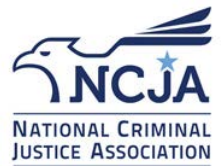


INTRODUCTION TO EVIDENCE- BASED PRACTICES (EBPs)



Prepared by the Justice Research
and Statistics Association

History of EBPs

- **Mid-1800s**: Use of scientific methods to establish the efficacy of medical treatments
- **1938**: Federal Food, Drug, and Cosmetic (FDC) Act required safety of new drugs be scientifically demonstrated
- **1962**: FDC Act amended in 1962 to require demonstrated efficacy as well as safety
- **1976**: Office of Information Technology report
 - ▣ few medical procedures supported by clinical trials
 - ▣ sparked the modern EBP movement in medicine

History of EBPs in Criminal Justice

- **1975**: Robert Martinson and colleagues: “nothing works” in corrections
 - ▣ insufficient scientific evidence supporting correctional interventions
 - ▣ led to discussion/research on demonstrating effectiveness in criminal justice programming
- **1996**: Congress required a "comprehensive evaluation of the effectiveness" of Department of Justice crime prevention grants
 - ▣ report by Dr. Lawrence Sherman and colleagues
 - ▣ early effort to identify EBPs in criminal justice by reviewing research and evaluation studies

Where Does Evidence Come From?

- Two key elements of the Office of Justice Programs' (OJP) definition of “evidence-based” programs and practices:
 - ▣ **Effectiveness** has been demonstrated by causal evidence, generally obtained through high quality outcome evaluations
 - ▣ **Causal evidence** depends on the use of scientific methods to rule out, to the extent possible, alternative explanations for the documented change.

Why Focus on EBPs?

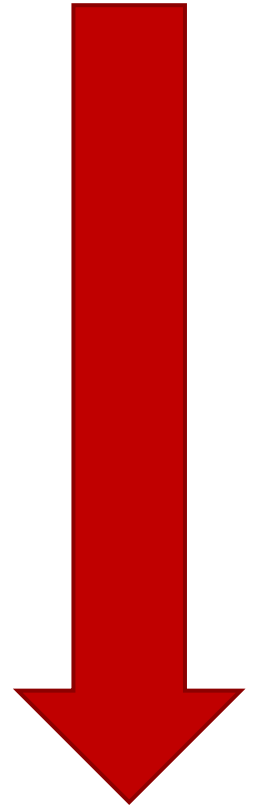
- Without evidence of effectiveness, cannot ensure that resources are being used properly:
 - ▣ Potential waste of money on ineffective interventions
 - ▣ Missed opportunity to change lives (victims, offenders)
- Some non evidence-based interventions may actually cause harm (e.g., increase recidivism)

What About Innovation?

- An evidence-based approach still leaves room for new, untested programs, provided:
 - ▣ Programs are grounded in theory or evidence about “what works” in a particular area
 - ▣ Programs incorporate “logic models” that:
 - Identify program goals and objectives
 - Indicate how program activities will lead to goals and objectives
 - ▣ Resources are available to evaluate new programs

What is Effectiveness?

- **Reducing crime**
 - ▣ Policing interventions
- **Reducing recidivism**
 - ▣ Correctional interventions
- **Reducing victimization/revictimization**
 - ▣ Prevention/victim-based interventions



What are Scientific Methods?

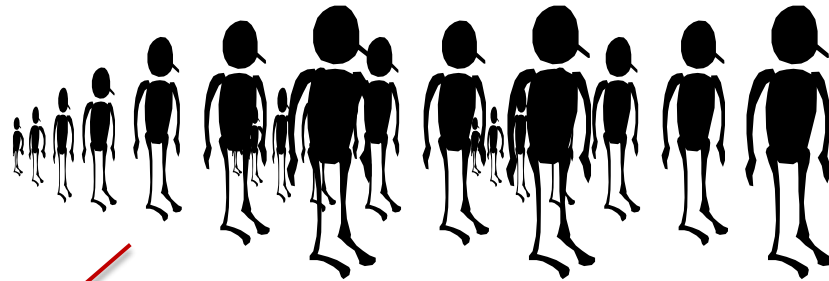
- Scientific evidence is:
 - **Objective:** observable by others, based on facts, free of bias or prejudice;
 - **Replicable:** can be observed by others using the same methods that were used to produce the original evidence;
 - **Generalizable:** applicable to individuals/circumstances beyond those used to produce the original evidence.



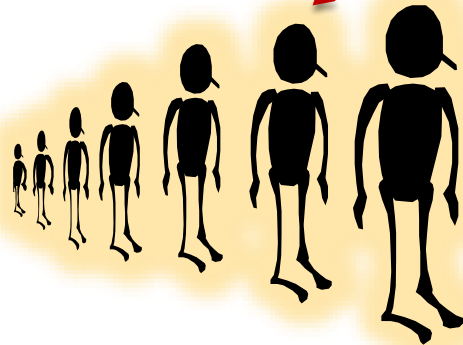
Randomized Controlled Trials (RCTs)

- Comparing a group that receives a treatment/intervention (**experimental group**) with a group that does not (**control group**)
- To attribute observed outcomes to the intervention, the two groups must be equivalent
- **The best way to ensure equivalency is to randomly assign individuals to the two groups.**
This is a randomized controlled trial.

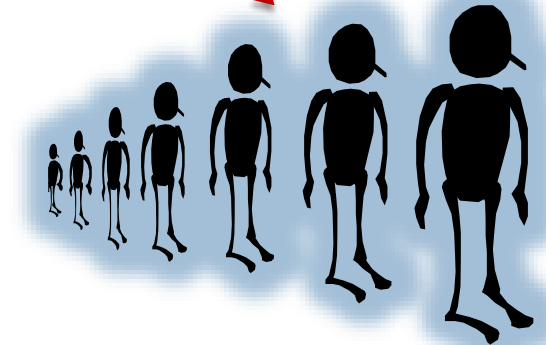
RCT Example: Drug Court Assessment



All offenders eligible
for drug treatment



TREATMENT group:
Offenders randomly
assigned to drug court



CONTROL group: Offenders
randomly assigned to
traditional criminal court

Quasi-Experiments

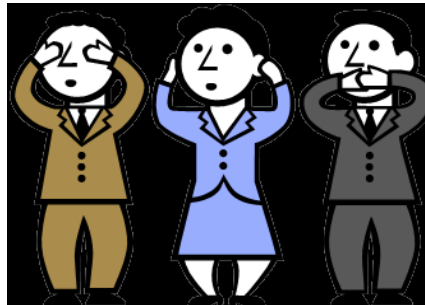
- **Quasi-experimental designs** can be used to control some group differences
- Example: using a “wait list” of eligible program participants to compare with the treatment group
- Because they do not involve random assignment, they are not as powerful as RCTs
 - ▣ Group differences other than intervention might affect outcomes

Non-Experiments

- Do not involve comparisons between groups
- Example: assessing a rape awareness campaign by assessing knowledge of women in the community at the end of the campaign.
- Evidence of effectiveness is weak
 - ▣ Other factors might have produced women's knowledge aside from the campaign.

What is Not Scientific Evidence?

- Scientific evidence does not include:
 - ▣ Opinions
 - ▣ Testimonials
 - ▣ Anecdotes
- Example: positive attitudes about a program by staff or participants \neq evidence of effectiveness.



Systematic Reviews and Meta-Analysis



- **Systematic reviews:** experts look at a large number of studies using *standardized criteria* to assess effectiveness.
- **Meta-analysis:** a *statistical method* that combines the results of multiple evaluations to determine whether they show positive program outcomes.

Key Resources for Identifying EBPs

- OJP's CrimeSolutions.gov
 - ▣ Rates 270 programs as “effective” “promising” or “no evidence”
- OJJDP's Model Programs Guide (www.ojjdp.gov/mpg)
 - ▣ Rates over 200 juvenile justice programs as either “exemplary,” “effective,” or “promising”



OJJDP Model Programs Guide

PREVENTION

IMMEDIATE SANCTIONS

INTERMEDIATE SANCTIONS

RESIDENTIAL

REENTRY

Both based on expert reviews using standardized criteria

Key Resources (cont'd)

- What Works in Reentry Clearinghouse
(<http://whatworks.csgjusticecenter.org>)
 - BJA-funded initiative maintained by the Council of State Governments
 - 56 reentry initiatives rated by experts using standardized coding instruments:
 - Strong evidence of a beneficial effect
 - Modest evidence of a beneficial effect
 - No statistically significant findings
 - Strong evidence of a harmful effect
 - Modest evidence of a harmful effect



Key Resources (cont'd)

- National Registry of Evidence-based Programs and Practices (NREPP)

<http://nrepp.samhsa.gov>

- Developed by the Substance Abuse and Mental Health Services Administration (SAMHSA)
- Rates almost 300 mental health and substance abuse interventions based on expert reviews of quality and dissemination readiness





Illinois:

Smarter Solutions for Crime Reduction

- Illinois Criminal Justice Information Authority (ICJIA)
- An online resource for policymakers and practitioners
 - ▣ Definition of EBP
 - ▣ List of effective strategies/program components
 - ▣ Reports and resources

www.icjia.org/public/index.cfm?metaSection=Publications&metaPage=EBPInfo



Smarter Solutions for Crime Reduction

- *Many definitions of “evidence-based” and multiple strategies for assessing effectiveness.*
- *Challenges and limitations posed by implementing evidence-based strategies under the exact conditions necessary for program fidelity.*
- *The Authority endorses incorporating specific evidence-based principles within programs.*





ICJIA Effective Planning Activities/Processes

- **Assessment** of existing services and gaps using available data
- **Community engagement** in planning new initiatives and supporting existing strategies
- **Strategic planning** to assess agency or system capacity and to identify appropriate interventions
- **Adoption** of promising or evidence-based practices or programs wherever possible
- Creation of **logic models** to guide the direction of the practice/program
- Development of programmatic and **performance measures** to assess implementation and effectiveness



ICJIA Effective Components/Strategies*

- Principle 1: Assess Actuarial Risk/Needs
- Principle 2: Enhance Intrinsic Motivation
- Principle 3: Target Interventions
 - Risk Principle: Prioritize supervision and treatment resources for higher risk offenders
 - Need Principle: Target interventions to criminogenic needs
 - Responsivity Principle: Be responsive to temperament, learning style, motivation, culture, and gender when assigning programs
 - Dosage: Structure 40-70% of high-risk offenders' time for 3-9 months
 - Treatment Principle: Integrate treatment into the full sentence/sanction requirements



ICJIA Effective Components/Strategies*

- Principle 4: Skill Train with Directed Practice (use Cognitive Behavioral Treatment methods)
- Principle 5: Increase Positive Reinforcement
- Principle 6: Engage Ongoing Support in Natural Communities
- Principle 7: Measure Relevant Processes/Practices
- Principle 8: Provide Measurement Feedback

* These are taken from the National Institute of Corrections' *Implementing Evidence-Based Practice in Community Corrections: The Principles of Effective Intervention* (<https://s3.amazonaws.com/static.nicic.gov/Library/019342.pdf>).



ICJIA Program Goals, Objectives and Performance Indicators

- Why focus on goals, objectives and performance measures?
 - ▣ Strengthen grant proposals
 - ▣ Strengthen a program, regardless of funding source

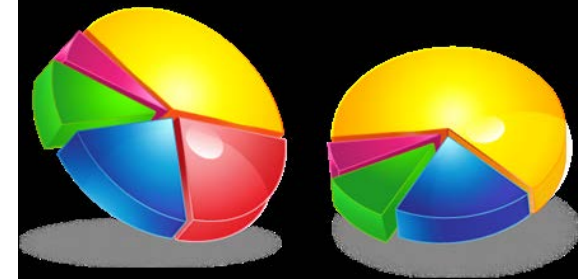
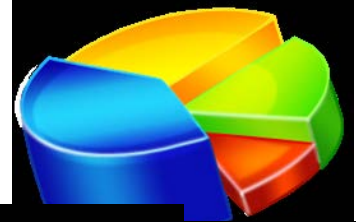
For more information:

www.icjia.org/public/pdf/FSGU/Goals_Objectives_and_Performance_Measures_2012.pdf



ICJIA Grantee Data Reports

- Collect standard performance metrics required by the federal funding source
- Collect project-specific performance measures drawn from the program description
- Templates for program description structured to capture program logic model





ICJIA Grantee Narrative Information

- Highlights program achievements
- Describes barriers to program implementation
- Describes efforts to address barriers
- Gives context to the data
- Provides examples of program activities
- Documents challenges





How ICJIA Uses Data Reports

- ICJIA uses data reports to:
 - Document the work of the program
 - Assure the project is being implemented as intended
 - Provide feedback on program impact to the Authority Budget Committee and Board
 - Become aware of needs and barriers to implementation
 - Compile information required for ICJIA's reports to federal funders

Federal Technical Assistance Resources



- BJA NTTAC (www.bjattraining.org)
- OJJDP NTTAC (www.nttac.org)
- OVC TTAC (www.ovcttac.gov)

All provide web-based training and resources and broker one-on-one technical assistance



Grant Technical Assistance

- Authority Website

(www.icjia.org/public/index.cfm?metasection=grants)

- *Illinois Criminal Justice Information Authority Federal & State Grants Unit: A guide for grantees*
- *Program Goals, Objectives, and Performance Indicators: A guide for grant and program development*
- *How to Successfully Obtain Grant Funding -- And Be Glad You Did: Keys to successful grant applications*
- *Neighborhood Recovery Initiative Grant Materials and Reporting Training Webinar*
- *A Grant Proposal Guidebook: Planning, Writing and Submitting a Grant Proposal*



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