

FAMILY FIRST

EVIDENCE-BASED PRACTICE

Family First requires states to end unnecessary removals by providing evidence-based family preservation services.

What is an Evidence-Based Practice (EBP)?

- ▶ Validated by documented scientific evidence
- ▶ Findings are established through controlled clinical studies
- ▶ The term EBP is interchangeable with evidence-based model, aka EBM.
- ▶ Not to be confused with practice-based knowledge, best practices or clinical judgment

EBP = The Intervention Works!!!

What does it mean to be a Promising, Supported or Well-Supported Practice?

- ▶ EBPs are described as “promising,” “supported” or “well-supported” depending on the strength of the research design and sustainability of positive outcome
- ▶ Family First requires half of prevention expenditures to be on well-supported EBPs – the highest level of evaluation

What is ‘fidelity to the model’ and why does it matter?

- ▶ Model must be replicable – not just effective
- ▶ Model must be delivered as designed
- ▶ When an EBP is modified, fidelity to the model is compromised, and one can no longer assume that the practice will result in positive outcomes

What is the value of EBPs?

- ▶ **Improvement in quality and variety of services.** Interventions are research-based and matched to the needs of children and families. Developing an array of EBPs is beneficial in effectively serving a range of families with different needs.
- ▶ **Shorter lengths of services.** Due to higher intensity and quality interactions with families, EBPs length of service is much shorter than Services as Usual (SAU).
- ▶ **Successful case closing.** Achievement of case goals for closed cases served through EBPs is higher than SAU. Goals are clearly defined, fidelity to curriculum is followed, and outcomes are demonstrated.
- ▶ **Reduction in repeat maltreatment.** Due to sustained positive impact, families that graduate from EBPs have lower rates of repeat maltreatment episodes.
- ▶ **Positive Engagement.** Because the goals of the interventions are targeted and specific, engagement in EBPs tends to be higher than SAU.

What are some examples of EBPs in Iowa?

- ▶ SafeCare
- ▶ Functional Family Therapy
- ▶ Multi-Dimensional Family Therapy
- ▶ Parent Partners

