

Making Evidence Based Practices Work: Innovative Solutions for Mental health Professionals

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Evidence-based practices (EBPs) implementation remains challenging for mental health practitioners and frontline prevention providers, who often have limited access to tools and strategies to effectively select, adopt, implement, adapt and sustain EBPs. In this workshop, we will demonstrate innovative tools and products developed by Sociometrics Corporation with NIH funding to systematically address barriers to implementing EBPs in real world settings. Using examples from our mental health and substance abuse effective program series, we will discuss the methods by which EBPs are evaluated, selected, packaged for easy use by practitioners, and disseminated. We will also elaborate on the different types of training and on-going technical assistance offered to practitioners to address challenges in implementation and adaptation.

A case example of one of the programs in our Youth Substance Abuse series - the Life Skills Training Intervention for middle and junior high school students will be used to demonstrate our approach. This three-year program provides adolescents with the motivation and skills necessary to resist peer and media pressures to use drugs, fosters the development of personal self-management skills and general social skills, and promotes anti-drug norms. Program components include behavioral skills development, normative education, coping skills and stress management, as well as building self-efficacy. Drawing on these program components we will outline and demonstrate tools for ensuring effective program replication including program fidelity, adaptation, cultural competence, behavioral skills training and group management strategies.