

Adapting Your EBIs: Assessment, Adaptation, and Adoption to Achieve Cultural Competence



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Session Outline

- I. Review of Evidence Based Practices**
- II. Adapting Evidence Based Interventions for Cultural Competence**
 - I. How to adapt
 - II. Making data based adaptations
 - III. Making an adaptation kit
 - IV. Incentives
- III. Assessing Your Adaptation**
- IV. Activity**

What are Evidence Based Practices?

Generally, the term “evidence-based practices” implies a certain level of validation that a practice or approach is effective, based on carefully designed evaluations, research syntheses, or cost-effectiveness studies.

Evidence-based practice is the use of the best available evidence together with a clinician's expertise and a patient's values and preferences in making health care decisions. -AHRQ

Other Considerations

- **Feasibility:** Can it be successful given the resources available and the economic, social, geographic, and historical aspects of the current setting?
- **Acceptability:** Will it be accepted by the people and decision makers in the current setting?
- **Utility:** Is it useful for the needs of the people in the current setting? Is it appropriate?



Levels of Evidence

The HS Evidence-Based Practices database will include resources with varying levels of supporting evidence as follows:

- **Evidence-based practices:** Practices that have been rigorously evaluated and shown to be effective by experts in the MCH field
- **Promising practices:** Emerging or innovative practices that have been employed in the field, and are based on state-of-science knowledge about what works to improve MCH outcomes. These practices incorporate evaluation to assess their efficacy, but do not yet have enough data to demonstrate effectiveness
- **Expert guidelines:** Protocols, standards of practice, or recommendations based on consensus of MCH or public health experts



Adapting EBI for Cultural Competence

Look for it to speak to your target population's:

- Race
- Ethnicity
- Age
- Gender
- Income
- Marital status
- Reproductive life phase
- Neighborhood
- Other

HOW TO ADAPT

Making Data-based Adaptations

Data Sources

- needs assessments
- photovoice
- windshield surveys
- asset maps
- interviews
- intake forms
- Census
- review your data



Incentives

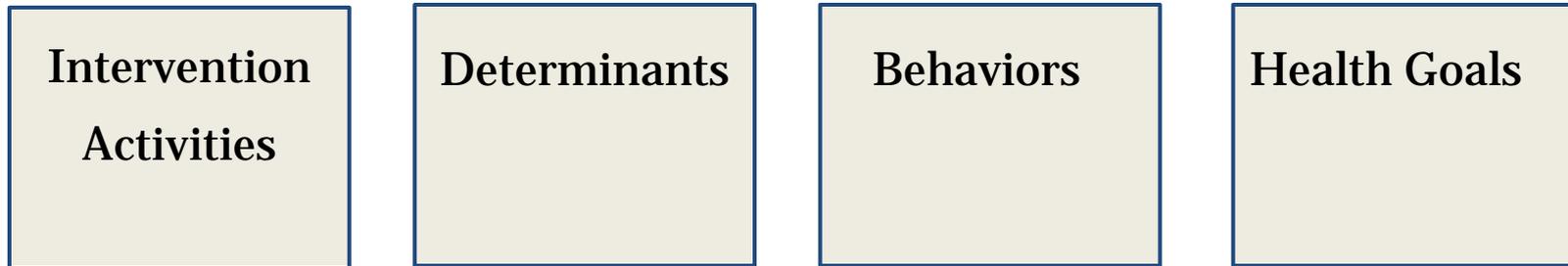
- Support behavior change vs. rewarding behavior
- Meets basic needs identified in data
- Appropriate for length and intensity
- Avoid duplication and competition

How to Make an Adaptation Kit

1. Revise Logic Models
2. Review Core Components
3. Green/Yellow/Red Light Adaptations
4. Fidelity and Adaptation Monitoring Logs

How to Make an Adaptation Kit

Revise Logic Model



How to Make an Adaptation Kit

Core Components:

- Determine or identify what parts of the EBI are essential.
- Make effective adaptations to the EBI without compromising fidelity.

How to Make an Adaptation Kit

Core Components: Core components are program characteristics that must be kept intact when the intervention is being replicated or adapted in order for it to produce program outcomes similar to those demonstrated in the original evaluation research.

Core components are organized into three categories:

- Content
- Pedagogy
- Implementation



How to Make an Adaptation Kit

Content

- Functional knowledge
- Attitudes and beliefs
- Norms
- Skills

Pedagogy

- Create safe space
- Facilitation techniques
- Music
- Corrective feedback
- Incentives

Implementation

- Audience and setting
- Implementation schedule
- Program leaders
- Preparation



Types of Adaptations: Green Light

Green Light

Are safe and encourage changes to program or curriculum activities to better fit the age, culture, and context of the priority population.

Examples:

- Replace videos (with other videos or activities)
- Update data/statistics
- Tailor learning activities and instructional methods to specific culture development
- Make activities more interactive
- Customize role-play. (e.g., names)

Types of Adaptations: Yellow Light

Yellow Light

Should be made with caution and it is highly recommended that an expert in behavior change theory and curriculum development be consulted.

Examples:

- Change sequence of activities.
- Add activities.
- Add activities to address additional risk and protective factors.
- Replace videos.
- Use other models/tools that cover same ground (e.g., decision making)

Types of Adaptations Guidelines: Red Light

Red Light

Should be avoided because they compromise or delete one or more core components of a program.

Examples:

- Shorten the program.
- Reduce or eliminate activities that allow youth to personalize risk.
- Reduce or eliminate opportunities for skill practice (e.g., role-play).
- Contradict, compete with, or dilute the program's focus.

How to Make an Adaptation Kit

4. Fidelity and Adaptation Monitoring Logs

SHIELD Fidelity Checklist

Cycle Number: _____

Date Session 1 was delivered (start of cycle): _____

Date Session 6 was delivered (end of cycle): _____

Number of clients who attended Session 1: _____

Facilitators: Name _____

Name _____

| | Implemented as suggested | Implemented with changes | Did not do this activity | Comments |
|---|---|--------------------------|--------------------------|----------|
| Session 1 – Introduction to the SHIELD Program | | | | |
| Date delivered: | | | | |
| 1 | Introduction of group and facilitators | | | |
| 2 | Describe the purpose of the program | | | |
| 3 | Group rules | | | |
| 4 | Brainstorming activity | | | |
| | What is a Peer Educator? | | | |
| | Examples of how participants are already helping people in the community. | | | |
| 5 | Peer outreach settings | | | |
| 6 | Homework assignment and preparation | | | |
| | Hand out homework assignment | | | |
| 7 | Summary | | | |
| | Hand out schedule of next 5 sessions | | | |
| | Facilitator debrief after session | | | |
| | | | | |

How to Assess Your Adaptation/Adapted EBI

Assess: outcomes, process, fidelity

| | | Implemented as suggested | Implemented with changes | Did not do this activity | Comments |
|---|---|--------------------------|--------------------------|--------------------------|----------|
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Questions?



What Will You Change?

1. Pick an EBI that your Healthy Start currently implements
2. What outcomes do you want to improve?
3. What are your green, yellow, and red light adaptations, and why?