



DSHS service providers identify their use of mental health evidence-based practices (EBPs)

Training, financing and fidelity issues identified as top barriers to EBP expansion

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INTRODUCTION

Evidence-based practices (EBPs) are those that have been proven effective through scientific research and evaluation. The widespread and appropriate use of EBPs can dramatically increase the efficacy and efficiency of a service-delivery system. In 2007, WIMHRT surveyed a total of 281 agencies from the Mental Health Division (MHD), the Division of Alcohol and Substance Abuse (DASA), Juvenile Rehabilitation Administration (JRA), and Children’s Administration (CA) to assess the utilization and effectiveness of mental health evidence-based practices in Washington State.

FINDINGS

(See the Charts on the Following Page)

- Most agencies surveyed (85%) are currently implementing at least one EBP.
- Most (60%) of those agencies report that they are “very” or “extremely” successful in implementing their EBPs. Another 32% said they were “somewhat” successful.
- 60% of those reported that the EBPs used at their agencies are “very” or “extremely” effective in producing positive outcomes for their clients. Another 34% said they were “somewhat” successful.
- However, less than half of the agencies reported monitoring EBP fidelity.
- Over 90% of all agencies say they are interested in beginning or continuing to use EBPs in the future.
- 79% of agencies would like to implement *new* EBPs that they are not currently using.
- The top three barriers to EBP implementation identified by survey respondents are:
 - Shortage of appropriately trained workforce (48%)
 - Financing issues in paying for EBPs (44%)
 - Attaining fidelity (22%)

Top five currently used EBPs across all agency types:

- Cognitive Behavior Therapies (54.4%)
- Motivational Interviewing (51.2%)
- Dialectical Behavioral Therapy (35.2%)
- Medication Management (27.0%)
- Peer Support (22.4%)

EBPs with most interest for future utilization:

- Dialectical Behavioral Therapy (14.9%)
- Seeking Safety: A Psychotherapy for Trauma/PTSD & Substance Abuse (12.1%)
- Brief Strategic Family Therapy (12.1%)
- Motivational Interviewing (11.7%)

CONCLUSIONS & RECOMMENDATIONS

Most agencies in Washington State are currently implementing at least one EBP and are interested in expanding the use of EBPs in the future. However, training, financing and fidelity challenges pose significant barriers to successful EBP implementation. Therefore, the researchers recommend that the following actions be taken to address these unmet needs:

- Educate and train providers on EBP implementation
- Support research and evaluation of new and existing programs
- Assist providers in monitoring fidelity through ongoing technical assistance
- Provide additional funding to agencies specifically directed toward the implementation of EBPs

See the full report at www.wimirt.washington.edu.

McBride, D., Voss, W., Mertz, H., Villanueva, T., & Smith, G. (2007).

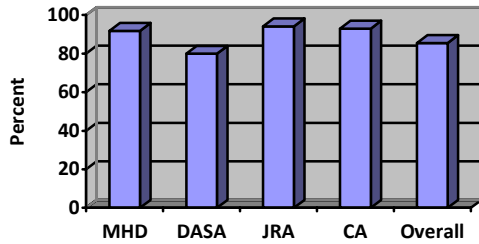
Mental Health Evidence-Based Practices (EBP) in Washington State. Tacoma, WA.

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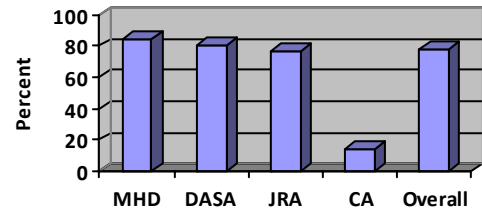
This project was funded by the Washington State Mental Health Transformation Project.

CHARTS

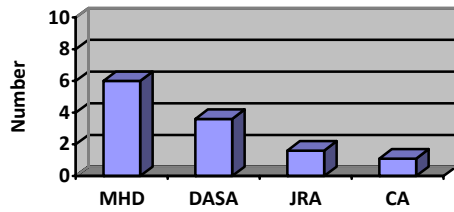
% of agencies offering at least one EBP



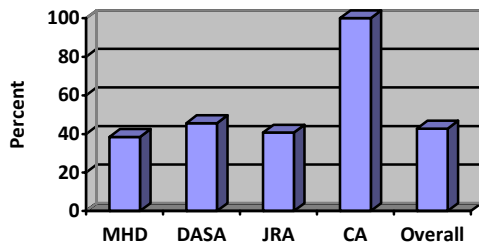
% of agencies interested in implementing new EBPs in the future



Average number of EBPs offered by agency type



% of agencies monitoring fidelity



Barriers to use of EBPs

