Evidence Based Practices Primer

- What Is An Evidence Based Practice (EBP)
- What is a Promising Practice
- Adaptations
- Critiques

What Is An Evidence Based Practice

- Clinical/ Administrative practice that has been proven to consistently produce specific intended results. Each practice must address a specific problem or symptom of mental health or substance abuse.
- Must know desired outcome in order to implement EBP.
- EBP must have been subject to a clinical trials that are scientifically proven to achieve their intended results. (Refer to Huey & Polo)
Birth of an EBP

- A Clinician or researcher has an idea or approach.
- Approach then used in clinical setting to evaluate its efficacy. (Randomized trials)
  - Point of critique about people of color in trials
- Disseminated to the field and federal agencies as a manual.
- Adopted by wide range of practitioners.
- Some are calling this “empirically supported treatments”

Popular Methodologies

- AMT—Anxiety Management Therapy
- CBT—Cognitive Behavioral Treatment
- ART—Aggression Replacement Therapy
- MST—Multi-Systemic Therapy
- MDFT—Multi-Dimensional Family Therapy
- FFT—Functional Family Therapy

Promising Practices

- There are widely accepted interventions and strategies that are successful but have not been clinically proven thus a “promising practice”.
Adaptations

- Requires adapting an EBP to a particular community. Take the heart of the practice and tweak it for a particular population.
- Adaptations can be structural (number of sessions) or procedural (where sessions held)
- Common Adaptations
  - Ethnic matching & cultural alignment
- There are essential elements of EBPs that cannot be changed. Too different from original design.

Some literature suggests that the core components of EBPs work well across groups

- Miranda, et. al, 2005
  - Evidence-based mental health care is effective for ethnic minorities
  - Fewer data on Asian and Indian/Alaskan native populations
  - Culture and context need to be considered
  - Need a focus on engagement in EBPs

Critique

- Members of these communities are concerned about
  - Representation in sampling for development
  - Conceptual Cultural congruence
  - Fidelity
  - Cost
  - Methodology and Measurement
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| Ethnic/racial groups “are largely missing from the evidence base for treatments... well-controlled efficacy studies examining outcomes of mental health care for minorities are rarely available... There is some, albeit limited research, that some ESTs are appropriate for some ethnic groups (Miranda et al., 2005).

Most ESTs and EBTs are conducted with White, educated, verbal and middle class individuals and may not generalize to ethnic/racial groups and Third world communities (Bernal & Scharron-del-Rio, 2001).

We should be concerned about the “dogmatism of an exclusive ideology.” Imposition of EBTs on another cultural group can be considered a new form of “cultural imperialism” (Bernal & Scharron-del-Rio, 2001).