

## Indiana Guide to Evidence-Based Programs and Practices

In order to serve Indiana youth with the most effective programs possible, providers are encouraged to utilize programs endorsed by the following validated and reputable review organizations:

- The Substance Abuse and Mental Health Service Administration’s National Registry of Evidence-based Programs and Practices <[www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)>;
- Blueprints for Violence Prevention (and Drug Prevention) Project at the Center for the Study and Prevention of Youth Violence at the University of Colorado <[www.colorado.edu/cspv/blueprints](http://www.colorado.edu/cspv/blueprints)>;
- The Office of Juvenile Justice and Delinquency Prevention’s Model Programs Guide <[www.ojjdp.gov/mpg](http://www.ojjdp.gov/mpg)>;
- National Institute of Justice / Office of Justice Programs / Crime Solutions review website <[www.crimesolutions.gov](http://www.crimesolutions.gov)>; and
- The Florida Department of Juvenile Justice, Office of Program Accountability, Bureau of Quality Improvement’s EBP Sourcebook, 2015 <<http://www.djj.state.fl.us/docs/quality-improvement/sourcebook2015.pdf?sfvrsn=4>>.

Each of these review organizations rate the evidence and effectiveness of treatment programming, using similar methods and systems. In addition to providing ratings of evidence, quality of research, and results for effectiveness, each review organization also provides guidelines for the populations served, the ideal setting for treatment, all training/certification requirements, and all associated costs for start-up and ongoing support/sustainability, if available.

However, providers should be careful in choosing a program to ensure that is rated evidence-based and effective for the particular population served and with fidelity to program guidelines outlined by the review organizations. For example:

- A program that is “based” upon one or more empirically-supported treatments is not as effective as a program rated evidence-based in and of itself.
- A program that is a “promising practice” is not as effective as one that has been rated highly effective; however, the promising practice still could be used, as it is in the process of being validated. Each review organization defines its terms and levels of rating evidence and effectiveness to assist.
- A program originally designed for adults and rated as evidence-based and effective cannot be used as is for juveniles and still be considered evidence-based and effective. It must be rated separately for a juvenile population.
- A program designed and rated for youth ages 12-15 cannot be called evidence-based and effective if used with youth ages 16-18.
- A program rated as prevention program should only be used in that capacity.
- If a program requires facilitation by mental health professionals, licensed professionals, and/or staff who have been officially certified in delivering the program, a provider must follow those guidelines.
- All programs must be facilitated with fidelity to the model as presented in order for a provider to claim that the program is being utilized effectively.