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AND FAMILY STUDIES
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COLLEGE OF HEALTH AND HUMAN SCIENCES

TO ADAPT OR NOT TO ADAPT: FIDELITY OF IMPLEMENTATION AND CONSIDERATIONS FOR ADAPTING PREVENTIVE INTERVENTIONS

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TODAY

- Brief Intro of Some CSU Prevention Research Center (PRC) Resources
- False Choice Between Fidelity and Adaptation
- What is Fidelity and Why is it Important
- Best Practices in Evidence-based Prevention Adaptation



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**Department of Public
Health & Environment**

Welcome to the Prevention Research Center (PRC) Implementation Toolbox Page!

Here, you can find resources to guide your program implementation process. This site is designed to accommodate program staff at various stages and experience in implementation.

Evidence-Based Programs: Implementation Fidelity and Adaptation

A Guidebook for Community-Based Interventions



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COLORADO
Prevention Services Division
Department of Public Health & Environment

PRC RESEARCH-TO-PRACTICE TOOLS

FIDELITY

What is it &
Why does it matter?



Adapting EBPs: The Do's & Do Not's

Using the Traffic Light Model
(PART 1)

Balancing program fidelity and adaptations can be complicated. Adaptations can threaten program effectiveness, but when implemented with care and caution, adaptations can enhance desired outcomes. Use this traffic light model as a guide when making adaptation decisions.

Adapting EBPs

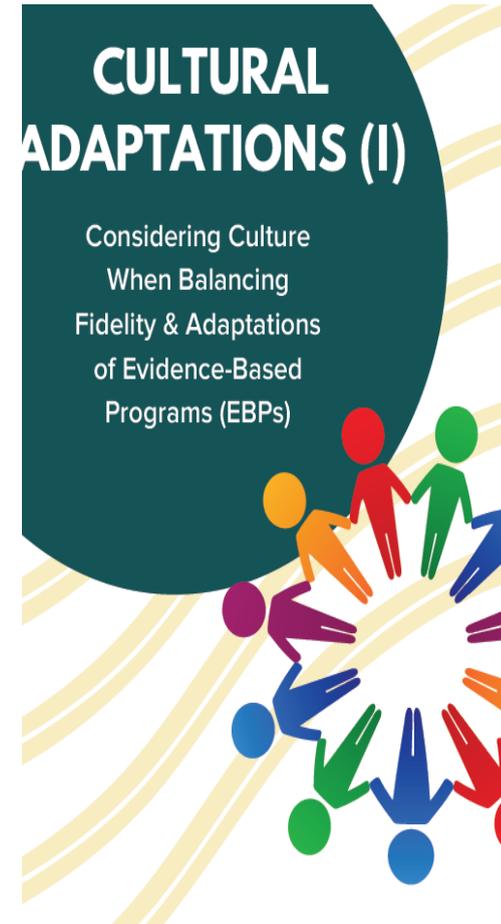
Using the Traffic Light Model
(Part 2)

A deeper dive on:
Why, When, and How to Adapt



CULTURAL ADAPTATIONS (I)

Considering Culture
When Balancing
Fidelity & Adaptations
of Evidence-Based
Programs (EBPs)



LGBTQ+ Inclusive Practice & Adaptation





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A LITTLE HISTORICAL CONTEXT OF EVIDENCE-BASED PROGRAMS



SPR 31st ANNUAL MEETING

Washington, DC, USA

The Role of Prevention Science
Achieving Social Justice and
Equity for All

MAY 30 - JUNE 2, 2023

THE PREMIER PREVENTION RESEARCH CONFERENCE

www.preventionresearch.org

Evidence-Based Programs

What Does it Mean When We Say a Program is "Evidence-based"?

Programs that meet all three of the following criteria tend to fall in the green, evidence-based end of the continuum:



- Demonstrated effectiveness in rigorous scientific evaluations including randomized controlled trials
- Was assessed in large studies with diverse populations or through multiple replication studies by independent researchers (not the developer of the model)
- Resulted in significant and sustained effects for a minimum of 6 months, post program

Blueprints

FOR HEALTHY YOUTH DEVELOPMENT

What is implementation fidelity?

- ✓ Delivering the program as originally intended by the program developers.
 - ✓ Content
 - ✓ Facilitators
 - ✓ Context
 - ✓ Dosage
 - ✓ Audience



WHY IS ADHERING TO FIDELITY IMPORTANT?

- Lack of fidelity reduces the likelihood of program success.
- If the program does fail, it could be due to implementation failure.

MEASURING IMPLEMENTATION FIDELITY



Fidelity is often considered a measure of fit between the planned procedures of an EBP and the actual procedures that ensue.

Why Measure?

- ✓ Determine if the program is being implemented as intended
- ✓ To explain variation in program impact
- ✓ Identify if additional support is needed to overcome implementation barriers

When Monitoring Fidelity



Ensure all implementers utilize program-specific Fidelity Monitoring Tools

Fidelity Checklists for Specific Evidence-Based Programs

- ▶ Botvin LifeSkills Training
- ▶ SFP 10-14
- ▶ Project Towards No Drug Abuse
- ▶ Positive Action
- ▶ Sources of Strength
- ▶ CBITS

Fidelity Checklists Designed by the PRC for General Use

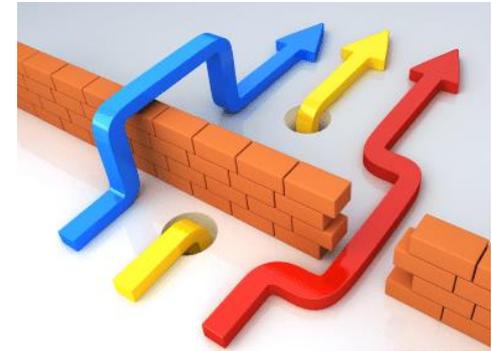
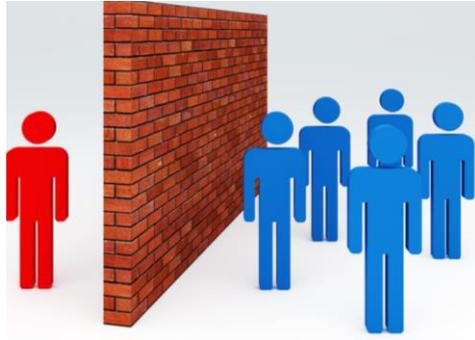


> Fidelity Monitoring Checklist
(Self-Report)



> Fidelity Monitoring Checklist
(Observer-Report)

BARRIERS TO FIDELITY OF IMPLEMENTATION



Barriers



RECRUITMENT &
RETENTION



THE IMPLEMENTING
ORGANIZATION



INADEQUATE
TRAINING



STAFF TURNOVER



CONTEXT/SETTING



LIMITED RESOURCES



LACK OF ADMIN
AND/OR COMMUNITY
PARTNERSHIPS &
SUPPORT



LACK OF OR
COMPETITION FOR
TIME

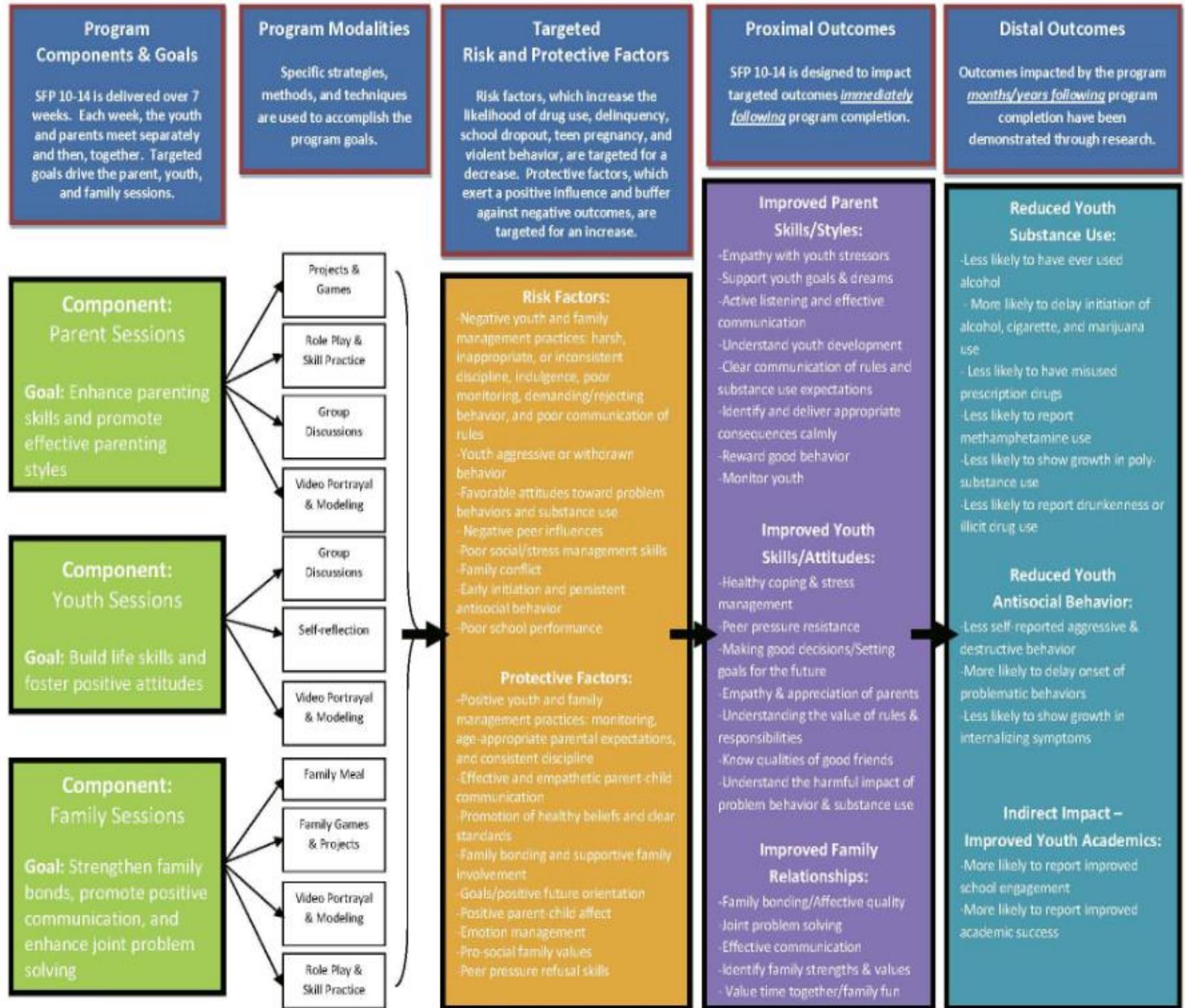
Implementation barriers drive community need to adapt programs.



If necessary to adapt EBPs make sure adaptations do not change underlying theoretical or logic model

STRENGTHENING Families PROGRAM
FOR PARENTS AND YOUTH 10-14

Logic Models





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ADAPTATIONS: STOP, LOOK, PROCEED WITH CAUTION



WHAT ARE ADAPTATIONS?

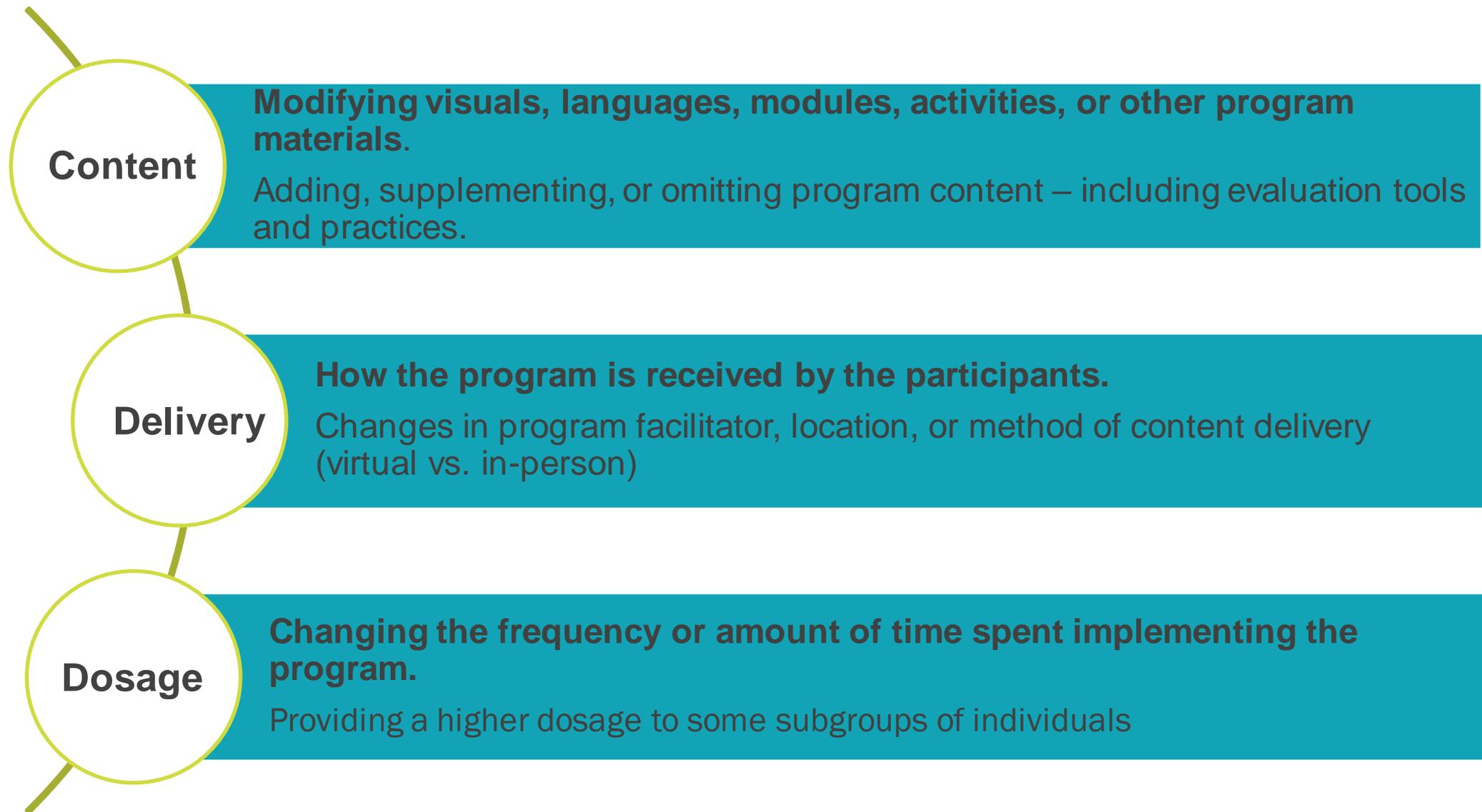
- Modifications or **changes** made to a program **before**, **during**, or **after** program implementation



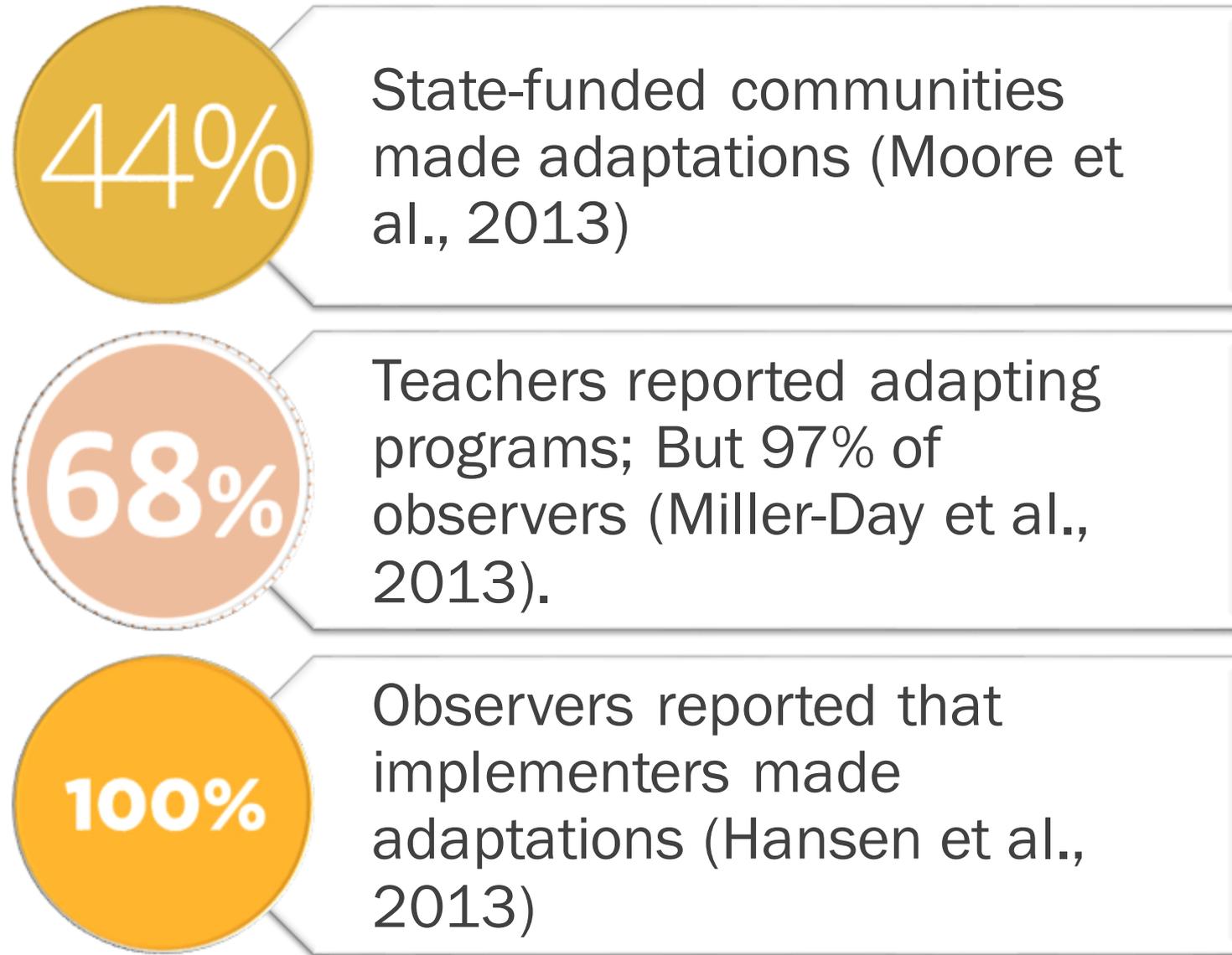
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COMMON AREAS OF ADAPTATIONS

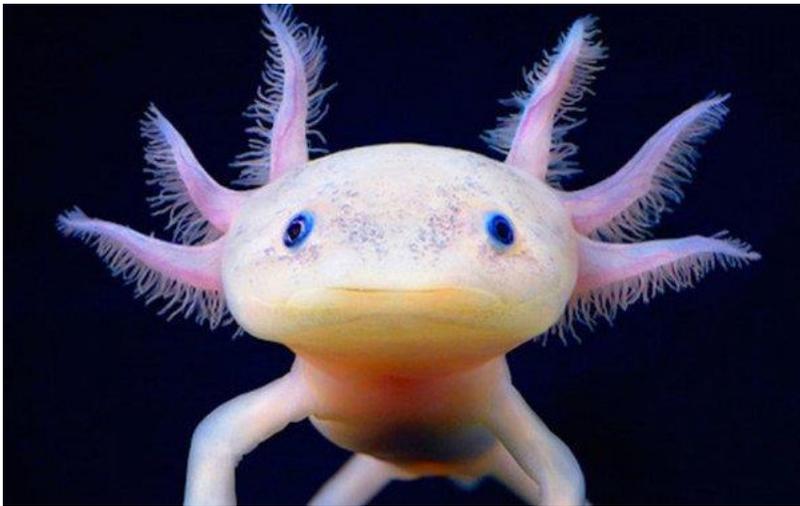


ADAPTATIONS: RULE VS. EXCEPTION





Not all adaptations should be created equally!



2/3rds of all changes *decrease* program effectiveness!





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BEST PRACTICE MODELS FOR SELECTING & IMPLEMENTING PROGRAM ADAPTATIONS



TRAFFIC LIGHT MODEL FOR ADAPTATIONS



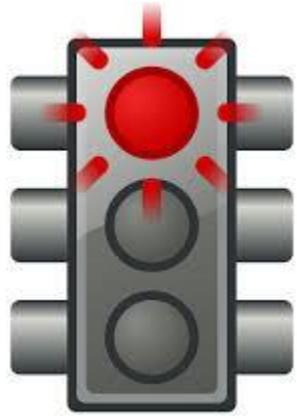
Stop! These adaptations aren't endorsed – do not continue with these types of changes



Caution! Be careful, these changes could **decrease** program effectiveness; outcomes are often unknown



Likely good to go! Consider balancing changes with fidelity & follow best practices

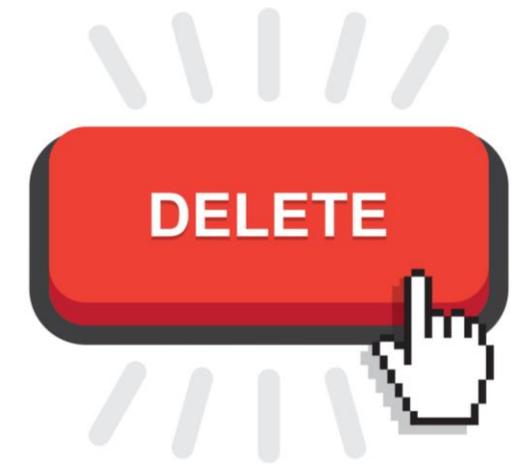


RED LIGHT CHANGES

Changes to the program's core components.



- Deleting lessons or activities
- Decreasing session length or #
- Shortening program outline
- Removing program components
- Changing delivery format, program goals, or topic of a lesson or activity
- Changing the health behavior model or theory



COMMON REASONS FOR RED LIGHT CHANGES*

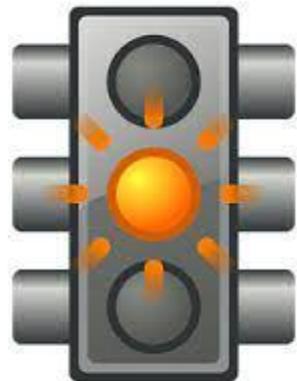
Lack of Time

Competing Time Demands

Difficulty Retaining & Engaging Participants

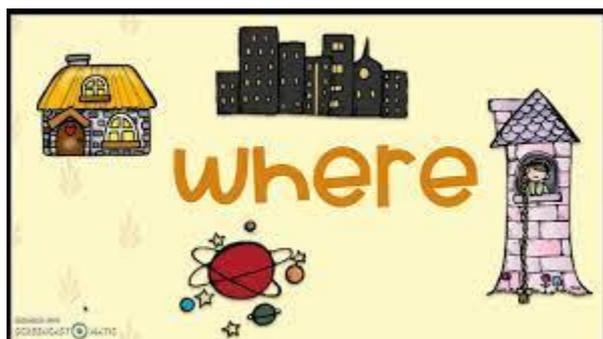
Recruitment Difficulties

Lack of Fit with Community Needs

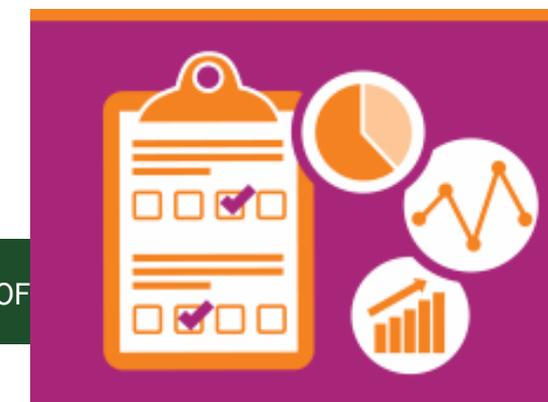
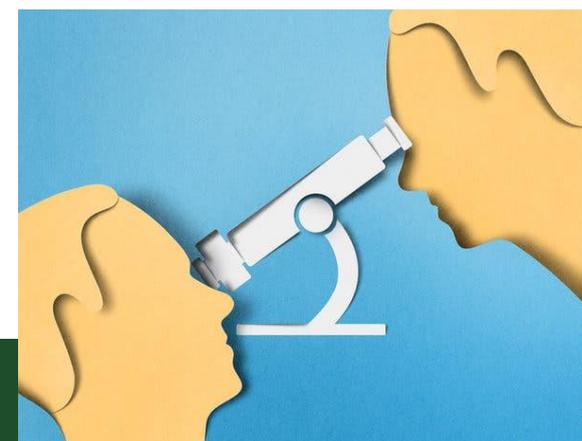


Yellow Light Changes

Adding or modifying intervention components & contents.



- Adding activities
- Increasing session length/number
- Changing delivery setting
- Changing session sequence
- Changing primary audience
- Changing recruitment process
- Changing the evaluation tool
- Tailoring to fit participant's beliefs
- Changing who delivers the program



GE OF

Common Reasons for Yellow Light Changes*

Difficulty Engaging/Retaining Participants

Lack of Fit with Community Needs

Needing more Culturally Appropriate Program

Lack of Time & Competing Time Demands

Lack of Space



Preventing Red and Yellow Light Adaptations



Be Aware

Know the common reasons for Red and Yellow Light Changes



Program Selection

Choose a program that is a good fit for your community



Know your Program

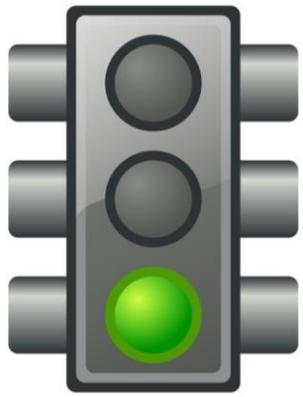
Understand the logic model & theories that drive your program
Use these to determine which components may be adaptable



Allocate Time

Dedicate enough time to implement the program as intended
Ensure that responsibilities are clear from the start

* See our RTP Tools for more strategies for strategies for avoiding these challenges



Green Light Changes

Minor changes to increase reach, receptivity, & participation.



- Name changes to program, lessons, or activities
- Tailoring language to be more culturally appropriate
- Updating health information & statistics
- Changing level of health literacy to fit participants' needs
- Including culturally appropriate terms



COMMON REASONS FOR GREEN LIGHT CHANGES

Needing Developmentally Appropriate Material

Responding to Individual Needs

Updating Health Statistics & Information

Needing Culturally Appropriate Language

Needing Culturally Appropriate Materials

GREEN AND YELLOW LIGHT ADAPTATIONS



Implement

adaptations proactively



GREEN GENERALLY OK
YELLOW SOMETIMES OK



CONNECT WITH PROGRAM
DEVELOPER(S) OR TA
PROFESSIONAL BEFORE
CHANGES ARE MADE



MEET WITH YOUR TEAM
CONSISTENTLY TO EVALUATE



MAKE CHANGES & FOLLOW
BEST PRACTICES

ALWAYS, ALWAYS, ALWAYS EVALUATE THE EFFECT OF ADAPTED PROGRAMS





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ADAPTING FOR CULTURE

LEARNING WORKSHOP IV



DEFINING CULTURE

The values, worldviews, experiences, & traditions often passed down within a group across generations.



Race and Ethnicity



Ability



Geographical Setting



SES



Sexual Orientation & Gender

CULTURAL SENSITIVITY FRAMEWORK

(Resnicow & Colleagues, 2002)

- *Cultural Sensitivity* refers to how in-depth a culture is considered in
 - Design
 - Delivery
 - Evaluation
- Can you really adapt programs to meet the needs of specific cultures?
 - It depends on the adaptation
 - Does it change program content? Contradict the TOC?
- The big debate: Which is best:
 - To develop programs for diverse populations from the start?
 - Adapt existing programs that we know work well to additional cultural backgrounds?

IN SUMMARY

Fidelity of Implementation Is Really Important

- To increase the likelihood that your program will be effective
- Understand if failure is due to poor implementation

Adaptations are Made by Communities Almost All the Time

- Communities should use established best practices when making adaptations
- Program adaptations should be made prior to implementation
- Program adaptations should be evaluated

Adapting for Cultural Responsivity is Hard

- Selecting the right programs becomes extra important for diverse groups
- Program developers need to do a better job developing culturally responsive programs



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