

# Applying Evidence-Based Practices in Communities of Color

Vickie Ybarra, RN, MPH [vickiey@yvfwc.org](mailto:vickiey@yvfwc.org)



Yakima Valley  
Farm Workers Clinic

# Development of Evidence-Based Practices

- Generally developed and researched by a university-based researcher
- Randomized control trials (RCT) to demonstrate effectiveness
- Publication and dissemination of results
- Development of replication infrastructure by researcher
- Generally a **top down** approach

# EBPs and Communities of Color

- Too few researchers of color researching family support and other family prevention/intervention practices.
- Too few researchers concentrating on interventions involving communities of color.
- Therefore:
  - **Culturally-grounded** interventions (developed from community up in communities of color) are less likely to have gone through this process
  - Most EBPs on federal lists that have any applicability to communities of color were not designed specifically for those communities.

# What do Researchers of Color Say?

*“Mere adaptation of programs and strategies developed for middle to high income European Americans for use with ethnic minority groups is inadequate. It is imperative that programs also be developed from the **“ground up”** and with consumer/patient input to be culturally responsive and relevant.”*

-Eugene Aisenberg (2004)

# What do Researchers Say?

- *“**Culturally grounded** interventions based on traditional healing practices may have the most chance for success in working with ethnic groups, because they reflect the culture and traditions of a particular group”.*

-Donna Hurdle (2002)

# Current Options

1. Choose from among the very limited EBP/Promising Practices that are culturally-grounded.

**OR**

2. Choose an EBP that is not culturally-grounded, and:
  - Adapt
  - Don't adapt, but monitor for applicability

**OR**

3. Choose a culturally grounded practice that is not an EBP and document/research your experiences.

# Yakima Valley Farm Workers Clinic



- Large community/migrant health center system
- Clinics in WA and OR
- Served >125,000 patients last year
- 64% Hispanic
- 39% m/sfw + family members

# Yakima Valley, Washington State



# Our Experience with EBP/Promising Practices

## MULTI-SYSTEMIC THERAPY



- o Mental Health Treatment Intervention
- o Not culturally grounded, (in our view) not adequately tested with Hispanic/Spanish-speaking populations
- o Target Hispanic adjudicated/very high risk youth with Co-Occurring Disorders
- o Funding: federal SAMHSA, state Juvenile Justice/Child Welfare funding
- o Implemented with 1 adaptation defined in advance
  - **Staff qualifications** (Masters-level vs. Bachelors-level)
- o And a 2<sup>nd</sup> adaptation defined in process
  - **Length of intervention**

# Our Experience with EBP/Promising Practices

## NURSE-FAMILY PARTNERSHIP



- o Prevention Program, Home Visiting
- o Not culturally grounded, but some RCT evidence with Hispanic populations
- o Target first-time, low income mothers, enrolled during pregnancy
- o Funding: first federal SAMHSA; current federal ACF, state CA/N prevention, state early learning
- o Implemented without adaptation, with bilingual staff
- o Monitoring of process and outcomes with an eye to meeting needs of Hispanic and Spanish-speaking clients

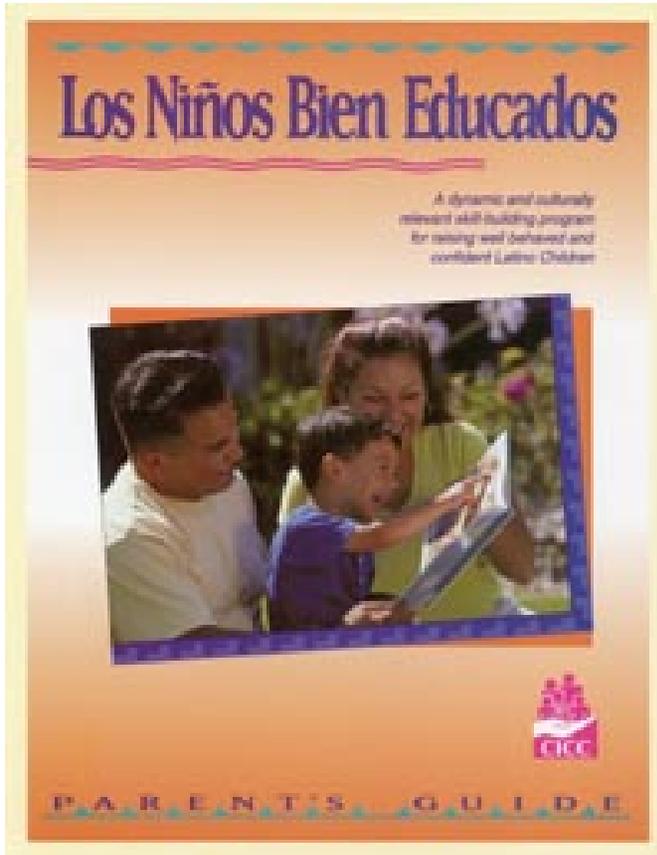
# Our Experience with EBP/Promising Practices

## **LOS NINOS BIEN EDUCADOS (LNBE)**

- o Prevention Program, Parenting Education
- o Culturally-grounded program, some lists Promising Practice/Innovative, not EBP (no RCT)
- o Target Hispanic, Spanish-speaking, migrant/seasonal farmworker families
- o Funding: first state Child Welfare; currently ACYF discretionary, state CA/N prevention, agency
- o Worked with developer to identified core program components and now monitor fidelity

# YVFWC Los Niños Bien Educados

With current ACF funding:



- o Priority remains direct service provision
- o Creating retrospective multi-year database
  - Descriptive aggregate data
    - ✓ Client Profile/Services Provided
    - ✓ Program Performance
    - ✓ Client Self-Reports
  - Platform for Future Research
    - ✓ Retrospective
    - ✓ Prospective
- o Still no RCT

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

# Using FRIENDS Tools/Paradigm

Integrating Evidence-Based Practices into CBCAP Programs: A Tool for Critical Discussions

- o MST = “Evidence-Based” or “Well-Supported” (RCT tested)
  - Part B Flowchart: Implementation with Adaptation
  - **[Not culturally grounded, limited applicable diversity in RCT]**
- o NFP = “Evidence-Based” or “Well-Supported” (RCT tested)
  - Part A Flowchart: Implementation with Fidelity, with monitoring process/outcomes for applicability
  - **[Not culturally grounded, diversity in RCT]**
- o Los Ninos Bien Educados = “Innovative”
  - Part D Flowchart: Strengthening Existing Programs
  - **[Culturally grounded]**

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