

How do we know if it's working? Evidence-based practice in child welfare

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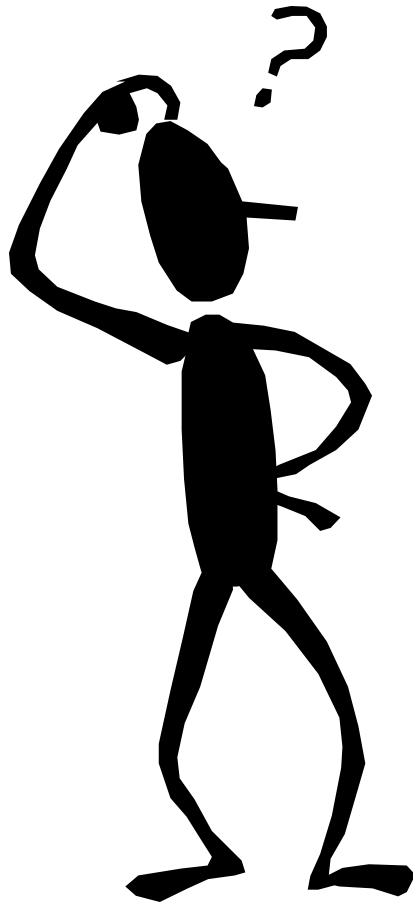
I dream a world Title IVE Education for Child Welfare
Annual Conference, January 12, 2005

Objectives

- To consider the meaning of evidence-based practice in child welfare
- To review the steps for searching for the evidence
- To review examples of evidence-based interventions



What is evidence-based practice (EBP)?



- Intervention based on the best available science (McNeese & Thyer, 2004).



Ranked “Best Available Evidence”

- Systematic reviews/meta-analyses
- Randomized controlled trials
- Quasi-experimental studies
- Pre-experimental group studies
- Qualitative studies



Systematic Review

- Comprehensive worldwide compilation of published and unpublished research which addresses a particular answerable question. The best reviews incorporate meta analysis which enables one to compare findings across different studies.



Randomized Controlled Trials (RCTs)

- Use an experimental research design
 - Involve the random assignment of clients to differing conditions



Quasi-Experimental Studies

- Involve comparison of interventions (more than one intervention group) but clients are not randomly assigned to different groups.



Pre-Experimental Group Studies

- Consist of efforts to evaluate outcomes
- Lack control or comparison groups



Qualitative Studies

- Might be used to pilot test specific intervention methods
- Useful to gain a client's subjective reaction to an intervention



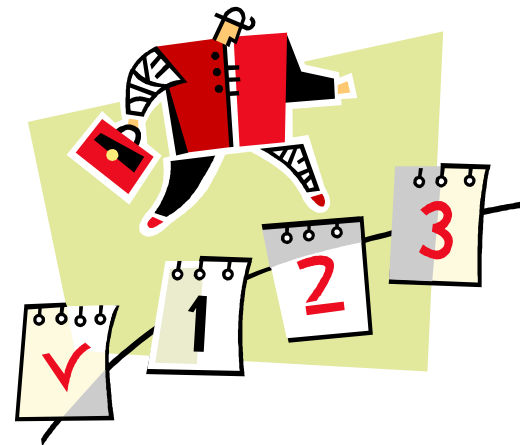
EBP Sequence of Events

- Convert the need for information into answerable questions.
- Track down the best available evidence to answer each question.
- Critically evaluate this evidence in terms of its validity, impact, and potential relevance to our client.
- Integrate relevant evidence with our own clinical expertise and client values and circumstances.
- Evaluate the outcomes of our services focused on enhanced client functioning and/or problem resolution.

Sackett, Strauss, Richardson, Rosenberg, & Haynes, 2000.

Step 1: Answerable questions

- Consist of a question with a verb *as in*:
 - What individual therapies are most successful in getting clients to stop abusing crack cocaine?



What other examples of questions can you think of?

Step 2: Search for evidence



- Develop clear search terms
- Select systematic reviews of research or original research with the best research design available
- Search for relevance to your target population

Practice searching

- Child Welfare League of America: Research/Data: Research to Practice Initiative
- The Campbell Collaboration
- The Cochrane Collaboration
- Bandolier - Evidence based thinking about health care
- Centre for Reviews and Dissemination (CRD)
- What Works Clearinghouse



Practice Search: Go to <http://www.campbellcollaboration.org>

The Campbell Collaboration - Microsoft Internet Explorer

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The international Campbell Collaboration (C2) is a non-profit organization that aims to help people make well-informed decisions about the effects of interventions in the social, behavioral and educational arenas.

C2's objectives are to prepare, maintain and disseminate systematic reviews of studies of interventions. We acquire and promote access to information about trials of interventions. C2 builds summaries and electronic brochures of reviews and reports of trials for policy makers, practitioners, researchers and the public.

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- Registers of Randomized Control Trials: C2-SPECTR and C2-PROT
- Register of C2 Systematic Reviews of Interventions and Policy Evaluation (C2-RIPE)
- Centre for Reviews and Dissemination: Database of Abstracts of Reviews of Effects (DARE)

SPOTLIGHT EVENT

THE FIFTH ANNUAL
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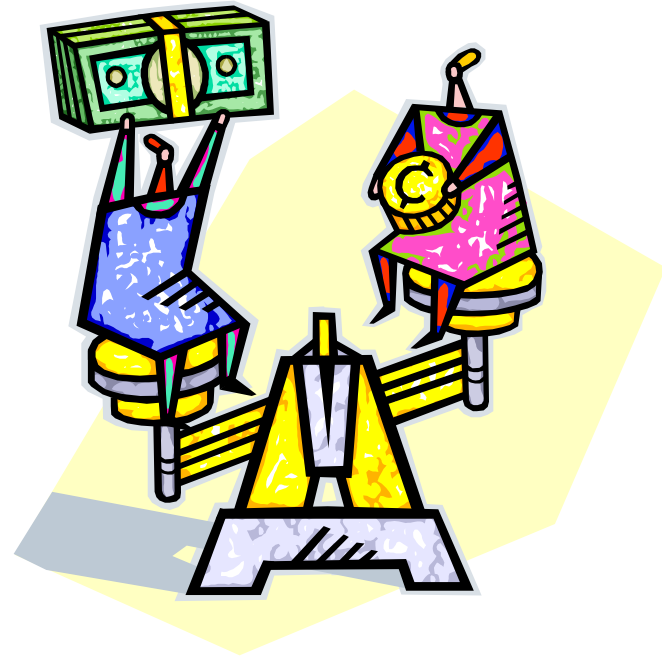
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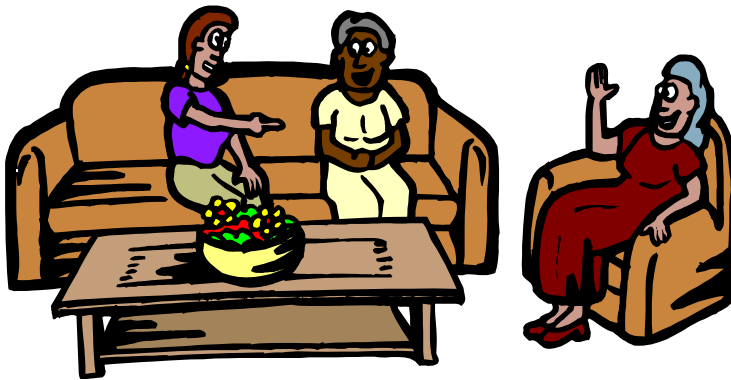
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Step 3: Evaluate the evidence

- Use your critical appraisal skills to evaluate research
- Look for systematic reviews to help you interpret the information you have gathered.



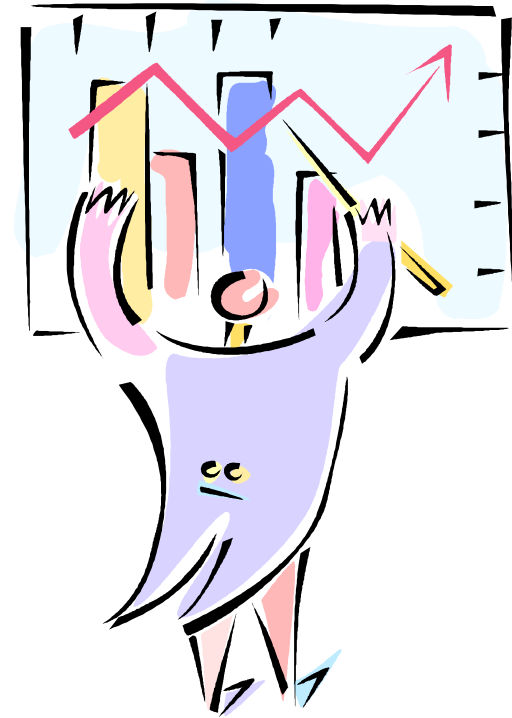
Step 4: Integrate evidence into practice



- Develop intervention outcomes based on differential assessment
- Select the best interventions to match those outcomes

Step 5: Evaluate your own practice

- Use methods to evaluate the outcomes of your intervention
- Integrate research into your own practice.





Examples of “what works” in child welfare



For families:

- Outcome: Child safety (child abuse and neglect)
 - Eco-behavioral treatment
 - Individualized tailored outcome-driven intervention
 - Parent-child interaction therapy
 - Cognitive behavioral treatment

Examples from DePanfilis (2004)



For families:

- Outcome: Parenting practices
 - Cognitive behavioral interventions
 - Eco-behavioral treatment
 - Home based tailored intervention
 - Home based multisystemic family therapy
 - Multilevel parenting curriculum
 - Parent-child training
 - Social support network intervention

Examples from DePanfilis (2004)



For families:

- Outcome: Social support
 - Social networking intervention
 - Social skills training
 - Mutual aid groups
 - One-on-one support from neighbors, friends, volunteers

Examples from DePanfilis (2004)



For maltreated children:

- Outcome: Child behavior & social skills
 - Cognitive behavioral therapy
 - Multi-systemic family therapy (MST)
 - Multilevel Parenting curriculum (e.g., Incredible Years)
 - Resilient Peer Training

Examples from DePanfilis (2004)



For maltreated children:

- Outcome: developmental achievement & self concept
 - Therapeutic day care
 - Residential treatment

Examples from DePanfilis (2004)



References

- DePanfilis, D. (Submitted for review, May 2004). Effectiveness of therapeutic interventions for children and families who have experienced neglect and/or abuse. In C. McAuley, P. Pecora, & W. Rose (Eds.) *Enhancing the well being of children and families through effective Interventions- UK and USA evidence for practice*. London & Philadelphia: Jessica Kingsley Publishers.
- McNeese, C. A., & Thyer, B. A. (2004). Evidence-based practice and social work. *Journal of Evidence-Based Social Work, 1*(1), 7-25.
- Sackett, D. L., Strauss, S.E., Richardson, W.S., Rosenberg, W., & Haynes, R.B. (2000). *Evidence-based medicine: How to practice and teach EBM*. New York: Churchill-Livingstone.



Sources of Evidence: Journals

- *Child Abuse & Neglect*
- *Child Maltreatment*
- *Evidence-Based Mental Health*
- *Research on Social Work Practice*
- *Journal of Consulting and Clinical Psychology*
- *Journal of Evidence-Based Social Work*

Examples



Sources of Evidence: Books

- Corcoran, J. (2000). *Evidence-based social work practice with families*. New York: Springer.
- Corcoran, J. (2003). *Clinical applications of evidence-based family interventions*. New York: Oxford.
- DePanfilis, D., & Salus, M. K. (2003). *Child protective services: A guide for caseworkers*. Washington, DC: U.S. DHHS, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau, Office on Child Abuse and Neglect.

Examples



Sources of Evidence: Books

- Dubowitz, H., & DePanfilis, D. (Eds.). (2000). *Handbook for child protection practice*. Thousand Oaks, CA: Sage.
- Kluger, M. P., Alexander, G., & Curtis, P. A. (Ed.). (2000). *What works in child welfare*. Washington, DC: CWLA Press.
- Lutzker, J. R. (Ed). (1998). *Handbook of child abuse research and treatment*. New York: Plenum Press.
- Macdonald, G. (2001). *Effective interventions for child abuse and neglect: An evidence-based approach to planning and evaluating interventions*. New York: Wiley.

Examples



Sources of Evidence: Books

- Roberts, A. R., & Yeager, K.R. (Eds.). (2004). *Evidence-based practice manual*. New York: Oxford.
- Thyer, B. A., & Wodarski, J.S. (Eds.). (1998). *Handbook of empirical social work practice: Volume 1, mental disorders*. New York: Wiley.
- Wodarski, J. S., & Thyer, B.A. (Eds.). (1998). *Handbook of empirical social work practice: Volume 2, psychosocial problems and practice issues*. New York: Wiley.

Examples



Sources of Evidence: Web

- CWLA's Research to Practice at <http://www.cwla.org/programs/r2p/default.htm>
- Campbell Collaboration at <http://www.campbellcollaboration.org/>
- Cochrane Collaboration at <http://www.cochrane.org>
- Bandolier Database at <http://www.jr2.ox.ac.uk/bandolier/index.html>
- Center for Reviews & Dissemination: <http://www.york.ac.uk/inst/crd/welcome.htm>
- What Works Clearinghouse <http://w-w-c.org/>

Sources of information about systematic reviews of research & identification of promising interventions



Sources of Evidence: Web

- CWLA