
# Using Evidence to Support Healthier Families and Better Lives

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**Forum on Mental Health and Substance Use Disorders**

Session Three: Promising Strategies to Translate Knowledge into Practice and Monitor Implementation

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I am a founder and co-owner of PracticeWise, LLC, which builds evidence resources and provides consultation in their use.

# Our Goal

- Alleviating human suffering by increasing the public impact of science
- Building healthier families, stronger communities
- Transforming lives

# How Are We Doing in Youth Mental Health?

- 1,118 RCTs showing what works in youth mental health
- 50+ years of research and 20+ years of implementation
- Most youths still receive no care or low-quality care
- Evidence is packaged in a way that makes it difficult to use

**Evidence Based Treatments**

- There are 773 EBTs for youth
- A comprehensive array of EBTs is not possible
- EBTs have at times performed poorly in multiple community trials
- Mandates are not sufficient and not always helpful

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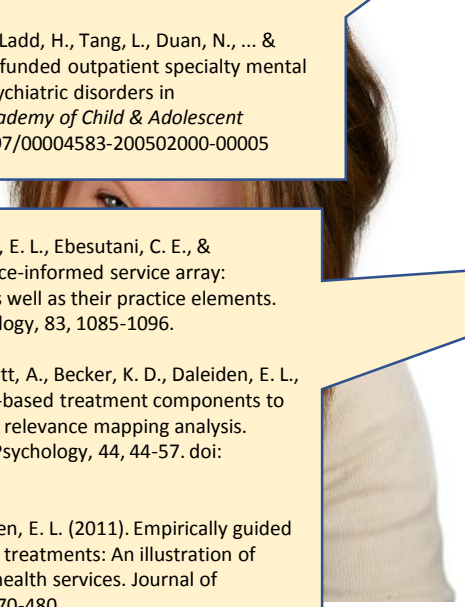

**Evide…**

- There are … …ls … youth
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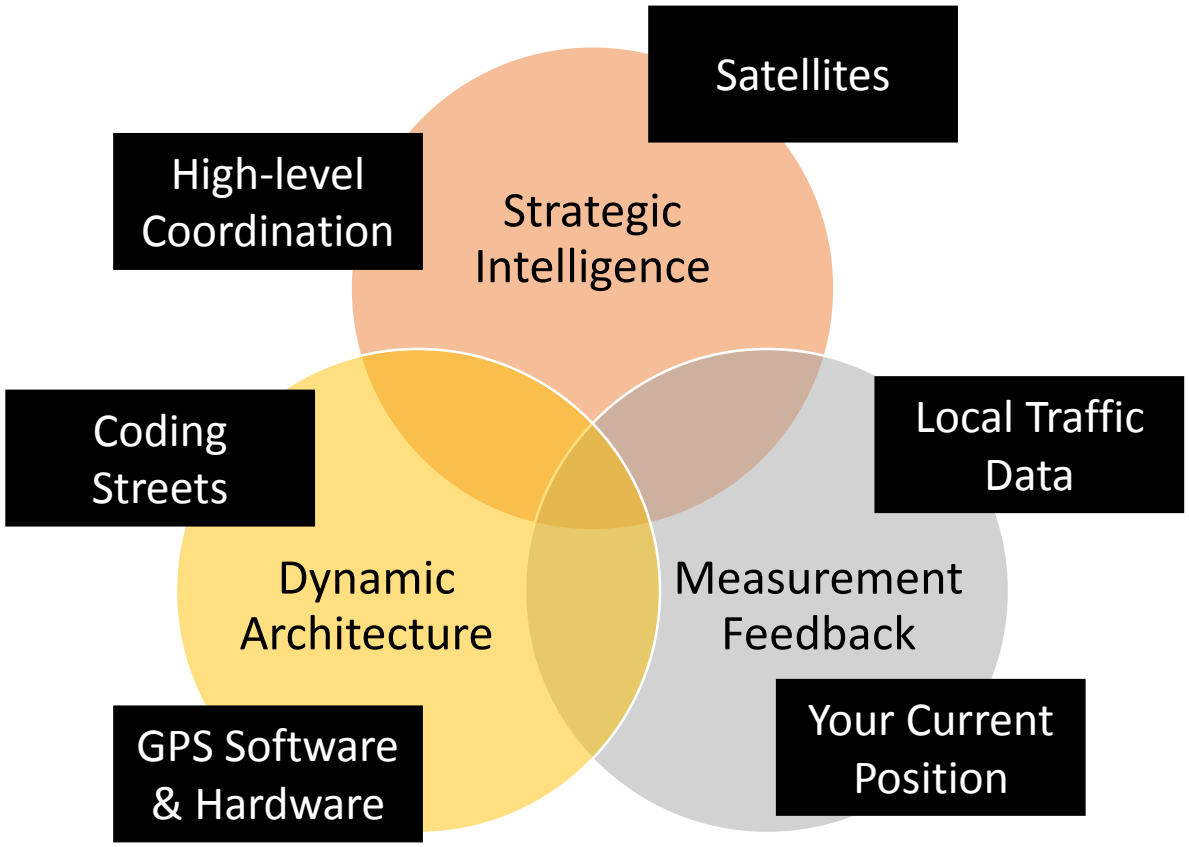
# This Is a Design Problem



Efficacious

Efficacious
Personalized
Dynamic
Accommodating of Diversity
Easy to Use

# What is Involved



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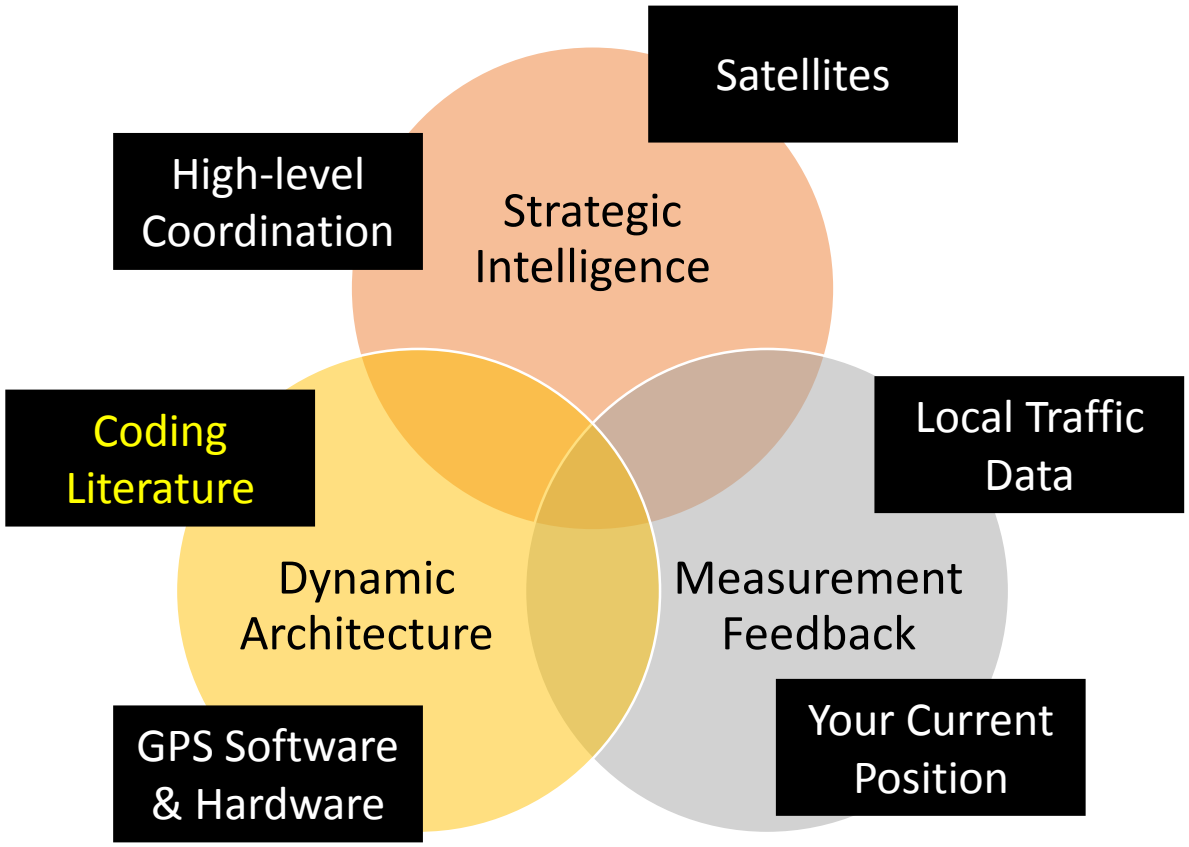

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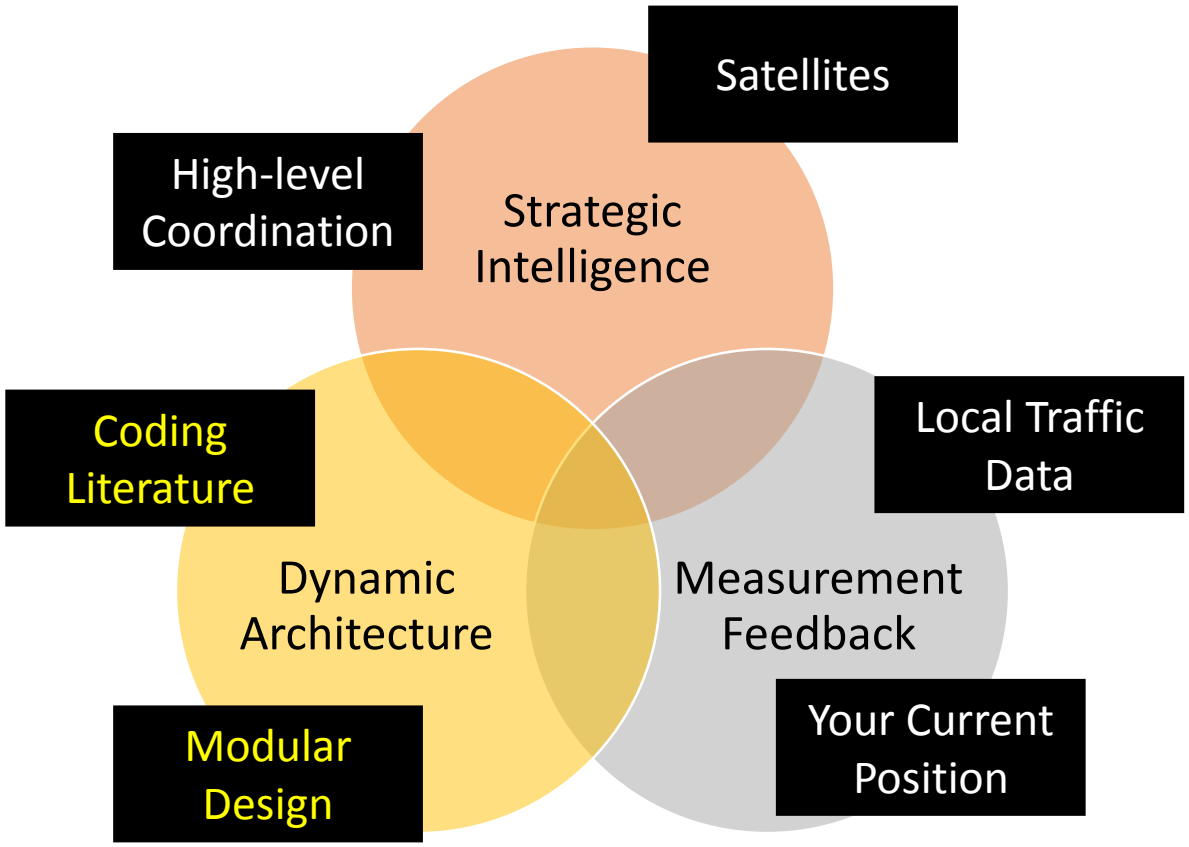

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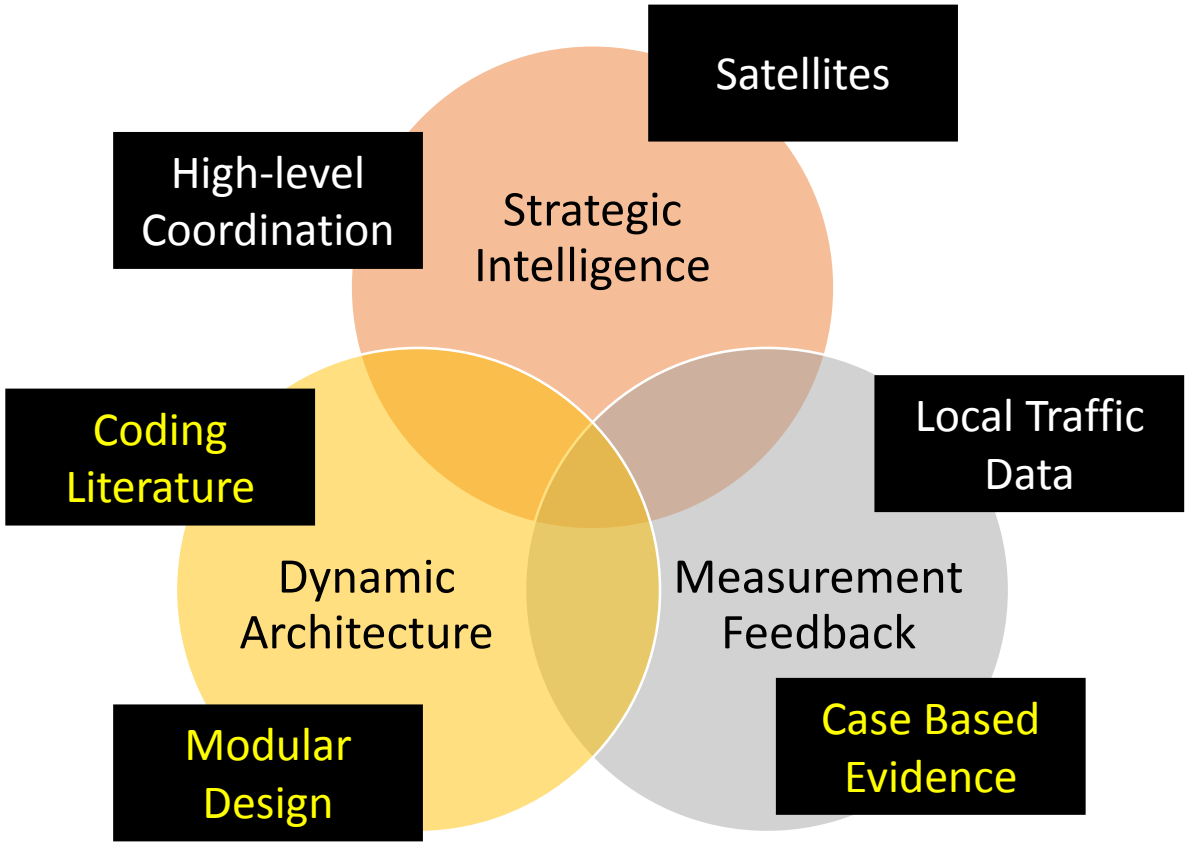

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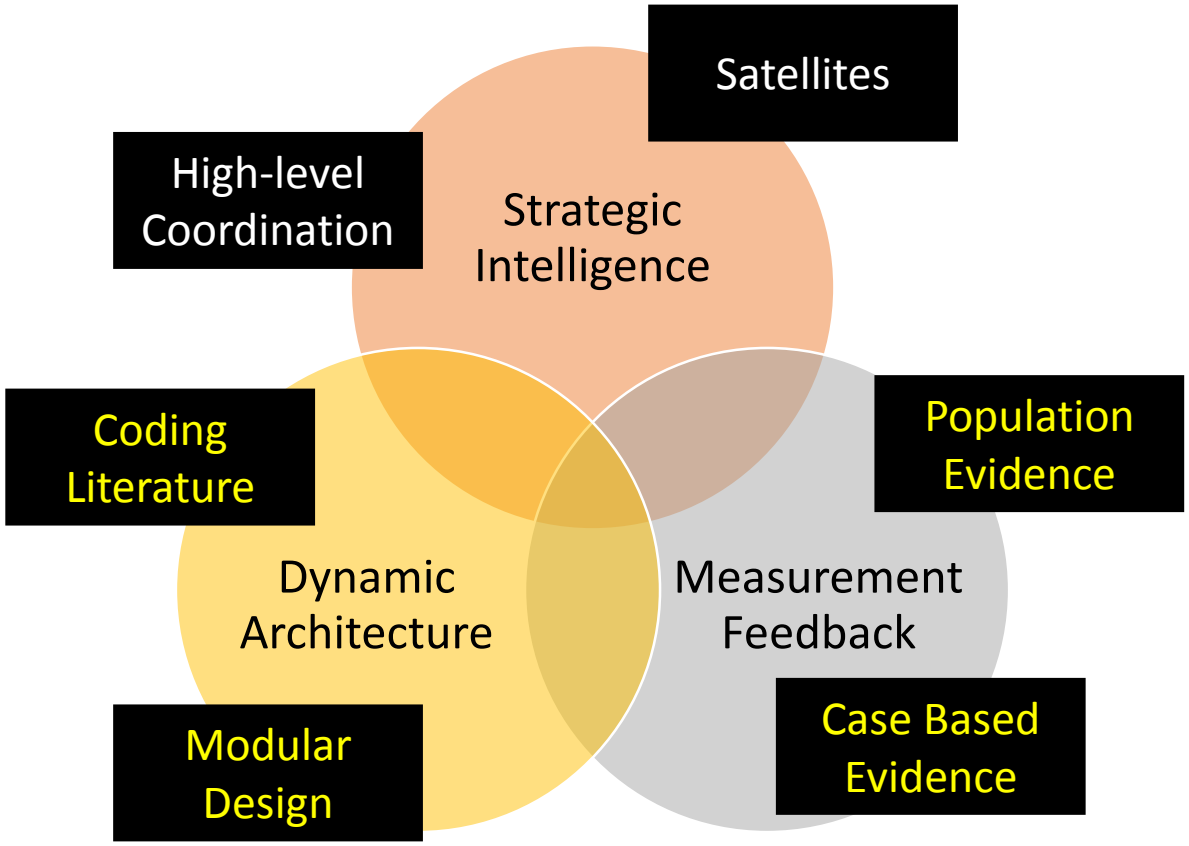

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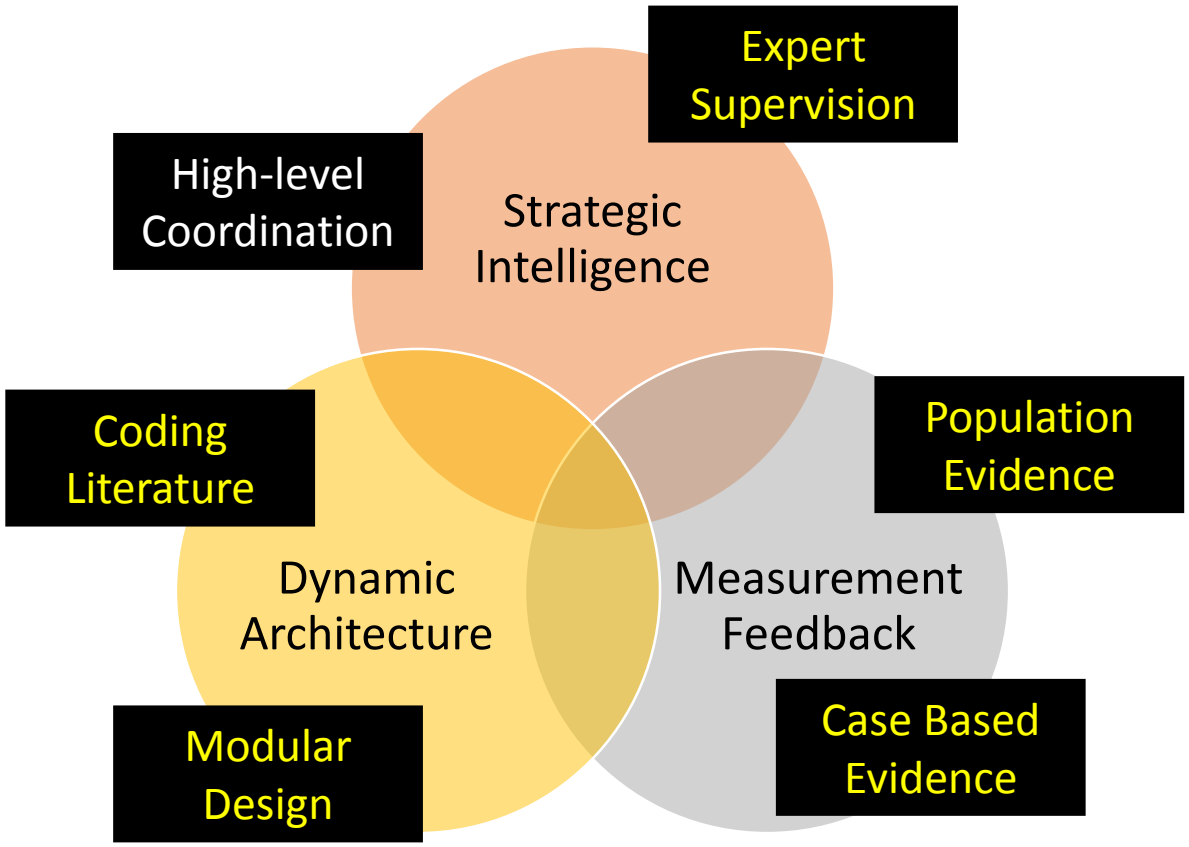

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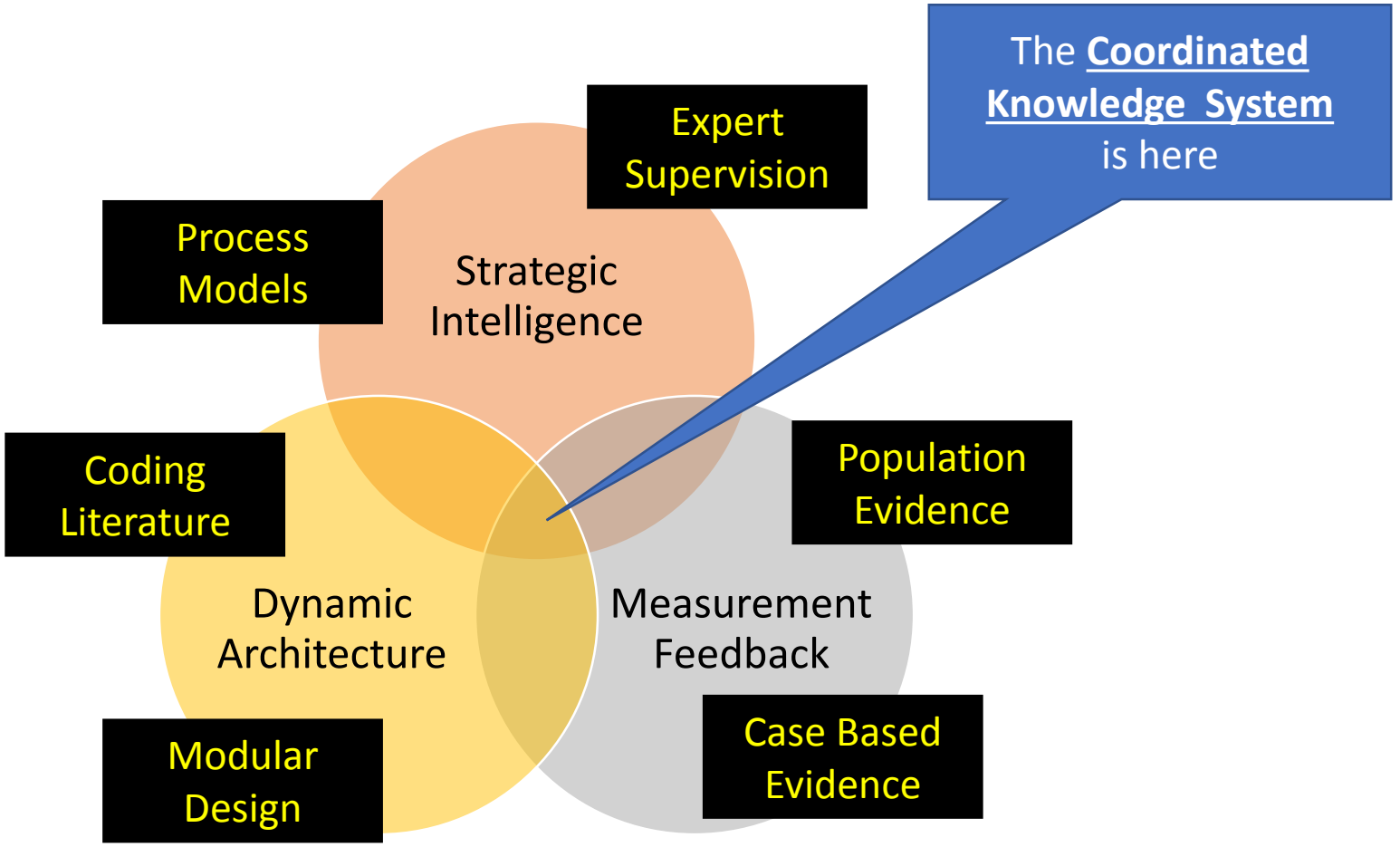
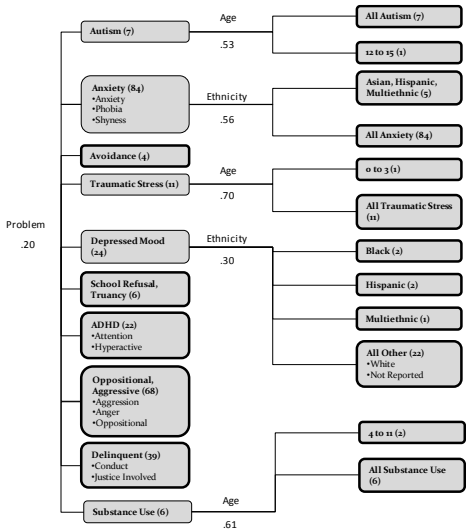
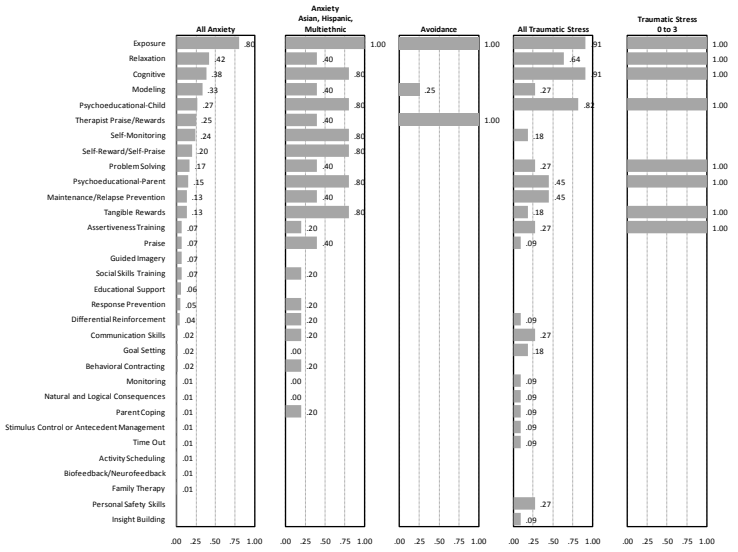


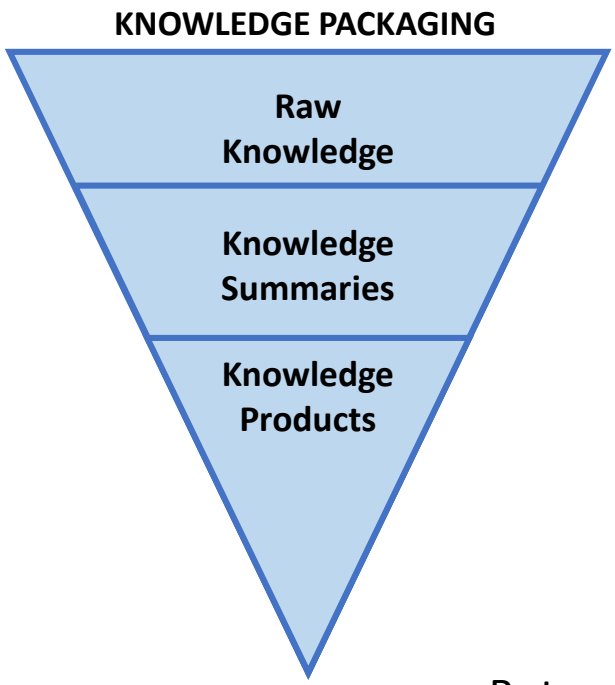
Coding Literature

# What is Involved

- Coded 2,440 treatments for hundreds of features over 20+ years
- Identified 30-40 “common elements” among effective treatments
- Developed a methodology for discovering what practices are common for what treatments for what problems and contexts
- We have an instant meta analysis **knowledge product** that gives the literature’s matching elements for any individual youth with one click

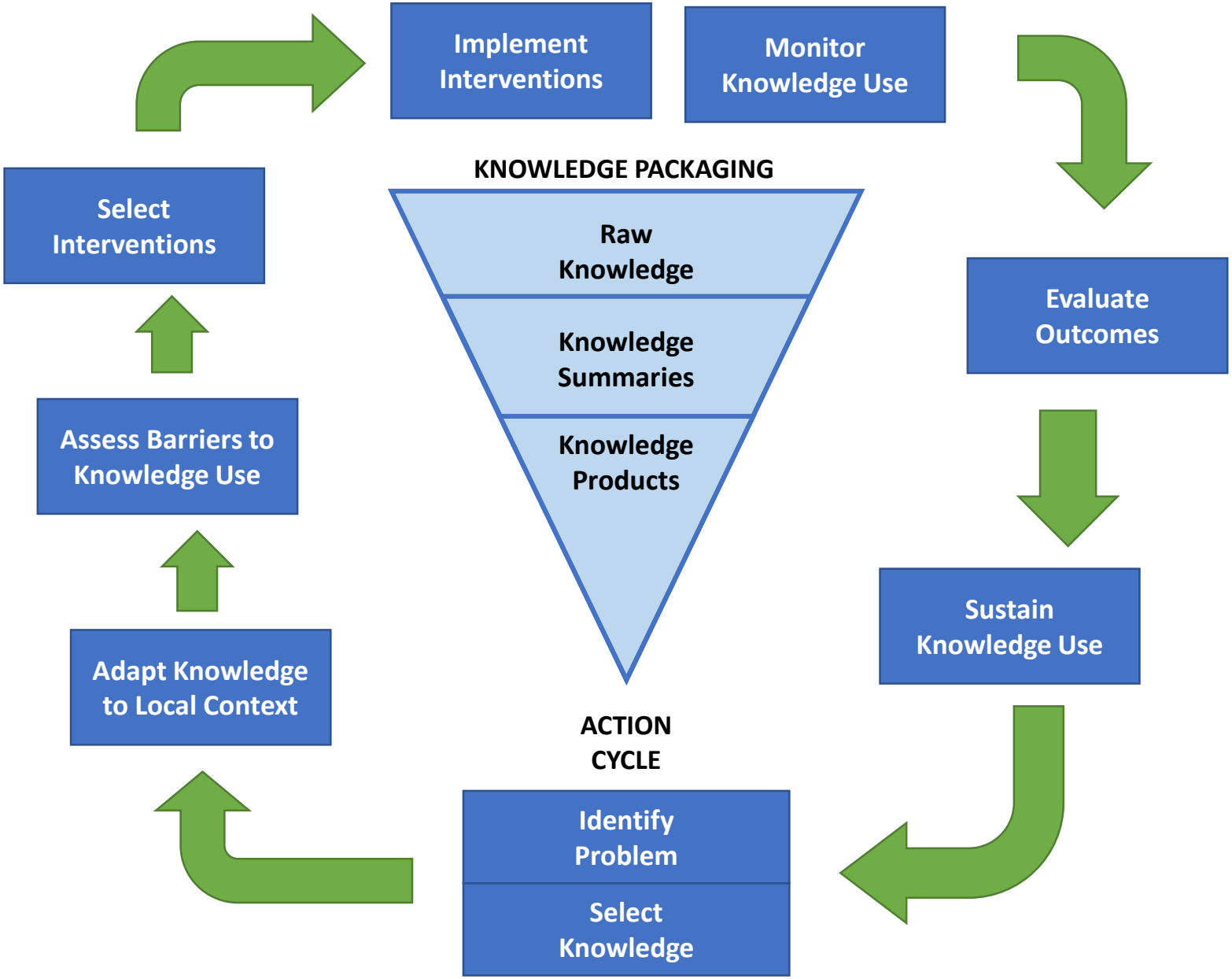





But we know that even supplying knowledge products does not lead to their strategic use.

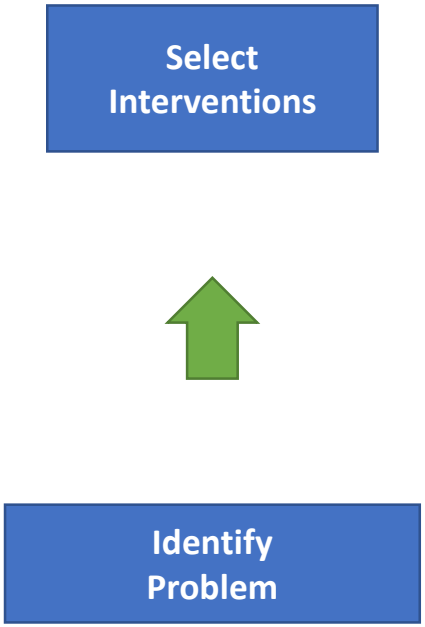
*Adapted from Graham et al. (2006)*




*Adapted from Graham et al. (2006)*

Select Interventions

Identify Problem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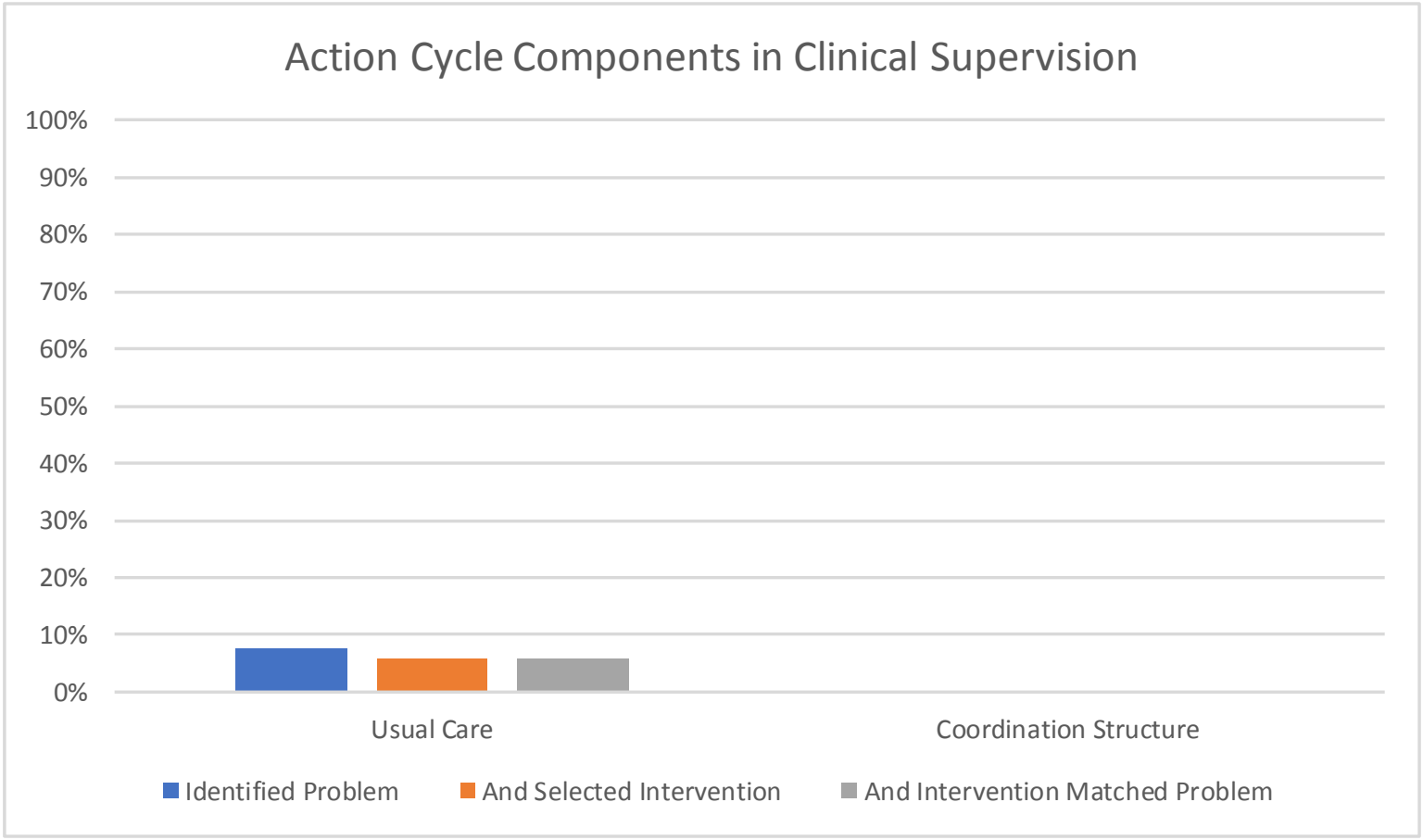
# Does the Action Cycle Happen On Its Own?




Chorpita, B. F. & Becker, K. D. Coordinated Knowledge Systems: Connecting Evidence to Action to Engage Students in School-Based Mental Health. See http://wtgrantfoundation.org/can-coordinated-knowledge-system-improve-use-research-evidence-school-based-mental-health-settings

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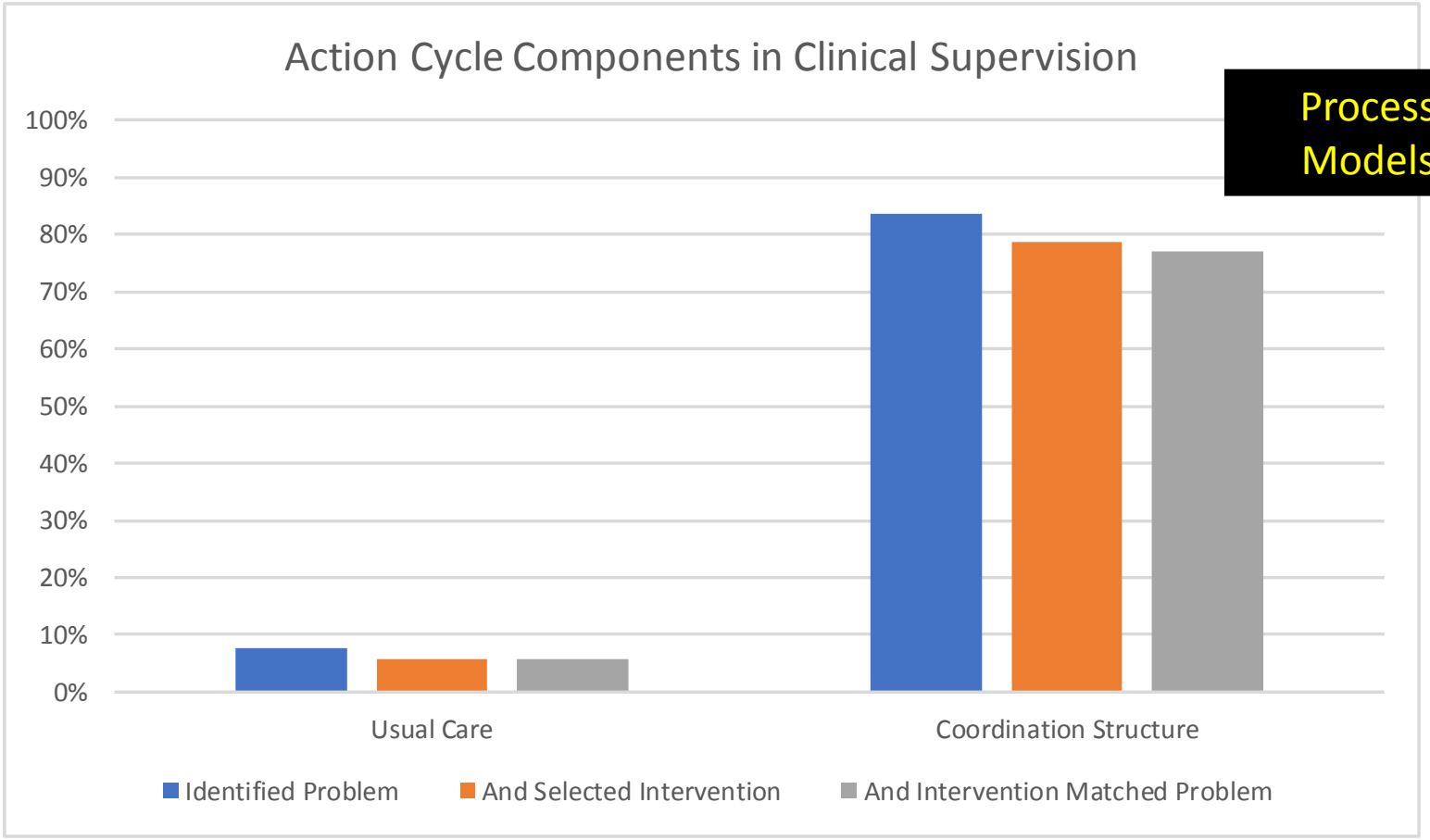


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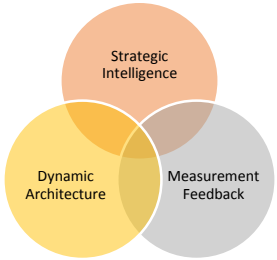
# The Role of Industry?

- Health Information Systems
- Messaging & Visualization
- Literature Databases
- Ontology Building and Translation
- Learning Management Systems

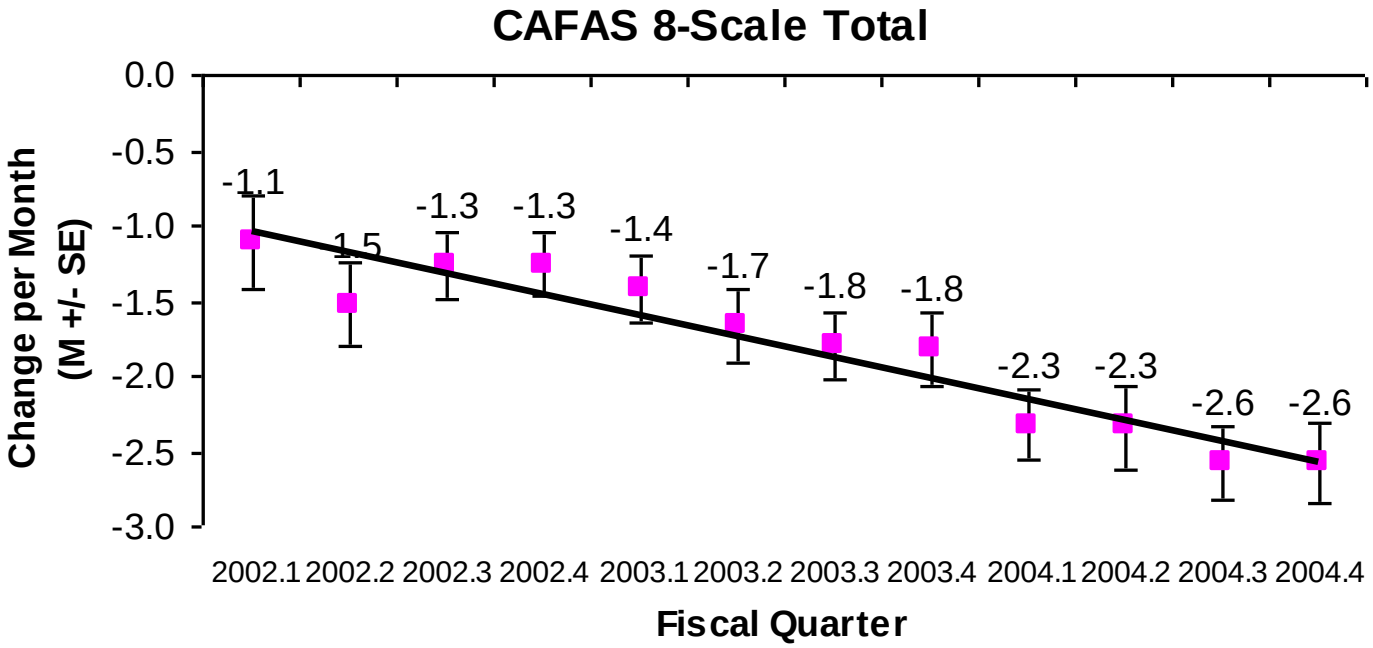
The production of lettuce is more advanced and evidence-based than the delivery of mental health care to our nation's children.

There are opportunities…

# Fully Coordinated Systems Have…




- Doubled or tripled the average effect size of clinical and functional outcomes across *all* youth in Hawaii's mental health system, and these effect sizes have been sustained for nearly 20 years



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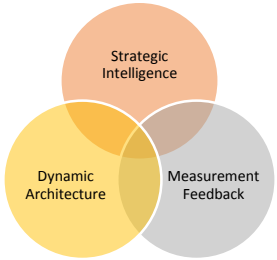
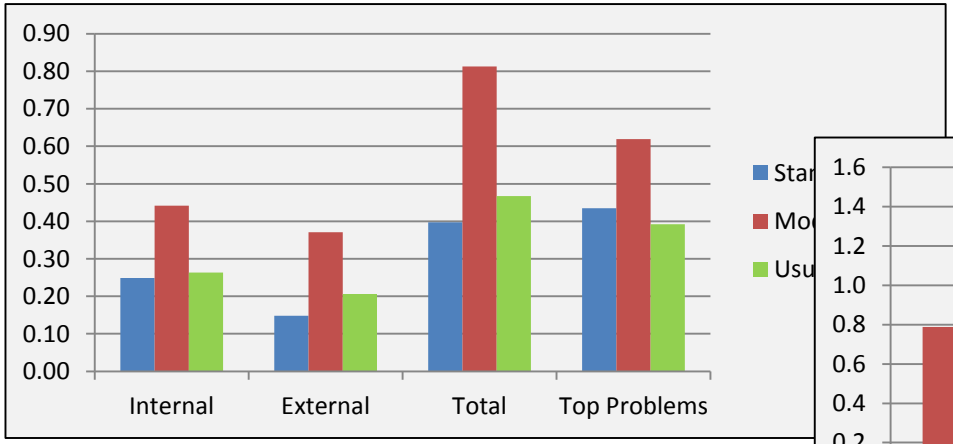
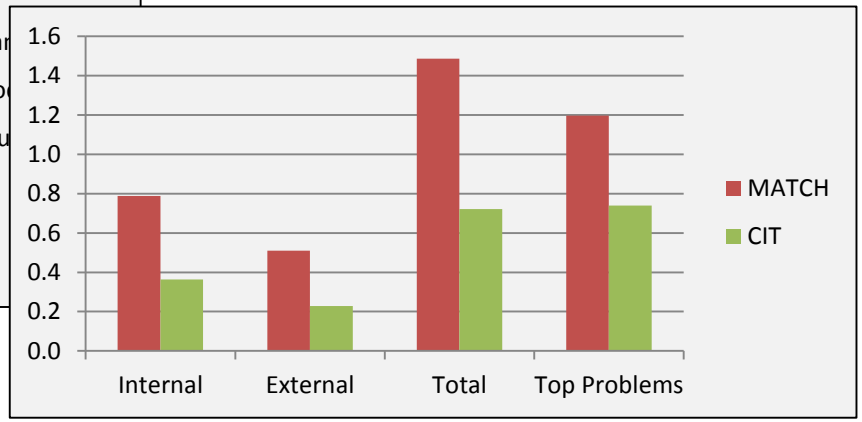



- Doubled or tripled the average effect size of clinical and functional outcomes across *all* youth in Hawaii's mental health system, and these effect sizes have been sustained for nearly 20 years
- Outperformed EBTs and/or Usual Care in two large RCTs on:

  Clinical outcomes, diagnostic outcomes, functional outcomes, service use outcomes, medication outcomes, provider satisfaction outcomes



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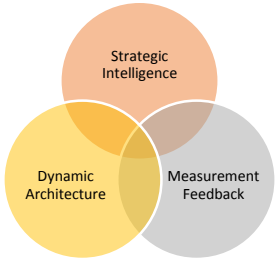


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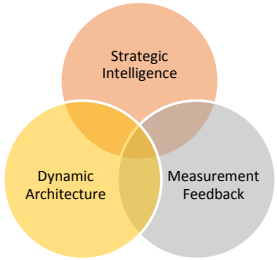
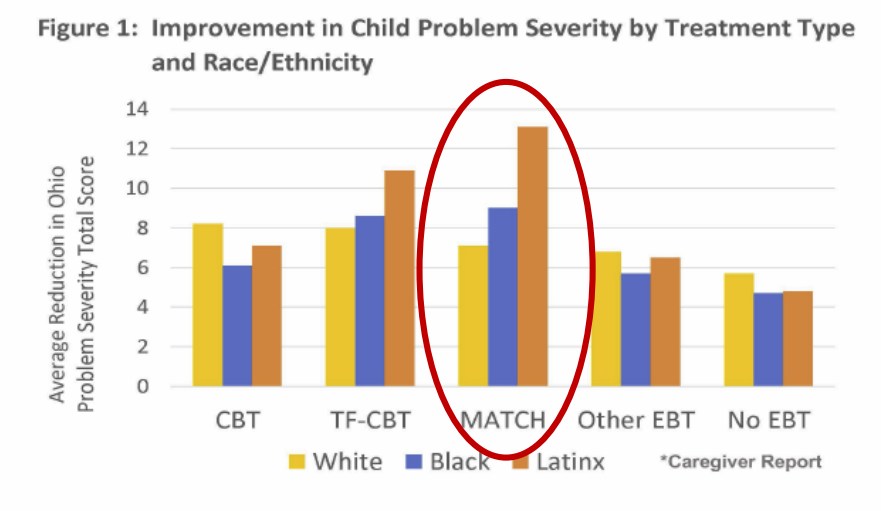
- Outperformed EBTs and/or Usual Care in two large RCTs on:

  Clinical outcomes, diagnostic outcomes, functional outcomes, service use outcomes, medication outcomes, provider satisfaction outcomes
- Become the most used service in the nation's largest youth MHS
  - > 4,000 providers trained
  - ~ 250,000 youth served
  - 100% sustained use in Los Angeles 7 years later
  - Effect sizes comparable to efficacy trials (ES = .72; RC = 60%, *N* = 7,153)
  - USC built it into their university curriculum (>1,000 MSW students a year)

# Fully Coordinated Systems Have…




- Shown superior improvement rate in statewide implementation (46,729 youth in CT; 14,000 received EBTs).
- MATCH ADTC had highest improvement rates (68-75% greater than for other treatments).




From: Child and Health Development Institute of Connecticut, Inc. (2019, September). Better than Usual (Care): Evidence-Based Treatments Improve Outcomes and Reduce Disparities for Children of Color. *Issue Brief, 71*.

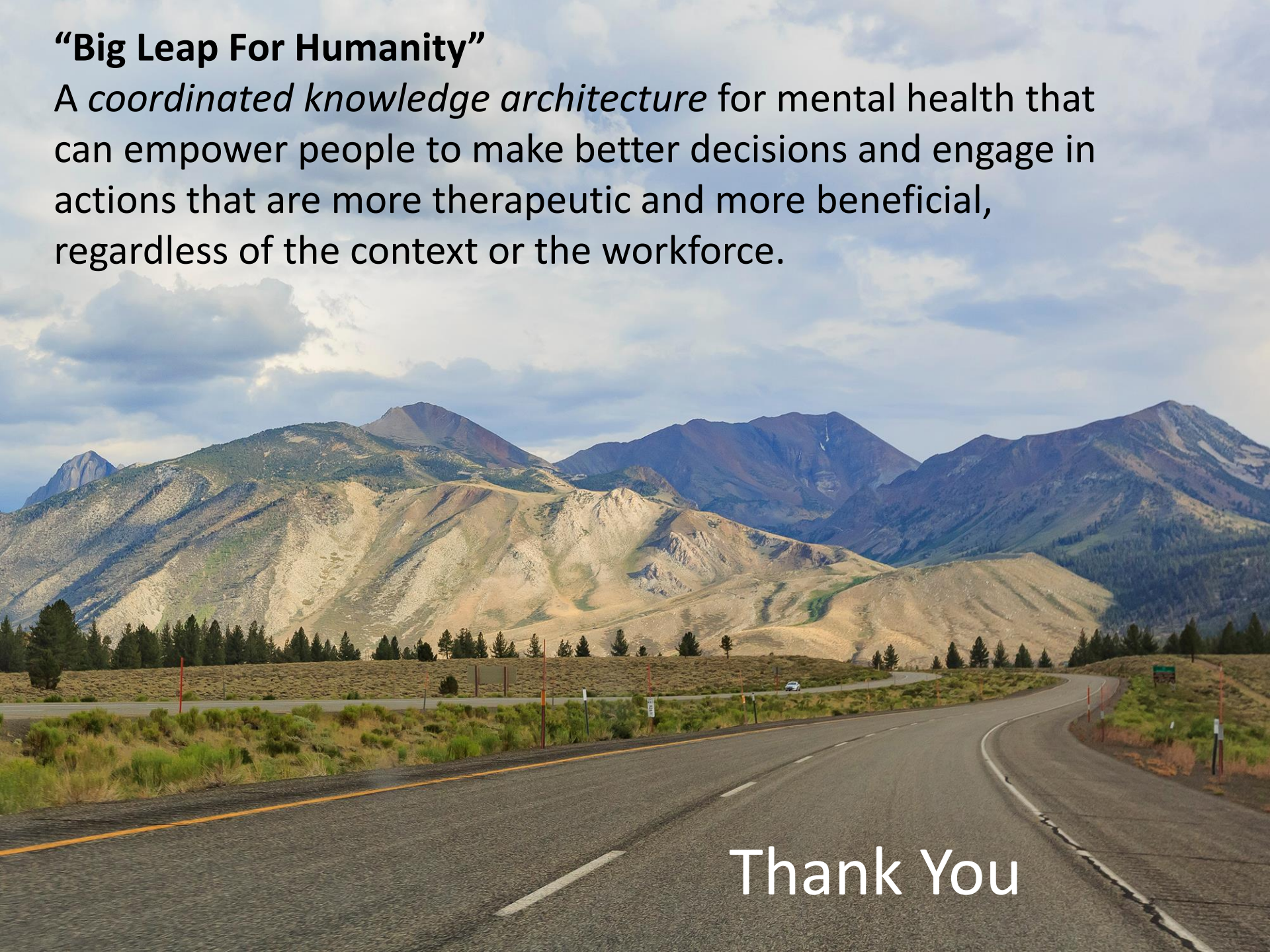


“To tackle large social problems we cannot be intimidated into working at the fringes or allowing ourselves to feel satisfied with small steps forward. We need big leaps for humanity... We are equipped with more information and material resources than ever before in history.”

Deiglmeier, K. & Greco, A. (2018). Why Proven Solutions Struggle to Scale Up. *Stanford Social Innovation Review.*

**“Big Leap For Humanity”**

A *coordinated knowledge architecture* for mental health that can empower people to make better decisions and engage in actions that are more therapeutic and more beneficial, regardless of the context or the workforce.



Thank You