



Oregon

ebp news

OREGON DEPT OF HUMAN SERVICES; ADDICTIONS & MENTAL HEALTH DIVISION

EBP : Evidence Based Practices

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“The Apple Doesn’t Fall Far From the Tree”...or...What Influences Adoption and Use of New Practices?

“I’ll see it when I believe it”

~Unknown

A recent study highlighted in *Psychiatry Online* <http://psychservices.psychiatryonline.org/cgi/content/abstract/60/5/671> brings to light interesting findings regarding provider use of new therapies—this study looked at mental health providers (n=2607) but the findings are relevant to other fields as well. A few findings:

- ❖ Empirical evidence had little influence on the practice of the mental health providers studied.
- ❖ Significant mentors, books, training in graduate school, and informal discussions with colleagues were the most highly endorsed influences on current practice.
- ❖ The greatest influences on psychotherapists' willingness to learn a new treatment were its potential for integration with the therapy they were already providing and its endorsement by therapists they respected.
- ❖ Clinicians were more often willing to continue to use a new treatment when they were able to effectively and enjoyably conduct the therapy and when their clients liked the therapy and reported improvement.

Conclusions drawn by the authors included:

- ❖ Evidence-based treatments may best be promoted through therapy courses and workshops, beginning with graduate studies;
- ❖ To ensure future use of new therapies, developers of training workshops should emphasize ways to integrate their approaches into clinicians' existing practices.

.....and that brings us to our next “Peer Poll” question, below—if you choose to, please email a [brief](#) response to shawn.clark@state.or.us. Several responses will be included in the next issue of this newsletter:

“What is the main influence on whether you adopt or consider a new practice?”





Focus On: Correctional Program Checklist (CPC)

AMH received a grant from Reclaiming Futures, an initiative of the Robert Wood Johnson Foundation, to increase the adolescent substance abuse treatment system's ability to provide evidence-based treatment to reduce criminal justice recidivism. We will teach program staff how to design and implement programs to meet the standards set in the Correctional Program Checklist (CPC). The CPC is a tool developed to determine how closely correctional programs meet known principles of effective intervention.

The project consists of three components:

1. Regional trainings for addictions providers on effective interventions
- 2) Webinars presented by experts, in collaboration with the Department of Corrections and the Oregon Youth Authority
- 3) On-site technical assistance with four volunteer adolescent programs:

Lifeworks Northwest, Change Point, Inc., Clackamas County Community Health, and Choices Counseling Center.

For details and outcomes of the project to date, contact CJ Reid at 503-945-9813 or Greta Coe at 503-945-6187.

Collaborative Problem Solving (CPS)

Dr. Stuart Ablon, the Director of Think:Kids at Massachusetts General Children's Hospital has been assisting in a statewide implementation project using the Collaborative Problem Solving (CPS) model. The CPS approach pinpoints thinking skill deficits as a primary cause of disruptive and explosive behavior in children. Across Oregon, teachers, parents, clinical professionals and families are identifying lagging skill deficits in these children and sharing the responsibility in finding solutions for these challenging behaviors.

AMH has supported technical assistance to 12 sites in implementing CPS and OHSU sponsored a training in this practice for pediatricians and child psychiatrists.



Success Stories (share yours with us for future issues!)

Read about how **Lifeworks Northwest in Hillsboro reduced wait times for intakes from 5.3 days to same day service and increased admissions**; go to <https://www.niatx.net/pdf/successstory/lifeworkshillsboro.pdf>

Read about how **Adapt in Roseburg reduced wait time between child welfare referral and first treatment**:

https://www.niatx200.net/ENews/2009/MA-OR_Aug_2009.html

"How do I stay on top of what's going on with EBPs in Oregon?"

Sign up to receive EBP-related emails at:

https://service.govdelivery.com/service/subscribe.html?code=ORDHS_98

Furry wisdom



*Bark less...
wag more*

*A dog wags its
tail with its
heart*

*The reason
dogs have so
many friends
is because
they wag their
tails instead of
their tongues*

Recommended Resource (with info on an easy-to-implement EBP!)

NFATTC (Northwest Frontier Addiction Technology Transfer Center) publishes the **Addiction Messenger** each month—it's a great way to stay on top of best practices, clinical issues and developments in the field. A recent issue highlights an EBP called "Twelve Step Facilitation" which is relatively easy to implement—check it out at:

<http://www.attcnetwork.org/userfiles/file/Vol.%2012,%20Issue%207.pdf> You can subscribe to the Addiction Messenger for free at <http://www.attcnetwork.org/regcenters/subscriptions.asp?rcid=10&content=SUBSCRIBE> and you can even earn CEUs for responding to the questions at the end of each series.

Prevention EBP Updates



Oregon awarded SAMHSA prevention grant

The Addictions and Mental Health Division was awarded the Center for Substance Abuse Prevention State Prevention Framework - State Incentive Grant (SPF). The SPF fund will enable AMH to work with ten communities to install the SPF. SPF requires a thorough analysis of priorities and, based on the priorities, the implementation of EBP to address the priorities. For more background on these concepts go to <http://prevention.samhsa.gov/evidencebased/evidencebased.pdf>

Feel like everything is changing around you all the time? Well, it is! Check out this YouTube video on change and technology and then ponder our "peer poll question below:

<http://www.youtube.com/watch?v=lUMf7FWGdCw>



Peer Poll

Q: What role is technology playing now in behavioral health, what do you see in the future and what do you think about it?

A: Julie Hynes, Lane County Problem Gambling Prevention: With advances in technology providing the means to addiction (e.g., video & online gambling, porn, etc.), we can't afford to be behind the curve in technologies that help prevent and treat addictions. Technological means for help, such as problem gambling's online 1877mylimit.org service, online social communities for support, and building evidence-based online curricula will be key in prevention and treatment of addictions.

A: Generation Y'er: technology would b good 2 reach us u could get to us by text qk we could talk with avatars more tools the bter thx



Improving SB 267 Outcomes

AMH has been meeting with stakeholders to consider how to improve gathering the data needed to demonstrate the specific outcomes asked for in SB 267 legislation**. The subcommittees have made recommendations which are included in a proposal for review by the EBP Stakeholder group that has met regularly since 2005. We welcome your participation in the meeting. The agenda and minutes of the stakeholders group are on the AMH website (<http://www.oregon.gov/DHS/mentalhealth/ebp/main.shtml>). If you have ideas or questions please call Shawn Clark at 503-945-9720 or shawn.clark@state.or.us. Information on the next meeting is below:

When: October 20th 1:00PM to 4:00 PM

Where: Willamette Education Service District
2611 Pringle Rd SE (Pringle Room) Salem, OR

** " Program" means a treatment or intervention program or service that is intended to :
A) Reduce the propensity of a person to commit crimes;
B) Improve the mental health of a person with the result of reducing the likelihood that the person will commit a crime or need emergency mental health services;
C) Reduce the propensity of a person who is less than 18 years of age to engage in antisocial behavior or with the result of reducing the likelihood that the person will become a juvenile offender."

Recovery Month "Hands Across the Bridge" breaks attendance records

The annual "Hands Across the Bridge" event brought more than 2000 supporters out to celebrate hope for recovery—check out the inspiring article and photo on the AMH webpage at:

<http://www.columbian.com/article/20090907/NEWS02/709089968>



Announcing SAMHSA's new free EBP publication:

"Implementing Change in Substance Abuse Treatment Programs" Technical Assistance Publication (TAP) 31

SAMHSA's newest TIP provides guidance on integrating evidence-based practices into substance abuse treatment programs and offers practical and efficient approaches for introducing and implementing EBPs. It includes steps for assessing an organization's readiness to adopt new practices, identifying priorities in adopting EBPs, evaluating progress, and sustaining change overtime. Download your free copy today:

<http://kap.samhsa.gov/products/manuals/pdfs/TAP31.pdf>



If you have a question you'd like us to poll your colleagues on, email it to shawn.clark@state.or.us and we'll try to feature it in an upcoming issue.



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