




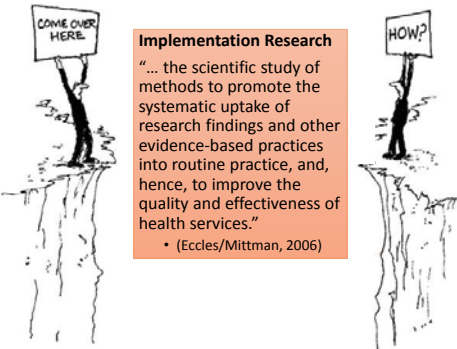
## Sustaining Evidence-Based Practices at the Provider and System-levels: Lessons from the Los Angeles Prevention and Early Intervention Transformation

Lauren Brookman-Fraze, Ph.D.    Anna S. Lau, Ph.D.    Lillian Bando, M.S.W., J.D.

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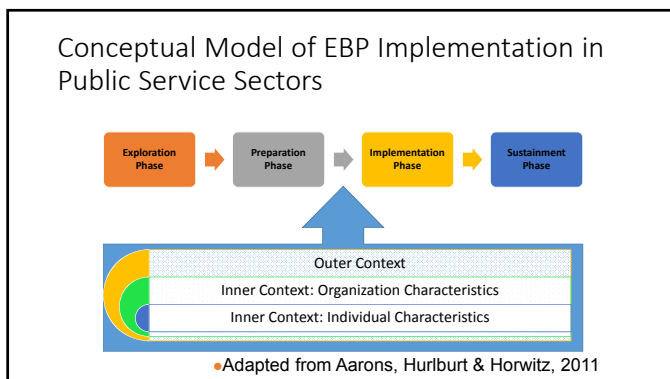
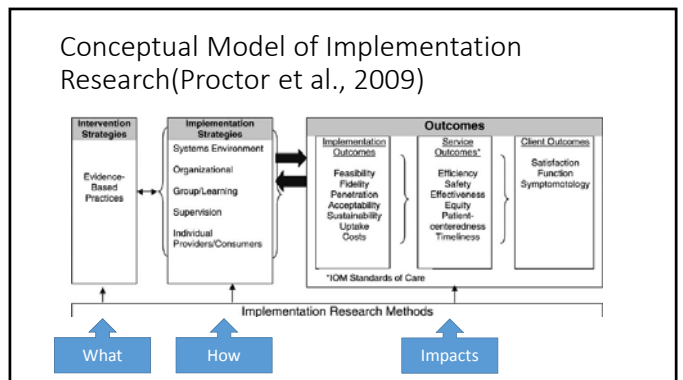

- Goals:
1. Provide a brief introduction to implementation science and a conceptual model of implementation.
  2. Findings from the “4KEEPS” study on the sustainment of EBPs in a system-driven implementation of multiple EBPs in children’s mental health services
    - System-level sustainment
    - Agency-level sustainment
    - Therapist-level sustainment
  3. Directions for Sustainment Interventions



**Implementation Research**




“... the scientific study of methods to promote the systematic uptake of research findings and other evidence-based practices into routine practice, and, hence, to improve the quality and effectiveness of health services.”

• (Eccles/Mittman, 2006)

## Overview of the “4KEEPS” study

Pls: Anna Lau (UCLA) & Lauren Brookman-Fraze (UCSD)

- Nation's largest county MH department
  - 75 directly operated sites
  - 288 contracted agencies (120 with child MH services)
- 8 Service Provision Areas range from rural to inner city communities
- Serves ethnically diverse, disadvantaged population

Ethnicity	Percentage
Hispanic/Latino	13%
Asian/Pacific Islander	1%
African American	20%
Non-Hispanic White	61%

## Statewide Reform: California's Mental Health Services Act

**Prevention and Early Intervention (PEI)**

**Proposition 63 Today**  
More than 2 million adults—about 8% of the population—are affected by potentially disabling mental illnesses every year in California.

**Proposition 63, the Mental Health Services Act, emphasizes transformation of the mental health system with the intention of expanding services while improving the quality of life for Californians living with or at risk of serious mental illness.**

**Prop 63 is funded by levying a 1% tax on personal income above \$2 million.**

**Prop 63 consists of the following programs:**

- Community Services & Support
- Capital Facilities and Technological Needs
- Workforce Education & Training
- Prevention & Early Intervention
- Innovation

More than \$13 billion dollars has been generated since Proposition 63 went into effect in 2005.

## The PEI Transformation

- Launched August 2009
- PEI funds reimburse delivery of specific practices.
- Contracts with agencies were amended, providers could bill to one of 52 approved interventions
- 6 practices initially selected for supported implementation, therapist trainings commenced in April 2010
- In fiscal year 2010-2011, 26,339 children were served.

## 4KEEPS Study Aims

**Sustainment Study**

- A neutral, observational study investigating the sustainment of original 6 PEI practices.

- Characterize sustainment outcomes
  - EBP Concordant Care ("ECCA")
  - Reach of each EBP over time
- Use mixed methods to characterize inner context factors that might relate to EBP sustainment.
- Identify inner context that determine EBP sustainment outcomes.

**ECCA Study**

- Build upon the initial ECCA for use as a pragmatic Quality Assessment tool.

- Produce a revised ECCA based on end-user feedback and test its concordance with observer reports.
- Within a prospective test of the ECCA, identify quality indicators that predict client-level outcomes of therapists' delivery of multiple EBPs, and develop guidelines for administration and interpretation.

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## Applying a Conceptual Model of EBP in Public Service Sectors to *System-Driven* Implementation of *Multiple EBPs*

**Exploration Phase** → **Preparation Phase** → **Implementation Phase** → **Sustainment Phase**

**OUTER CONTEXT:** Public Mental Health Care System (Local, State)

**INNER CONTEXT:** Organizations contracted to provide MH Care

Therapists providing direct services to consumers

Adapted from Aarons, Hurlburt & Horwitz, 2011

## Applying a Conceptual Model of Implementation Research to *System-Driven* Implementation of *Multiple EBPs*

**Intervention Strategies** (Evidence-Based Practices) → **Implementation Strategies** (Systems Environment, Organizational, Group/Learning, Supervision, Individual Providers/Consumers) → **Implementation Outcomes** (Feasibility, Fidelity, Penetration, Acceptability, Sustainability, Uptake, Costs) → **Service Outcomes\*** (Efficiency, Safety, Effectiveness, Equity, Patient-centeredness, Timeliness) → **Client Outcomes** (Satisfaction, Function, Symptomatology)

\*IOM Standards of Care

**Implementation Research Methods**

- Multiple EBPs required to cover care targets and developmental levels
- Fiscal mandates or incentives; technical assistance; monitoring
- Sustained implementation outcomes

Proctor et al., (2009)

### Sustainment outcomes

**EBP  
Volume/Penetration**

- # & % agencies continuing to be reimbursed for the practice
- # & % Therapists continuing to claim to the practice
- # & % Unique clients served by the practice
- # % Units of services being provided within each practice

**EBP Concordant Care**

- Degree to which a therapist's practice resembles the essential strategies one would expect within an evidence-based protocol for a given problem focus.

### Measuring sustainment: Practice Volume/Penetration

**Measuring Sustainment of Multiple Practices Fiscally Mandated in Children's Mental Health Services**

94 agencies  
8,514 providers  
87,100 children  
2,331,000 psychotherapy claims  
3,014,353 total claims

2009 → 2015

### Measuring Sustainment: EBP Concordant Care

**Fidelity** → **EBP Concordant Care**

Addresses concerns about the feasibility and appropriateness of using traditional fidelity instruments to assess ongoing delivery of multiple EBPs

### Current ECCA

<b>Purpose</b>	Assesses the extent to which a therapist delivered individual psychotherapeutic strategies considered essential for a given EBP Target		
<b>Online Versions</b>	Session (therapist report, observer rated) and Bi-monthly (therapist report)		
<b>Items</b>	32 psychotherapeutic content (24) and techniques (8)	EBP Targets	
		Content	Techniques
	Conduct	18	8
	Trauma	10	5
	Anxiety	7	7
	Depression	9	6

### Findings on the Sustainment of EBPs in the LACDMH Prevention and Early Intervention Initiative

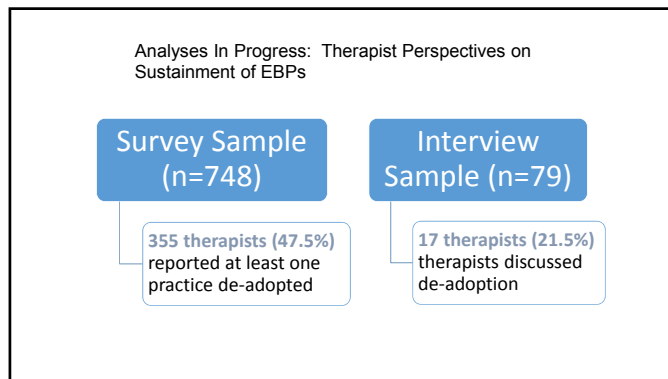
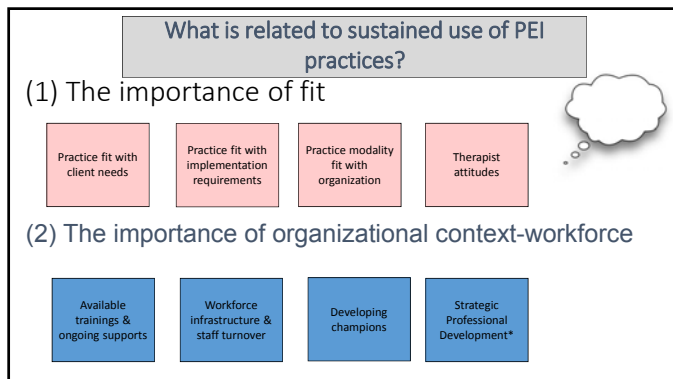
*System-level, Agency-level, Provider-level Outcomes and Predictors*

### Using Survival Analysis to Understand Patterns of Sustainment within a System-Driven Implementation of Multiple Evidence-Based Practices for Children's Mental Health Services

- **LACDMH Claims Data:**
  - claims between **May 11, 2010 and December 31, 2014**
  - by therapists who billed at least 3 psychotherapy claims
  - for 6 PEI practices of interest
  - for "psychotherapy" units of service
  - for Clients < 21 yrs old

2,322,389 psychotherapy claims → 6873 unique therapists → 94 unique agencies





### Therapist Report: PEI Practices Ever Used, Sustained Use

748 Therapists in 59 agencies

Practice	CBITS	Triple P	Seeking Safety	TF-CBT	CPP	MAP
Ever used n (% of sample)	42 (5.6%)	179 (23.9%)	400 (53.5%)	527 (70.5%)	137 (18.3%)	513 (68.6%)
Sustained n (% of Ever Used)	6 (14.3%)	110 (61.4%)	223 (55.8%)	409 (77.6%)	109 (79.6%)	438 (85.3%)

\* **OUTCOME** = sustained use (yes, no)

