

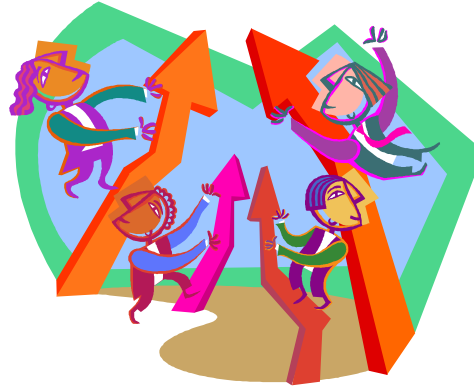
Oregon

ebp news

OREGON DEPT OF HUMAN SERVICES; ADDICTIONS & MENTAL HEALTH DIVISION

EBP : Evidence Based Practices

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"A mind stretched by a new idea will never return to its original position."

**Don Coyhis,
Founder of
White Bison**

Dr. David Mee-Lee, nationally known expert on co-occurring substance use and mental health disorders, offers an intriguing take on the Inaugural words of President Obama:

On January 20, newly inaugurated President Obama said: "The question we ask today is not whether our government is too big or too small, but whether it works, whether it helps families find jobs at a decent wage, care they can afford, a retirement that is dignified. Where the answer is yes, we intend to move forward. Where the answer is no, programs will end."

I might re-phrase this: "The question we ask today is not whether treatment should be with this evidence-based practice or that model or this ideology, but whether it works, whether the treatment helps clients and families find hope and wellness, care they can understand, a life that is dignified and full. Where the answer is yes, we intend to move that treatment forward. Where the answer is no, that treatment will end and new strategies will take its place."

Dr. Mee-Lee publishes an informative, free e-newsletter (Tips and Topics) which can be accessed at:

<http://www.davidmeelee.com/tips-and-topics/>.





Focus On: Collaborative Problem Solving (CPS)

In 2007 Oregon introduced the CPS model developed by Drs Ross Greene and Stuart Ablon. This model helps children with mental illness increase their skills in areas such as problem solving, frustration tolerance and the ability to be flexible.

Oregon has implemented and is sustaining the practice statewide, including offering two statewide CPS conferences. Multiple child-serving agencies in twelve communities are now implementing the model throughout their programs.



Early data from two CPS settings indicate some significant outcomes, including:

- **63% reduction in out-of-classroom time**
- **40 to 80% reduction in the use of seclusion-restraint**
- **33% improvement in family satisfaction for parents**

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.”

Dr. Seuss

*The Southern Oregon Adolescent Study & Treatment Center (SOASTC) received one of twelve small implementation scholarships to help fund training for staff and families. According to SOASTC's Executive Director Bob Lieberman, **“the \$3,720 SOASTC was awarded by AMH as an implementation site has leveraged over \$175,000 of additional resources in grant funds and in-kind support”** for the southern region of our state.*

Our collective investment in CPS is truly paying dividends in many ways.

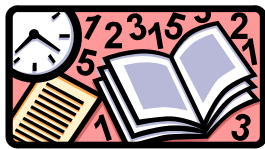
For further information about this practice, call Rita McMillan at 503-947-5523 or go to www.Thinkkids.org.

"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

More information on prevention in the workplace is available at: <http://www.workplace.samhsa.gov/>



Recent Question to AMH from the Legislature:
"Describe the types of programs that are listed on SAMSHA's NREPP website. Which ones are used by Oregon providers?"

NREPP is SAMHSA's National Registry of Evidence-based Programs and Practices <http://www.nrepp.samhsa.gov/>. Initially focused on prevention, the focus has recently expanded to include substance abuse treatment and mental health.

AMH's recent provider survey showed 394 programs implement interventions/programs from the NREPP model program list. The top ten used in Oregon include:

- Motivational Interviewing and Motivational Enhancement Therapy (68 programs)
- Dialectical Behavioral Therapy (DBT) (68 pgms)
- Cognitive Behavioral Therapy Youth & Adult (CBT) (58 pgms)
- Seeking Safety (Trauma Treatment) (35 pgms)
- Strengthening Families Program (29 pgms)
- 12-Step Facilitation (25 pgms)
- Relapse Prevention (21 pgms)
- Matrix Model (17 pgms)
- Brief Strategic Family Therapy (9 pgms)
- Contingency Management for Substance Abuse (9 pgms)

Fifty four (54) programs were using prevention programs and practices listed on the NREPP list. The four programs most often used are:

- Strengthening Families Program (29 pgms)
- Project Alert (5 pgms)
- Project Northland (4 pgms)
- Incredible Years (3 pgms)



Workplace Substance Abuse Prevention: Lessons in Implementing EBPs

Workplace prevention programs are important venue for the use of evidence-based practices. RMC Research and the Oregon Nurses Foundation have created a workplace EBP training project for the electrical industry and unions. Engaging industry partners involved three key steps: 1) attracting the industry partners to a discussion; 2) clarifying what is most important to the industry, and 3) identifying an evidence-based practice that both meets industry priorities and promotes healthy behavior among workers. Valuable lessons on implementing EBPs in the private sector have been learned and are now posted on the AMH website at <http://egov.oregon.gov/DHS/mentalhealth/ebp/reports/engaging-industry-partners.pdf>.



Culture and EBPs: African Americans

Finding EBPs that have been shown to be effective for cultural and ethnic groups is challenging. AMH recently looked at NREPP data to find out which model programs have been used and researched in the African American community; the following have at least half of their published research on African Americans (bold indicates a substance abuse prevention program); others are listed on AMH's EBP website:

- ✚ **Across Ages**
- ✚ **Al's Pals: Kids Making Healthy Choices**
- ✚ **CASASTART**
- ✚ Moral Reconciliation Therapy
- ✚ Motivational Interviewing
- ✚ Multisystemic Therapy (MST) for Juvenile Offenders
- ✚ Multisystemic Therapy with Psychiatric Supports (MST-Psychiatric)
- ✚ **Nurse-Family Partnership**
- ✚ **Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)**
- ✚ Responding in Peaceful and Positive Ways
- ✚ **STARS for Families (Start Taking Alcohol Risk Seriously)**

More information on the research behind these programs is available on NREPP website at <http://www.nrepp.samhsa.gov/>

*New online course at Portland State University: **Online Introduction to Evidence-Based Supported Employment** Apr 1-3, 2009*

Supported Employment is a well-defined approach to helping people with mental illness find and keep competitive employment in their community. This introductory course will examine 7 core principles of supported employment, look at recent research, and discuss clinical service provision. For registration information go to http://sesweb.ses.pdx.edu/ceed_cat/detail_large.cfm?id=4687



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Fast Fact:

***1088 clients
across Oregon
received
supported
employment
services in
2008***