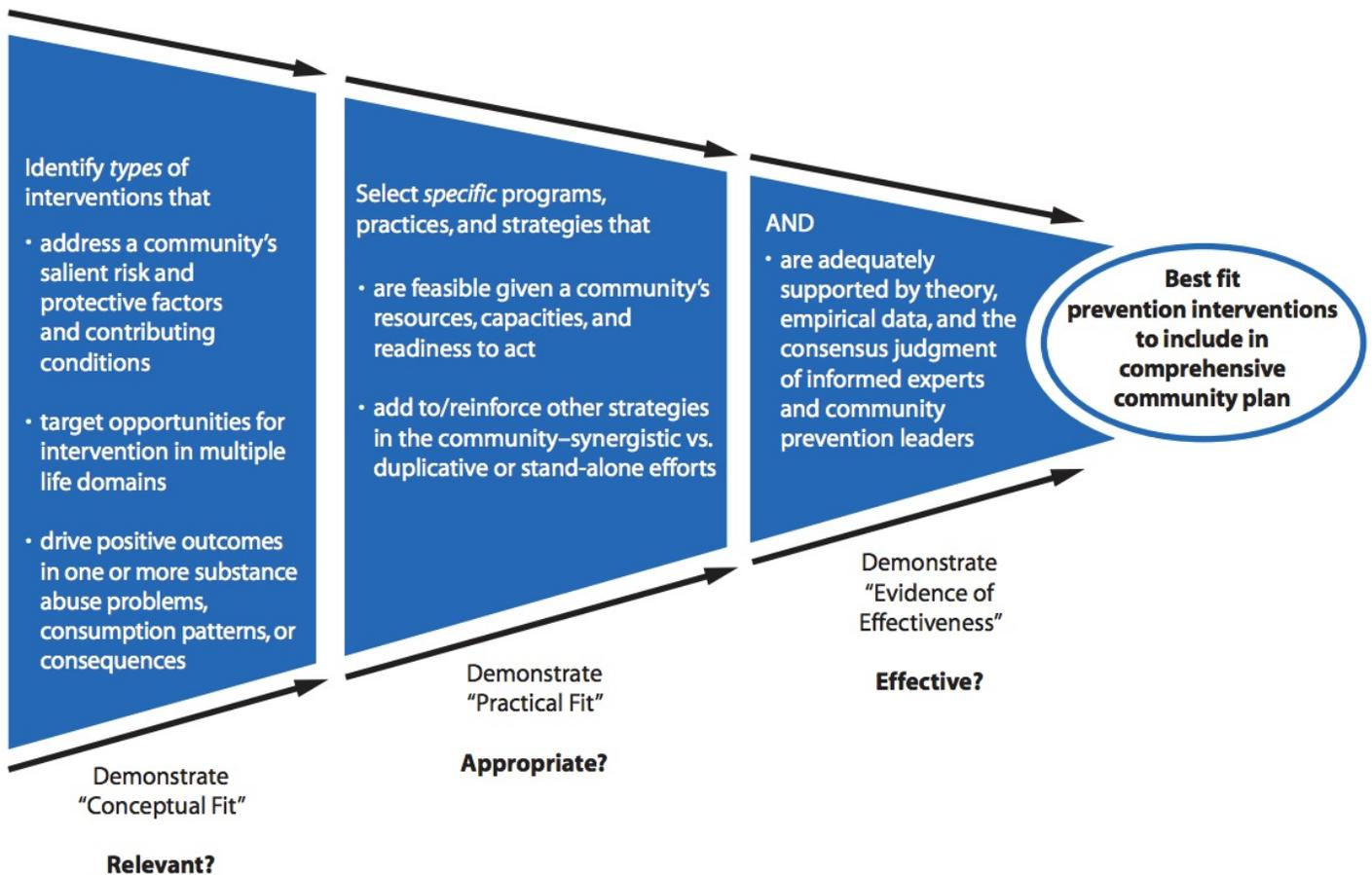


# Evidence-Based Practices

## What are Evidence-Based Practices?

A *strategy* that has been *evaluated* by external opinion and *backed by scientific evidence*, while also proven to be *effective in shaping the desired outcome*.

## How do you determine which EBPs are appropriate?



SAMHSA, 2009

1. **Conceptual Fit:** It is vital to choose interventions that are **relevant** by selecting activities that address the community specific risk and protective factors.
2. **Practical Fit:** Each intervention program should be evaluated for its **appropriateness** in the community; the program should fit within the community's capacity, resources, and readiness to act.
3. **Evidence of Effectiveness:** A program is considered to have strong evidence if it has consistently positive results for the outcomes targeted under conditions that rule out competing explanations for effects achieved.

**According to SAMHSA, Evidence-Based Practices, must fall into one of three categories:**

Definition	Example
a) Inclusion in Federal registries of evidence-based interventions.	SAMHSA National Registry of Evidence-Based Programs and Practices (NREPP): <a href="http://www.nrepp.samhsa.gov">http://www.nrepp.samhsa.gov</a>
b) Reported (with positive effects on the primary targeted outcome) in peer-reviewed journals.	Role-play prevention activities – as seen in peer reviewed journals, such as - Araujo, R. B., de Alencar Oliveira, M. M., & Cemi, J. (2011). Development of role-playing game for prevention and treatment of drug addiction in adolescence. <i>Psychology: Theory and Research</i> , 27(3), 347-358.
<p>c) Documented effectiveness supported by other sources of information and the consensus judgment of informed experts, as described by the following, <u>all of which must be met</u>:</p> <p>a) The intervention is based on a theory of change that is documented in clear logic or conceptual model.</p> <p>b) The intervention is similar in content and structure to interventions that appear in registries and/or the peer-reviewed literature.</p> <p>c) The intervention is supported by documentation that it has been effectively implemented in the past, and multiple times, in a manner attentive to scientific standards of evidence with results that show a consistent pattern of credible and positive effects.</p> <p>d) The intervention is reviewed and deemed appropriate by a panel of informed prevention experts that includes: well-qualified prevention researchers who are experienced in evaluating prevention interventions similar to those under review; local prevention practitioners; and key community leaders as appropriate (e.g. officials from law enforcement and education sectors or elders within indigenous cultures).</p>	<p>Count It, Lock It, Drop It –</p> <p>a) Based on theory of planned behavior, so that by reducing access, you reduce substance abuse</p> <p>b) Reducing access has been showed to reduce substance abuse in other interventions</p> <p>c) Several TN coalitions have collected data on the amount of prescription drugs collected, showing the successful implementation of these programs</p> <p>d) Key stakeholders have seen Count It, Lock It, Drop It have positive impacts in their community, including bringing greater awareness to the issue of prescription drug abuse</p>

**References & Resources:**

CADCA National Community Anti-Drug Coalition Institute. (2010). *The Coalition Impact: Environmental Prevention Strategies*. Alexandria, VA: Executive office of the President, Office of National Drug Control Policy.

Center for Substance Abuse Prevention. (2009). *Identifying and Selecting Evidence-Based Interventions Revised Guidance Document for the Strategic Prevention Framework State Incentive Grant Program*. (HHS Publication No. (SMA)09-4205). Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration.

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US Department of Health and Human Services. SAMHSA, Center for Substance Abuse Prevention. (2001). *Building Drug Free Communities: A Planning Guide*. Community Anti-Drug Coalitions (CADCA). Alexandria, VA.