

Evidence-Based Practice Institute

Fiscal Year 2022 annual report

Engrossed Substitute Senate Bill 5092; Section 215(33); Chapter 334; Laws of 2021
December 1, 2022

Acknowledgements

Evidence-Based Practice Institute/CoLab for Community & Behavioral Health Policy team

Sarah Cusworth Walker, PhD, Director
Georganna Sedlar, PhD, Assistant Professor
Maggie Fenwood Hughes, MS, MSW Research Manager
Anna Duncan, BA, Program Operations Specialist
Sally Ngo, MPH, Program Operations Specialist
Joane Gonzalez, BA, Program Assistant
Noah Gubner, PhD, Research Scientist

Mission

Our mission is to improve the mental health and well-being of children. We accomplish this mission by collaborating with our policy and practice partners to conduct research syntheses, co-develop policies and programs, and build organizational capacity.



Division of Behavioral Health and Recovery
P.O. Box 45330
Olympia, WA 98504-5330
Phone: (360) 725-1632
Fax: (360) 725-1632
www.hca.wa.gov



University of Washington
Department of Psychiatry & Behavioral Sciences
Evidence-Based Practice Institute
CoLab for Community & Behavioral Health Policy

1959 NE Pacific St, Ste BB1538, P.O. Box 356560
Seattle, WA, 98195
Email: ebpi2536@uw.edu
www.ebp.institute
www.uwcolab.org



Table of contents

Executive Summary	4
Key Activites in Fiscal Year 2022.....	5
Additional Funding.....	8
Conclusion	10

Executive Summary

The Washington State Health Care Authority (HCA) is submitting this report to the Legislature as required by Engrossed Substitute Senate Bill 5092; Section 215(33); Chapter 334; Laws of 2021:

“\$446,000 of the general fund—state appropriation for fiscal year 2022, \$446,000 of the general fund—state appropriation for fiscal year 2023, and \$178,000 of the general fund—federal appropriation are provided solely for the University of Washington's evidence-based practice institute which supports the identification, evaluation, and implementation of evidence-based or promising practices. The institute must work with the authority to develop a plan to seek private, federal, or other grant funding in order to reduce the need for state general funds. The authority must collect information from the institute on the use of these funds and submit a report to the office of financial management and the appropriate fiscal committees of the legislature by December 1st of each year of the biennium.”

In 2022 the legislature required that the Health Care Authority (HCA) collaborate with the University of Washington's Evidence-Based Practice Institute (EBPI) to advance the scope of work and seek funding to reduce the need for state general funds. This report will outline the work that has been done in fiscal year 2022.

Key activities in collaboration with EBPI include:

- Furthered the Leadership for Quality Initiative to support the scale up of high-quality child and youth mental health services.
- Developed a proposal and received legislative funding for a new statewide initiative to expand culturally responsive care for children and families in Washington.
- Facilitated a quarterly workgroup of system partners with the goal of supporting behavioral health workforce development in Washington State.
- Supported provider agency capacity building to use and report the use of high-quality child and youth mental health services.
- Conducted policy-relevant evidence reviews to inform value-based care models, alternative therapeutic programming, and workforce rate setting.
- Sponsored two statewide webinars to promote quality clinical care and education around pediatric integrated care and the use of the 2021 Reporting Guide for Research and Evidence-based Practices in Children's Mental Health.
- Facilitated planning with HCA and clinical trainers to advance scalable approaches to EBP implementation in WA State.

Key Activities in Fiscal Year 2022

Leadership Quality Initiative. EBPI/CoLab continued the Leadership Initiative for Quality, which launched in fiscal year 2021, to improve access to quality behavioral health care for all Washingtonian children. It is a multi-layered, three-pronged strategy focused on supervisors, embedded clinical expertise, and expanding culturally responsive care through curriculum development and organizational change.

1. **The Supervisory Tools for Quality initiative** recognizes the integral role clinical supervisors play in supporting behavioral health clinicians' use of effective practices in community mental health agencies. The initiative aims to improve delivery of quality and effective behavioral health services, ultimately strengthening outcomes for economically and racially marginalized children and adolescents. EBPI/CoLab continued to partner with a Supervisor Advisory Team of behavioral health supervisors to develop a supervision guide and asynchronous learning modules for future statewide dissemination.
2. **Using an embedded clinical coaching framework**, EBPI/CoLab promoted the development of quality care expertise within behavioral health agencies to reduce the cost and improve the speed of clinical workforce training. The embedded clinical coaching model also aims to foster agency resilience to workforce turnover and clinician burnout. This year, EBPI/CoLab partnered with multiple behavioral health organizations in Washington to develop a comprehensive embedded clinical coaching model and identified organizations who will pilot the model in fiscal year 2023.
3. **The Expanding Culturally Responsive Care initiative**, a new project funded through a 2022 Washington State legislative proviso, aims to both strengthen the lived experience behavioral health workforce and create a culturally responsive care curriculum for statewide implementation in Medicaid-serving organizations. In fiscal year 2022, EBPI/CoLab held participatory codesign meetings with system partners to inform the project proposal and center community priorities. This initiative was developed out of key EBPI/CoLab priorities to promote effective, evidence-informed, culturally responsive behavioral health services for children and families in Washington State, and funded planning will begin on July 1st, 2022.

State trainings and webinars. EBPI/CoLab hosted one three-part webinar series and one standalone webinar in FY22:

1. **Pediatric Integrated Care Series Part 1:** "Best Practices in Integrated Pediatric Mental Health Care," November 12th, 2021. This webinar provided an overview of the history and purpose of pediatric integrated care. A recording can be found [here](#).
2. **Pediatric Integrated Care Series Part 2:** "Pediatric Care Practices to Implement Evidence-Informed Mental Health Care," November 19th, 2021. This webinar reviewed the implementation of new procedures in a pediatric setting. A recording can be found [here](#).
3. **Pediatric Integrated Care Series Part 3:** "Examples of Evidence-Informed Pediatric Mental Health Treatment," December 3rd, 2021. This webinar reviewed brief treatment interventions for common mental health needs in children and adolescents. A recording can be found [here](#).
4. **"2021 Washington State Reporting Guide Webinar for Evidence-Based Practices in Children's Mental Health,"** May 6th, 2022. This webinar focused on the updated 2021 Reporting Guide for Research- and Evidence-based Practices in Children's Mental Health in Washington State. A recording can be found [here](#).

Evidence-Based Practices Reporting Guides. EBPI/CoLab published the updated 2021 Reporting Guide for Research and Evidence-Based Practices in Children’s Mental Health. The 2021 guide integrated several large-scale updates to the conceptual framework of the 2020 guide, including restructuring it to address different types of users, adding additional treatment families, and clarifying the language to improve usability. EBPI/CoLab also continues to evaluate new applicants for reporting guide training entities, and developed responsive internal policies around eligible trainer processes to ensure that the guide continues to adapt to the current asks of the community organizations.

Data reports of EBP reporting across Washington State mental health agencies. EBPI/CoLab continues to provide direct technical assistance support for child serving agencies in WA State to support capacity building for high quality mental health care and reporting of EBPs through routine billing data. EBPI/CoLab developed an internal technical assistance tracker to better understand trends in technical assistance requests and improve the quality of support provided. Starting in the Fall of 2021, EBPI/CoLab focused on producing concise reports of EBP use in children’s mental health systems across the state of Washington. Reports are provided publicly on the EBPI/CoLab website and through a mass mailing listserv which includes various system partners such as providers, payors, community behavioral health agencies, governmental and academic institutions, among others. The data shared shows the prevalence of EBP reporting by county and the number of EBPs reported by treatment family. This provides an overview of the concentration of which regions are reporting and which treatments are being used most often.

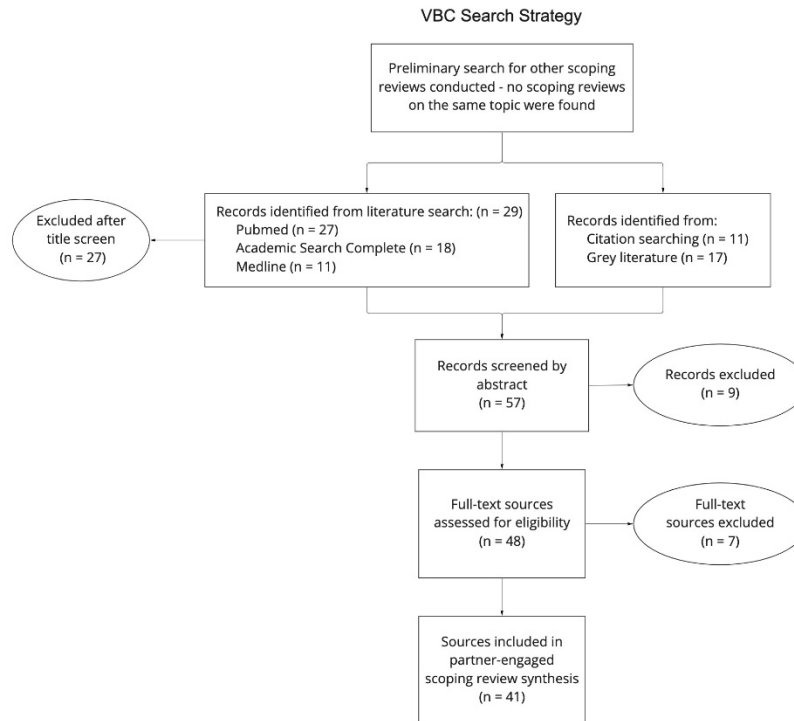
Tailored evidence reviews. EBPI/CoLab conducted evidence syntheses including systematic and rapid evidence reviews on the following topics:

Value-based care support. EBPI/CoLab continued conducting monthly calls with payer agencies to discuss the development of capacity building and implementation plans for value-based care.

- **Value-Based Care**

- In 2021, EBPI/Colab started the value-based care review for children’s mental health services based on discussions with leadership at HCA and MCOs on the development and implementation of value-based care for high quality mental health care, and it continues to be a priority of publicly funded services. A number of specific challenges and questions regarding both the design and the implementation of a value-based payment model for mental health care arose. This includes identifying payment structure, metrics, and capacity needed before implementation. To support these efforts, EBPI/CoLab conducted a review on value-based payment models, based on specific questions that have been identified through these discussions. The first step included identifying existing literature on value-based payment models, which then EBPI/CoLab worked on identifying meaningful outcome and quality metrics that can be used to develop these alternative payment arrangements for agencies providing children’s mental health services. In addition to the review, key partners and groups who are also invested in this value-based care review indicated that having a practitioner report with feasible recommendations for the real-world setting, in addition to the academic review, would be helpful. The practitioner report is expected to finish during summer 2022. Below is a figure for the PRISMA diagram demonstrating the literature search process for both the practitioner and academic report.

Graphic 1: Value Based Care search strategy



- **Telebehavioral health business models and statewide networks**

- EBPI/CoLab partnered with the Behavioral Health Institute at Harborview to produce a best practice guide for telebehavioral health services for the age range of prenatal to 25 years old. As part of this project, many discussions were held with MCOs, providers, those with lived experience, and other groups who are invested in high-quality telebehavioral health services for infants, children, and young adults. These discussions resulted in questions regarding effective telehealth business models and statewide or regional networks. To answer those questions, EBPI/CoLab is conducting a rapid evidence review; the literature is identified, and synthesis will begin soon. EBPI/CoLab will draft a policy brief for legislators to use when creating policies regarding telebehavioral health and aiming to finish by August.

Embedded Coaching Model to Scale Up EBPs. EBPI/CoLab continues to collaborate with CBT+ and Seattle Children’s Hospital to develop an embedded coaching model for the CBT+ program and Washington State’s Mobile Response and Stabilization Services (MRSS) model. EBPI/CoLab submitted a proposal to the System of Care grant and continues to work with HCA to identify additional funding opportunities. The proposal outlines the development of a clinical framework that integrates harm reduction, crisis management, emotion regulation and parenting skills into MRSS and other Washington stabilization efforts.

Additional Funding

Engrossed Substitute Senate Bill 5092; Section 215(33); Chapter 334; Laws of 2021 directs the Division of Behavioral Health and Recovery (DBHR) to fund EBPI and requires DBHR and EBPI to develop a plan to seek additional funds to support the Institute's scope of work. In 2022, EBPI is seeking funds from the following sources to evaluate and further expand programs:

- 1. William T. Grant Foundation – Use of Research (AWARDED)**
 - a. \$400,000
 - b. The goal of this project is to develop and validate a tool to track Conceptual Research Use (CRU) in a large public system, as there are currently limited measures of CRU. CRU describes the impact research has in changing the way a decisionmaker thinks about policy and program operations. Measuring changes in CRU is an important tool to evaluate if interventions seeking to increase the use of research evidence are achieving transformational shifts in how an organization or system operates.
- 2. WA State Health Care Authority – Leadership for Quality (AWARDED)**
 - a. \$202,000
 - b. The goal of this work is to increase the capacity of mental, behavioral, and physical care leaders (directors, managers) overseeing integrated care services to develop and implement change management strategies to increase mental health and SUD services access and quality.
- 3. WA State Health Care Authority - Telehealth Proviso (AWARDED)**
 - a. \$205,000 subcontract from Behavioral Health Institute)
 - b. The goal of this work is to review current and emerging data and research and make recommendations regarding best practices for virtual behavioral health services to children from prenatal stages through age 25.
- 4. Seattle Children's Hospital – Innovation Opportunity for Mental Health Services (AWARDED)**
 - a. \$65,000
 - b. The goal of this project is to use a system codesign process to identify innovation areas for capacity building for mental health services at Seattle Children's Hospital.
- 5. Amerigroup – Integrated Care Collaboration (AWARDED)**
 - a. \$52,097
 - b. The goal of this work is to support Amerigroup of Washington State's efforts to support pediatric integrated care in Washington State. The services will support implementation in Spokane County.
- 6. Department of Children, Youth, and Families – Your Money Matters Mentoring Co-Designed Curriculum (AWARDED)**
 - a. \$15,000
 - b. Partner with Your Money Matters Mentoring (YMMM) to co-design and revise a curriculum informed by evidence-based mentoring principles and integrated elements of culturally and community centered approaches for improving financial literacy and financial well-being.
- 7. Tacoma-Pierce County Health Department – Equity Policy Codesign Evaluation (AWARDED)**
 - a. \$48,645.00
 - b. The goal of this work is to conduct an evaluation of the policy codesign project on the codesign process. The evaluation will assess the acceptability and feasibility of the policy

codesign process as a design method to address health inequities. This evaluation will focus on the design phase of codesign.

8. Expanding Culturally Responsive Care – Washington State Legislature (AWARDED)

- a. \$15,000
- b. This project is assessing the acceptability and feasibility of “System Codesign” process as a tailored implementation method for tackling complex behavioral healthcare issues. Our team is piloting this approach with a rural Washington community, Grays Harbor County, which has a high prevalence of behavioral health needs. The proposed design workgroup will leverage cross-system participation from behavioral health, law enforcement, faith-based organizations, schools, and the individuals from the broader community.

Conclusion

In fiscal year 2022, EBPI/CoLab continued to seek funding, develop initiatives, support policies, and build partnerships to promote evidence-based behavioral health services for Washington State children and families.

EBPI/CoLab submitted grant proposals to diversify its portfolio of service funding and has continued its partnership with HCA to promote and track the use of evidence and research-based interventions for youth receiving publicly funded mental health services in Washington.

Additionally, EBPI/CoLab continued the Leadership Initiative for Quality to improve access to quality behavioral health care for all Washingtonian children through a multi-layered, three-pronged strategy focused on supervisors, embedded clinical expertise, and expanding culturally responsive care through curriculum development and organizational change.

Lastly, EBPI/CoLab made significant improvements to the 2021 Reporting Guide, provided technical assistance support to agencies, produced rapid evidence reviews, and supported multifaceted efforts to improve processes around the use of evidence-based practices and reporting in children's behavioral health care.

EBPI/CoLab continues to work toward improving and strengthening the mental health and well-being of children through its three pillars of quality care: evidence-informed, culturally relevant, and client-centered.