

## EVIDENCE-BASED PRACTICES: SHAPING MENTAL HEALTH SERVICES TOWARD RECOVERY

### A Brief Overview compiled by Anne Sullivan-Soydan for CPRP Preparation

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Outcomes measurement is an important, often required, process in evaluating psychiatric rehabilitation services and programs. If a psychiatric rehabilitation practice has sufficient research evidence to document its effectiveness in clinical use, then it is called an evidence based practice (EBP). If the practice does not have sufficient evidence, then it is classified as “an emerging best practice” or a “promising best practice.”

How do we decide what constitutes an evidence-based practice? The short answer is through the systematic review of thousands of studies combining new statistical techniques and the judgment of expert reviewers. Groups such as the Agency for Healthcare Research and Quality in the United States and the Cochrane Collaboration have established principles for determining the effectiveness of treatments. These include:

- Randomized clinical trials improve the validity of causal conclusions.
- Replication of results in multiple settings improves the validity of results for actual practice.
- Consistency of findings builds confidence.
- Evidence can be ranked in terms of validity, clinical confidence, and expert judgments.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Mental Health Services (CMHS) now have six Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices in mental health. The toolkits were developed as one of several SAMHSA/CMHS activities critical to its science-to-services strategy. The toolkits contain many useful resources, including:

- Information sheets for all stakeholder groups
- Introductory videos
- Practice demonstration videos
- Workbook or manual for practitioner

#### **SAMHSA Implementation Resource Kits**

Service models with components supported by research and endorsed by SAMHSA:

- Illness Management and Recovery: <http://store.samhsa.gov/product/SMA09-4463>
- Family Psychoeducation: <http://store.samhsa.gov/product/SMA09-4423>
- Assertive Community Treatment: <http://store.samhsa.gov/product/SMA08-4345>
- Integrated Treatment for Co-Occ. Disorders: <http://store.samhsa.gov/product/SMA08-4367>
- Permanent Supportive Housing: <http://store.samhsa.gov/product/SMA10-4510>
- Supported Employment: <http://store.samhsa.gov/product/SMA08-4365>