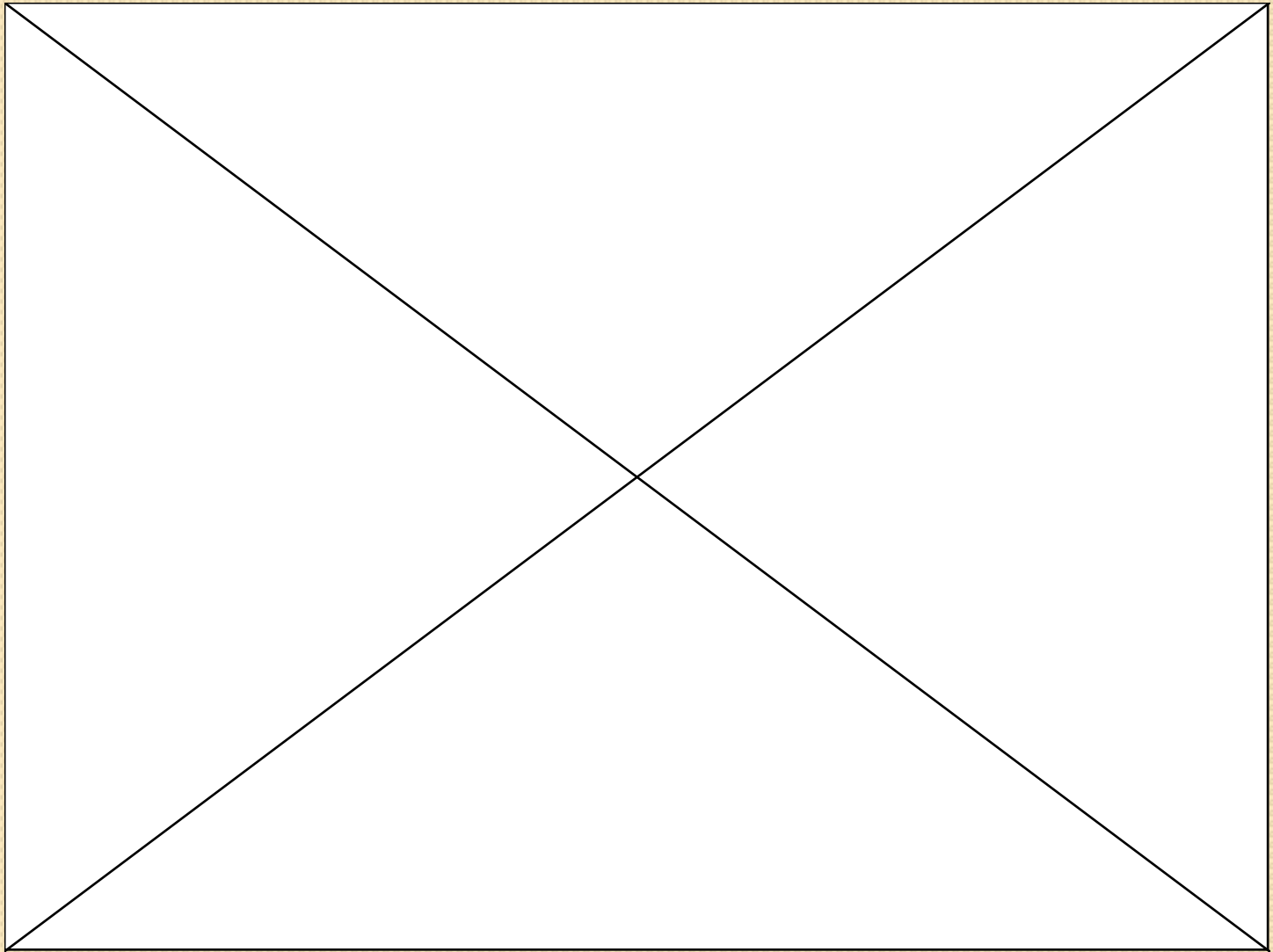




“New Directions for North Carolina”

Evidence-based Practice Then and Now

Sarah Vidrine, Prevent Child Abuse North Carolina



Our Charge

- How can we work together collectively to impact the systems, policies, norms, and programs that will promote safe, stable, nurturing relationships and environments?
- Evidence-based programs are one piece of the puzzle...

In 2005....

“By increasing the use of evidence-based and promising programs in child maltreatment prevention, North Carolina can take the first step in assuring that program interventions will produce the desired impact with children and families and ensure that resources are being used well.”

~New Directions for North Carolina, 2005

Where were we then and what were we trying to impact?

- Individual programs operating in isolation
- “Let a thousand flowers bloom”
- No shared planning/decision making among major funders
- Not much intentional investment in evidence-based programs
- Little to no infrastructure to support implementation

2005 Task Force Recommendations

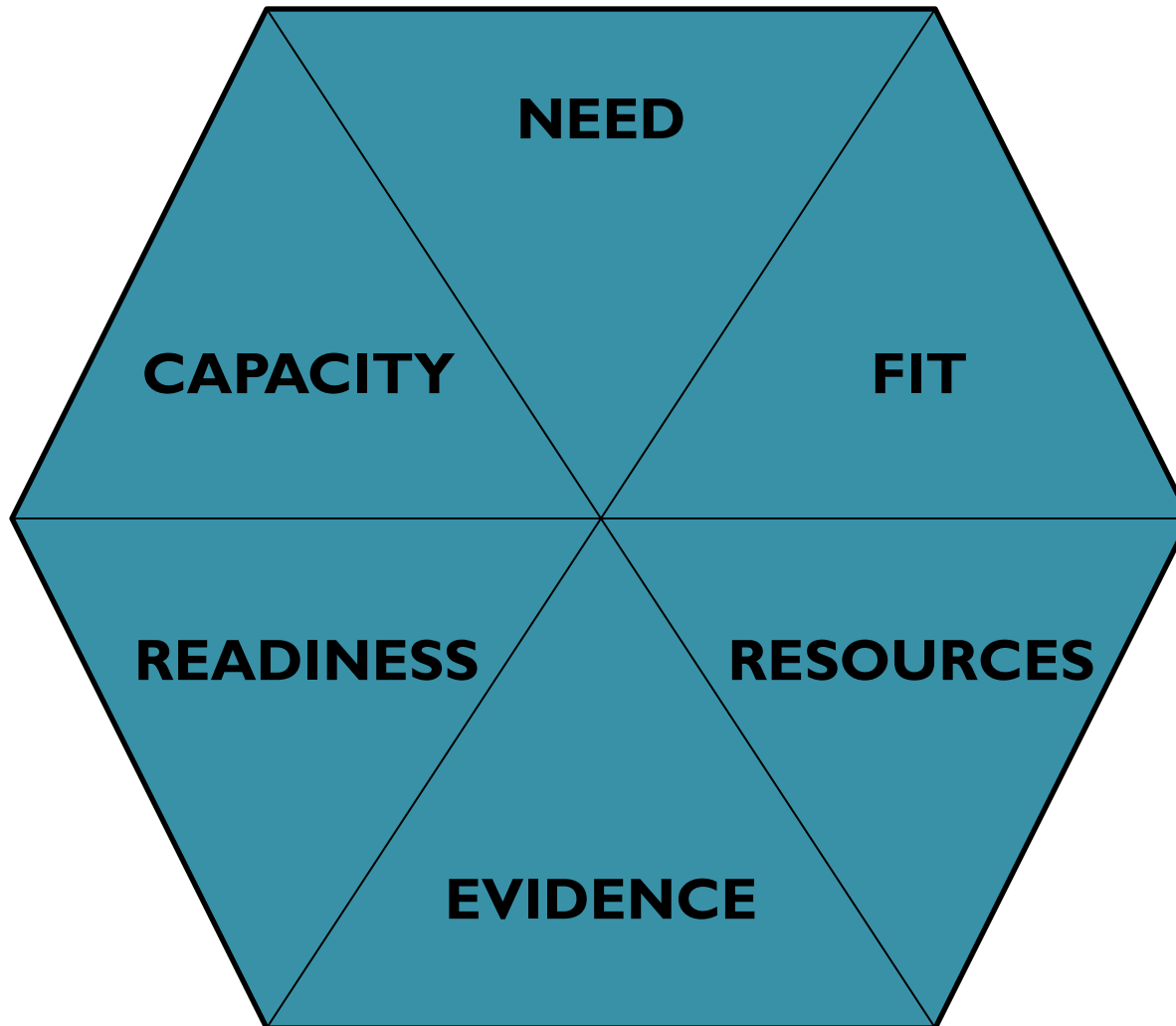
- Focused on replication of specific evidence-based programs
 - Convene Expert Work Group
 - Review lit and make recommendations for replication and research
 - Funder prioritization of EBPs and promising programs
 - Specific programs including home visiting, treatment, parenting skills, early childhood intervention

Results

- Expert Work Group on EBPs
- Funder identification of shared investment
- Alliance for Evidence-Based Family Strengthening Programs
 - Shared outcomes
 - Shared investment
 - **Focus on infrastructure**

Exploration of EBPs

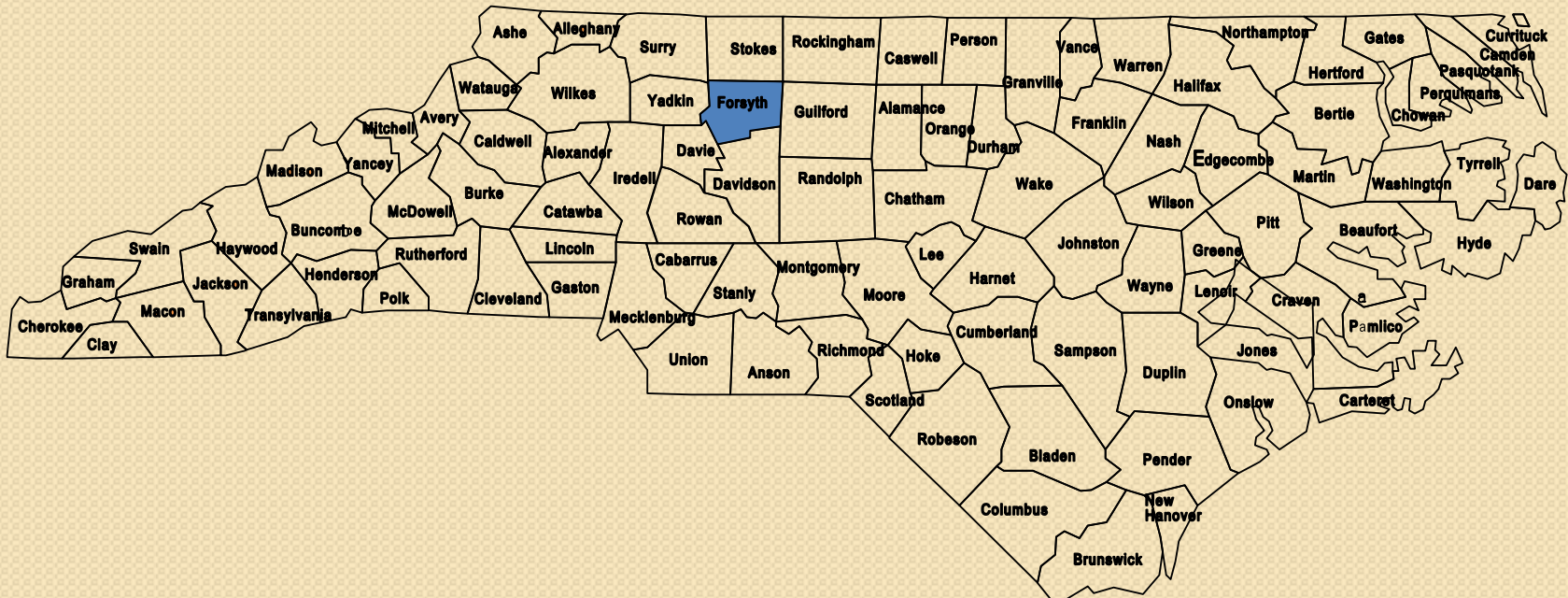
NIRN Hexagon Tool



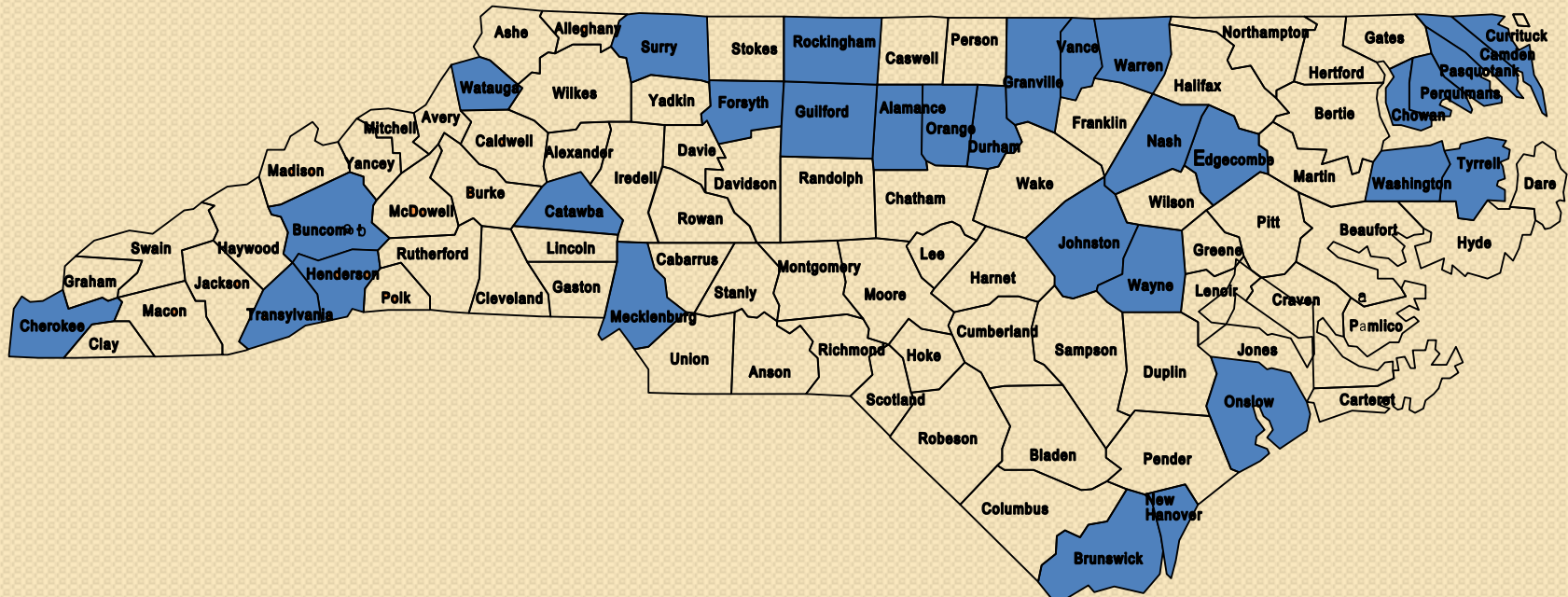
Example 1

- The Incredible Years Parenting Program
 - Group based
 - 16 weeks
 - Parents of children 3-12 years
 - Addresses behavior challenges

The Incredible Years Parenting Program 2005



The Incredible Years Parenting Program 2014



Infrastructure

- Housed at Prevent Child Abuse North Carolina
- Services include:
 - Network membership (all implementing agencies)
 - Pre-service and in-service training
 - Coaching
 - Technical assistance
 - Evaluation

Outcomes: The Incredible Years

- Statistically significant change in the desired direction, with moderate to large effect sizes, on all measured outcomes
 - Decreases in harsh and inconsistent discipline
 - Increases in appropriate discipline, positive parenting, and clear expectations
 - Decrease in intensity of child's problem behavior
 - Decrease in the degree to which the child's behavior is problematic to parents

Example 2

- Nurse-Family Partnership
 - Home visitation
 - Prenatal through age two
 - First time, low income families
 - Primary goals = health, child development, economic self-sufficiency

Infrastructure

- NFP National Service Office
 - Readiness
 - Training
 - Clinical support
 - Organizational support
 - Advocacy
 - Marketing and community outreach
 - Data collection and evaluation
 - Quality improvement
- NC Division of Public Health
 - Administrative home for NFP and MIECHV
 - State nurse consultant for MIECHV and non-MIECHV funded NFP sites

Outcomes: NC NFP

- 90 % of babies are born full-term (after 37 weeks gestation), and 89% are born at a healthy weight ($\geq 2,500$ g. or 5.5 lbs.)
- 44% of mothers who entered the program without a diploma/GED have since earned one, and another 26% are working toward obtaining one
- 73% of mothers have no subsequent pregnancies at program completion
- 17 % reduction in cigarette smoking among NFP moms during pregnancy
- 76 % of NFP initiate breast feeding.
- 91 % of the children are up to date on their immunizations at program completion (24 months).
- 80 % of NFP toddlers met NFP objectives for language and developmental progress at 24 months.

Is this success?

- EBPs are a small (important!) piece of the puzzle
- We are still serving a very, very small percentage of the eligible population
 - NFP is currently reaching a little over 2% of first-time, low income mothers
- What next??
 - Infrastructure & scale
 - What SYSTEMS need to shift...

Building on Our Achievements

How far have we come?

- Ongoing communication between funders
- Shared investment in select interventions and the infrastructure to support implementation
- Common evaluation

How much farther could we go?

- Institutionalized partnership based on a set of common outcomes and shared measures
- Common RFA; braided and blended funds
- Shared infrastructure