

The Zoom Interface

The screenshot displays the Zoom Webinar interface with several key components and annotations:

- Header:** "Zoom Webinar" title bar, "You are viewing David Terry's screen", and "View Options" dropdown.
- Session View:** "Click here to maximize your session view" and "Enter Full Screen" button.
- Content Area:** TTC Technology Transfer Centers logo, "Thank you for joining us today!", and "You will not be on video during today's session".
- Audio Settings:** "Select a Speaker" menu with options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...".
- Q&A Feature:** "Question and Answer" window with "All questions (1)" and "My questions (1)" tabs. A test question is shown: "You 07:35 AM This is a test question!". A text input field says "Type your question here...". Annotations explain: "You can switch between questions you've asked and those asked by others using these buttons." and "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above."
- Chat Feature:** "Zoom Webinar Chat" window. Annotations explain: "The chat feature will allow you to talk with other people in today's webinar." and "The To field will tell you who will receive your message. Be mindful of who you are chatting to." The "To" field is set to "All panelists" with a note: "Your text can only be seen by panelists".
- Bottom Bar:** "Audio Settings" button, "Click Here to adjust your audio settings", "Chat" button, "Raise Hand" button, "Q&A" button, "Click here to leave the session", and "Leave" button.

Using Fidelity Scales for Evidence-Based Practices

Sean Karyczak

Northeast and Caribbean MHTTC

February 13, 2023



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Mental Health Technology Transfer Center
Funded by SAMHSA

**Northeast and Caribbean
Region 2**

**General Mental
Health Workforce**

**Provider
Wellness**

**Youth & Young
Adult Services**

**School Mental
Health Workforce**



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EPBs for serious mental health conditions



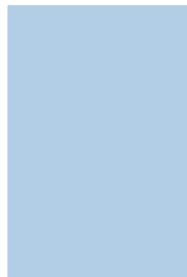
Wellness & Recovery for Providers and people with mental health conditions



School Mental Health
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We Want Your Feedback

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

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Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question may be visible to other participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

A woman with dark, curly hair and a nose ring is looking out a window. The window shows a view of a blue sky with clouds and green foliage. The woman is in the foreground, looking towards the right side of the frame.

988

SUICIDE
& CRISIS
LIFELINE

For people experiencing:

- Suicide, mental health, substance use crisis
- Emotional distress
- People concerned about someone in crisis

Meet Today's Presenter



Sean Karyczak

Northeast and Caribbean MHTTC

Rutgers University

Assistant Research

Coordinator

AGENDA

01

What are evidence-based practices?

02

Why should we use evidence-based practices?

03

Integrating evidence-based practices into existing services

04

Using fidelity kits for evidence-based practices

OBJECTIVES

01

Define evidence-based practices

02

Discuss why evidence-based practices are important

03

Discuss how to integrate evidence-based practices into services

04

Identify what fidelity kits are and where to find them

What are Evidence-Based Practices?

- Evidence-based practices (EBP) are services or approaches that have been shown to be effective at improving outcomes for clients we serve
- EBP are informed by
 - Research
 - Clinical Experience
 - Client Preferences





How Do Services Become EBPs?

- Clinical Experience and Observations
 - Successful services
- Performing Research
 - Multiple randomized control trials
- Incorporating Client Preferences
 - Person-centered services

What are Established EBPs?

- **SAMHSA EBPs**

- Supported Education
- Supported Housing
- Supported Employment
- Family Psychoeducation
- Integrated Treatment for Co-occurring Disorders
- Illness Management and Recovery
- Peer-services

- **SAMHSA EBP Kits**

- Evidence for each EBP
- How to provide EBP
- How to ensure fidelity



Best Practices

- Some services have not met “Evidence-based”
- Motivational Interviewing



Why should we use evidence-based practices?

- Using EBPs
 - Higher quality of care
 - Improved outcomes of clients
 - Cost reduction for agencies
 - Increased satisfaction of provider
- Reimbursement from Funders

Integrating evidence-based practices into existing services

- Using the SAMHSA EBP Kits
 - New programs
 - Help start the program with the fidelity checklist in mind
 - Existing programs
 - Help guide programs to higher fidelity and shape services
- How to access the EBP Kits
 - Link to the main page with the EBP Kits. Links to specific kits are below.
 - [https://store.samhsa.gov/?f\[0\]=series:5558](https://store.samhsa.gov/?f[0]=series:5558)

Parts of Each EBP Kit

Each KIT at a Glance

Getting Started with Evidence-Based Practices for agency administrators, program leaders, and mental health authorities	Building Your Program for agency administrators, program leaders, and mental health authorities	Training Frontline Staff for EBP practitioners	Evaluating Your Program for members of the EBP's quality assurance team
<ul style="list-style-type: none"> ■ Implementing EBPs ■ About cultural competence <p><i>Getting Started with EBPs</i> gives you essential general information for implementing EBPs and tells you how to develop culturally competent services.</p> <p>It covers common initial tasks and activities in implementing EBPs:</p> <ul style="list-style-type: none"> ■ Consensus-building; ■ Integrating EBP principles into agency's policies and procedures; and ■ Developing an EBP training and evaluation structure. 	<ul style="list-style-type: none"> ■ Implementation tips for agency administrators and program leaders ■ Tips for public mental health authorities <p><i>Building Your Program</i> offers suggestions on how mental health authorities may support EBP implementation. It also gives tips to help agency staff develop the EBP program, including information about the following:</p> <ul style="list-style-type: none"> ■ Staffing; ■ Developing policies and procedures; ■ Understanding EBP revenue sources and budgeting; and ■ Developing a training structure. 	<ul style="list-style-type: none"> ■ Overview of the EBP practice ■ EBP-specific practitioner's knowledge and skills <p><i>Training Frontline Staff</i>, a workbook especially for EBP practitioners, covers the nuts and bolts of delivering EBP services. The workbook is designed to be used with the <i>Introductory Video</i> and <i>Practice Demonstration Video</i> on the DVD in the KITS.</p> <p>These materials assume that staff are trained and experienced in working with people with serious mental illnesses. General information about working with people with serious mental illnesses is not included.</p>	<ul style="list-style-type: none"> ■ EBP-specific process and outcome measures ■ How to conduct process and outcome assessments <p><i>Evaluating Your Program</i> gives you general information about developing a quality assurance system and for integrating EBP-specific process and outcome measures into a quality assurance system.</p> <p>It also tells you how to conduct process assessments and outcomes monitoring. Tips on how to use process and outcomes data to improve the EBP program are included.</p>

Using Multimedia to Introduce Your EBP

for all stakeholders

Using Multimedia to Introduce Your EBP presents introductory materials to explain the principles of the specific EBP and how it helps consumers and families. Examples include introductory videos, sample brochures, and introductory PowerPoint presentations that are on the DVDs and CD-ROMs in the KITs. The videos and brochures are available in both English and Spanish. Use them during in-service training meetings or for community presentations to cover the following:

- Background information;
- The EBP practice principles and values; and
- The basic rationale for EBP service components.

Anyone trained in the EBP (including program leaders, staff, and advisory group members) should be able to use these tools to educate other stakeholder groups.

The Evidence

for all stakeholders

This section introduces all stakeholders to the evidence that supports each specific EBP.

Any reference cited in this KIT can be found in this booklet.

Planning Integration of EBPs

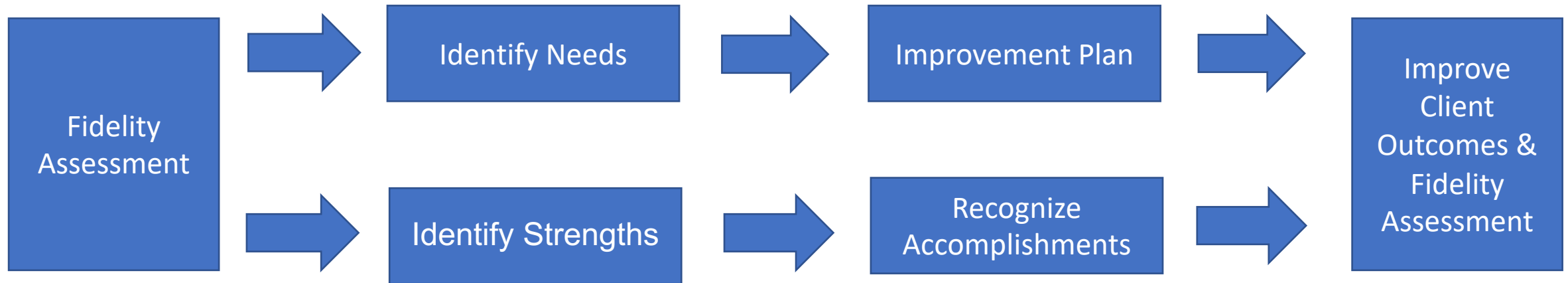
- Understanding the Need
- Staffing
- Location
- Services
- Funding
- Outcomes
- Barriers



Using fidelity kits for evidence-based practices

- Fidelity kits help us assess if we are performing the EBP on par with its prescribed guidelines (SAMHSA Kits)
- Does the program meet the ideal model?
 - Help new and old programs
- Fidelity Kits are created with the ideal model as the goal
- No program is perfect
 - Barriers at all levels to “perfect” implementation

Fidelity Assessment = Quality Assurance & Improvement



How Fidelity is Scored

- Fidelity Assessment
 - Supported Housing Example
 - 7 area, all scored 1 – 4
 - Highest score is 28

Score 1.1.a =	4	Tenants choose the type of housing they prefer from a range of housing types, with an integrated, affordable apartment as 1 choice.	2.5	Tenants have a restricted choice of housing types (e.g., 2 types of project-based housing).	1	Tenants are not given a choice of type of housing and are assigned to a type of housing.
Score 1.1.b =	4	Tenants choose among multiple units.			1	Tenants are assigned to a unit.

- General Organizational Index
 - 12 Areas, all score 1 - 5

	1	2	3	4	5
G4. Assessment	Assessments are completely absent or completely non-standardized	Pervasive deficiencies in 2 of the following: <ul style="list-style-type: none"> Standardization, Quality of assessments, Timeliness, Comprehensiveness 	Pervasive deficiencies in 1 of the following: <ul style="list-style-type: none"> Standardization, Quality of assessments, Timeliness, Comprehensiveness 	61-80% of consumers receive standardized, high-quality assessments at least annually OR Information is deficient for 1 or 2 assessment domains	More than 80% of consumers receive standardized, high-quality assessments, the information is comprehensive across all assessment domains, and updated at least annually



Doing a Fidelity Assessment

1. Planning to do an assessment
2. Collect data and examine outcomes
3. Scoring and evaluation
4. Reporting findings

Answering Fidelity Questions

- What fidelity measure do you use?
 - SAMHSA Fidelity Kits
 - https://www.samhsa.gov/resource-search/ebp?rc%5B0%5D=resource_type%3A20361
- Who measures fidelity?
- How often is fidelity measured?
- Is the SAMHSA EBP Toolkit Used to Guide EBP Implementation?
- Are staff specifically trained to implement the EBP?

Question and Answer



References & Resources

- SAMHSA Kits
 - https://www.samhsa.gov/resource-search/ebp?rc%5B0%5D=resource_type%3A20361

Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



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A Certificate of Completion will automatically be emailed to all online participants within 7 days of webinar broadcast.

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Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

SAMHSA
Substance Abuse and Mental Health
Services Administration



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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