



The Heart of Successful Childhood Intervention: Preserving Essential Elements While Meeting Each Family's Unique Needs

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Evidence- Based Practice

EBP



What's in the black box of an EBP?



What are the essential ingredients of an EPB?



How do you know families are receiving the essential ingredients?



FIDELITY

What is it?

The degree to which a program or practice is implemented as intended

FIDELITY

Why is it important?

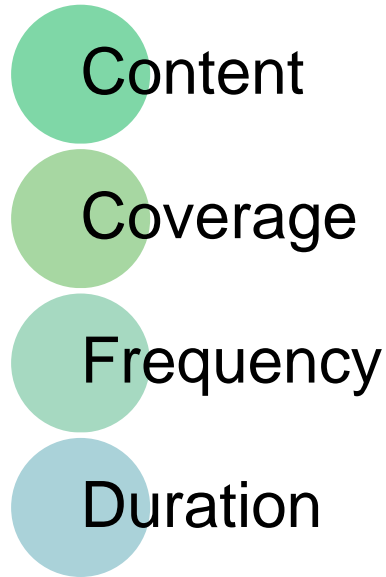
There is a strong link with positive outcomes

It is critical to sustainability and scale-up

Without assessing fidelity, you can't tell if you are providing an evidence-based intervention

To avoid doing more harm than good

Fidelity and fidelity assessment address adherence to an EPB



Fidelity assessment

A “train and hope” approach is not effective for increasing providers’ skills or enhancing implementation

ASSESSING FIDELITY

Direct observation

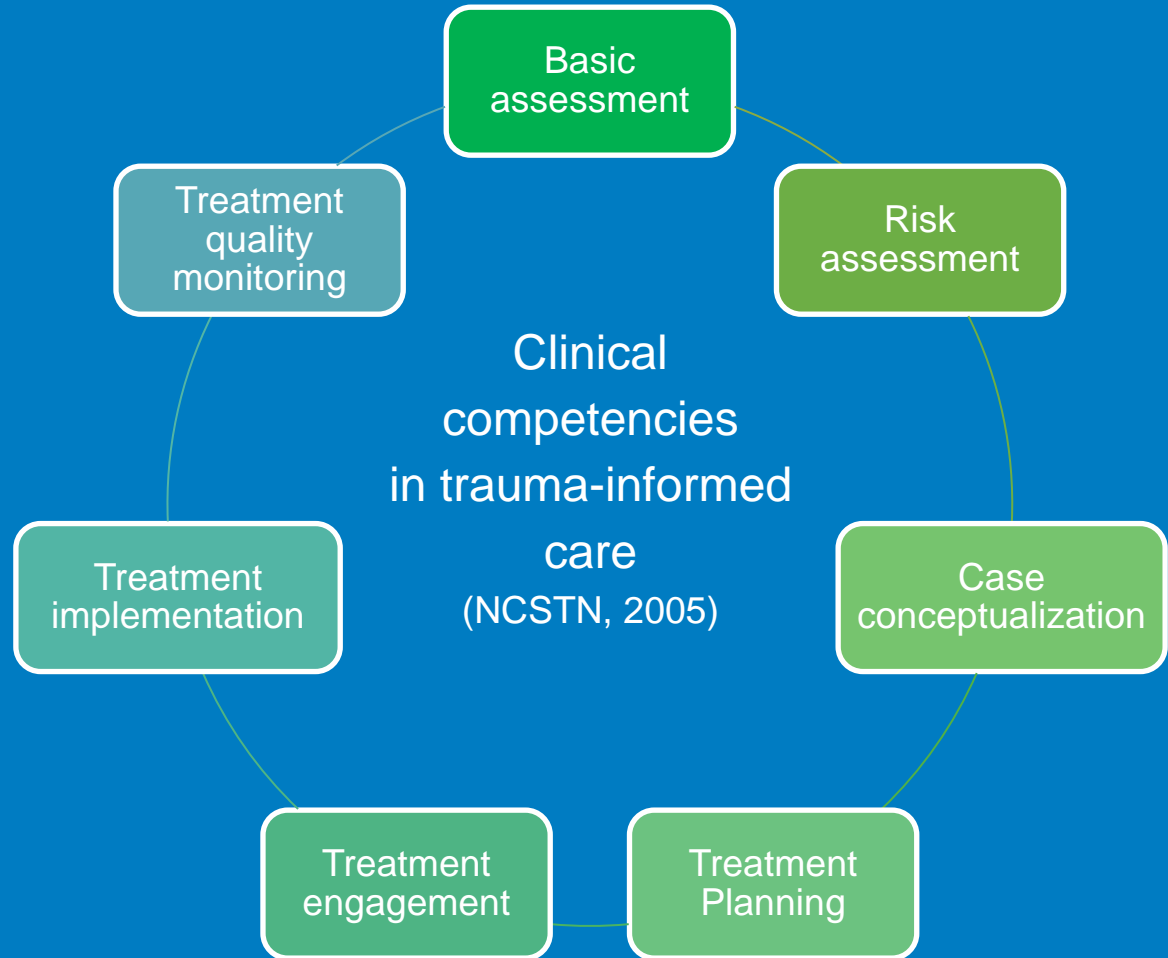
Indirect observation

Written manuals

But fidelity is unlikely in absence of basic skills



FIDELITY AND CLINICAL COMPETENCE



FIDELITY AND CLINICAL COMPETENCE

Qualities of effective therapists

1.Has sophisticated interpersonal skills

1.Helps clients feel understood, trust, hope

1.Able to form a positive working alliances

1.Provides an adaptive explanation for the client's distress

Provides a treatment plan consistent with explanation

Does not avoid difficult material in therapy, uses therapeutically

Flexible and adjusts therapy if limited progress or resistance

Continually monitors client progress in an authentic way

Influential, persuasive, convincing

Is aware of the client's characteristics and context

Communicates hope and optimism

Aware of own psychological process; does not inject into therapy unless therapeutic

Aware of the best research evidence related to the particular client

Seeks to continually improve

FIDELITY

*Does one size
fit all?*

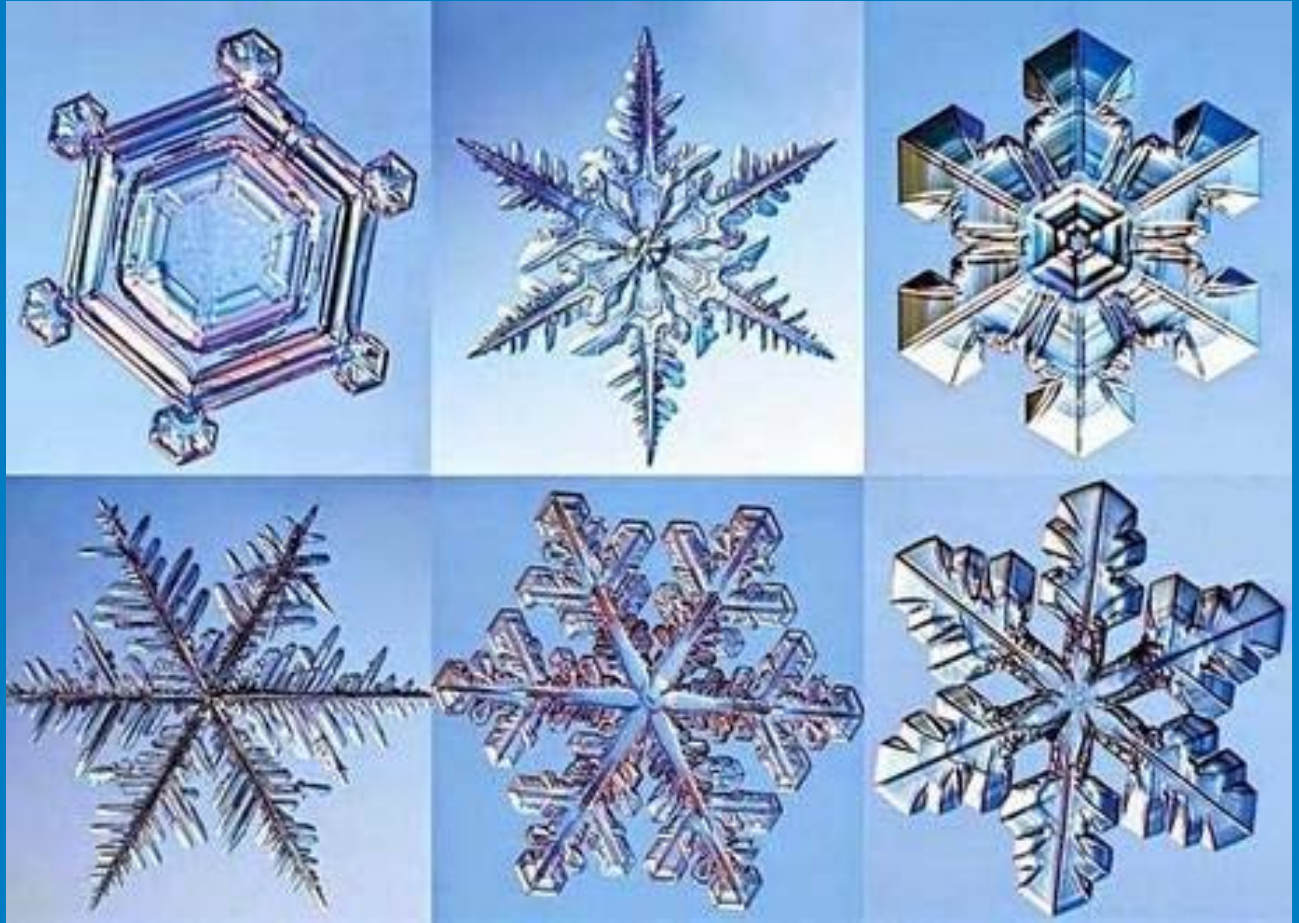


Should perfect fidelity be the goal?

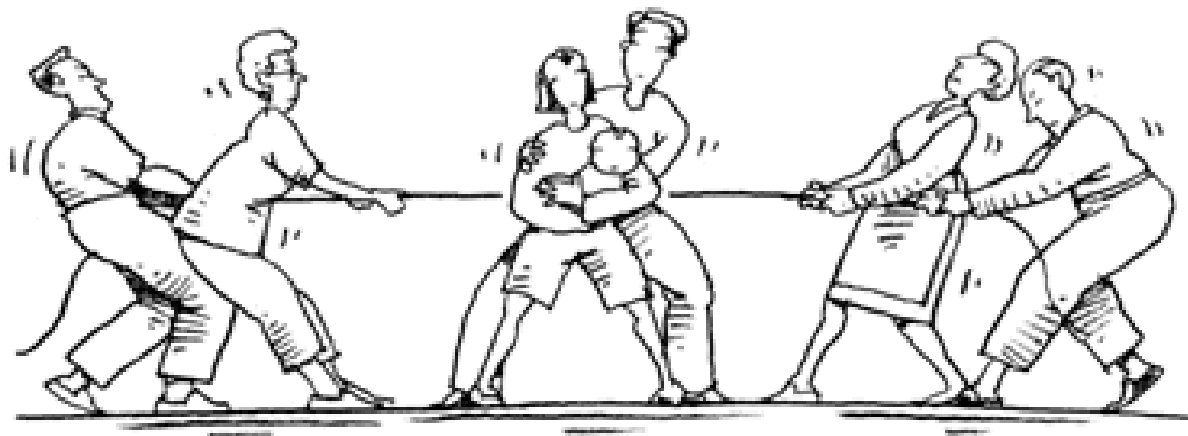
Fidelity is important because it has been shown to be associated with superior outcomes. However, the goal is the good outcomes, not necessarily the faithful delivery of EBPs.

FIDELITY

*Is there room for
differentiation?*



Fidelity vs. Adaptation



ADAPTATION

What is it?

How much, and in what ways, a program or practice is changed to meet local circumstances

ADAPTATION

Common types

Deletions, additions (enhancements)
of components

b.

a. Modifications in the nature of the
components

Changes in the manner or intensity of
administering program components

Cultural and other modifications
required by local circumstances

Why adapt an intervention given the importance of fidelity?



Cultural needs of a family diverge from standard practice



Local context is not compatible with current model

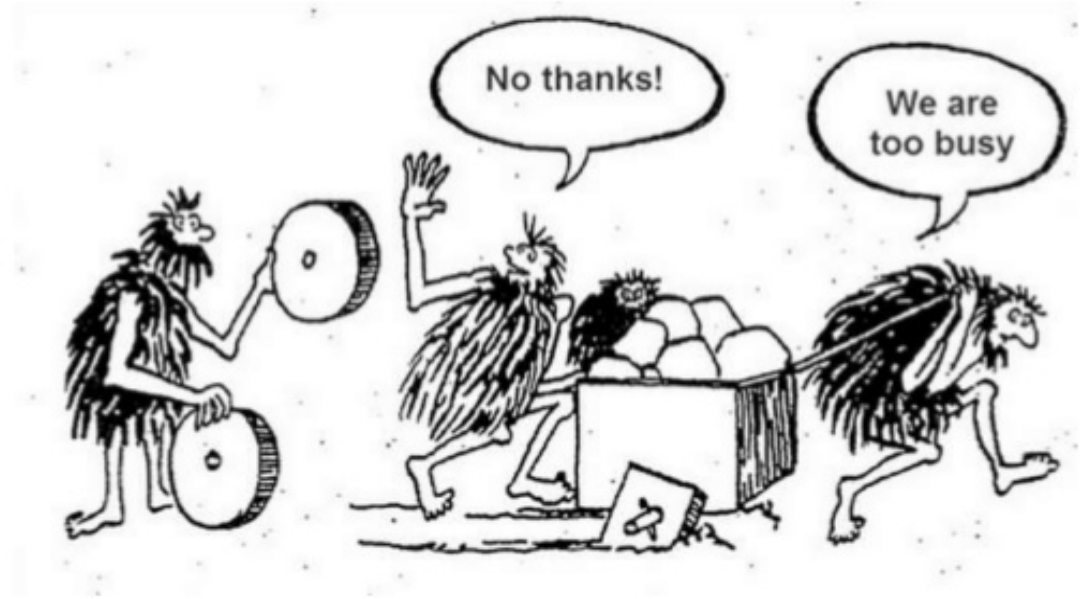


Serving a new population with different needs



Continuous quality improvement

Why adapt an intervention given the importance of fidelity?



Should ongoing adaptation be the goal?

Modifications to core components must be done thoughtfully and in partnership with program developers and researchers...data-based decision-making should guide modifications to core components.

The goal of EBP training and fidelity should not be to produce automatons



Conclusion:

“First, do it right, then do it differently”



Begin by adhering to core elements; high fidelity



Implement as intended and build capacity before making changes



Add components rather than remove them, when possible



Make adaptations thoughtfully and intentionally; build them in



Work with experts before making adaptations



Closely monitor and evaluate adaptations; make adjustments as needed

Conclusions

- Always maintain the essential ingredients of an EBP
- Assess fidelity regularly to ensure families reap maximum benefits
- Allow flexibility to incorporate new knowledge, contexts, and culture
- Evaluate adaptations before full implementation and scale-up
- Account for the unique skills, strength, and vulnerabilities of EBP providers

Thank you!!!
Questions?

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