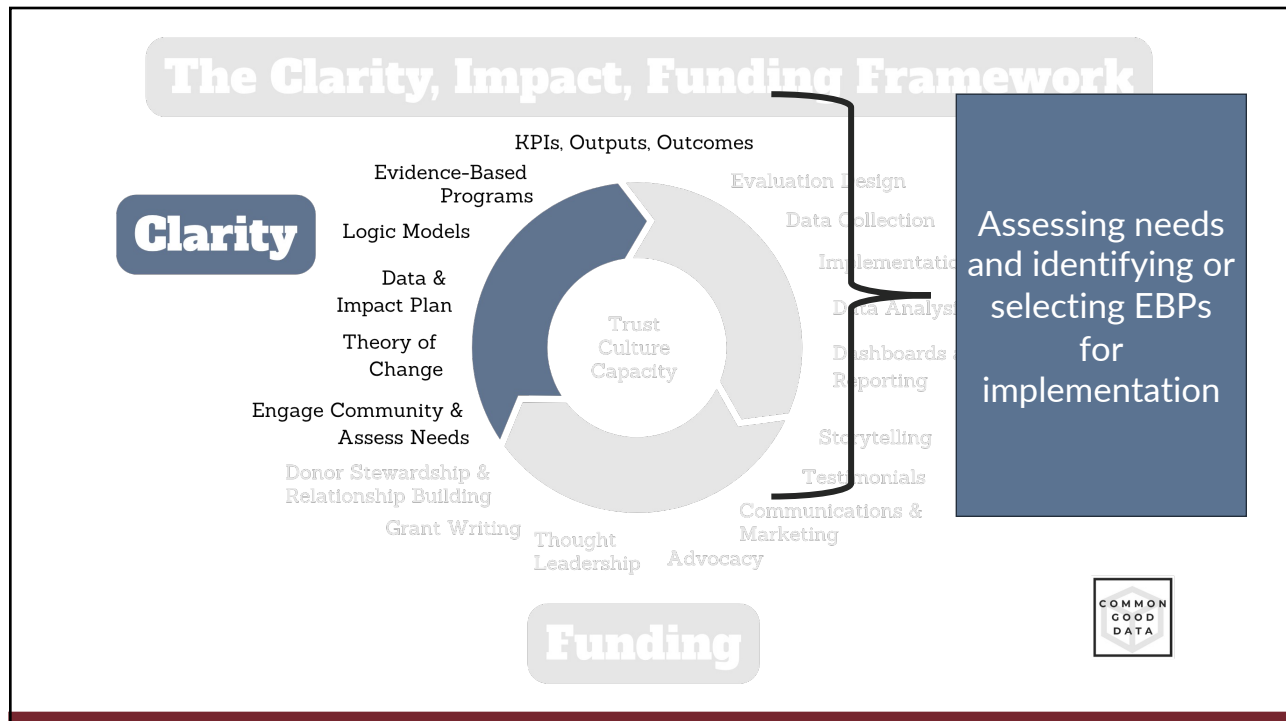
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6. Bringing it together: Clarity -> Impact -> Funding

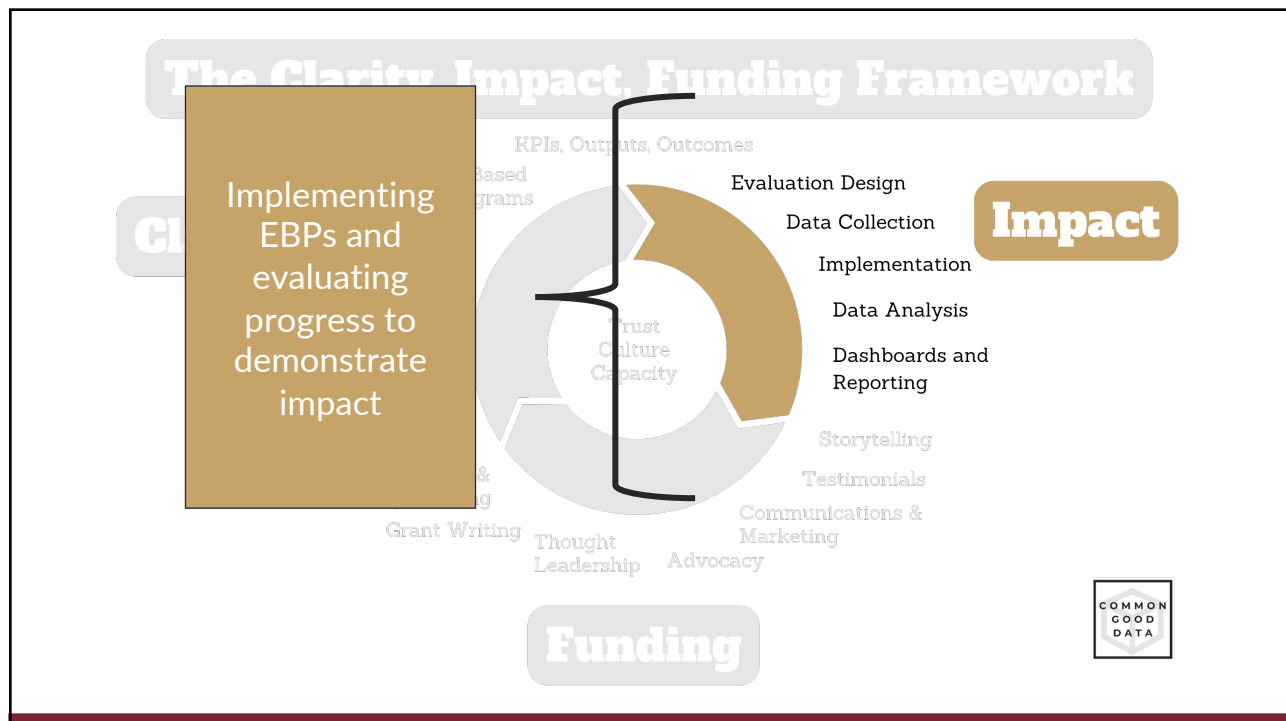
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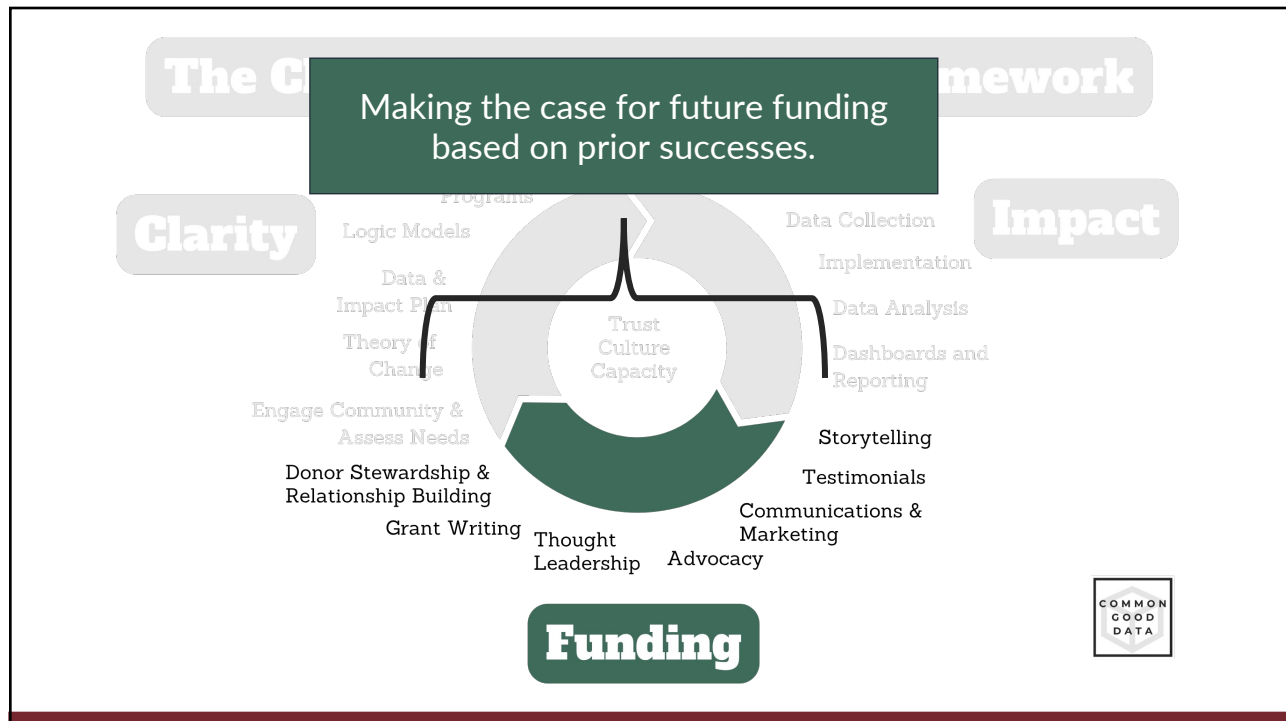
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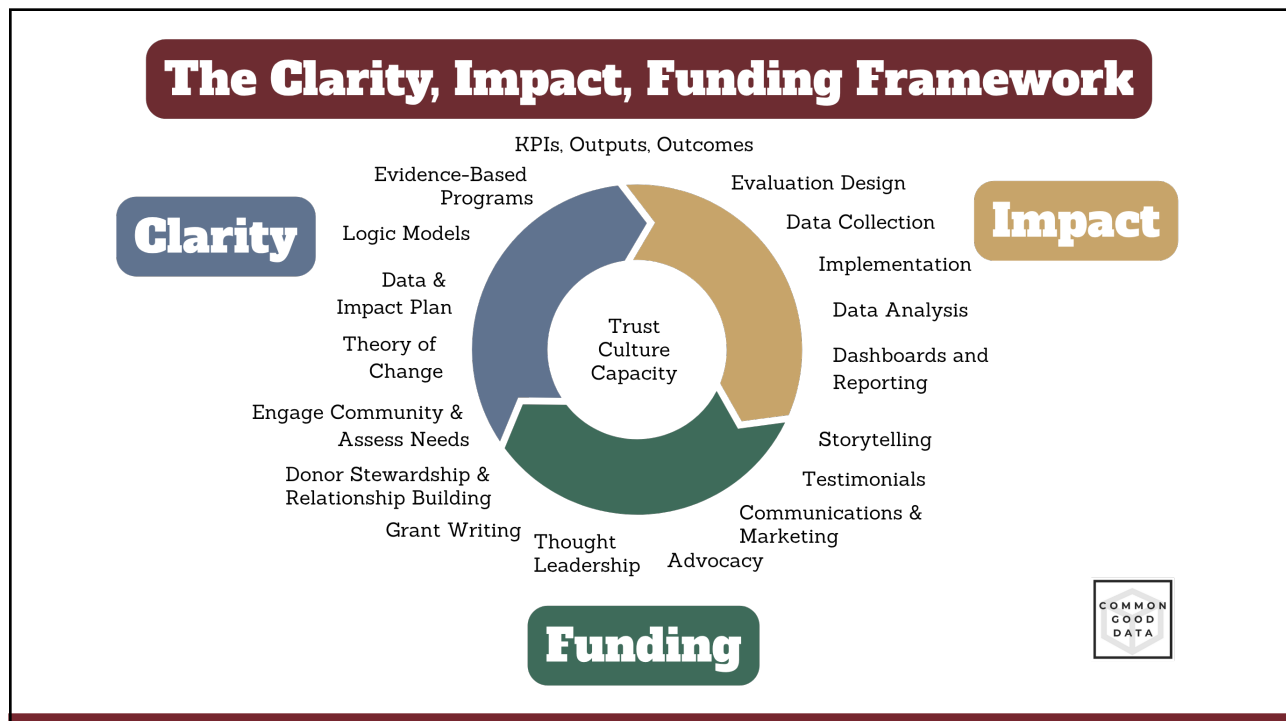
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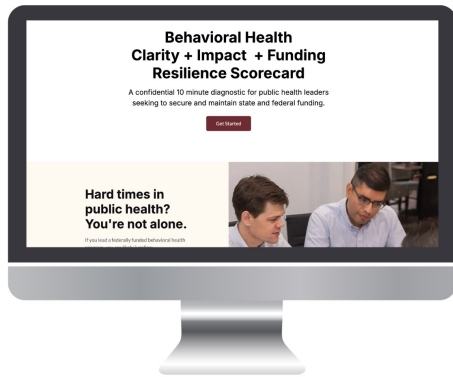


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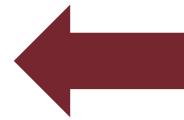


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Thank you! One More Resource...



Assess your organization on data and evaluation capacity, and ability to translate **impact** into **funding**.



Contact me at drew@commongooddata.com

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Thank You

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