

Effective Date:
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North Sound Mental Health Administration

Section 1500 – Clinical: Evidence-based, Research-based, Consensus-based and Promising or Emerging Best Practices

Authorizing Source:
Cancels:
See Also:
Responsible Staff: Quality Manager

Approved by: Executive Director
Motion #:

Date: 11/21/2005

POLICY #1553.00

SUBJECT: EVIDENCE-BASED, RESEARCH-BASED, CONSENSUS-BASED, AND PROMISING OR EMERGING BEST PRACTICES

PURPOSE

The purpose of this policy is expand and support the use of evidence-based, research-based, consensus-based, and promising or emerging best practices in the North Sound Region

POLICY

The NSMHA supports, encourages and requires the adoption of evidence-based, research-based, consensus-based, and promising or emerging best practices. The NSMHA's intention is to provide services, which have been shown by research to be effective and efficient in treating mental illnesses.

PROCEDURES

1. Definitions:
 - A. "**Evidence-based**" means a program or practice that has had multiple site random controlled trials across heterogeneous populations demonstrating that the program or practice is effective for the population
 - B. "**Research-based**" means a program or practice that has some research demonstrating effectiveness, but that does not yet meet the standard of evidence-based practice.
 - C. "**Promising Practices**" or "**Emerging Practices**" means a practice or program that presents, based on preliminary information, potential for becoming a research-based or consensus-based practice.
2. The NSMHA expects and will require its contracted providers to adopt evidence-based practices. NSMHA intention is to introduce evidence-based Practices as rapidly as available resources allow. NSMHA's goal is to introduce or significantly expand a minimum of one Evidence-based Practice each year.
3. Special priority shall be placed on DSHS core and prioritized evidenced-based practices:

Nine Core Evidence-Based Practices

Adults	Assertive Community Treatment	Family Psychological Education	Supported Employment	Dialectic Behavior Therapy
Children	Multi-Systemic Therapy	Functional Family Therapy	Multi-Dimensional Treatment Foster Care	Trauma Focused Cognitive Behavioral Therapy
Co-Occurring Disorders	Co-Occurring Mental Health/Chemical Dependency Treatment			

Priority Evidence-Based/Promising Practices

Adults	Illness Self Management	
Children	Wrap Around	Dialectic Behavior Therapy
Older Adults	Gate Keeper	Medication Algorithms

4. Consumer, family member and advocate input will be considered in the prioritization and implementation of evidence-based, Research-based, and Promising Practices.
5. The NSMHA will promote evidence-based practices through:
 - A. Sponsoring training
 - B. Educating consumers, advocates, providers regarding the characteristics and benefits of evidence-based, Research-based, and Promising Practices.
 - C. Funding Special grants, when possible
 - D. Developing specific contract requirements regarding the implementation and maintenance of evidence-based practices.
6. Contracted Providers will notify NSMHA when they initiate any evidence-based Practice, Research-based practice, or Promising Practice program or service
7. All evidence-based practice, research-based practice, or promising practice program or service will be reviewed for and provided in culturally competent manner for the population and individual for whom it is being provided. These practices will be tailored to the ethnic, cultural, and linguistic needs of the consumers in each community in the North Sound Region.
8. For evidence-based practices, the NSMHA will expect the practice to meet the nationally accepted standard for that practice.
 - A. NSMHA will audit fidelity to evidence-based practices standards in it audit process annually using a national fidelity rating scale if available or it may require an independent audit of an evidence-based practice by a person credential to conduct such monitoring.
 - B. If a Providers or NSMHA find that a provider is not meeting fidelity standards, the provider will develop a performance improvement plan to bring them into compliance with the national standards.

ATTACHMENTS

None