

# Illinois Federation of Families

# Family Connections

Volume 2, Issue 3

March, 2009  
Happy Spring!!

## Evidence –Based Practice?

By: Danielle Kirby-DASA

Families may have heard the term "evidence-based practices" or seen its abbreviation, EBP. So what does this mean? There are many definitions out there! In Illinois, an Evidence-Based Practices Workgroup was formed to develop a definition and explore the available EBPs for adolescents in Illinois. This is the definition they came up with:

*Evidence-based practice is collaborative decision making between consumers and practitioners, based on best available scientific research and criteria that allow flexibility for individualized care and promote clear outcomes related to the consumers' needs and values.*

There are a lot of words here, but it's important for families to understand what providers mean when they tell you that your child is being treated with an EBP.

1) Involving "collaborative decision making between consumers and practitioners" means that the agency should involve the adolescent and their parents in decisions about their child's treatment. The agency will strive to meet the adolescent where they are at and tailor the treatment plan accordingly.

2) It is important that the treatment your child receives is "based on the best available scientific research and criteria." This is how we know that the treatment works. If a method of treatment has been proven effective and is based on evidence, that is the treatment that should be used.

3) The EBP allows "flexibility for individualized care." Though the treatment involves a standardized, valid model it is important that the provider is not applying a "cookie cutter" or a "one size fits all" approach to treatment.

4) The EBP "promotes clear outcomes re-

lated to the consumers' needs and values." Your child's counselor should be able to tell you what the expected outcomes are of the treatment model they are using. They should also be measuring these outcomes for your child and be able to tell you (pending appropriate consent) how your child is progressing.

These outcomes should be things that are important to you: decreased use, increased days in school, etc.

Treatment providers in Illinois are encouraged by the state and federal government to increase their use of evidence-based practices. Mental health and substance abuse prevention and treatment agencies are moving toward use of the National Outcome Measures promoted by the federal government. One of the measures under development is the use of evidence-based practices. For more information on the National Outcome Measures, see <http://www.nationaloutcomemeasures.samhsa.gov/>

The federal government and other entities have been gathering information on available evidence-based practices. This article is the first in what will be a series of articles exploring EBPs, specifically EBP's for adolescent substance abuse treatment. Until next month, some resources are the National Registry of Evidence-based Programs and Practices (NREPP, <http://nrepp.samhsa.gov>) and an a series of articles developed by North Carolina, entitled [Evidence-Based Practice for Adolescent Substance Abuse: A Primer for Providers and Families](#) - available at <http://www.uncg.edu/csr/asatp/evidencebased.htm>



## Quote of the Month

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

-Charles Dickens

### Inside this issue:

Evidence Based Practices **1**

New Drug Czar **2**

April is Alcohol Awareness Month **2**

Trends **2**

National Funding **3**

Supporting your Teen **3**

Parent Conference **3**

## Obama Names New Drug Czar

The word "silos" is often used to describe the dynamics between state or federal agencies when their policies and practices prevent them from working effectively with other agencies.

Seattle Police Chief Gil Kerlikowske has been officially named as the nominee for the head of the Office of Drug Control Policy. Vice President Biden has stated that Kerlikowske is a good choice because he understands that "silos" (see sidebar) cannot be created between agencies. He went on to say that Kerlikowske understands that there needs to be a coordinated and comprehensive effort between enforcement,

prevention, treatment and recovery.

Kerlikowske also seems to understand the importance of youth prevention and treatment. Kerlikowske stated, "The success of our efforts to reduce the flow of drugs is largely dependent on our ability to reduce demand for them," Kerlikowske continued, "And that starts with our youth. Our nation's drug problem is one of human suffer-

ing, and as a police officer but also in my own family, I have experienced the effects that drugs can have on our youth, our families and our communities." Kerlikowske's son, Jeffrey, has a criminal record that includes arrests for marijuana possession and distribution, and was recently arrested for a parole violation in Florida.

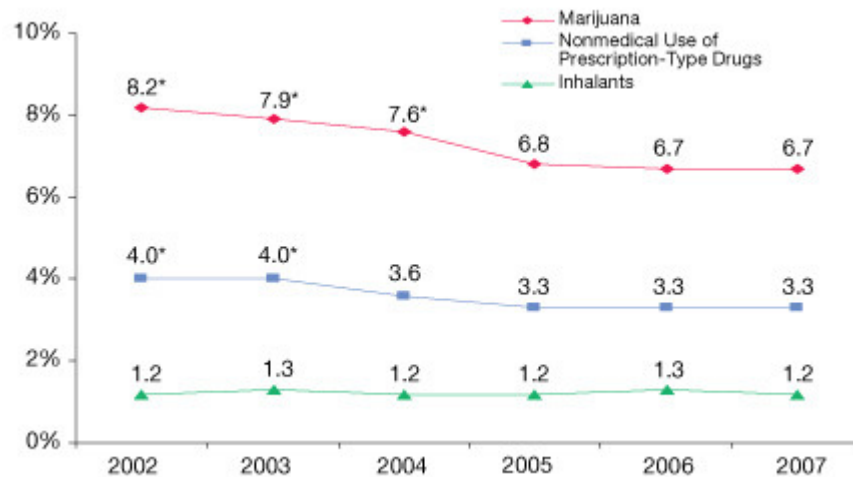
[www.jointogether.org](http://www.jointogether.org)

## April is Alcohol Awareness Month!

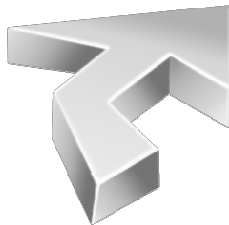
- 5.8% of teens between 12-17 needed treatment for an alcohol use problem. (SAMHSA National Household Survey on Drug Use and Health 2005)
- 25.5% of high school students binge drank (5 or more drinks on one occasion) during the last 30 days. (SAMHSA National Household Survey on Drug Use and Health 2005)
- 74.3% of high school students nationwide have had one or more drinks of alcohol during their lifetime. (2005 Youth Risk Behavior Surveillance Survey)
- 31 % of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking ([Knight et al., 2002](#)).

## Trends at a Glance

Youth Substance Use 2002 to 2007



Source: SAMHSA, Office of Applied Studies. (December 4, 2008). The NSDUH Report: Trends.



## National Funding for Substance Abuse

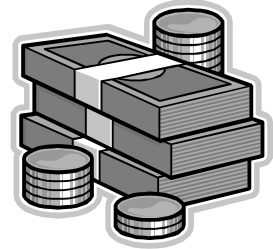
Flo Stein is the president of the National Association of State Alcohol and Drug Abuse Directors, Inc (NASADAD). She testified before the House Appropriations Subcommittee on Labor, Health and Human Services (HHS), Education and Related Agencies. She used the following information to support her request for an increase in funding to the Substance Abuse and Mental Health Services Administration (SAMHSA), the Department of Education's Safe and Drug Free Schools and Communities-State Grant Program, the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and

Alcoholism.

In 2003 substance abuse expenditures represented 1.3% of all health spending. All health spending equaled \$1,614 billion and substance abuse expenditures were \$21 billion. According to the Substance Abuse and Mental Health Services Administration (SAMSHA) National Survey on Drug Use and Health, approximately 23.2 million people over the age of 12 needed services for an alcohol or drug problem in 2007. In 2007 approximately 2.4 million people received treatment at a special facility. That means that 20.8 million peo-

ple needed services but were unable to receive them at a facility specializing in substance abuse treatment.

During the time period of 1993-2003 health care spending increased 4.6%, while substance abuse spending increased by 1.4%. This includes adjusting for inflation. From the National Institute on Drug Abuse (NIDA) Info Facts, they note that every dollar spent on addiction treatment reduces drug related crimes by \$4-\$7. Total savings can exceed costs by a ratio of 12:1 with some outpatient programs.



## Supporting Your Teen After Treatment

Family involvement is the number one factor in improving the chances that a teen will stay clean after treatment. Here are a few things to do to support your teen after treatment:

- Help and encourage your teen to stay connected to his/her aftercare program, whether it is attending an AA/NA group, outpatient program, counseling etc.
- Set clear limits and consequences. Be very clear with your teen about your expectations for his/her behavior and what the consequences are for not following through. If you need guidance, talk to your teen's counselor or treatment program staff.
- Help your teen find safe, drug-free social activities in which to participate.

## SAVE THE DATE!! Downstate Conference for Parents

The Illinois Federation of Families in Partnership with

Illinois Department of Human Services Division of Mental Health invite parents to a

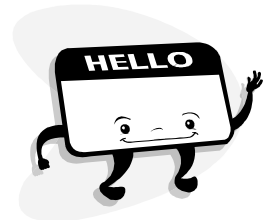
Springfield Parents' Conference!

**June 27, 2009**

Parenting Youth With Emotional Challenges: Effective Interventions

The Conference will be held at University of Illinois-Springfield

Go to [www.iffcmh.net](http://www.iffcmh.net) to Register!



**Illinois  
Federation of Families**

21555 Gelden Rd.  
Lake Villa, IL 60046

Stephanie's Phone: 773-726-8083  
E-mail: [sfrankiff@yahoo.com](mailto:sfrankiff@yahoo.com)

---

Visit Us on the Web at  
[www.iffcmh.net](http://www.iffcmh.net)

Fill out the family survey at  
[www.Illinoistreatmentworks.org](http://www.Illinoistreatmentworks.org)

---

Wondering how to receive this  
Newsletter?

Contact Stephanie at  
[sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com).

**Supporting Families  
Across Illinois**



The Illinois Federation of Families is an advocacy organization that helps families and children with mental health needs seek a better quality of life.