



Selecting and Putting Together Packages of EBP's

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Steps to Success

Purpose: To promote positive youth development and reduce youth violence (and other problem behaviors) in Montbello through a coordinated community-wide effort.

Outcome Goal: Reduce community levels of youth violence and other problem behaviors among youth ages 10-17 by at least 10% in 2016.

Significance and Impact: Illustrates an evidence-based comprehensive cradle to career approach that other communities can replicate.

Funded by the Centers for Disease Control and Prevention (2011-2016) and is 1 of 6 nationally recognized Youth Violence Prevention Centers of Excellence





Steps to Success

About Montbello:

- 4.5 square miles in Far Northeast Denver (n=30,000)
- 87% minority (African American/Hispanic)
- 90% free and reduced lunch
- Violent crime 2.6 per 100 youth





Steps to Success

Building a Sustainable Prevention Infrastructure in Montbello:

- Community Capacity Building (using Communities That Care)
- Identify Priority Risk and Protective Factors (data-driven approach)
- Select and Implement Evidence-Based Program Package
- Implement violence risk screening for youth in health care settings
- Sustainability





Formula for Success

**Effective Programs x Effective
Implementation x Enabling Context =
*Positive Outcomes***

National Implementation Research Network (NIRN):
<http://implementation.fpg.unc.edu/module-2/implementation-drivers>





Formula for Success

Most studies of organizational adoption of evidence-based programs suggest that the process of **adoption** is ***complex, organic*** and ***messy***

Greenhalgh et al., 2004





Stages of Implementation

Implementation occurs in (additive) stages:

- **Exploration and Selection**
 - **Installation**
 - **Initial Implementation**
 - **Full Implementation**
 - **Innovation and Sustainability: ongoing**
- 
- 2-4 Years

Fixsen, Naoom, Blase, Friedman, & Wallace, 2005





Diagnosis

What do you need to know and why?





Formula for Success

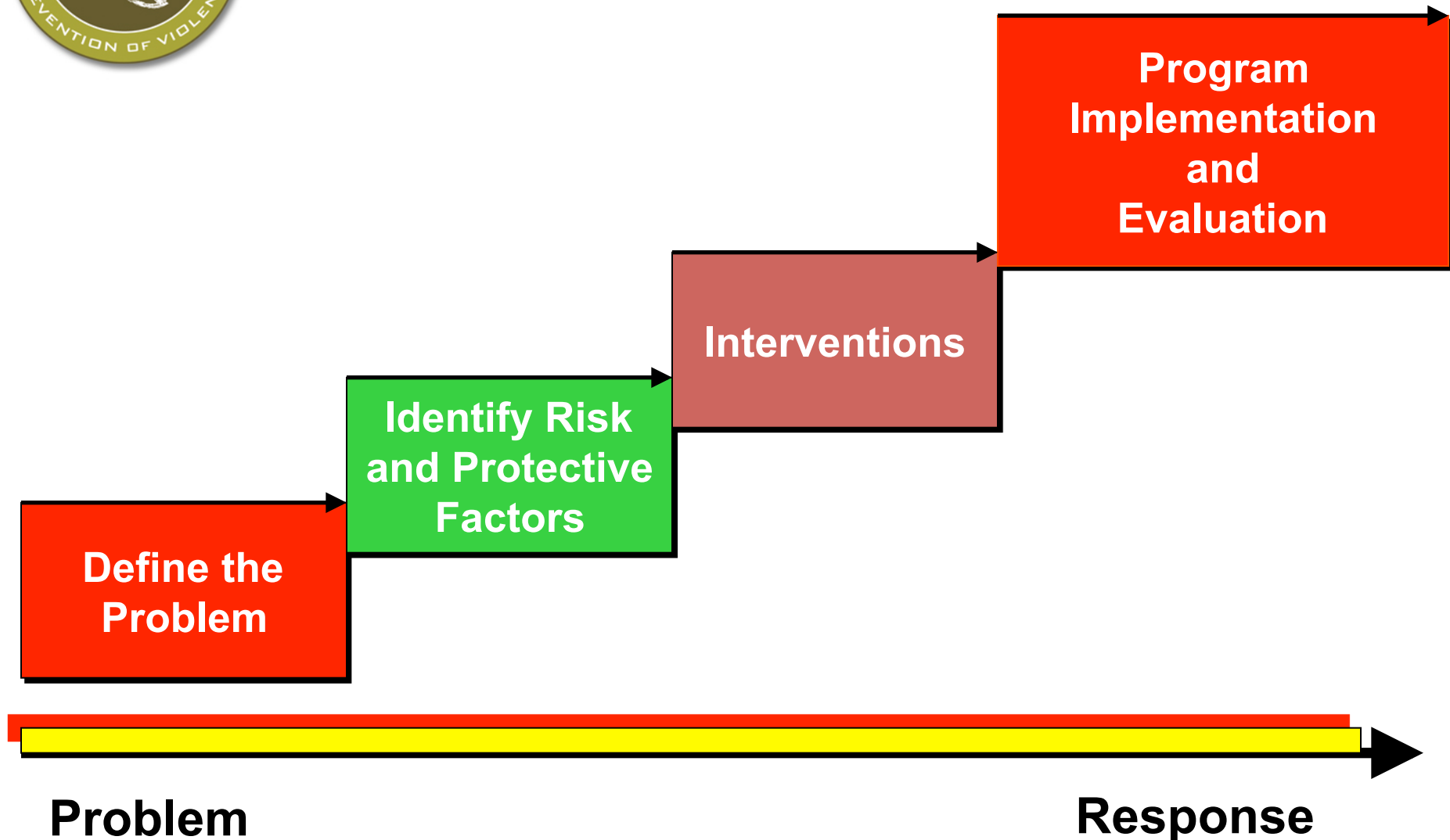
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Public Health Approach





Diagnosis

- *Risk and Protective Factors (handout)*
- *CTC chart of levels of risk and protection (diagram example)*
- *Surgeon General's Report Risk and Protective Factors by age and strength (handout)*





Diagnosis

Montbello Criteria for Selecting Top Risk and Protective factors:

- At least 2 contexts: individual, family, peer, school, community
- Prioritized based on **level** of risk/protective factor as compared to a provided norm from the community or school(s) where available.
- Higher **strength** risk factors are given higher priority (Surgeon General's Report on Youth Violence, 2001)
- Selection of risk/protective factors will take into account the need to impact the 10 to 17 year old youth population within two to three years.





Diagnosis

- *What data can you use?*
 - *School climate survey*
<http://www.colorado.edu/cspv/safeschools/surveys.html>
 - *Youth Risk Behavior Survey/Colorado Healthy Kids*
 - *School discipline and attendance data*
 - *Risk assessments*





Diagnosis

Top Risk and Protective Factors Montbello

- Community Board prioritized Risk and Protective Factors
 - 3 + 2
- Data Celebration – February 2013





Diagnosis

Top 3 Risk Factors (decrease):

1. Early and persistent problem behavior
2. Family conflict/family management problems
3. Friends engaging in problem behaviors/weak social ties

Top 2 Protective Factors (increase)

1. Religiosity
2. Family, community and school recognition of pro-social behavior

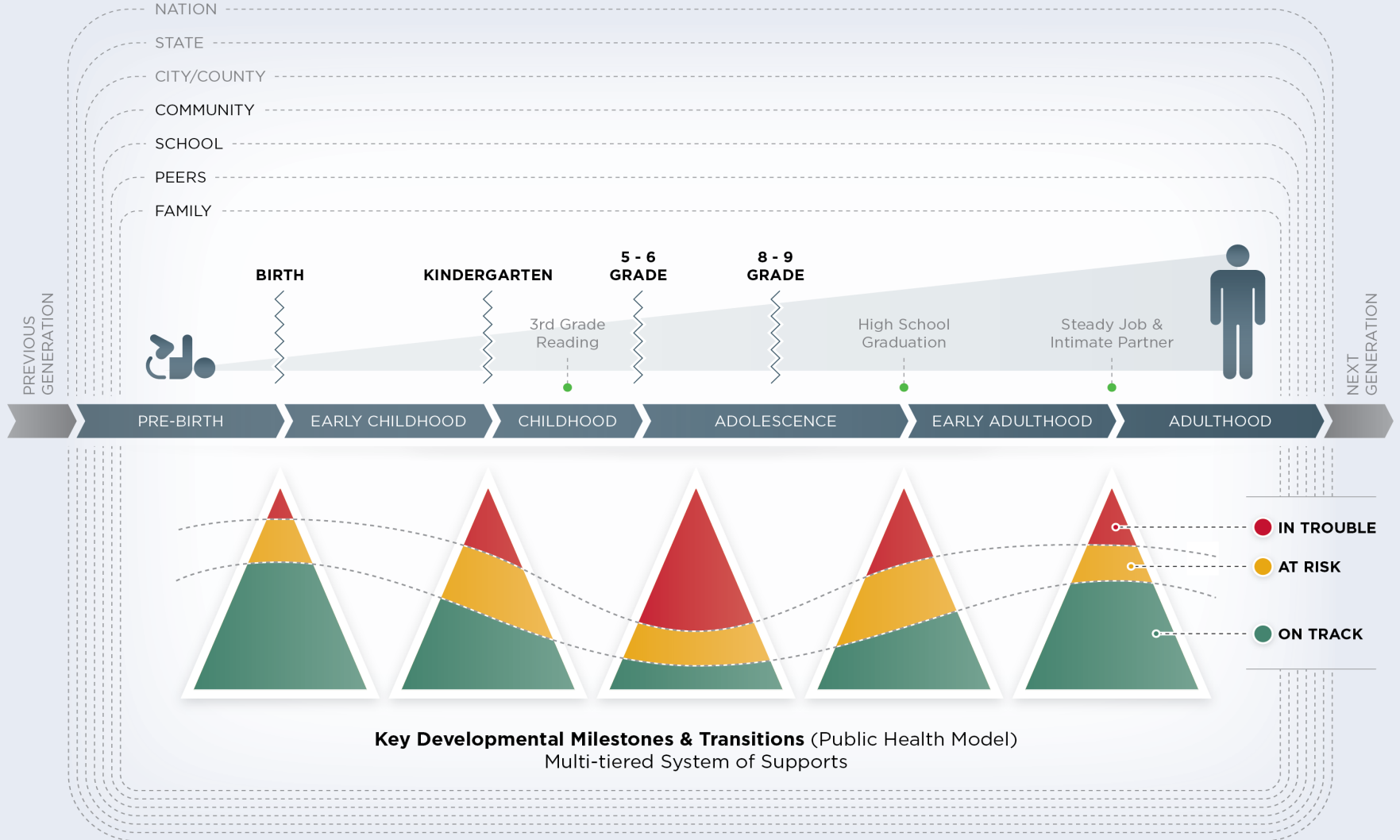




How to intervene?



Pre-Birth to Human Potential Framework





Developing Your Package

- *What are your priorities?*
 - *Age*
 - *Level (universal, selected, indicated)*
 - *Context (school, family, community)*





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Developing Your Package

Steps to Success Selection Criteria:

- Address the top risk factors
- Cover universal level programming from age 3 to 18 years – continuum of social emotional programming
- Cover selective and indicated programs for ages (0-18)
- Include programs in school and community settings.
- Include both youth and families.
- Meet criteria for cultural competency.
- Offer opportunities for local ownership and capacity building.





Developing Your Package

Selection Process: Matching Priority Risk and Protective Factors to Programs

Identified Risk and Protective Factors –

1. Early and persistent problem behaviors
2. Family conflict/family management problems
3. Friends engaging in problem behavior/weak social ties

Identified Protective Factors

1. Religiosity
2. Family, community, and school recognition of pro-social behavior





Assessing Fit and Capacity

Summary Worksheet:

- Target Population
- Developmental period
- Domain/Context
- Priority Risk Factors addressed
- Priority Protective Factors addressed
- Barrier – demographic
- Local organization with capacity to host program





Assessing Fit and Capacity

1. **Funding:** Program Cost; Funding Strategies; Cost/Benefit
2. **Outcomes:** achieved by this program in the past?
3. **Level:** Universal? Selected? Indicated?
4. **Program Reach:** # Served per year?
5. **Start-Up Time?** Time for training
6. **Where could it be housed locally?**
7. **What social/political issues in the community would affect the program implementation and how?**
8. **What support/opposition to the program should we anticipate?**
9. **What community resources could help with anticipated barriers/opposition?**
10. **How can the community take advantage of anticipated support?**





Blueprints Website

www.blueprintsprograms.com/





Program Package

Intervention	Universal	High-Risk	0-5	6-11	11-17	School	Community	Family
PATHS	X			X		X		
Positive Family Support	X	X			X	X		X
Strengthening Families		X			X		X	X
MST/FFT		X			X		X	X
Nurse Family Partnership		X	X				X	X
Incredible Years	X	X	X			X		X
Big Brothers Big Sisters		X		X	X		X	
Safe2Tell	X			X	X	X	X	X
Positive Recognition Campaign	X	X	X	X	X	X	X	X





Impact

- Full implementation of Steps to Success evidence-based program package is estimated to provide a **30% or more decrease in youth violence** and other problem behaviors.
- Illustrates a **sustainable evidence-based comprehensive cradle to career approach** that other communities can replicate.





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