Evidence-Based Practices in Tribal Communities: Challenges and Solutions

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JUSTICE CENTER
THE COUNCIL OF STATE GOVERNMENTS
Collaborative Approaches to Public Safety
Why is this topic important?

- There are increasing demands from payers and policy makers for evidence based practices (EBP) in an effort to reliably produce practical and cost-effective interventions
  - To prevent or reduce the negative consequences of MI/SA
  - To reduce the likelihood of relapse for those who are recovering
  - To reduce the risks for developing MI/SA among those that do not have MI/SA
Why is the EBP movement challenging for Tribal communities?

- Increasing reliance on EBP leaves many Indigenous communities at a disadvantage:

- Funding sources may require the use of EBP and not accept other practices, without awareness of EBP cultural usefulness to the local Indigenous population.

- Indigenous populations are under-represented in mental health and substance abuse research, leading to limited EBP.

Holly Echo-Hawk, M.S
“Even more than other areas of health and medicine, the mental health field is plagued by disparities in the availability of and access to its services through the lenses of racial and cultural diversity.”

EBP Background

- Background
  - The term originated as an alternative to authority-based practice (e.g., basing decisions on uninformed opinions, consensus, tradition, and anecdotal experiences).
EBP Basic Definition

- Interventions, services and supports that have consistently shown positive outcomes through research.
Challenges: EBP Components

- Expertise plus research.

- Multiple streams of evidence.
  - current knowledge + population factors + research

- Multiple research systems (NIDA, NIH, IOM…).
  - continually increasing knowledge and skill
Challenges: EBP Components

- Good data drives decisions.
- Gathering data can be difficult, expensive, and time consuming.
EBP Components: Pyramid of Evidence Based Practices
Evidence-Based Thinking

- Research & Scholarship
- Client Factors
- Clinical Experience

Evidence-Based Thinking

Systems

EBP

Practitioners and Client

Council of State Governments Justice Center
The EBP Quality Pyramid

- Client Outcomes

Quality Improvement

Evidence-based Practices

Performance Measurement
EBP: Promotes Transparency

- Encourages transparency of what’s done and its effect
- Designed to make decisions related to EPM (workforce and program capacity, client outcomes, instrumentation…) and the reasons for them transparent
Challenges: Which EBP Could Help the Community Most?

Parent Management Training (PMT)

Cognitive Behavior Therapy for Depression (CBT)
EBP Selection
“Guiding Principles”

- Build on the Principle of Relevance: the intervention should be relevant and meaningful to members of the targeted group.
- Build on the Principle of Participation: that the community should serve as active participants in the implementation of a program intended to benefit its people.
Challenges: Adopting EBP

- EBP Capacity
- Training in the intervention
- Training in how to supervise others who apply the intervention
- Training in how to train other trainers to continue the intervention over time
- Training in how to monitor fidelity
- Time and resources
What is Fidelity?

- Fidelity is the degree of implementation of an evidence-based practice
- Programs with high-fidelity are expected to have greater effectiveness than low-fidelity programs in achieving desired consumer outcomes.
- Fidelity scales assess the critical ingredients of an EBP.
Challenges: EBP Fidelity vs. Adaptation

- Adaptation: program modifications aimed at addressing sources of non-fit items between EBP content and local needs.
Challenges: Sociocultural Factors

- EPB should be based on empirical evidence on what works. However, many EBP lack attention to sociocultural factors, factors important to Indigenous people (ex. family structure, community roles, regional differences...).
Solutions: SAMHSA’s National Registry of Evidence Based Programs and Practices

- “This interactive event will provide an opportunity for… developers, and evaluators to share information and discuss the development, evaluation, and sustainability of [Native American] programs, with a focus on NREPP’s submission and review processes.”
Find an Intervention - Advanced Search

Select criteria below to run an advanced search of NREPP-reviewed interventions.

Keyword
Enter keyword or phrase

Gender
- Male Only
- Female Only

Areas of Interest
- Mental health promotion
- Mental health treatment
- Substance abuse prevention
- Substance abuse treatment

Outcome Categories
- Alcohol
- Cost
- Crime/delinquency
- Drugs

Geographic Locations
- Urban
- Suburban
- Rural and/or frontier
- Tribal

Ages
- 0-5 (Early childhood)
- 6-12 (Childhood)
- 13-17 (Adolescent)
- 18-25 (Young adult)

Races/Ethnicities
- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino

Settings
- Inpatient
- Residential
- Outpatient
- Correctional
<table>
<thead>
<tr>
<th>Intervention Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families and Schools Together (FAST)</td>
<td>Families and Schools Together (FAST) is a multifamily group intervention designed to build relationships between families, schools, and communities to increase well-being among elementary school children.</td>
</tr>
<tr>
<td>Project Venture</td>
<td>Project Venture is an outdoor experiential youth development program designed primarily for 5th- to 8th-grade American Indian youth. It aims to develop the social and emotional competence that facilitates youths' resistance to alcohol, tobacco, and other drug use.</td>
</tr>
<tr>
<td>Red Cliff Wellness School Curriculum</td>
<td>The Red Cliff Wellness School Curriculum is a substance abuse prevention intervention based in Native American tradition and culture. Designed for grades K-12, the curriculum aims to reduce risk factors and enhance protective factors related to substance use, including school bonding, success in school, increased self-esteem, and a decrease in substance use.</td>
</tr>
</tbody>
</table>
Learn More - Click on each category bar below or the buttons at the right to expand or collapse the sections.

- Quality of Research
- Readiness for Dissemination
- Costs
- Replications
- Contact Information
Solutions: EBP Policy - Oregon State

“Culturally competent and culturally validated programs should not be discounted because the dominant culture has not included those programs in its evaluations or has been incapable of conducting a culturally competent evaluation.”

Reference: Jason Yarmer 2011
NPN Conference Presentation
Oregon State Policies

- Senate Bill 770 in 2001 established Government to Government relationships between the 9 federally recognized Native American Tribes and state of Oregon.

- Senate Bill 267 in 2003 created an Evidence Based Practice Mandate, 25% increasing to 75% of funding be EBPs.

- Resulted in “The Paper” (Caroline Cruz, B.S., C.P.M., C.P.S., and John Spence, Ph.D.), and the formation of Oregon Tribal Best Practices.

- House Bill 3110 in 2011 authorized both Evidence Based Programs and Tribal Based Programs

Reference: Jason Yarmer 2011 NPN Conference Presentation
Oregon State Policies

- “AMH [The Oregon Addictions and Mental Health Division] does not believe that an evidence-based practice from the AMH list should be assumed to be better than a culturally validated practice unless the assumption is supported by scientific evidence.

- Because scientific evidence for imposing practices on Native American providers is lacking, AMH concludes that we need a different framework for working with Native American stakeholders. Native American stakeholders must take the primary role in defining what works for Native American clients.”

Reference: Jason Yarmer 2011 NPN Conference Presentation
Solutions: Practice-Based Evidence

- Practices that are developed from evaluation designs and methods that represent a good fit with the community
- Culturally appropriate application into the community. Meeting people where they live
- “Best fit” for engaging community members in responding to their needs and vision
- “Best fit” for engaging community members in reflecting their theory of change and describing outcomes or indicators of change
- “Best fit” for engaging community members in developing appropriate evaluation methods
- “Best fit” for engaging community members in interpreting and reporting the results
Practice Based Evidence

- Canoe Journey/Canoe Family
- Culture Camps
- Sweat Lodge
- Cradle Boards
- Powwows
- Native American Horsemanship

Reference: Jason Yarmer 2011 NPN Conference Presentation
Solutions: EBP Reflecting Cultural Competence

- Measure outcomes for each race/ethnicity/cultural group
- Adapt evidence-based practices for specific ethnicity/cultural group (e.g. American Indian, Alaskan Native)
- Expand definition of “evidence” to include culture-specific interventions (e.g. Oregon)
Benefits of Cultural Competence in Healthcare

- Improved Health Outcomes
- Maximal Use of Limited Resources
- Increased Customer Retention and Access to Care
- Increased Customer Recruitment
- Increased Customer Satisfaction
- Provide Products and Services Consistent with Client Needs
- Culturally Competent Management, Staff and Practitioners
Resources

- Oregon Tribal Best Practices: Jason Yarmer-Jason.d.yarmer@state.or.us
Resources

- First Nations Behavioral Health Association http://www.fnbha.org/board.php
- One Sky Center, a National Resource Center for American Indian and Alaska Native Health, Education and Research. Current initiatives include Evidence Based Practices In Indian Country http://www.oneskycenter.org/index.cfm
Resources

- **Research Based Tribal Programs:**
  - Project Venture – National Indian Youth Leadership Project – www.niylp.org
  - American Indian Life Skills – lafrom@stanford.edu

- **Tribal Best Practices:**
  - Sons & Daughters of Tradition – www.whitebison.org
  - Positive Indian Parenting – www.nicw.org
  - Native H.O.P.E. (Helping Our People Endure) – claytonsmall@aol.com
Sign up for the monthly CP newsletter to receive news about upcoming distance learning and funding opportunities.

• The Consensus Project is continually updating its website with materials relevant to the CJ and MH fields.

• consensusproject.org
Thank You!

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