

Chapter 4

Evidence Based and Best Practices Overview_FY17

NorthCare is responsible for adopting, implementing and evaluating regional practice guidelines. (See the Balanced Budget Act (BBA), subpart D, section 438.236 and the Michigan Department of Community Health Master Contract Attachment P 6.7.1.1, X.) The BBA allows the adoption of practice guidelines either from a nationally recognized expert body or a consensus of healthcare workers in a particular field. The federal agency charged with providing guidance in our field is the Substance Abuse & Mental Health Services Administration (SAMHSA). They offer the following definitions of Practice Guidelines (PG) and Evidence Based Practices (EBP):

Practice Guidelines (PG)--*Systematically developed statements to standardize care and to assist in practitioner and patient decisions about the appropriate health care for specific circumstances. Practice guidelines are usually developed through a process that combines scientific evidence of effectiveness with expert opinion. Practice guidelines are also referred to as clinical criteria, protocols, algorithms, review criteria, and guidelines. (SAMHSA)*

Evidence Based Practices(EBP) --*In the health care field, evidence-based practices generally refer to approaches to prevention or treatment that are validated by some form of documented scientific evidence. What counts as "evidence" varies. Evidence often is defined as findings established through scientific research, such as controlled clinical studies, but other methods of establishing evidence are considered valid as well. Evidence-based practice stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence. (SAMHSA)*

The following sections contain information and implementation documents and monitoring tools for the key best practices being used by community mental health agencies in the Upper Peninsula. The first section focuses on the specialty mental health risk assessments that are used in our region to provide information on the level of functional impairment experienced by the individual at the time they enter services and then used to indicate change and progress across their episodes of care. The next sections focus on specific treatments and service delivery models utilized in our region.

The Michigan Department of Community Health has developed a website, **[improvingmipractices.org](http://www.improvingmipractices.org)**, with online courses on many of the topics presented in this chapter. As a clinical staff working with individuals with serious mental illness & substance use disorders, you may directly access this website and request a membership and take advantage of the free courses—many of which have CEUs or at least certificates of completion. The website is <http://www.improvingmipractices.org/online>