

Substance Use Prevention Capacity Building: Improving Evidence-Based Program Implementation & Policy Review Skills

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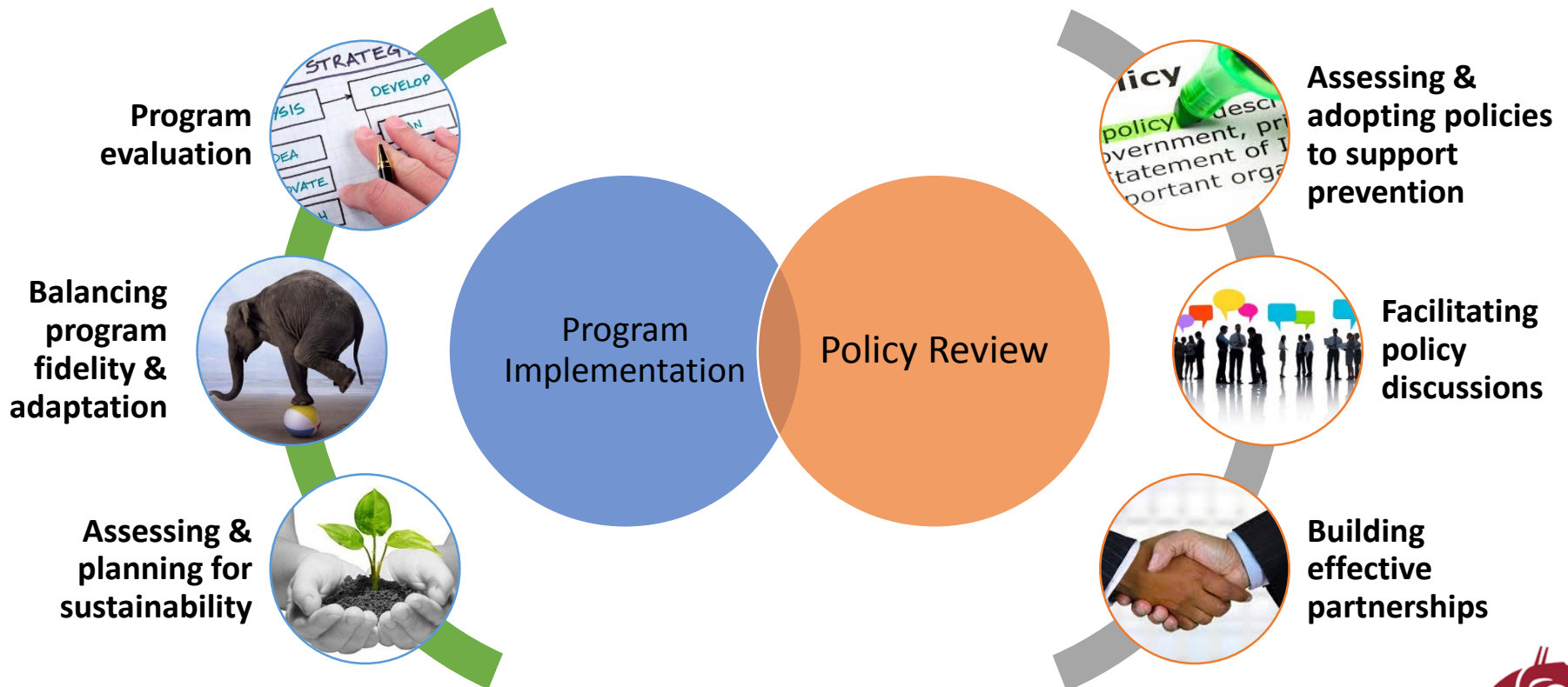
**Metropolitan Center for Applied
Research & Extension**

**Spokane, WA
May 6, 2016**



Workshop Objectives

To build your substance use prevention capacity in program implementation & policy review.





Introductions

Who is here and what can we learn from one another?



Who are we?

- Translational researchers from the interdisciplinary Prevention Science program at WSU in Pullman



Impromptu Networking

- **Goal:** Get to know your colleagues & to put the objectives of this workshop into your context.
- **The Questions:**
 - 1) What role do you play in substance use prevention?
 - 2) What do you hope to learn at this workshop?
- **The Structure:**
 - Introduce yourself to someone new, respond to the questions (2 mins per person).
 - When you the tone, introduce yourself to one more person and repeat.





Program Evaluation

The keys to implementing high quality and meaningful program evaluation.





Fidelity & Adaptation

Best practices for balancing evidence-based program fidelity with adaptation to local conditions.



Fidelity vs. Adaptation? The Cake Metaphor

Modified from Kemp (2016)



Remember... Betty Crocker FROSTING!

Allergy Note: This product contains wheat and milk ingredients.

You will need:

- 1 1/4 Cups Water
- 1/5 Cup Vegetable Oil
- 3 Eggs*

- Heat** oven to 350°F for shiny metal or glass pan or 325°F for dark or nonstick pan. Grease bottom only of 13" x9" pan or bottom and sides of all other pans (use paper baking cups for cupcakes).
- Beat** cake mix, water, oil and eggs in large bowl on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour into pan.
- Bake** as directed below or until toothpick inserted in center comes out clean. Cool 10 minutes before removing from pan. Cool completely before frosting.

Pan Size	13" x9"	Two 8" Rounds	Two 9" Rounds	24 Cupcakes (1/2 full)	12-Cup Fluted Tube (bundt)
Bake Time (in minutes)**	29-34	29-34	24-29	17-22	59-44

**If using dark or nonstick pan, lengthen bake time 5-5 minutes.
HIGH ALTITUDE (3500-6500 ft): No change.
*NO-CHOLESTEROL RECIPE: Please visit www.BettyCrocker.com/NoCholesterolCake

Strawberry Yogurt Cake

Strawberries & yogurt combine to make this refreshing treat!

1 box Betty Crocker® SuperMoist® golden vanilla cake mix | 1 container (6 oz) Yoplait® Original 99% Fat Free strawberry yogurt
 1/4 cup water | 1 container Betty Crocker® Whipped vanilla frosting
 1/3 cup vegetable oil | 1 quart (4 cups) strawberries
 3 egg whites

- Heat oven to 350°F (325°F for dark or nonstick pans). Generously grease and lightly flour, or spray with baking spray with flour, two 8-inch or 9-inch round pans. In large bowl, beat dry cake mix, water, oil, egg whites and yogurt on low speed 30 seconds; beat on medium speed 2 minutes. Pour into pans.
- Bake 8-inch rounds 26 to 30 minutes, 9-inch rounds 22 to 26 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Run knife around sides of pans to loosen cakes; remove from pans in cooling rack. Cool completely, about 1 hour.
- Place 1 cake layer, rounded side down, on serving plate. Spread 1/2 cup frosting over layer to within 1/2 inch of edge. Cut about 10 strawberries into 1/4-inch slices; arrange on frosting layer. Top with second layer, rounded side up. Frost side and top of cake with remaining frosting. Cut remaining strawberries in half; arrange on top of cake. Store loosely covered in refrigerator. 12 servings

High altitude (3500-6500 ft): Bake 8-inch rounds 26-30 min, 9-inch rounds 24-28 min.
 ©Yoplait is a registered trademark of YOP-LAIT Marques Internationales SAS (France) used under license.
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The *Fidelity* Argument

- Best not to tinker with a proven-effective program.
- If making changes, cannot be assured to achieve same positive outcomes.
- Should take advantage of the researchers' expertise about the EBP.

Remember...
Betty Crocker
FROSTING!

Allergy Note: This product contains wheat and milk ingredients.

You will need:

- 1 1/4 Cups Water
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1 Heat oven to **350°F** for shiny metal or glass pan or **325°F** for dark or nonstick pan. **Grease bottom only** of 13"x9" pan or bottom and sides of all other pans (use paper baking cups for cupcakes).

2 Beat cake mix, water, oil and eggs in large bowl on **low speed 30 seconds**, then on **medium speed 2 minutes**, scraping bowl occasionally. **Pour** into pan.

3 Bake as directed below or until **toothpick** inserted in center comes out clean. **Cool 10 minutes** before removing from pan. **Cool completely** before frosting.

Pan Size	13" x 9"	Two 8" Rounds	Two 9" Rounds	24 Cupcakes (2/3 full)	12-Cup Fluted Tube (bundt)
Bake Time (in minutes)**	29-34	29-34	24-29	17-22	30-44

**If using dark or nonstick pan, lengthen bake time 3-5 minutes.
HIGH ALTITUDE (3500-6500 ft): No change.
*NO-CHOLESTEROL RECIPE: Please visit www.BettyCrocker.com/NoCholesterolCake

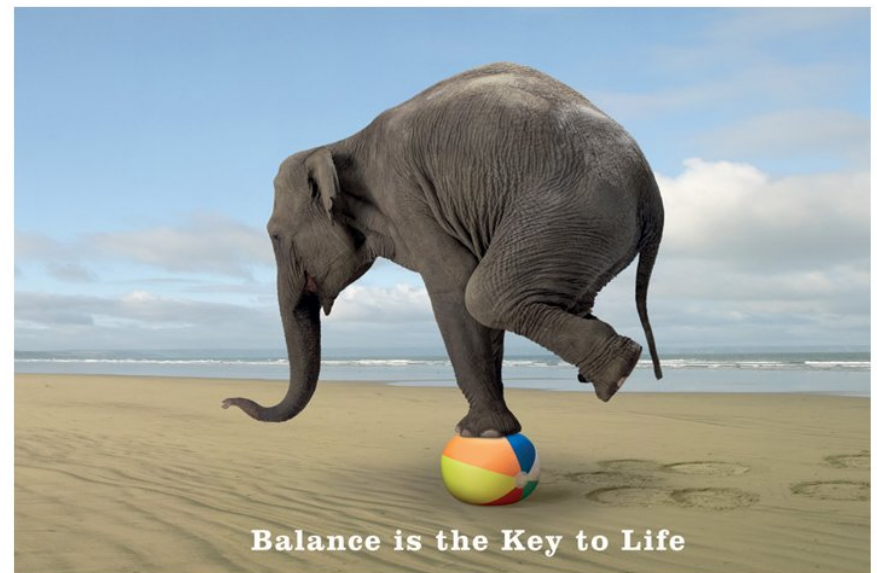
The *Adaptation* Argument

- In the real-world, adaptations happen!
- Programs should be adapted to meet the unique conditions and needs of the local community.
- Practitioners' expertise about local community should inform local implementation of an EBP.



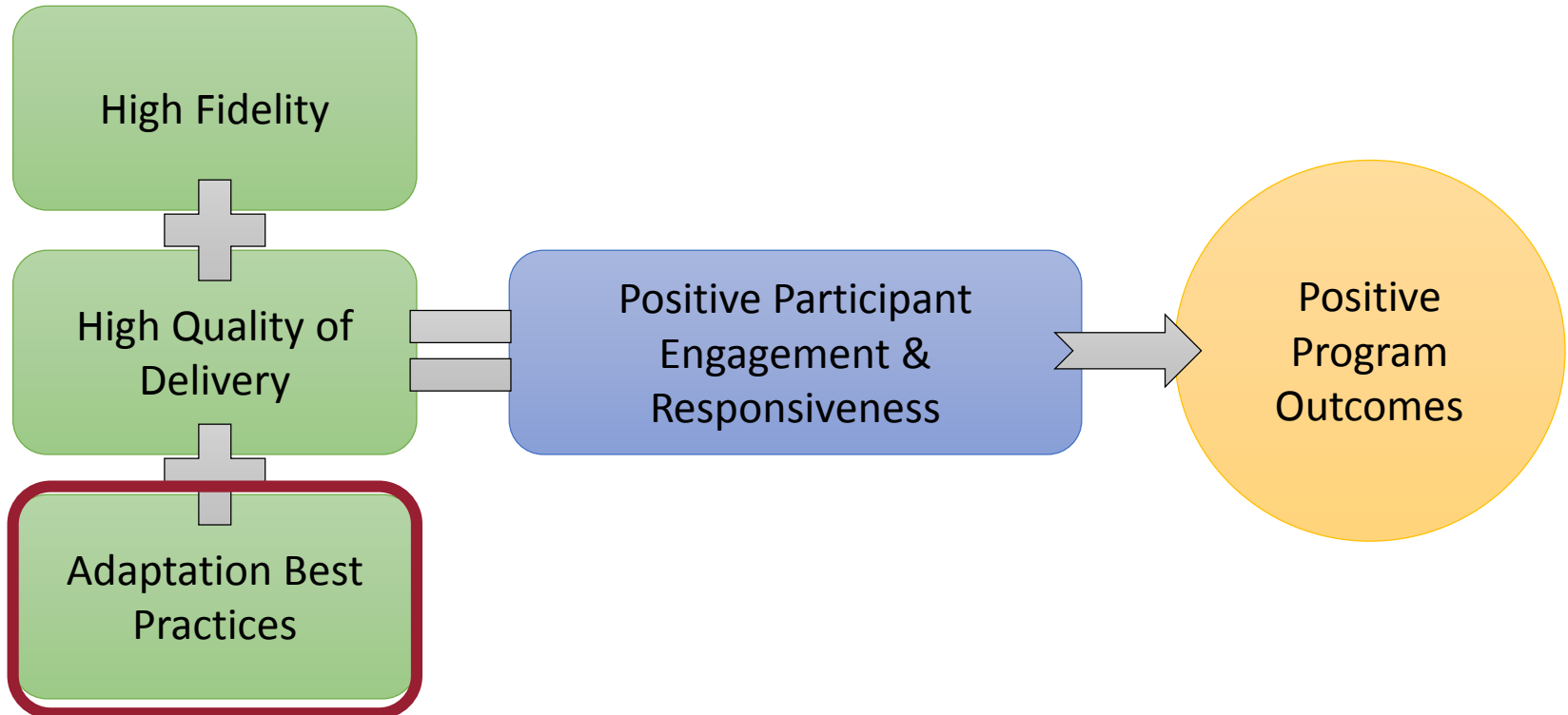
The Middle Ground

- Adaptations can occur within the context of low or high fidelity.
- Not all adaptations deviate from the programs' original design and theory.



Effective Program Implementation

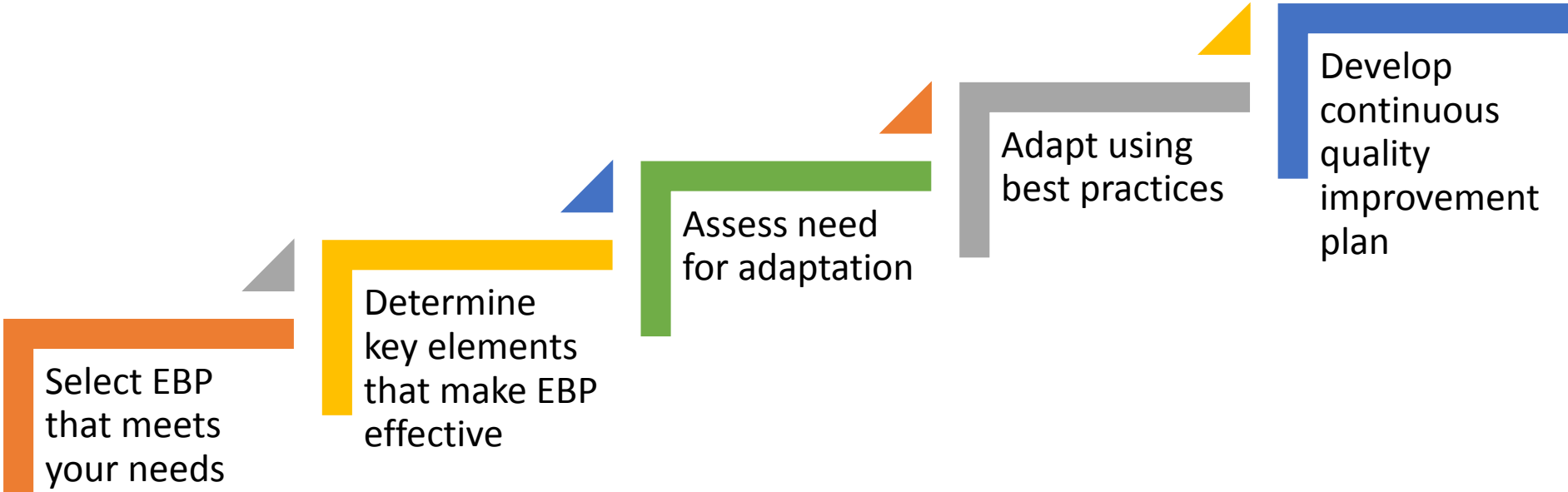
A recipe for success!



Modified from Berkel et al. (2011)
Integrated Model of Program Implementation



Best Practices Guide to Adaptation



Select EBP that meets your needs

Determine key elements that make EBP effective

Assess need for adaptation

Adapt using best practices

Develop continuous quality improvement plan

Modified and adapted from the following resources:

- Card, J. J., Solomon, J., & Cunningham (2009). How to adapt effective programs for use in new contexts. *Health Promotion Practice*, 12, 25-35.
- O'Connor, C., Small, S. A., Cooney, S. M. (April, 2007). Program fidelity and adaptation: Meeting local needs without compromising program effectiveness. *What works, Wisconsin – Research to practice series*, Issue #4.
- Kemp, L. (2016). Adaptation and fidelity: A recipe for achieving both in population scale implementation. *Prevention Science*, 17, 429-438.



Best Practices Guide to Adaptation

*What are the core ingredients,
methods & equipment?
Locally available?
Sustainable?*

STEP 1

**Select EBP
that meets
your needs**

STEP 2

**Determine
key elements
that make
EBP effective**

**Assess need
for adaptation**

**Adapt using
best practices**

**Develop
continuous
quality
improvement
plan**



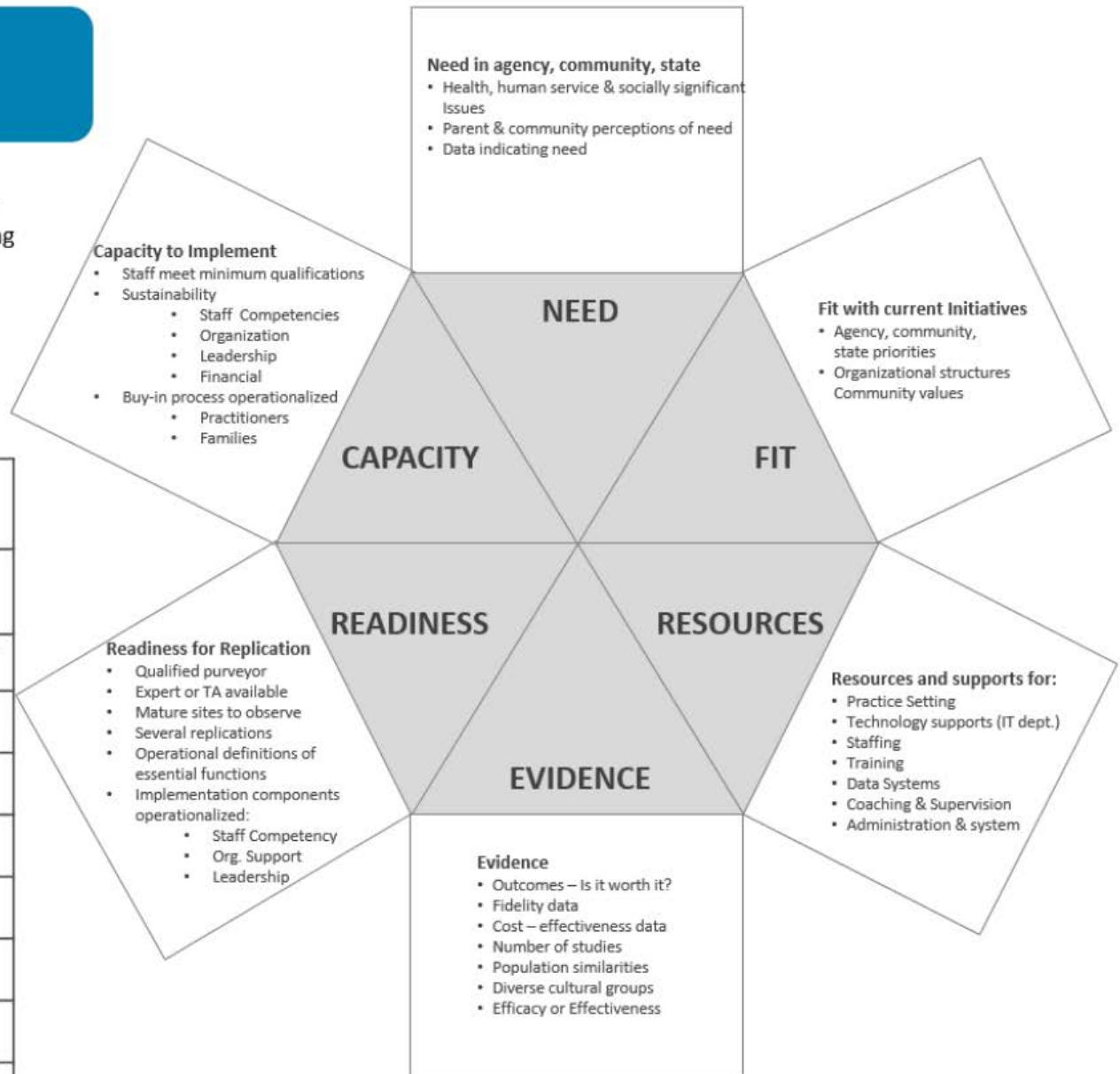
The Hexagon Tool

Exploring Context

The Hexagon Tool can be used as a planning tool to evaluate evidence-based programs and practices during the Exploration Stage of Implementation.

See the Active Implementation Hub Resource Library
<http://implementation.fpg.unc.edu>

EBP:			
5 Point Rating Scale: High = 5; Medium = 3; Low = 1. Midpoints can be used and scored as a 2 or 4.			
	High	Med	Low
Need			
Fit			
Resource Availability			
Evidence			
Readiness for Replication			
Capacity to Implement			
Total Score			



Best Practices Guide to Adaptation

Select EBP
that meets
your needs

Determine
key elements
that make EBP
effective

STEP 3
Assess need
for adaptation

Adapt using
best practices

Develop
continuous
quality
improvement
plan



Best Practices Guide to Adaptation

Select EBP that meets your needs

Determine key elements that make EBP effective

Assess need for adaptation

Adapt using best practices

Consult with the experts about what “flavor” you want/need. The flavor should complement the core ingredients.

Develop continuous quality improvement plan



Best Practices Guide to Adaptation

STEP 5

**Develop
continuous
quality
improvement
plan**

Adapt using
best practices

***We need a taste test.
The proof is in the pudding (or cake)!***

Assess need for
adaptation

Determine
key elements
that make EBP
effective

Select EBP
that meets
your needs





Sustainability

Research-based strategies for assessing, planning, and building sustainability capacity.



Effective Program Sustainability: *Assessing & Building Capacity*



Effective Program Sustainability: *Assessing & Building Capacity*

<https://sustaintool.org/>

Program Sustainability Assessment Tool

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Assess Your Program Now!

Home Understand Assess Plan Services

Search

Building Programs that Last - Create a group assessment, involve your team, and get different perspectives on your program's sustainability capacity. Receive a summary sustainability report.

Welcome to the online Program Sustainability Assessment Tool.

Let us help you rate the sustainability capacity of your program across a range of factors.

Start a new assessment

1 > Understand
Understand the factors that influence a program's capacity for sustainability.

2 > Assess
Use the Program Sustainability Assessment Tool to assess your program's capacity for sustainability.

3 > Review
View results from your assessment as a Sustainability Report.

4 > Plan
Develop an Action Plan to increase the likelihood of sustainability.

Program Sustainability Assessment Tool

To what extent does your program have or do the following?

PSAT Scale	Description
Environmental Support	Supportive internal and external climate for your program.
Funding Stability	Consistent financial base for your program.
Partnerships	Connections between your program and its stakeholders.
Organizational Capacity	Internal support and resources needed to effectively manage your program.
Program Evaluation	Assessing your program to inform planning and document results.
Program Adaptation	Taking actions that adapt your program to ensure ongoing impact.
Communication	Strategic communication with stakeholders and the public about your program.
Strategic Planning	Processes that guide your program's direction, goals, and strategies.

Effective Program Sustainability: *Assessing & Building Capacity*

Prepare & Assess

- Identify key stakeholders
- Complete assessment tool

Develop Action Plan

- Assemble planning team
- Review assessment results
- Prioritize areas to address
- Write action plan

Take Action

- Implement action plan
- Reassess sustainability capacity annually



Sample Sustainability Report

<https://sustaintool.org/plan>

Many factors can affect sustainability, such as financial and political climates, organizational characteristics, and elements of evaluation and communication. The Program Sustainability Assessment Tool allows stakeholders to rate their programs on the extent to which they have processes and structures in place that will increase the likelihood of sustainability. Assessment results can then be used to identify next steps in building program *capacity* for sustainability in order to position efforts for long term success.

Interpreting the Results:

The table presents the average rating for each sustainability domain based on the responses that you provided. The remainder of the document presents the ratings for indicators within each domain. There is no minimum rating that guarantees the sustainability of your program. However, lower ratings do indicate opportunities for improvement that you may want to focus on when developing a plan for sustainability.

Next Steps:

- These results can be used to guide sustainability planning for your efforts.
- Areas with lower ratings indicate that there is room for improvement.
- Address domains that are most modifiable, quicker to change, and have data available to support the needed changes.
- Develop strategies to tackle the domains that may be more difficult to modify.
- Make plans to assess the sustainability of your efforts on an ongoing basis to monitor changes as you strive for an ongoing impact.

Overall Capacity for Sustainability	3.9
Environmental Support	3.0
Funding Stability	3.6
Partnerships	5.0
Organizational Capacity	5.0
Program Evaluation	4.0
Program Adaptation	3.0
Communications	3.8
Strategic Planning	3.6

1 = to little or no extent / 7 = to a great extent

Sustainability Capacity by Domain



Sample Action Plan

<https://sustaintool.org/plan>

Sample Sustainability Action Plans

We have collected a few examples of action plans for the Environmental Support, Partnerships, and Communications domains. These come from programs operating in public health or clinical care and operating at different levels (e.g., state or community). We hope these samples can give you some direction as you write your own plan.

Environmental Support: Having a supportive internal and external climate for your program							
Sustainability Objective: Identify and cultivate 1 physician and 1 senior administrator as champions for reducing hospital readmissions by January 2015.							
Steps to achieve objectives: [Be very specific and include important sub-steps. Anyone should be able to pick up this document and understand what needs to happen in order to reach your objective.]	Who will do the work? [For every task, there needs to be a responsible party/parties. Who will ultimately ensure the work gets finished?]	What does success look like? [What metrics will you use to track progress on the completion of each step? How will you know it's time to move on to the next step?]	What non- financial resources are needed for this step? Where will they come from?	Due date [In the appropriate quarter, enter a specific date by which the activity must be completed.]			
				Q1	Q2	Q3	Q4
1. Identify 2 physicians and 2 senior administrators who are well placed to build internal support for our initiative.	Readmission team leader	4 potential champions identified Meeting with senior leadership held	None			July 31, 2014	
2. Build relationships with them and educate them about importance of our initiative. Ask them to be champions for our efforts.	Readmission team leader	1 physician and 1 administrator agree to be champions	Time				Sept 30, 2014



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