

## Measuring Treatment Programs – From Models to Evaluation



Children, Families, Health, and Human Services Interim  
Committee, November 19, 2015

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## Measuring Treatment Programs – From Models to Evaluation

Timothy B. Conley, Ph.D., L.C.S.W., C.A.S.  
Clinical and Research Consulting, PLLC  
Faculty Affiliate, Sociology, U-Montana  
[timothy.conley@umontana.edu](mailto:timothy.conley@umontana.edu)

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### Introduction

What we will cover this morning

- Models of Practice
- Treatment as Usual
- Evidence Based Practice (EBP)
- Fidelity
- Evaluation
- Data management and collection platforms
- Asking the right questions

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### Models of Practice

- From theory (idea) to manualized activity – (what the therapist specifically says/does)
- General psychotherapy – Talk Therapy, Cognitive Behavioral Therapy, these are Models of Practice
- Model of Practice is usually matched to the diagnosis you are treating

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### Models of Practice

So one question for the committee to pose when designing their pilot program may be:

- “What model of practice will we fund?”
- Once named, the research supporting it, the **evidence** (or lack of) can easily be explored in the published literature

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### Treatment as Usual (TAU)

- Eclectic – little of this little of that, common
- Psychological Education (psycho-ed) often used for group ‘therapy’ models
- Talk therapy: ‘let’s sit and discuss your problems’
- Any combination of practice or treatment methods which are not, by definition, an Evidence Based Practice (**EBP**)

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### Treatment as Usual (TAU)

- For funding a pilot project and gathering evidence of its efficacy, you may *compare* the project's model of practice to TAU, either concurrently or retrospectively
- It's challenging to shift agency culture and TAU away from eclecticism to an EBP

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### Treatment as Usual (TAU)

So the question for the committee to pose when designing an RFP for a pilot program may be:

- "How will your agency negotiate the shift away from current practice to the specified Evidence Based Practice model?"
- What will you discontinue to make room for this?

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### Evidence Based Practice

- Defined as continuum – not an either/or designation
- Models of Practice certified and defined by funders such as SAMHSA, NREPP  
<http://www.nrepp.samhsa.gov/>
- BJA Resources on Evidence-Based Programs and Practices  
<https://www.bja.gov/evaluation/evidence-based.htm>

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**Evidence Based Practice**

3 quick examples of EBP models for Children's Mental Health service recipients:

- Multi-Dimensional Family Therapy (MDFT)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

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**Evidence Based Practice**

So one question the committee may want to address when designing an RFP for a pilot program:

- "What model of practice is supported by the evidence as effective for the population of service consumers we are targeting?"

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**Training in vs. Implementation of an EBP**

- Providers often get these confused; training in an EBP is necessary but not, as many think, sufficient to implement and sustain an EBP
- Training, training, booster training... staff turnover, ongoing costs for sustainability

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**Training *in* vs. Implementation of an EBP**

So questions the committee may want to address:

- “What are the startup training costs?”
- “Ongoing training costs?”
- “How will training be sustained?”

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**EBP and Fidelity**

Is the EBP being implemented, on an ongoing basis, as designed and specified in the training manual?

- Role of external evaluation – example of treatment courts; Butte and the 10 key concepts of DUI courts
- Fidelity is measurable; the role of monitoring

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**Evaluation**

External management of fidelity measures and other data associated with an outcome study; requires a certain level of research expertise

- Required and funded by Federal Grants
- Specify outcomes before implementation
- Both process (fidelity) and quantitative outcome

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**Predictor and Outcome Variables**

It usually takes a Ph.D. which is why much evaluation is conducted out of Universities, although that brings its own set of issues...

Evaluator should have demonstrated ability to use multivariate statistics on real world agency level data warts and all.

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**Evaluation**

Questions that should be addressed when planning a pilot project:

- What will be the period of evaluation?
- What should the final report include?
- Cost of evaluation

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**Cost Benefit Analysis**

- Also called Benefit Cost Analysis
- Monetize the program's outcome compared to its costs
- Statistically integrates evaluation/outcome results with financial data: econometrics
- Search internet for introduction overview

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### Data Management and Collection Platforms

- Proprietary vs. Public
- Garbage in garbage out. Oh! The garbage I've seen ☹
- Costs:
  - Lease or purchase?
  - Build your own?

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### Data Management and Collection Platforms

When determining what model of practice to use for a pilot project ask:

- Does this already have data collection protocols and systems in place?
- Cost? Flexibility?

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### Questions and Comments

Dr. Conley may be reached at his university email address:  
[timothy.conley@umontana.edu](mailto:timothy.conley@umontana.edu)  
or by phone (406) 240-6617

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