



# Integrating Evidence-Based Practice into Strategic Planning: Building an Evidence-Based Continuum

CWDA  
October 2012

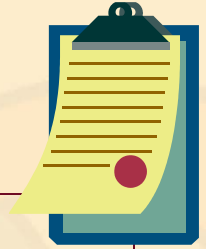
**Juliet Webb-Tulare County HHSA/CWS**

**Charles Wilson, MSSW Chadwick Center-Rady Children's  
Hospital-San Diego**

[www.cebc4cw.org](http://www.cebc4cw.org)



# Today we will focus on...

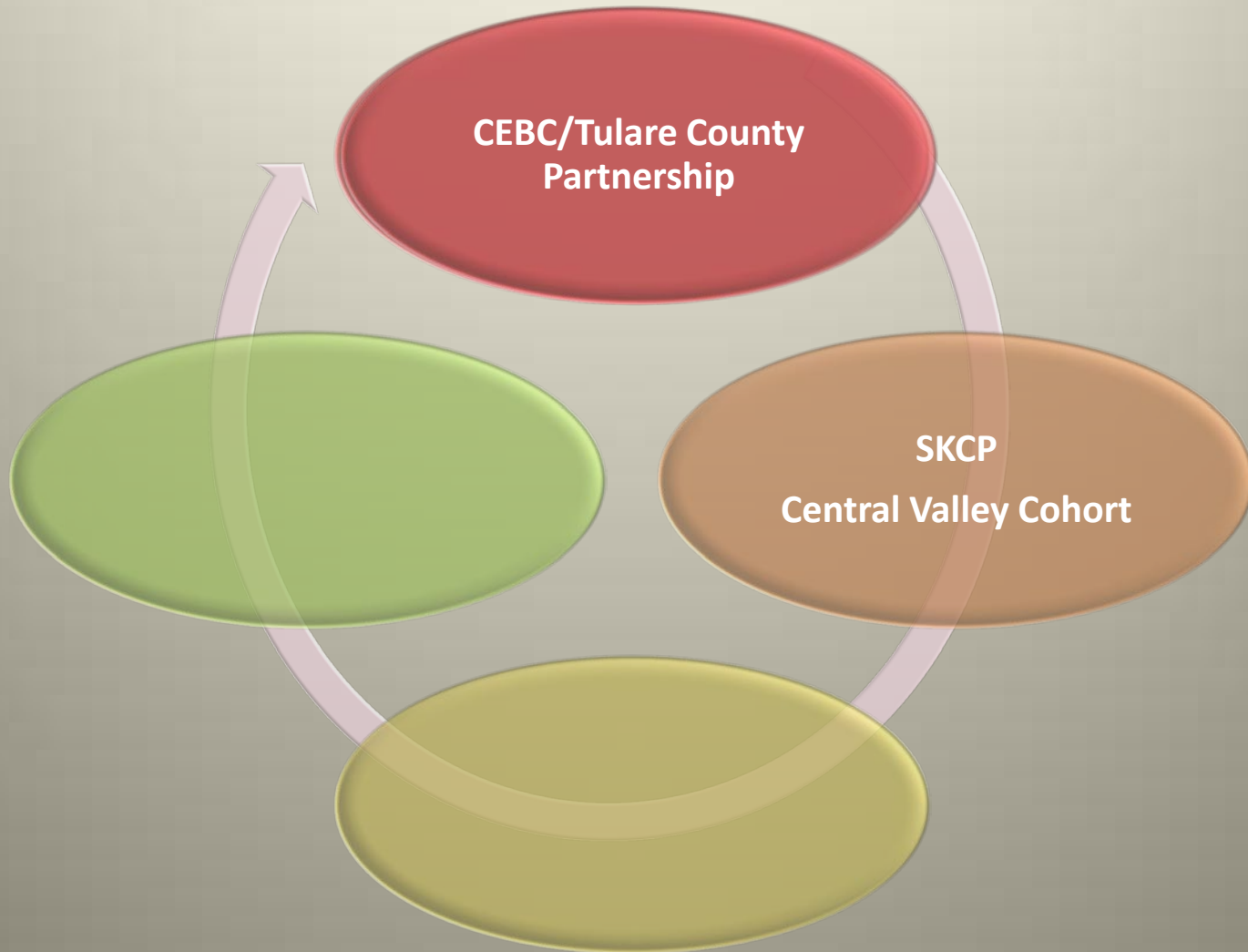


- Discuss how counties can link solid assessment of needs to strategic planning and expanded use of evidence based practices.
- Increasing knowledge of practical use of the CEBC website
- Understanding the importance of Exploration and Preparation, the initial phases of implementation
- Learning ways to apply lessons learned from the CEBC work in the areas of Exploration and Preparation to your own communities



# CEBC/Tulare County CWS: Benefits of Partnership

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# Safe Kids California Project (SKCP) 2009-Present

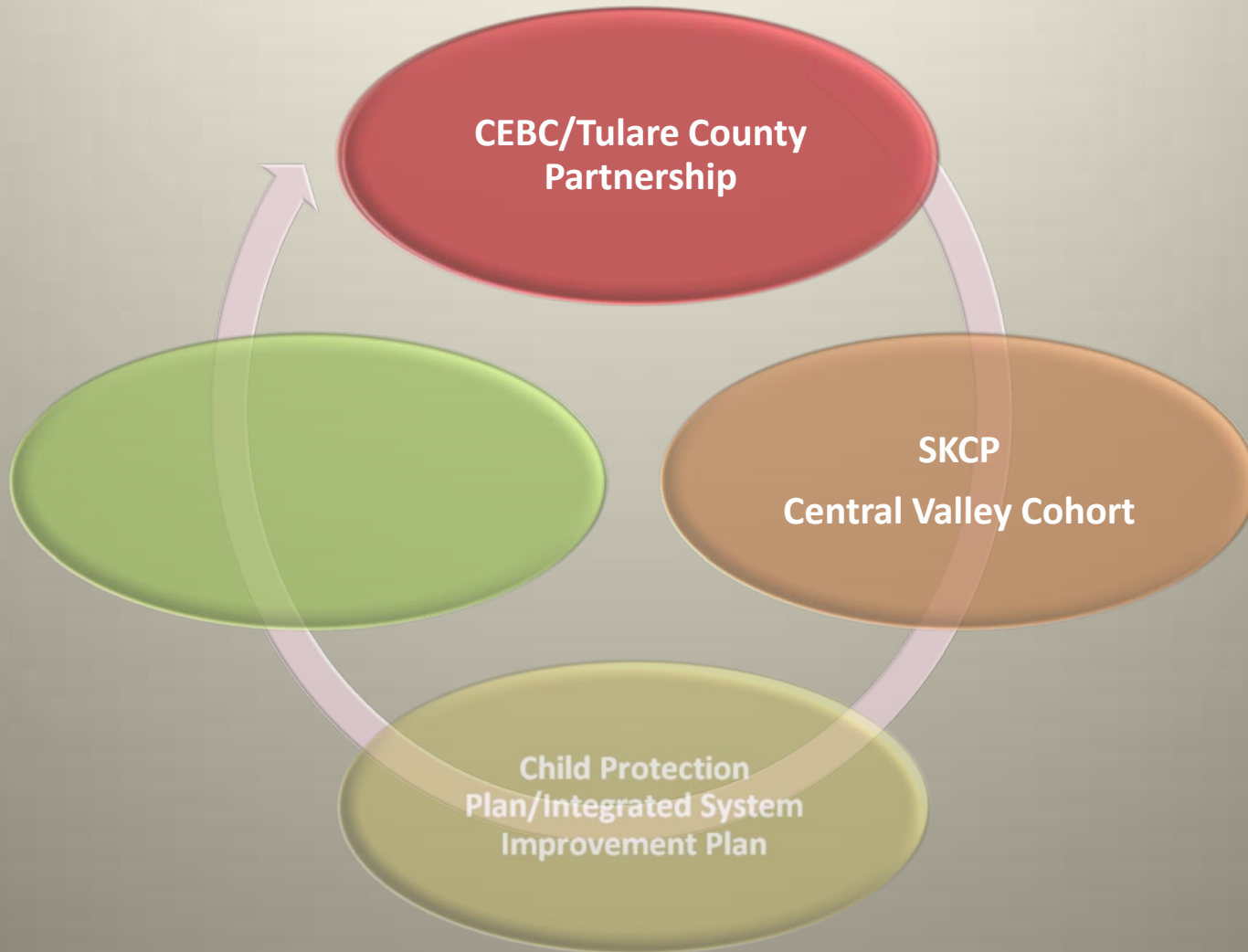
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- **3 County Cohort** (Madera, Fresno, Tulare County)
- **CCTA Partnership**
- **Evidence-Based Practice: SafeCare<sup>®</sup>™**
  - Training
  - Implementation (Coaching, Model Fidelity)
  - Cascading Model through Family Resource Centers



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# Tulare County Integrated SIP 2012-2016

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**How do we best improve:**

- Placement Stability
- Permanency
- Reunification
- Re-entry
- Use of Prevention Funds (CAPIT/CBCAP/CTF)...



**Change the planning process!**

# Tulare County Child Protection Planning Committee



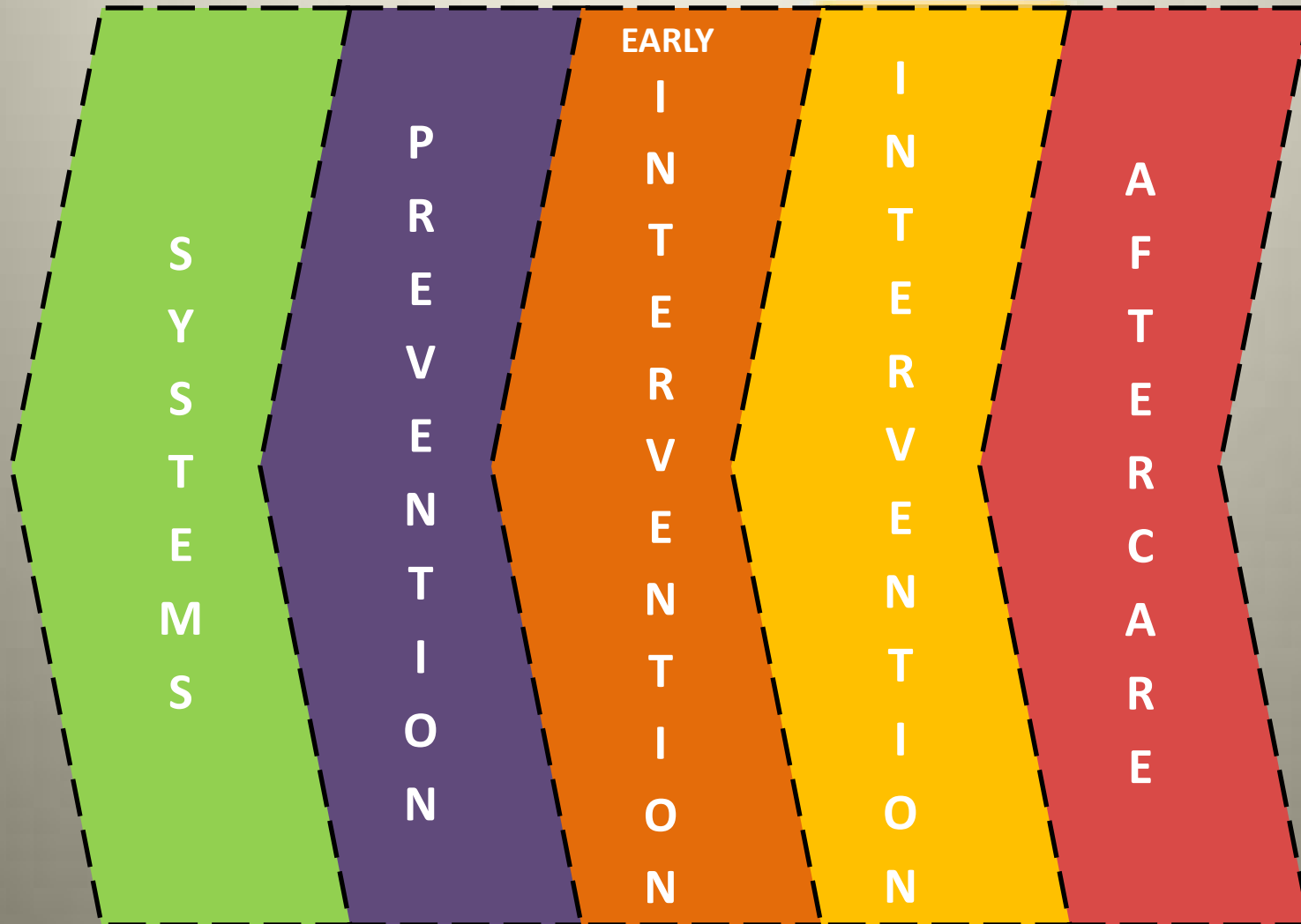
# Tulare County Child Protection Plan

- Companion/support to Integrated SIP
- Commitment of partnership/shared vision
- Ongoing progress monitored
- **VALUES:**
  - Community-Driven, **Evidence-Based**, Family & Child Centered, Prevention-Focused, Strength-Based



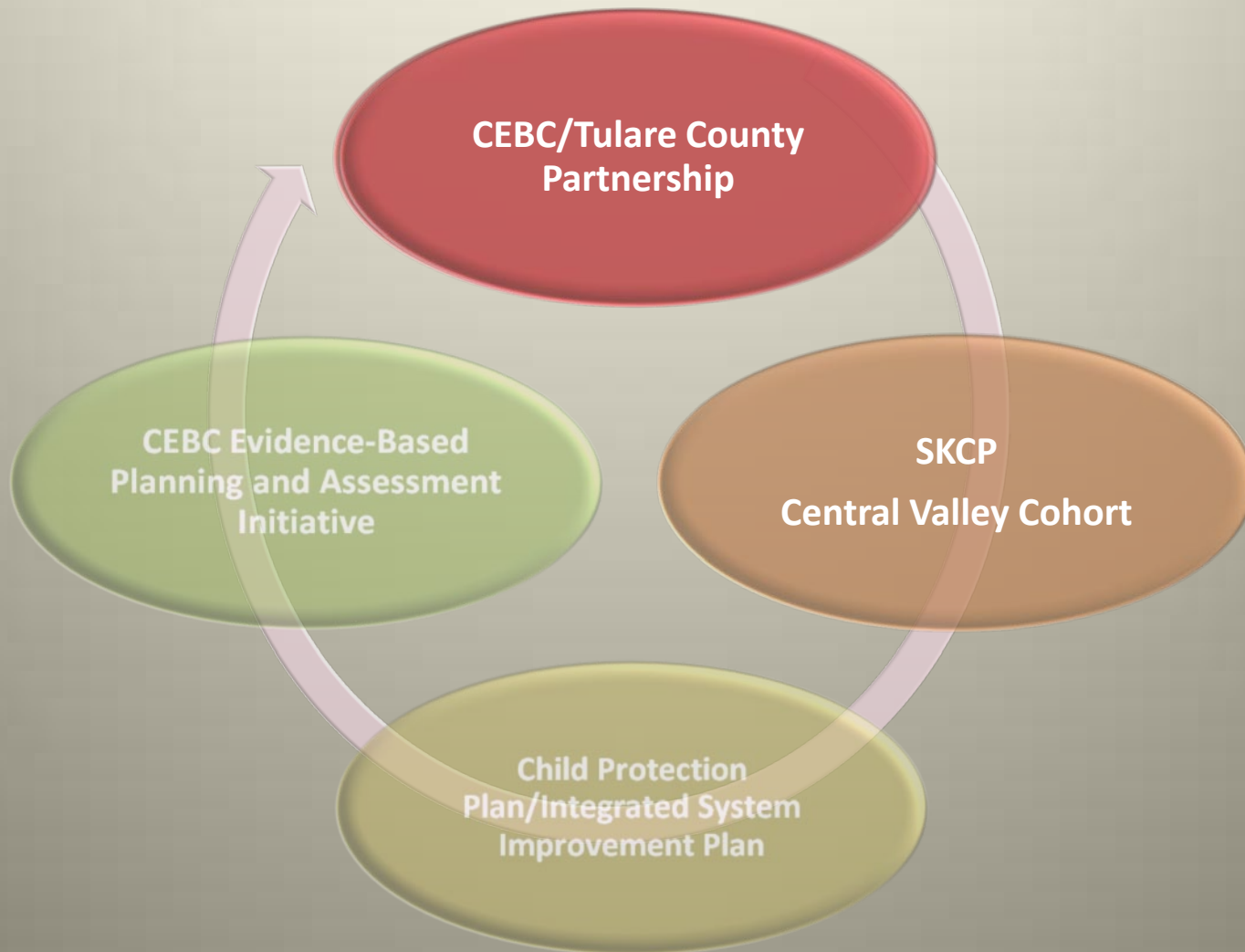
# Focus Areas/Strategic Goals: Child Protection Plan

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# CEBC/Tulare County CWS: Benefits of Partnership

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## Welcome to the CEBC: California Evidence-Based Clearinghouse for Child Welfare

### Information and Resources for Child Welfare Professionals

The California Evidence-Based Clearinghouse for Child Welfare (CEBC) provides child welfare professionals with easy access to vital information about selected child welfare related programs. The primary task of the CEBC is to inform the child welfare community about the research evidence for programs being used or marketed in California.\* The CEBC also lists programs that may be less well-known in California, but were recommended by the Topic Expert for that Topic Area.

[How do You Use the CEBC?](#)

[What's New on the CEBC?](#)

[What is Evidence-Based Practice?](#)

[How are Programs on the CEBC Reviewed?](#)

[How is Culture Related to Evidence-Based Practice?](#)

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\* Please note that the CEBC was created for informational and educational purposes and as such does not endorse any of the programs listed on the website.

Information presented on the CEBC website is considered public information and may be distributed or copied. When using information obtained from the CEBC, we ask that you please use the following acknowledgment: Material/Image/Information obtained from the California Evidence-Based Clearinghouse for Child Welfare (CEBC) at [www.cebc4cw.org](http://www.cebc4cw.org).



## CEBC Project Began in 2004

- CDSS - Office of Child Abuse Prevention
- Child and Adolescent Services Research Center (CASRC)
- Guidance from our Advisory Committee and Scientific Panel
- The CEBC was launched on 6/15/06
- 36 Topic Areas on CEBC website with 255 programs

**With More to be Added Soon!**



## Goal of The CEBC:

- Provide easy access to information about child welfare related programs through a user-friendly website.

## Information on Practices arranged in Topic Areas

- Brief and detailed summaries for each reviewed program – each user can determine the level they want.
- Programs are rated on level of scientific support.



Evidence Based Practice is More Than a Marketing Term

# Components of EBPs

**Best  
Research  
Evidence**

**Best Clinical  
Experience**

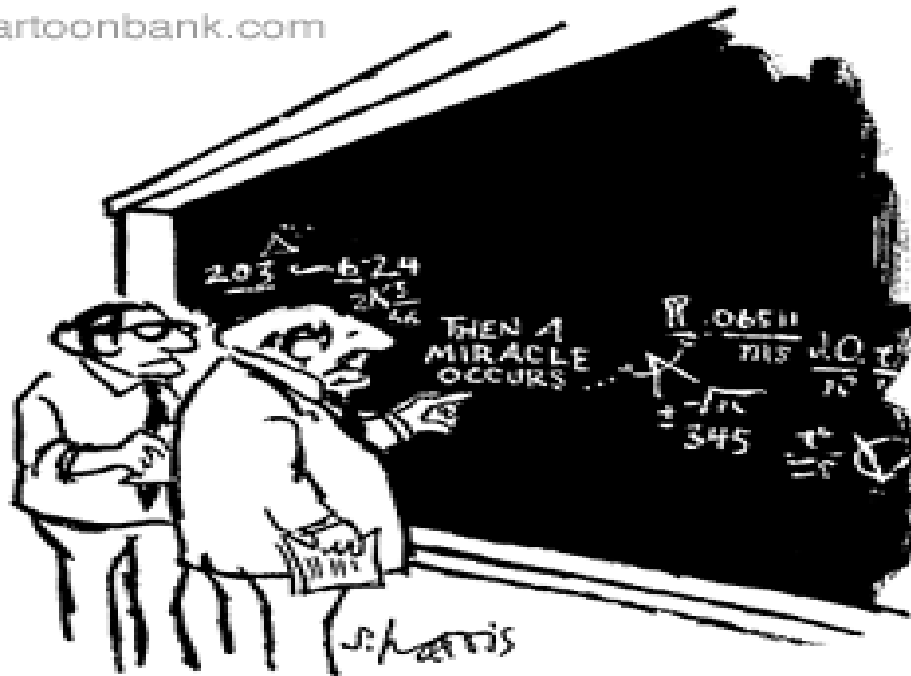
**Consistent with  
Family and  
Client Values**



# What the CEBC Brings to the Equation...

## Best Research Evidence

© Cartoonbank.com



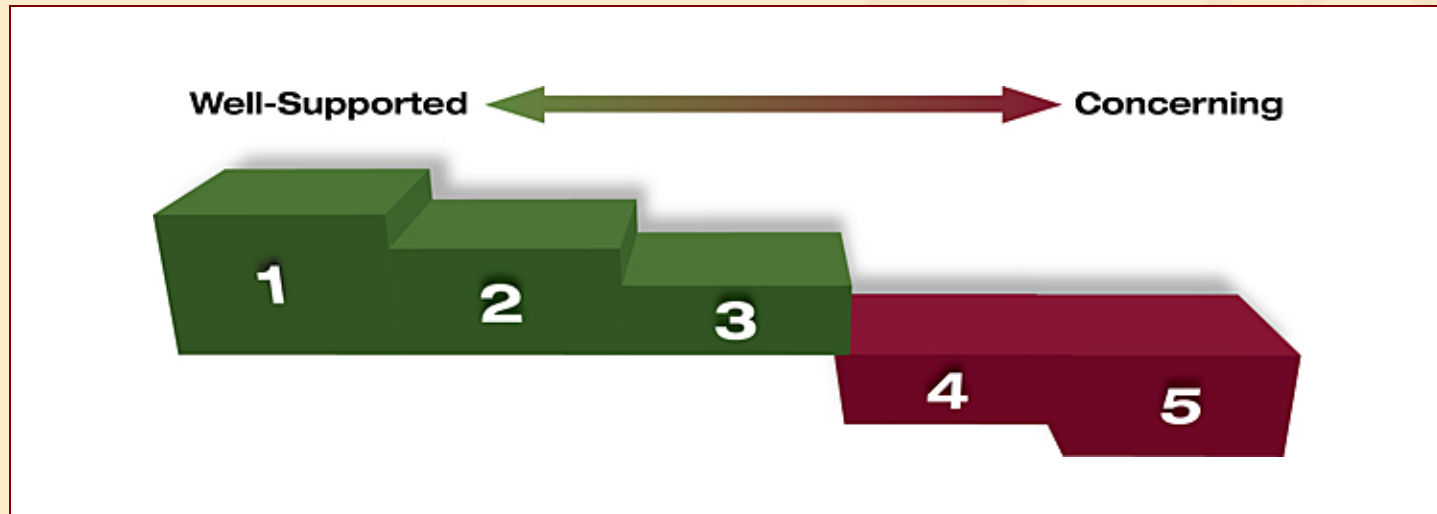
"I think you should be more explicit here in step two."



CEBC

# Scientific Rating Scale

[\*\*Based on a Continuum\*\*]

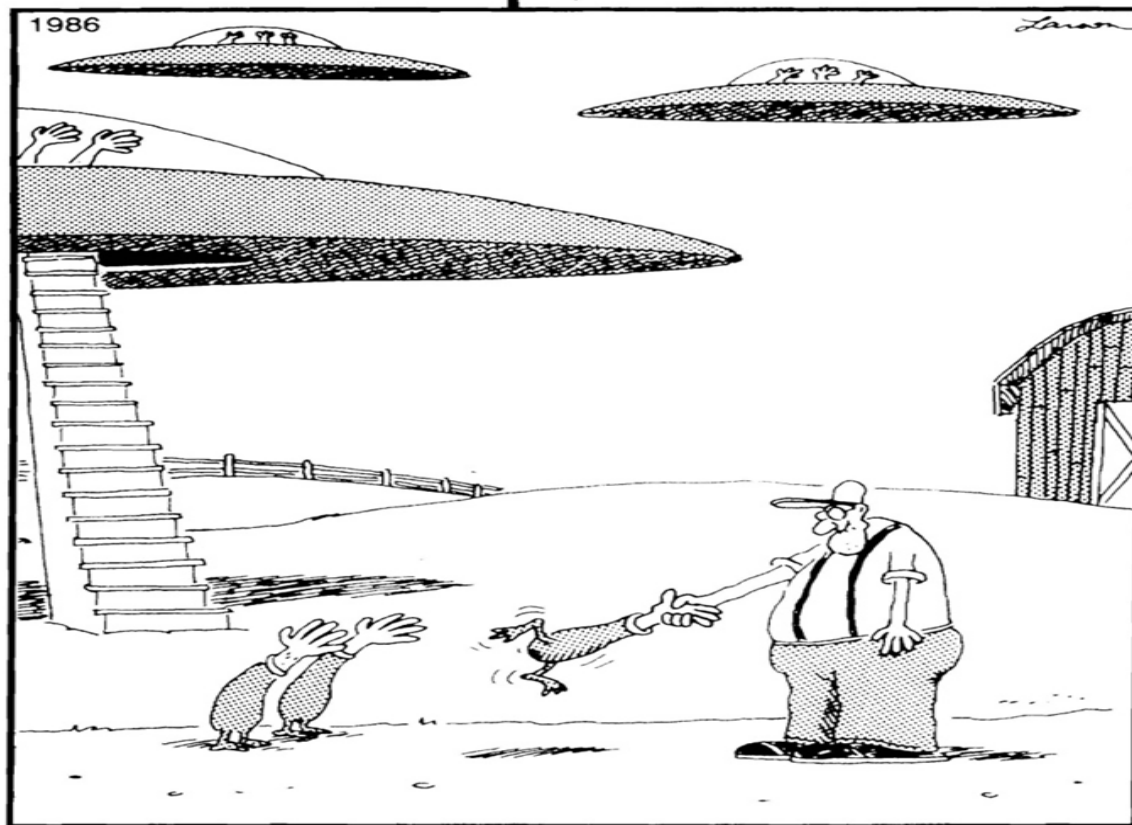


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# Consistency with Family & Client Values



Inadvertently, Roy dooms the entire earth to annihilation when, in an attempt to be friendly, he seizes their leader by the head and shakes vigorously.



# Best Clinical Experience



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# CEBC's Definition of EBP for Child Welfare



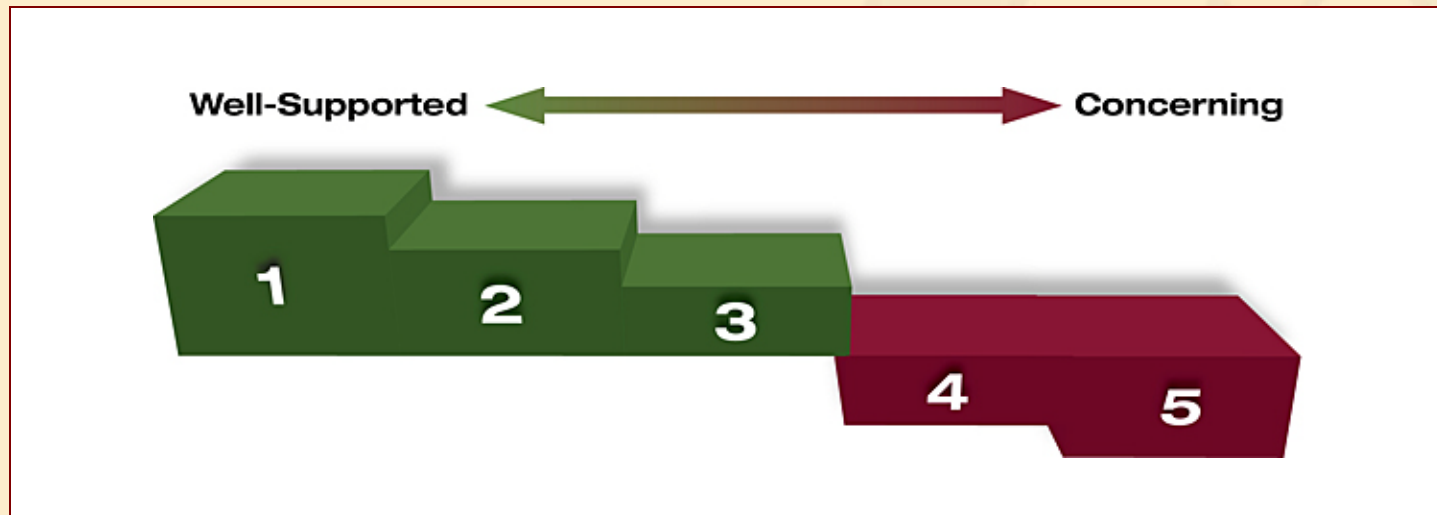
[Institute of Medicine (IOM), 2001]



CEBC

# Scientific Rating Scale

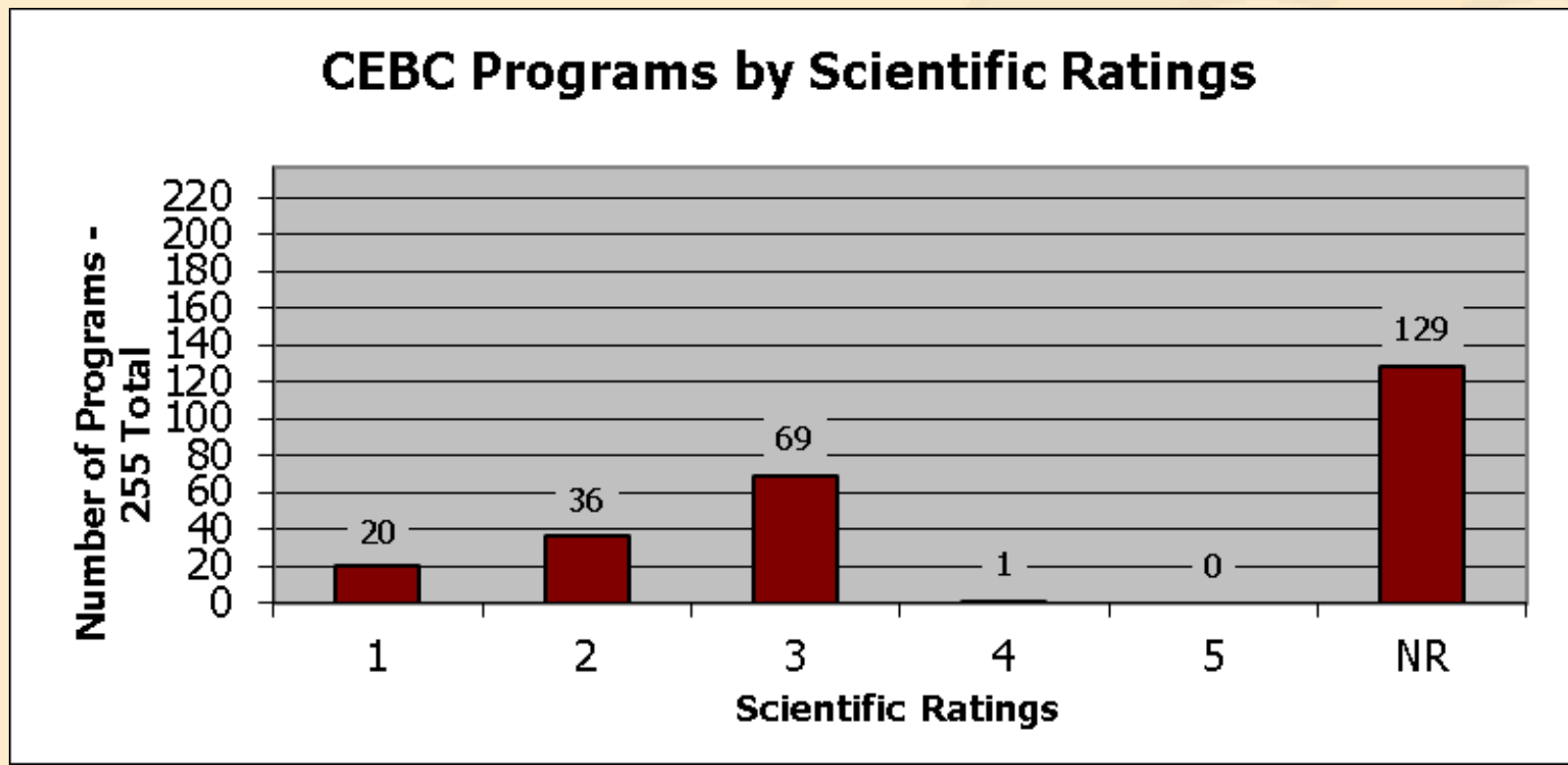
[\*\*Based on a Continuum\*\*]



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# Number of Programs by Rating



Total= 255 programs as of July 2012



# EBP Selection

**Is it the best fit...?**

**What do  
we need to  
consider first?**



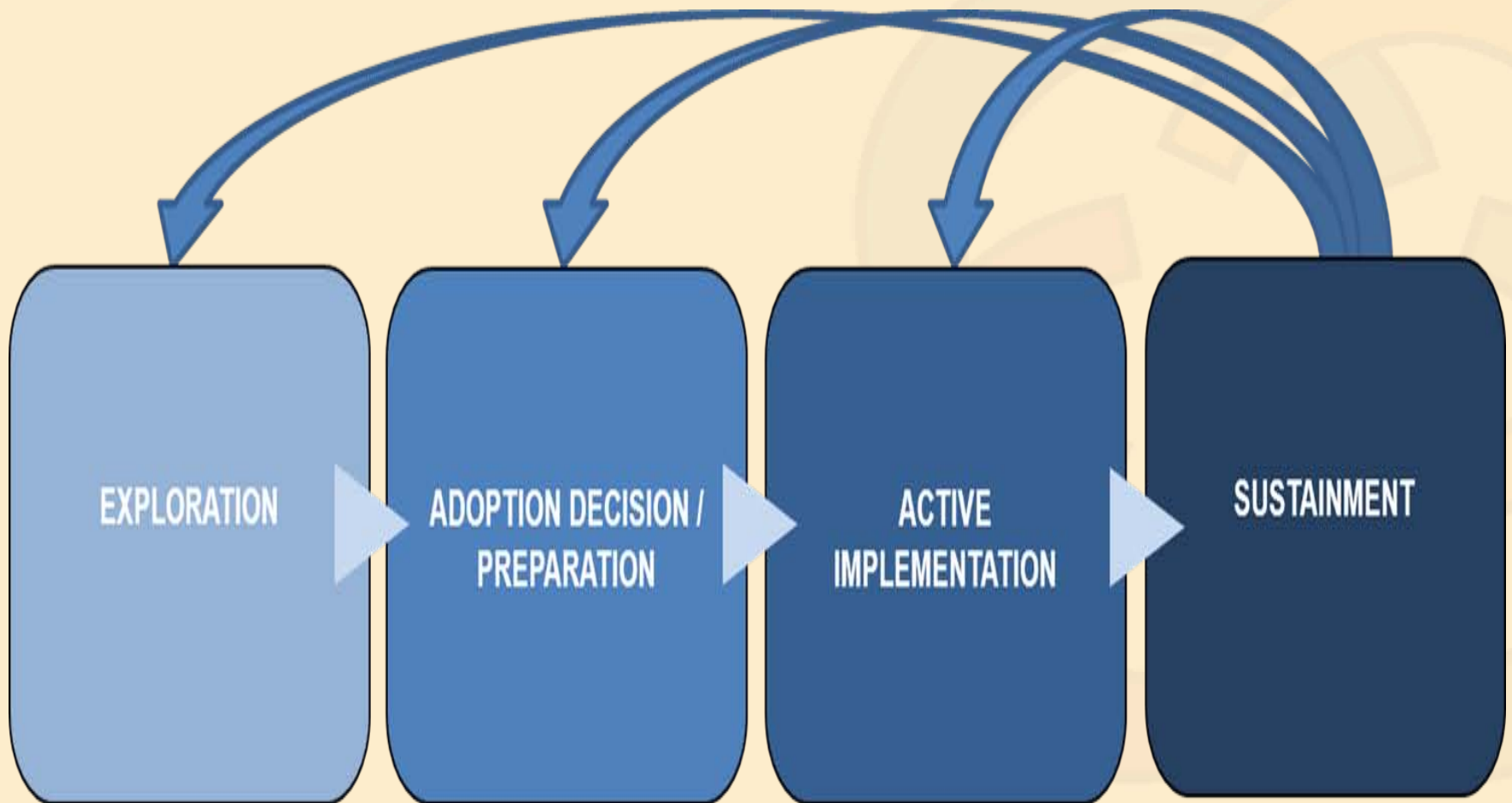
# Implementation Support

- Implementation is not always an easy process
- EBPs are not “one size fits all” – what works for one agency may not work for you
- Agencies need assistance with the entire implementation process
- Recognize systems are in consistent motion





# Phases of Implementation





# Exploration Phase

- Actively **considering** the possibility of implementing an evidence-based practice
- Example: Agency wants their services to be more evidence-based



# Exploration Phase

- A key step involves **awareness** of an issue that needs to be addressed in a more effective way.
- Example: Agency data shows that parent education program is not having desired outcomes



Like a any journey-Be Sure you select  
the right destination

Before you seek the  
answer be sure you are  
asking the right question.



# Sample Tasks in the Exploration Phase:

- Determine what areas need to be addressed with evidence-based practices
  - Where do weaknesses currently exist in your services?
  - What data do you have on this issues?
  - What are the outcomes you want to see?
  - Drill down past symptoms to causes.
    - Ask why 5 times



# Sample Tasks in the Exploration Phase:

- Work with stakeholders to identify factors that may support or detract from effective implementation of a new program
  - Funding issues
  - Existing agency policies and practices
  - Staffing issues



# Sample Tasks in the Exploration Phase:

- Consider which potential EBP addresses the core issues you wish to address
- Consider the fit of the potential EBPs in your organization
  - Supervision process, IT, documentation requirements, etc.
  - Referral process changes?
  - Fit with workforce



# Preparation Phase

- Agency has made the decision to adopt a specific EBP and is doing the planning and preparation work necessary to effectively implement it.
- Example: Agency has decided to implement SafeCare with first time parents



# Sample Tasks in the Preparation Phase:

- Work with stakeholders to develop contracts or memorandums of agreement regarding referral, client engagement, and fidelity monitoring.
- Determine how the EBP services will be funded.





# Sample Tasks in the Preparation Phase:

- Make sure that timetables for staff training and certification meet with existing service and productivity requirements.
- Address any consumer concerns, such as potential for stigma, applicability of practices for client needs and culture.
- Create or reinforce referral pathways



# Implementation Support

- Some EBPs already have their own implementation support mechanisms (MST Services, MTFC Inc, etc)
  - Readiness Checklists, etc
- BUT these assume you already know what you want to do.
- Value of External Support/Force



# How can CEBC support implementation?

- CEBC is a neutral source of information on EBPs
  - “The CEBC helps to identify and disseminate information regarding evidence-based practices relevant to child welfare”
  - Cannot support active implementation of specific programs
  - Already provide information on implementation resources for highly rated programs



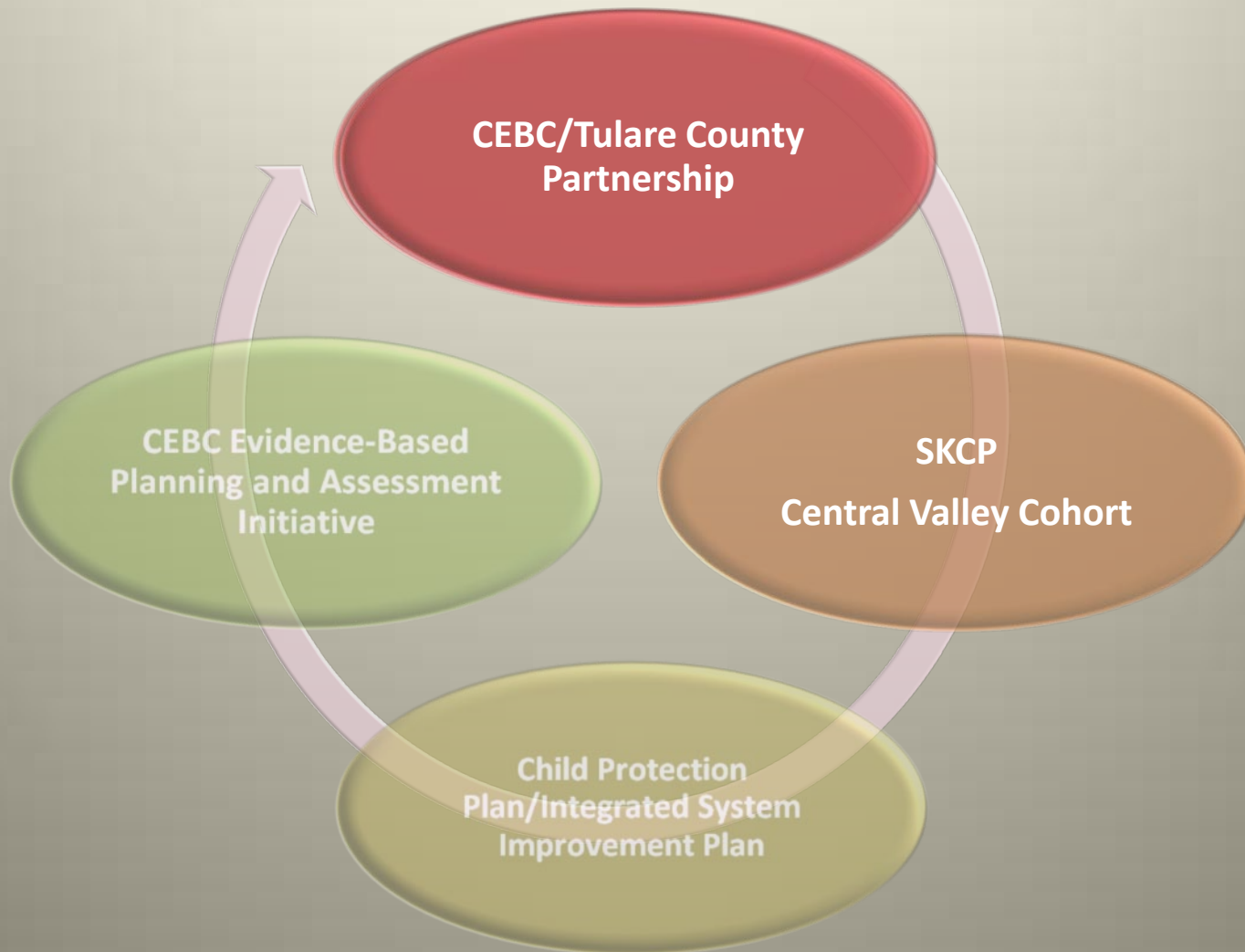
# How can CEBC support implementation?

- Based on discussions with counties, they needed help with
  - Determining what services areas needed to be targeted and what the EBP options were
  - Figuring out which EBP would be the best fit in their current system



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# Focus Area: Parenting Education

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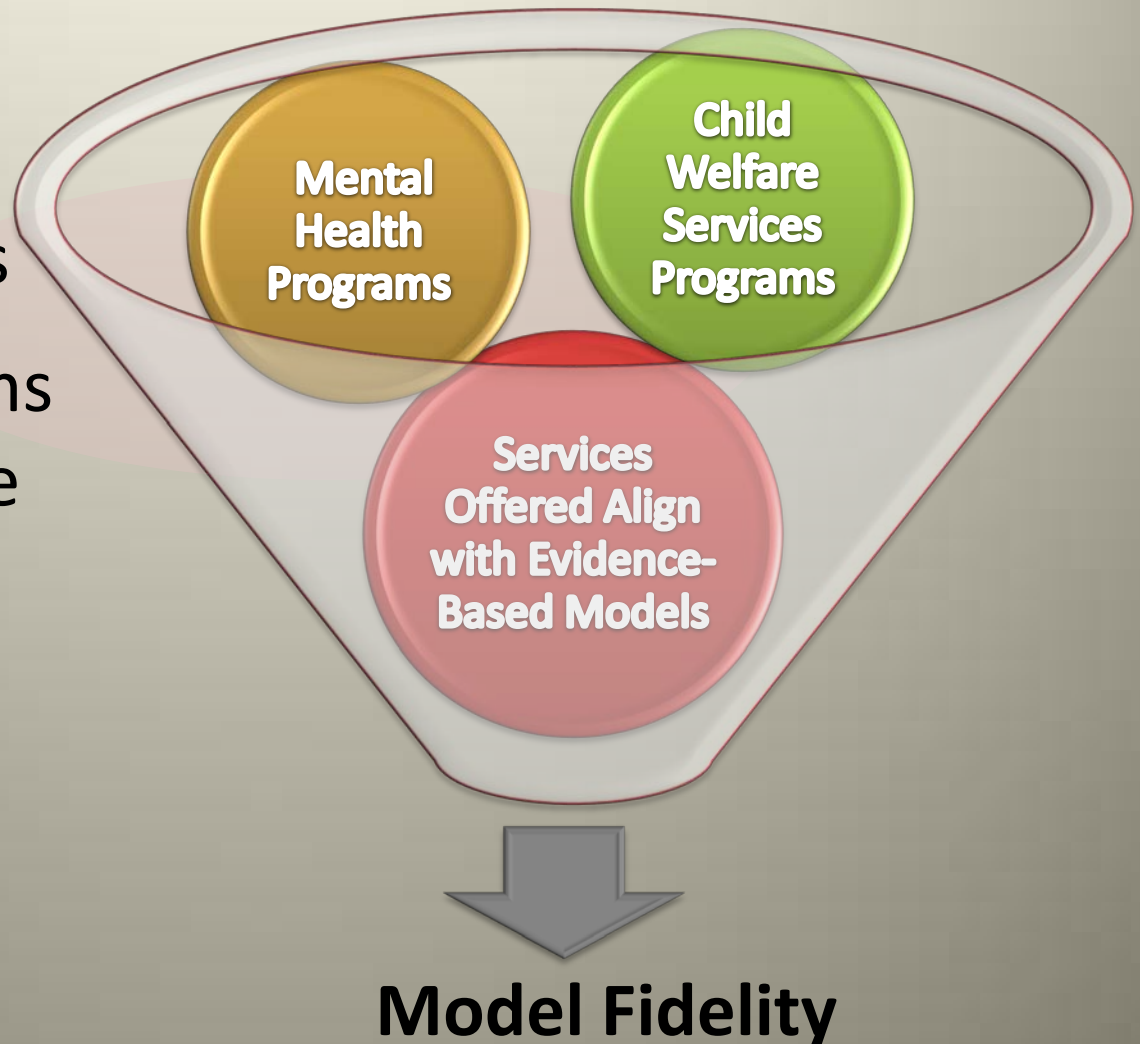
- Initial focus: classes
- Expanded focus: ALL parenting education
- PCIT
- SafeCare<sup>®</sup>
- Parenting Wisely
- Nurturing Parenting Program



# Focus Area: Mental Health Services to CWS Clients

## INTERVENTION

- Assessing the relevancy of programs/services
- Aligning programs in order to achieve the best outcome
- Providing model fidelity guidance



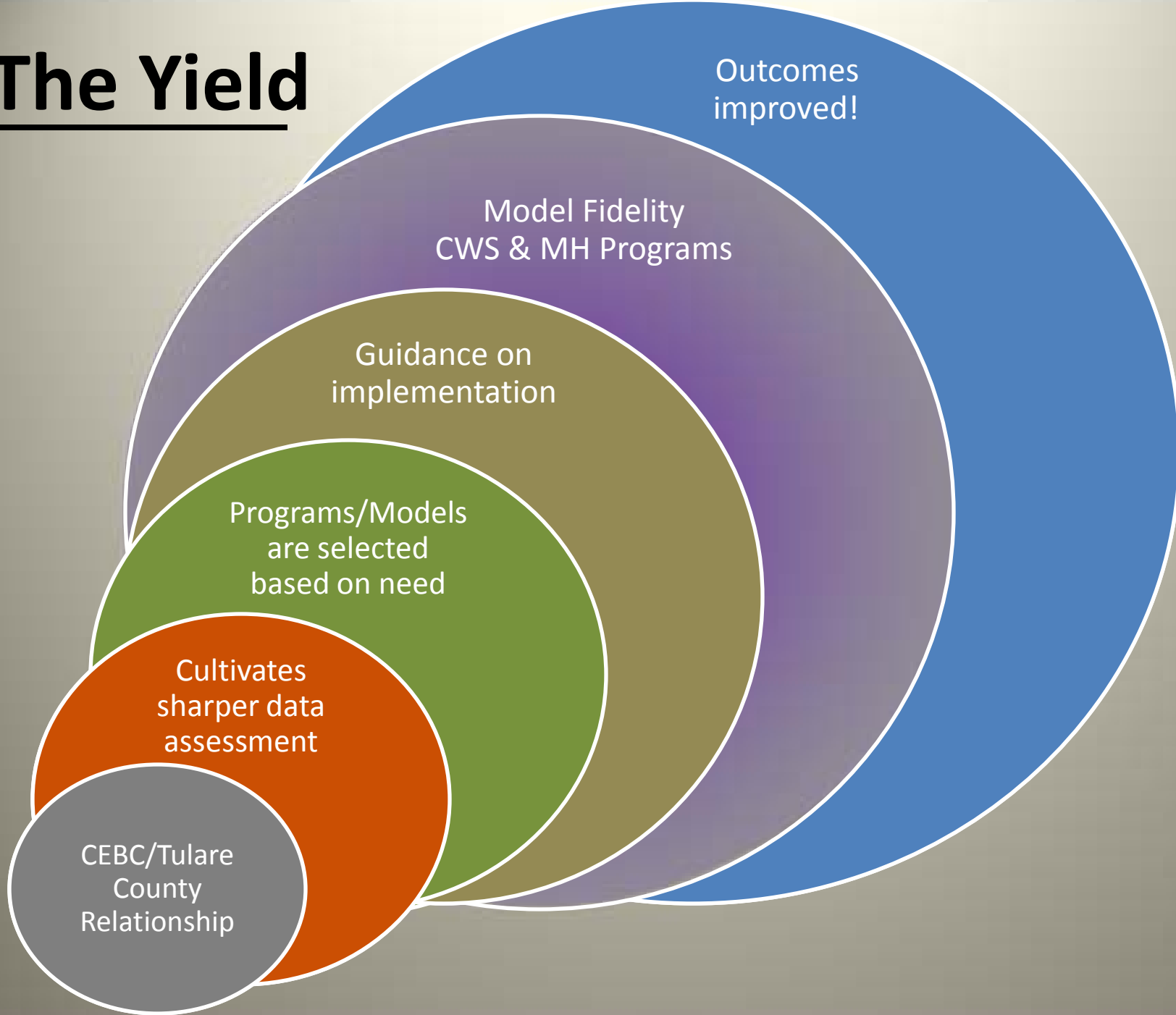
# Focus Area: Aftercare

- Shaping a program
- Data-driven decisions
- Reviewing service array
- Ensuring programs/services are rooted in the best models





# The Yield



# Applying these lessons

- Want to move from solely increasing knowledge of EBPs to increasing the use of EBPs in child welfare systems
- Counties needed support on how to use the CEBC information in implementation decisions



# CEBC Assessment and Planning Initiative

- CEBC offered California counties an assessment and planning process to help increase the use of EBPs in their community.



# CEBC Assessment and Planning Initiative

Two main components:

1. The completion of a needs assessment related to the current level of EBPs within targeted areas identified by the agency
2. Consultation, planning and review of findings



# **As part of this initiative, the county receives the following:**

- Assistance in looking at child welfare data to analyze needs within the county
- Review of the current referral process
- Written Road Map with individualized plan of how to increase the use of appropriate EBPs and frame the discussion about next steps for the county



# **As part of this initiative, the county receives the following:**

- Identification of several appropriate EBPs to consider, based on the needs assessment
- A presentation summarizing the Needs Assessment and “Road Map”
- Phone and email consultation on EBP selection and implementation



# CEBC Assessment and Planning Initiative Year 1

- Pilot project in Tulare County in Central California.
- Tulare Identified 6 areas from their System Improvement and Self Assessment Plans that they wanted assistance in reviewing current programs.
- Narrowed it down to 3: Mental Health for Children, Parent Training and Aftercare



# Presentation to Stakeholders

- Provided a kick-off presentation to the community organizations and county departments to be sure everyone was on the same page about definition and nuances of EBP.
- Used this presentation to talk about the purpose of the Assessment and Planning Initiative and areas that we would be looking at.





# Review of Data

- Reason for needing services (pick one area to focus on versus talking about all 3?)



# Lessons Learned

- Importance of referral process
  - There were existing EBPs in the community, but not always clear how the referral could be made to match the client up with the services they would most benefit from





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## For More Information:

**Cambria Rose Walsh, LCSW, Project Manager  
Chadwick Center- Rady Children's Hospital-San Diego**

**Jennifer Rolls Reutz, MPH, Research Coordinator  
Child and Adolescent Research Center-Rady Children's  
Hospital-San Diego**

**CEBC E-Mail: [cebcclearinghouse@rchsd.org](mailto:cebcclearinghouse@rchsd.org)**

**CEBC Website: [www.cebc4cw.org](http://www.cebc4cw.org)**

