



RPS FACT SHEET Vol. 3

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Choosing Evidence-Based Approaches

Regional Prevention Services (RPS) is a regionally-based system, funded by the Colorado Department of Human Services; Division of Behavioral Health and administered by OMNI Institute.

For more resources and to find out how to contact the Regional Prevention Consultant (RPC) in your region, visit rpscolorado.org

In the health care field, **evidence-based practices**, also called **EBPs**, generally refers to approaches to prevention or treatment that are validated by some form of documented scientific evidence. What counts as "evidence" varies. Evidence often is defined as findings established through scientific research, such as controlled clinical studies, but other methods of establishing evidence are considered valid as well. Evidence-based practice stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence.


www.rpscolorado.org


Choosing evidence based approaches. Who?

Any social service, public health, or youth prevention provider should become knowledgeable about the latest evidence-based approaches.

Choosing evidence based approaches. What does it mean?

The *Substance Abuse and Mental Health Services Administration* has established that the program, policy or practice must meet at least one of these 3 criteria:

1. Federal Lists or Registries: appears on at least one federal government approved list of programs or website (e.g., Nat'l Registry of Effective Programs - NREPP, Dept. of Ed., Dept. of Justice)
2. Peer-reviewed Journals: has appeared in a peer-reviewed journal and has demonstrated effectiveness
3. Documented Effectiveness: documentation is provided that the program, policy or practice is evidenced-based (comprehensive evaluation report with pre-post, literature review, comparison group, and positive findings)

Choosing evidence based approaches. Why?

Not only have some programs been shown to be more effective than others, but some programs have been shown to cause *negative effects* when delivered. It's also important when you consider that you are spending money (often times) on approaches – so you want to make sure that they work!

Choosing evidence based approaches. How?

There are several steps involved. To find out more go to:

http://rpscolorado.org/pdf/evidence-based_approaches_toolkit.pdf



Choosing evidence based approaches. Where?

The following list is just a sample of the many public listings:

Best Practices Website Resource Guide

http://www.asu.edu/aprc/Pages/Best_Practices/Website%20guide.htm

Colorado Best Practices <http://www.colorado.gov/bestpractices/>

Pacific Institute for Research and Evaluation <http://www.pire.org/topiclist1.asp?id=1>

New Multi-Federal Agency Website on Youth: <http://www.findyouthinfo.gov>

National Registry of Evidence-Based Programs and Practices <http://nrepp.samhsa.gov/find.asp>

Centers for the Application of Prevention Technologies

http://captus.samhsa.gov/national/resources/evidence_based.cfm

National Institute on Drug Abuse <http://www.nida.nih.gov/prevention/examples.html>

The Guide to Community Preventive Services http://www.thecommunityguide.org/pubrecs_f.html

Center for Effective Collaboration and Practice <http://www.air.org/cccp/>

Office of Safe and Drug Free Schools <http://www.ed.gov/about/offices/list/osdfs/programs.html>

Building Safe Communities: State and Local Strategies for Preventing Injury and Violence

<http://www.nmchc.org/html/cf/fullrec.cfm?ID=3177>

Best Practices of Youth Violence Prevention: A Sourcebook for Community Action

<http://www.cdc.gov/ncipc/dvp/bestpractices.htm>

Office of Justice Programs, Community-based Programs

http://www.ojp.usdoj.gov/commprograms/field_tested_programs.htm

Promising Practices Network on Children, Families and Communities

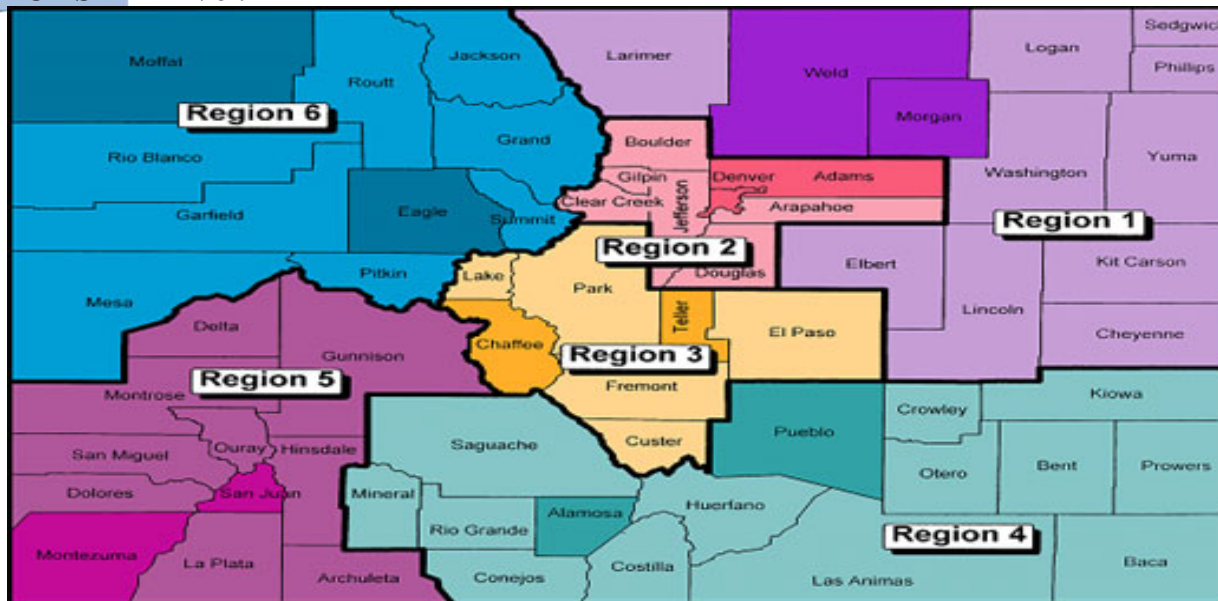
<http://www.promisingpractices.net/programs.asp>

Strengthening the Safety Net <http://www.air.org/cccp/safetynet.htm>

To find out more about selecting Evidence-Based Approaches, visit our website at
www.rpscolorado.org



.org



Region 1: Erica Boyce, M.C.J

720-231-6705

Email: ericajboyce@gmail.com

Region 2: Amy Swiatek, M.P.A

899 Logan St, Suite 600

Denver, CO 80203

303-839-942 ext. 115

303-229-9193 (cell)

303-839-9420 (fax)

Email: aswiatek@omni.org

Region 2: Janna Bisetti

899 Logan St, Suite 600

Denver, CO 80203

303-839-9422 ext. 140

303-839-9420

Email: jbisetti@omni.org

Region 3: Julie Reid, M.S.

811 Lorraine Avenue, Suite #2

Woodland Park, Colorado 80863

719-687-2377

719-213-9653 (cell)

Email: jreid@omni.org

Region 4: Jere Thomas, LCSW

719-207-0678

Email: jere@sageresources.net

Region 5: Rebecca Larson

28000 Rd T

Dolores, CO 81323

970-882-1253

970-882-1500 (fax)

Email: rlarson@omni.org

Region 6: Misty Schulze

439 Breeze St. Suite 100

Craig, CO 81625-2646

970-824-5379

970-629-2568 (cell)

Email: mshulze@omni.org

Assistant Director: Ailala Kay Trujillo M.A.

899 Logan St, Suite 600

Denver, CO 80203

303-839-9422 ext. 123

303-956-3019 (cell)

303-839-9420 (fax)

Email: atrujillo@omni.org

Project Director: Carole Broderick, Ph.D.

899 Logan St., Suite 600

Denver, CO 80203

303-839-9422 ext. 130

303-839-9420 (fax)

Email: cbroderick@omni.org

