



# Evidence Based Practices

ONTCHILD/YPRO

October 27, 2011

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# What is Evidence Based Practice?

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**Evidence Based Practice is a philosophy that influences practice.**

Basing decisions on what interventions to use taking into account the following three points

- What are the clients preferences and clinical status?
- What approaches have the best available evidence?
- What are the practitioners abilities, can training enhance practitioners ability to provide the intervention?

# Why implement Evidence Based Programs?

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- We want our services to be as responsive and effective as possible.
- It is important that we use current knowledge to guide our practices
- Funders are looking for programs that have been evaluated and have an evidence base

# How does Evidence Based Practice differ from Best Practice?

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## Best practices are:

- Generally accepted, informal methods or processes that have proven themselves over time to accomplish given tasks.
- Often based upon common sense, these practices are commonly used where no specific formal methodology is in place or the existing methodology does not fully address the issue.
- There **may be** formal evaluation or research to support the practice **but not necessarily**

## Evidence Based Practices:

- **Always** have some formal evaluation and research that supports the claim that the technique/intervention does what it claims to do.

# Structures at Rosalie Hall that support Evidence Based Practices

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## Evidence Based Practice Implementation Plan

- In 2008 a plan was developed to create a pathway to guide us in how we implement evidence based services. This plan was updated in March 2011

## Logic Models

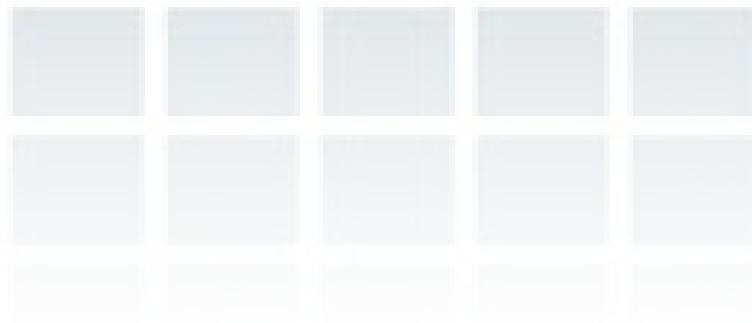
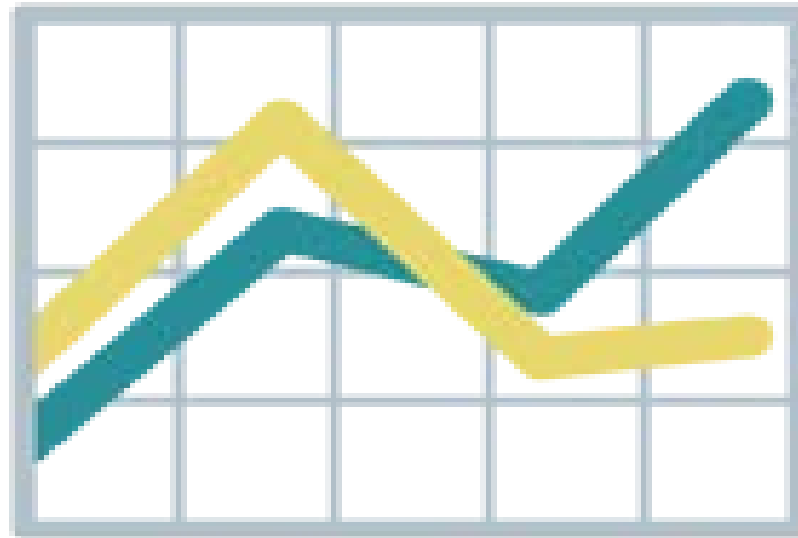
- Logic Models identify our programs and are aimed at what the activities of the program are and the outcomes that are expected.

## Parent-Infant Attachment Assessment and Support Team

- The team identifies the needs of the parent child dyad and provides intervention based on that assessment

# What are the Evidence Based Practices at Rosalie Hall?

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# Evidence Based Assessments

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## **Adult Attachment Interview – (AAI)**

**(George, Kaplan, & Main, 1984) )**

- A structured interview about childhood memories of how person was parented.
- The AAI assesses the client's current state of mind with respect to attachment relationships (we use it to determine the presence of unresolved trauma or loss).
- Studies show a link between the parents response in the AAI and the child's attachment to their parent

# Evidence Based Assessments cont...

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## **Atypical Maternal Behaviour Instrument for Assessment and Classification (AMBIANCE)**

**(Bronfman, Parsons, & Lyons-Ruth, 1999)**

- A checklist of parents behaviours used to assess mothers amount of unusual interactions within 5 categories (Affective Communication Errors, Role Boundary Confusion, Disorientation (fearful, dissociative), Intrusiveness/Negativity, Withdrawal)
- This is done by using a videotaped interaction between mother and child
- Atypical caregiver behaviours have been implicated in the development of disorganized attachment relationships

# Evidence Based Assessments cont...

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## **Working Model of the Child Interview – (WMCI)**

**(Benoit, Barton, Zeanah, 1993)**

- A structured interview that assesses mothers perceptions and personal experience and relationship with their child
- 1 hour structured interview; Video or audio taped for later review
- Formal coding system or can be used clinically to understand caregivers subjective experience of the infant

# Evidence Based Assessments cont...

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## **Nipissing Developmental Screening Tool – 0 – 6**

**(2006 - Nipissing District Developmental Screen Intellectual Property Association. All Rights Reserved.)**

- The Nipissing is a developmental screening tool for infants and children up to 6 years of age
- It is completed by the parent and a worker and is used in the Child Development Centre and in Residence.
- This tool assist parents to recognize their child's developmental milestones and learn various games and interactions that will assist their child's development

# Evidence Based Assessments cont...

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## **Beck Depression Inventory (BDI – II)**

(Beck 1996)

- The BDI - II is a 21 item self report instrument for measuring the severity of depression in adolescents and adults aged 13 years and older.

# Evidence Based Assessments cont...

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## Parent Stress Index (PSI)

(Richard R. Abidin, 1995)

- The PSI is an assessment tool that measures the amount of stress in the parent/child relationship. It can be used for parents of children 1 month to twelve years of age.
- This indicates if there are any concerns that need to be addressed in the parent's view of their child and their parenting role.

# Evidence Based Interventions

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## **Me, My Baby Our World – (MMBOW)**

**(McGuigan, Quinlan & Sorichetti, 2010)**

- Me, My Baby Our World is a twelve week group for parents with babies 0-18 months. It was developed at Rosalie Hall especially for the young parents.

# Me, My Baby Our World Evaluation

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- The parents who come into the group have more pre-existing stress than 65 – 70% of the general parenting population.
- A small sample of clients who we followed up three months post group had a reduction in experiencing their children as difficult to manage.
- Clients reported a high level of satisfaction and learning with the group
- Those who go through the group have a much better understanding of their child's emotional, physical and social needs.
- The women who attend the group tend to establish relationships with workers and become comfortable with the counselling and attachment interventions that our agency offers.
- A sample of seven parent/child interaction showed that after the group 3 of the seven moved from having a “disrupted” relationship to “not disrupted” relationship using the AMBIANCE assessment.

# Evidence Based Interventions cont...

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## **Modified Interaction Guidance – (MIG)**

(Madigan, Hawkins, Benoit & Goldberg, 2006)

- Brief (5-7 sessions), focused, parent training intervention aimed at reducing caregiver behaviours associated with disorganized attachment (AMBIANCE behaviours).
- Each session consists of a 5 minute videotaped play session and feedback session with mom and trained therapist.
- The focus is on positive behaviours (90%) but also frightening/atypical behaviours associated with disorganized attachment

# Evidence Based Interventions cont...

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## **Watch, Wait and Wonder – (WWW)**

**(Cohen, Lojkasek, Muir, & Parker, 2002)**

- This intervention involves the parent, child and the trained therapist.
- During the session, the caregiver and infant interact. The caregiver is directed to sit back and observe the child and follow the infants lead, responding when the infant initiates an interaction.
- This process is designed to stimulate the parent's curiosity about what their child is feeling and thinking
- Through observation the parent becomes more knowledgeable about their child

# Evidence Based Interventions cont...

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## Trauma Focused Cognitive Behaviour Therapy – (TF-CBT)

(Cohen, Mannarino & Deblinger 2006)

- TF-CBT is an individual intervention for people who have experienced trauma.
- The focus is on building coping skills, managing emotions and resolving the trauma issues.

# Evidence Based Interventions cont...

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## **THRIVE (Reaching In Reaching Out)- Pilot Program** (Hall & Pearson, 2004)

- The Thrive Program is A 10 session skill building resiliency group adapted for our clients.
- This group teaches the young parents resiliency skills that they can use themselves and teach to their children.

# Questions

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