

EBP Corner

Special points of interest:

- What is “Evidence-Based”?
- Why is Evidence-Based Important for DYC?
- The 8 Evidence-Based Principles
- The Principles and DYC
- The Importance of Evidence

What is “Evidence Based”?

“Evidence-Based” describes an integrated approach to providing care designed to combine rigorous scientific research with professional expertise and other available resources.

Approaches can be “evidence-based” for different outcomes, depending on which discipline is the focus for intervention. “Evidence-based” practices and services got their start in the medical field, and are now observable in educational practice, behavioral health and social work practice, and juvenile justice settings.

Community correctional settings, including juvenile justice providers and facilities, now actively engage in evidence-based services to effectively target treatment interventions and best practices for the population being served.

This is supported by research that demonstrates adherence to specific principles and practices is most effective when integrated with coordinated and strategic service delivery.

Crime & Justice Institute. (2004). Implementing Evidence-Based Practice in Community Corrections: The Principles of Effective Intervention. Washington, DC: U.S. Department of Justice.

Why is Evidence-Based Important for DYC?

The Division of Youth Corrections seeks to improve outcomes for youth in its care by promoting treatment strategies and interventions that have been proven to reduce recidivism. Programs, facilities, and providers are

encouraged to rely on strategies that have been validated and supported through rigorous scientific research, and/or are aligned with the 8 Evidence-Based Principles. In doing so, there is a greater possibility of achieving positive outcomes through targeted treatment.



Colorado Division of Youth Corrections

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The Principles and DYC

Principles provide common elements and language for treatment across the continuum of care in DYC.

Principles build on existing resources in facilities and regions without introducing a new program or expectation.

Principles help guide decision making processes.

Principles help staff to focus on the needs of each youth and family.

Principles offer individualized alternatives to “one-size-fits-all” treatment.

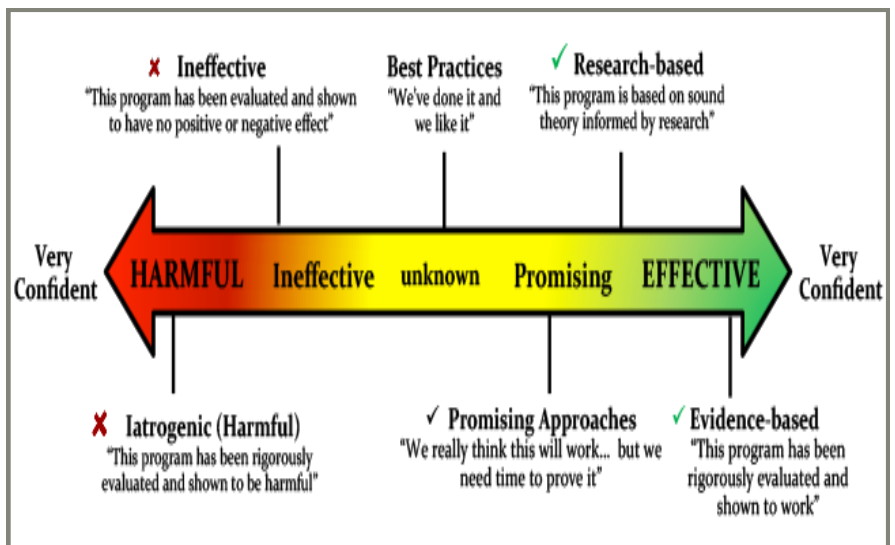
Principles help to target interventions to the unique risk factors of individual youth and family.

Principles support interdependency, collaboration, and teamwork in providing treatment services.



The 8 Evidence-Based Principles

- (1) Assess Actuarial Risk and Needs**
- (2) Enhance Intrinsic Motivation**
- (3) Target Interventions**
Risk, Need, Responsivity Principle, Dosage, and Treatment
- (4) Skill Train with Directed Practice**
- (5) Increase Positive Reinforcement**
- (6) Engage Ongoing Support in Natural Communities**
- (7) Measure Relevant Processes/Practices**
- (8) Provide Measurement Feedback**



The Importance of Evidence

Evidence-based relies on 3 things to be most effective: research, professional expertise, and the client (for DYC, the youth).

Evidence-based means interventions have been proven to be effective through producing positive outcomes.

Evidence-based supports making decisions based on individual characteristics, needs, and preferences.

Evidence-based concentrates on building pro-social skills and positive relationships.

Questions about EBP?

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