

The LACES Brief

Sept.
2015

Evidence Based Practices in Adolescent and Adult Treatment Settings

In August 2015, the Centers for Medicare & Medicaid Services approved California's amendment to the 1115 Bridge to Reform demonstration for waiver for Substance Use Disorder (SUD) services, which commonly referred to as the Drug Medi-Cal Organized Delivery System (DMC-ODS). The DMC-ODS is "a pilot program to test a new paradigm for the organized delivery of health care services for Medicaid eligible individuals with a SUD." The aim is to improve care efficiently use resources, implement evidenced based practices in SID treatment, and coordinates with other systems of care (1,2).

Providers in those counties that choose to participate in the DMC-ODS will implement at least 2 of the following EBPs: motivational interviewing, cognitive behavioral therapy, relapse prevention, trauma-informed treatment, or psych-education. Below is a summary of results from LA County SAPC survey of adult and adolescent treatment providers to determine the EBP landscape within these settings.

Chart 1: Utilization of Evidence-Based Practices among Adolescent Outpatient Programs (N = 23)

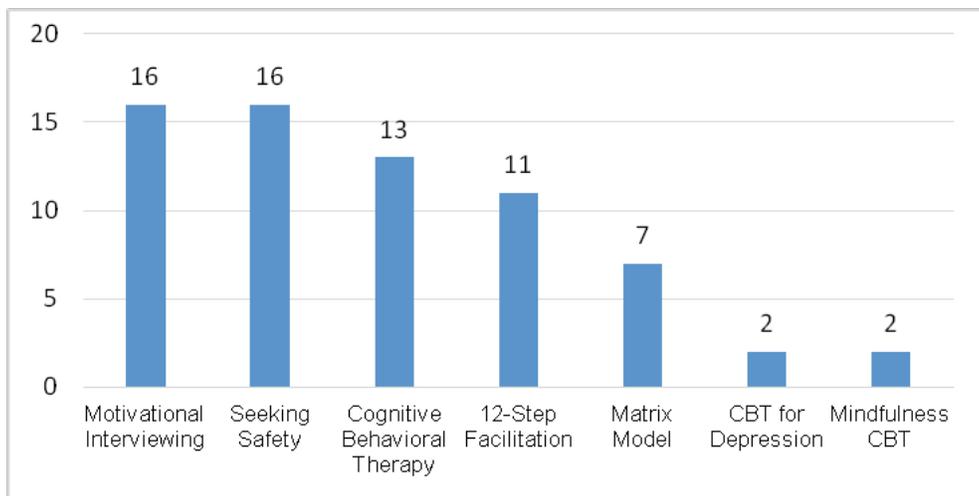
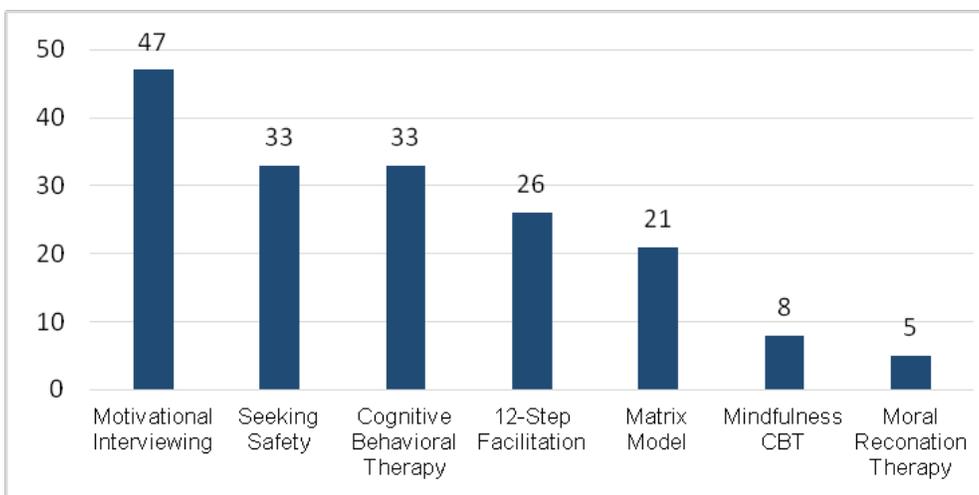


Chart 1 shows that 19 of 23 outpatient programs serving adolescents (83%) reported using two or more EBPs; three programs (13%) reported using one EBP, and one program (4%) did not report using EBPs. Motivational Interviewing and Seeking Safety were the most commonly reported practices used. Programs also reported using Teen Matrix, Relapse Prevention, Behavior Modification and Adolescent Community Reinforcement Approach.

Chart 2: Use of Evidence-Based Practices among Adult Outpatient Programs (N = 60)



As seen in Chart 2, 51 adult outpatient programs (85%) reported using two or more EBPs; 7 programs (12%) reported using one EBP, and one program (2%) did not know if the listed EBPs were used. Motivational Interviewing was the most commonly reported practice used (78%), followed by Seeking Safety and CBT (55%), 12-Step (43%) and Matrix Model (35%).

THE BOTTOM LINE: Treatment providers in LA County use a variety of EBPs. Adolescent and adult outpatient treatment programs use two or more EBPs with Motivational Interviewing and Seeking Safety as the most commonly reported EBP utilized.

References: (1) Standard Terms and Conditions. Department of Health Care Services, State of California—Health and Human Services Agency. Retrieved Sept. 12, 2015, from: <http://www.dhcs.ca.gov/provgovpart/Pages/Standard-Terms-and-Conditions.aspx>; (2) Drug Medi-Cal Organized Delivery System. Department of Health Care Services, State of California—Health and Human Services Agency. Retrieved Sept. 4, 2015, from: <http://www.dhcs.ca.gov/provgovpart/Pages/Drug-Medi-Cal-Organized-Delivery-System.aspx>

This project is supported by the County of Los Angeles, Department of Public Health, Substance Abuse Prevention and Control. For more information regarding the LACES evaluation, please consult our website: www.laces-ucla.org.