



Evidenced-based Practice within a Children's System of Care

Touchstone Behavioral Health
Phoenix, Arizona



April 9, 2010

Evidenced-based Practice within a
Children's System of Care

San Antonio

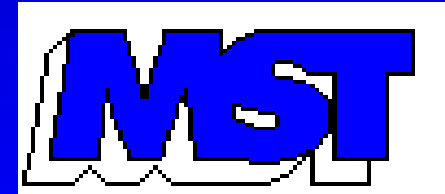
Touchstone Behavioral Health Evidence Based Programs

FFT

Functional
Family Therapy
1999



Multidimensional Treatment
Foster Care 2001-2004



Multisystemic
Therapy 2003



Brief Strategic Family
Therapy 2006



Multisystemic Therapy-Problem
Sexual Behavior 2009



Why?



Why?

Legislative Mandate



Research Options



Ethical Consideration



Mission



The 12 Arizona Principles

1. Collaboration with child and family
2. Functional outcomes
3. Collaboration with others
4. Accessible services
5. Best practices
6. Most appropriate setting
7. Timeliness
8. Services tailored to child and family (strengths- based)
9. Stability
10. Respect for child and family's unique cultural heritage
11. Independence
12. Connection to natural supports

Lessons Learned Considerations

Internal Issues



Licensing Issues



Contract Issues



Matrix Issues



Referral Issues



Myths About Evidenced-Based Practice

Providers can pick and choose from multiple EBP's

Too Prescriptive

Stifles Creativity

Can Treat Anyone

Too Expensive

Outsiders

Evidenced-Based Practice and the Child and Family Team

Protocol Can Be Communicated

Informed Consent

Ethical Responsibility

Choice

Evidenced-Based Practice
Within a Children's System of Care

Thank You

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BLUEPRINTS CONFERENCE 2010

Sacramento County Probation Department

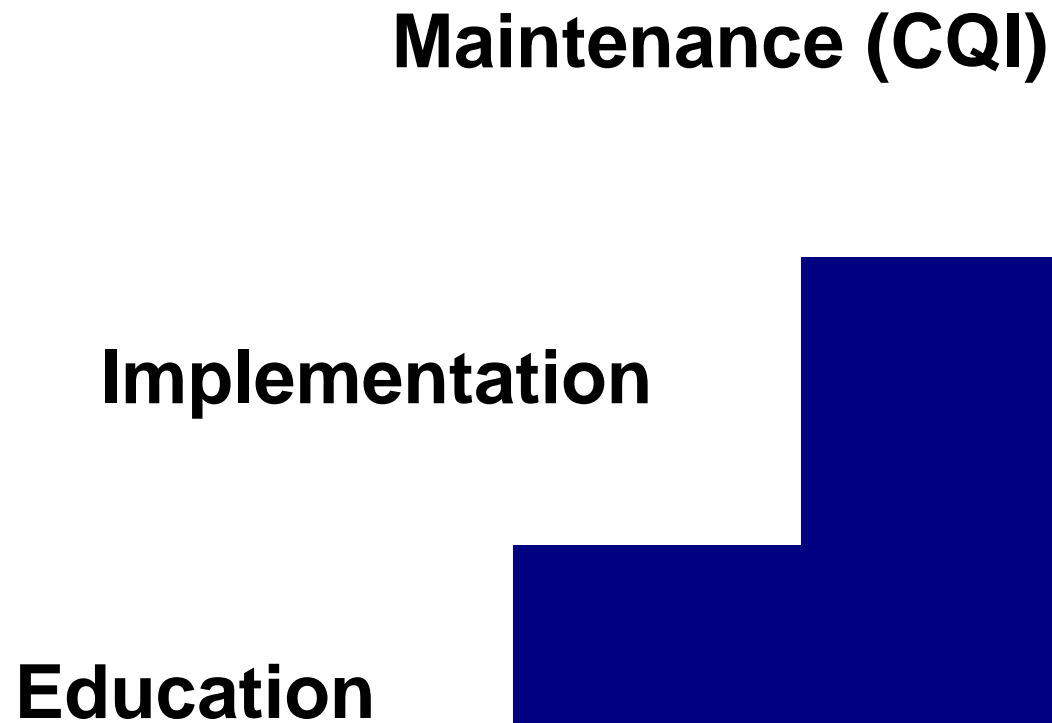
History of EBP implementation at Sacramento County Probation



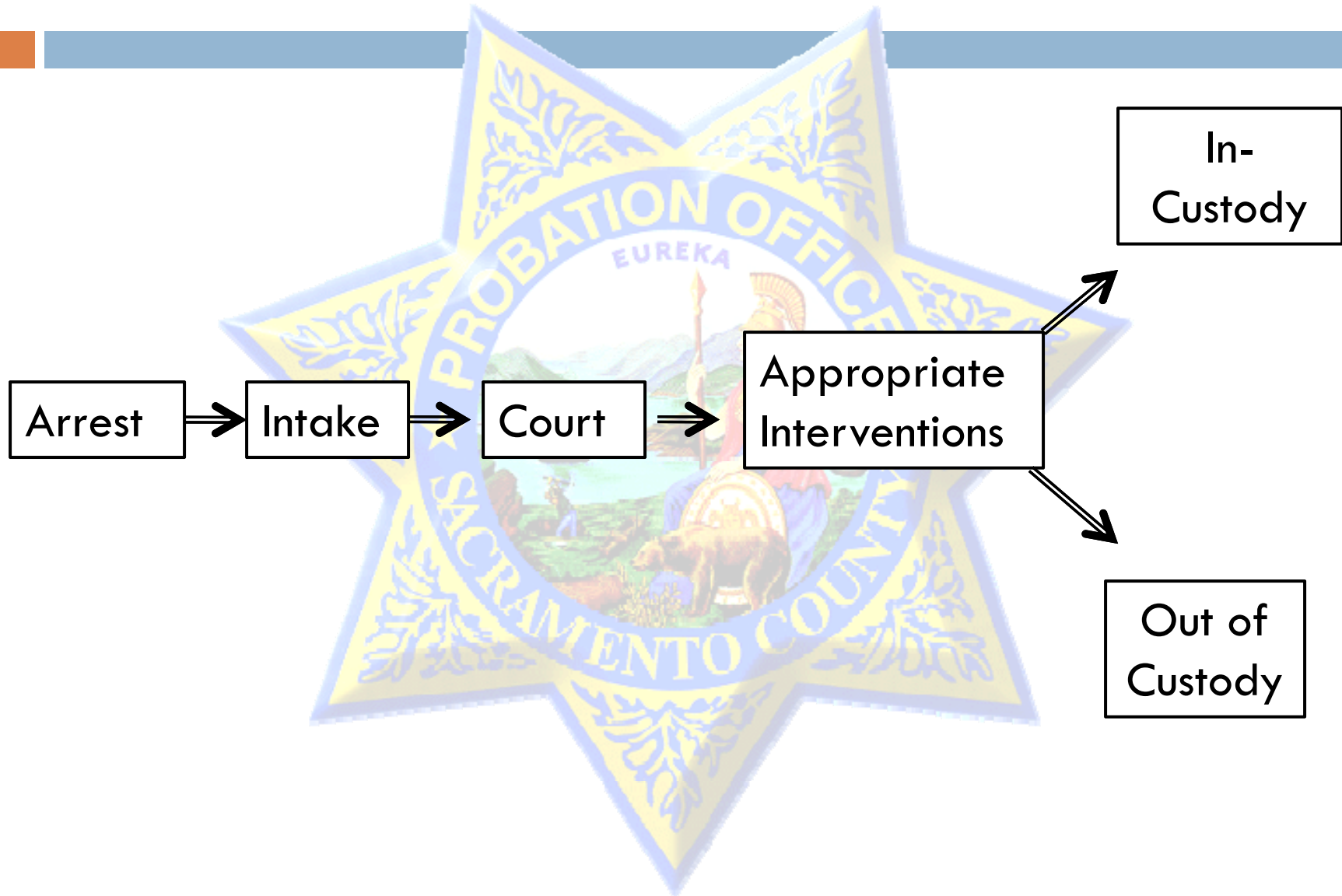
- Education
- Consultation
- Strategic Planning
- Implementing Evidence Based Practice
 - Assessment
 - Curricula
- Engaging Staff in Culture Change
- Engaging Continuous Quality Improvement and Research

Stages of Implementation

Kate Anderson, 2007



Juvenile System

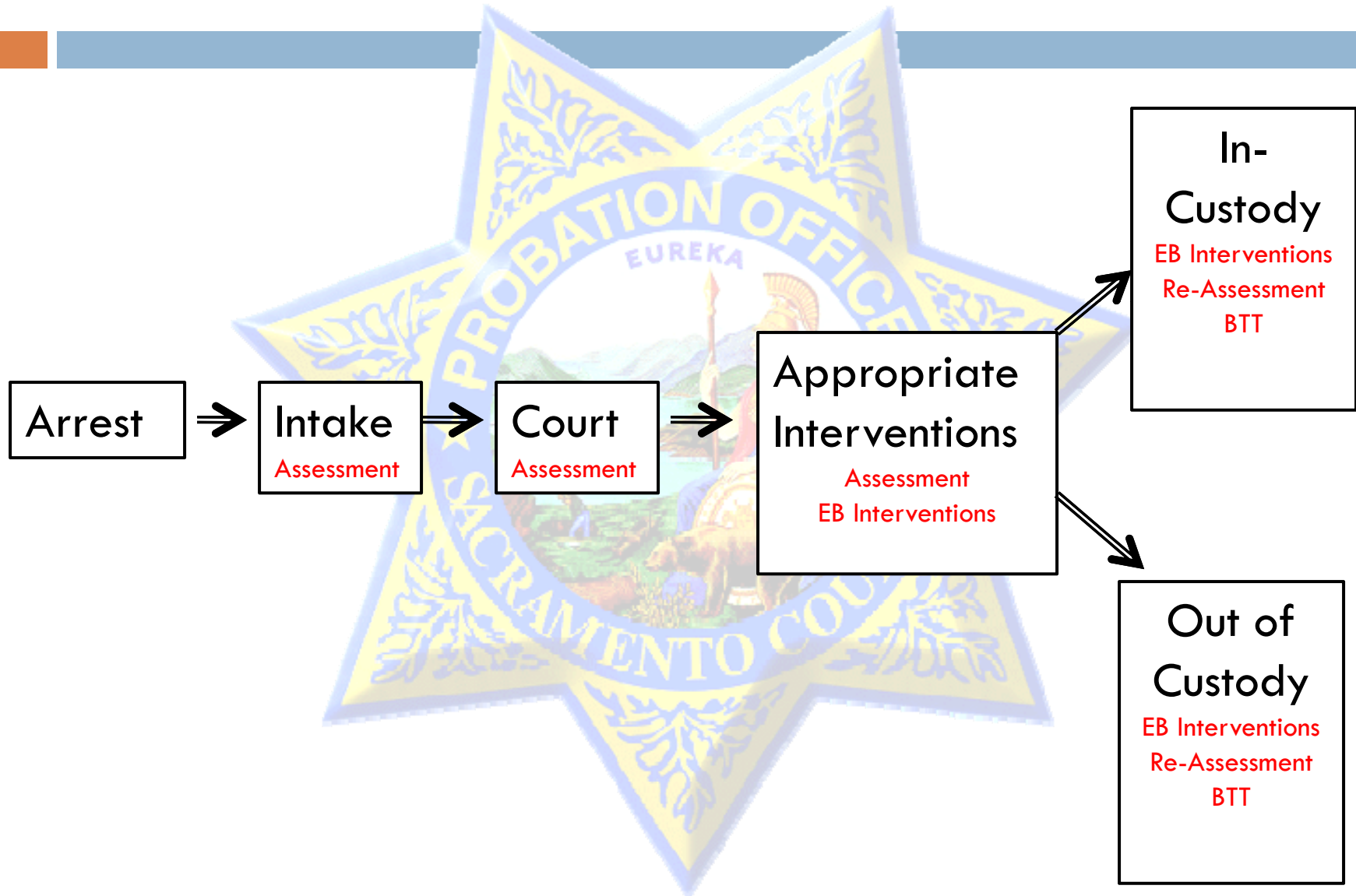


Juvenile System of Care



- System wide Implementation
- Assessment (**RISK**)
 - ▣ Risk to reoffend (Who)
 - ▣ Criminogenic needs (What)
- Evidence Based Interventions (**NEED**)
 - ▣ Targeted to Offender needs
- Barriers to treatment (**RESPONSIVITY**)

Juvenile System



Evidence Based Interventions



- Aggression Replacement Training (ART)
- Armstrong Criminal Lifestyles
- Armstrong Substance Misuse
- Multi-Systemic Therapy (MST)
- Functional Family Therapy (FFT)

Modes of Delivery



- Maximizing Ability to provide services to high risk probationers
 - External Collaboration
 - Internal Collaboration
 - Internal Capacity

Continuous Quality Improvement



- Assessment
- Programming
 - ▣ Intermediate Measures
 - ▣ Outcome Measures
- Interventions
 - ▣ Intermediate Measures
 - ▣ Outcome Measures
- Skills
 - ▣ Individualized measures
 - Probationers
 - Staff

Contact Information



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LIGHTHOUSE YOUTH SERVICES

A journey toward Evidence Based Practice

About Lighthouse Youth Services

- ❑ Founded in 1969
- ❑ 21 programs operating through 7 divisions
- ❑ Providing residential services to 325 youth each day
- ❑ Home based services to 400 youth each day
- ❑ Early childhood services to 1000 families each day
- ❑ 9 separate locations
- ❑ 250 FTE's - 200 PT/PRN
- ❑ Annual operating budget of \$20 million

Divisions

- ❑ Juvenile Justice
- ❑ Therapeutic Foster Care and Independent Living
- ❑ Home-Based Services
- ❑ Runaway and Homeless Youth
- ❑ Early Childhood Intervention
- ❑ Community Based Residential Treatment
- ❑ Lighthouse Community School

Our history with Evidence Based Practice

- 1986 – 89 First randomized study of Lighthouse Youth Center at Paint Creek by Peter Greenwood and the Rand Corporation

- Further studies of Paint Creek
 - ▣ Latessa, Langworthy, and Sanders, *Program Review*, 1995
 - ▣ Gordon, Woodredge, and Latessa, *Executive Summary*, 1996
 - ▣ Gordon, Woodredge, and Latessa, *In-Depth Look at the Program*, 1996
 - ▣ Gordon, Latessa, and Woodredge, John, *Recidivism Study*, 1997
 - ▣ Gordon, Latessa, and Woodredge, *Comparison of Staff Attitudes*, 1997
 - ▣ Gordon, Woodredge, and Latessa , *Longitudinal Re-Evaluation*, 1997
 - ▣ Jones and Fulton, *Correctional Program Assessment Inventory*, 1998
 - ▣ Gordon, *Impact on White and Non-White Youth*, 1999
 - ▣ Gordon, Moriarty, and Grant, *Impact on Minority Offenders*, 2000

More of our history with Evidence Base Practice

Studies of the Lighthouse Independent Living Program

- Edmund, *Life Skills Knowledge*, 1994
- Toro, Dworsky, and Fowler, *Homeless Youth in the United States*, 2007
- Mares, *Characteristics of Youth Served and Outcomes*, 2008
- Pitchal, *Thickening the Safety Net*, 2008
- Avery, *Achieving Permanency for Teens*, 2010
- Mares and Kroner, *Living Arrangements and Level of Care*, pending

More of our history with Evidence Base Practice

- Since the 1986 Rand study both Paint Creek and Independent Living studies have consistently indicated positive outcomes though without benefit of the gold standard – randomized studies
- Nevertheless there have been significant replications of both models including:
 - ▣ Lighthouse Youth Center at Palm Beach
 - ▣ Hillcrest School, Cincinnati
 - ▣ Numerous replications of the independent living model
- In youth corrections the elements that define Paint Creek and were initially defined by Stanton Samenow have become industry standards
 - ▣ CBT and criminal thinking errors
 - ▣ Victim awareness
 - ▣ Positive peer culture – the influence of mainstream learning theory

More of our history with Evidence Base Practice



- Early 2007 – Greenwood’s overture to look at forming an association of agencies supporting evidence based practice
- We met Vision Quest and began training them in the Independent Living model to prepare for a randomized study
- Since 2007 we have been undertaking a randomized matched pair study of Paint Creek

More of our history with Evidence Base Practice



We have also implemented proprietary evidenced based practices

- EQUIP
- Growing Great Kids
- Parents as Teachers
- Trauma-focused CBT
- WAY
- FFT
- MTFC



Lighthouse Youth Services

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