



**headspace**

National Youth Mental Health Foundation

# headspace

## Evaluating the national implementation of early psychosis services

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# The Evidence-based trend

- Continuing call for evidence-based programs
- These programs can be complex and if seen to be effective there is demand to implement on a larger scale

Raises important questions for **implementation science**:

- What if the evidence-based model is implemented differently in another setting?
- What does this mean for expected outcomes?
- How much variation can occur before outcomes are affected?

And also **evaluation**:

- How do we design evaluations that can draw linkages between implementation and outcomes?

# What is headspace?

- **headspace** is Australia's National Youth Mental Health Foundation
- Provides mental and general health support, information & services to young people (12 – 25) and their families across Australia.
- Services delivered through **headspace** centres - currently 60. These centres are:
  - Youth friendly
  - Focus on early intervention and early help seeking
  - Provide a seamless service/no wrong door
  - Co-location and integration of support services
  - Governed by a lead agency with a consortium of local services

**Each centre is different,  
designed to fit local  
community needs**

# A national opportunity

- In May 2013, **headspace** contracted by Federal Government to implement an evidence-based, internationally recognised model, the Early Psychosis Prevention Intervention Centre (EPPIC).
- Delivers early psychosis services to young people aged 12 to 25 experiencing early psychosis or those who are likely to develop a psychotic disorder without specialist interventions
- To be delivered as an expansion of **headspace** services with a seamless pathway of care. This integrated model is called the headspace Youth Early Psychosis Program (hYEPP)
- hYEPP will deliver 16 Core Components of the EPPIC model with the capacity to tailor to the local environment

# Overview

- Complexities of the program and implementation
- How we plan to evaluate it
- What we hope to achieve



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## The headspace Youth Early Psychosis Program (hYEPP)

# Implementation Challenges

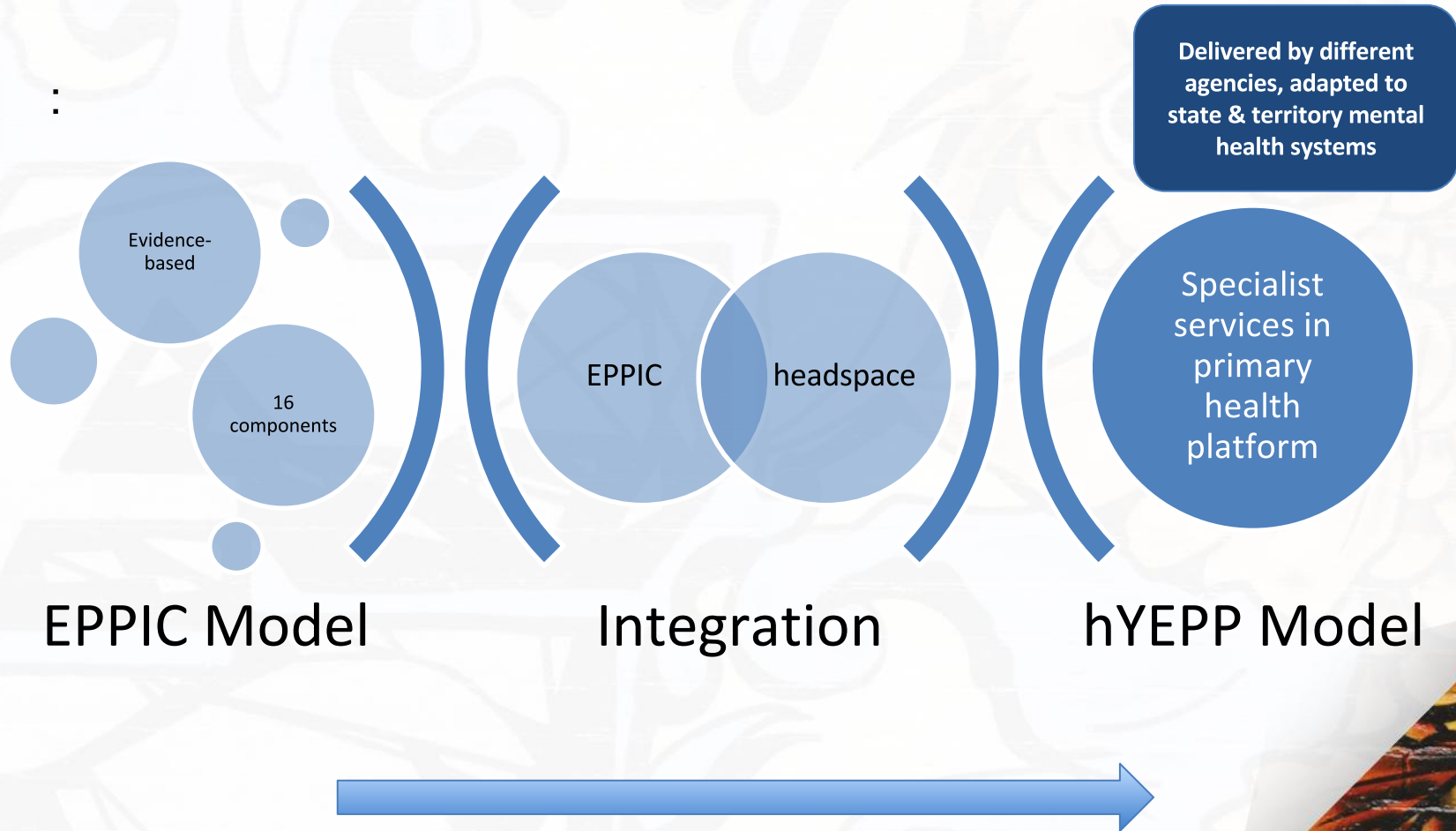
Implementing hYEPP is complex on two levels:

1. **The intervention** – complex, integrated and multi-level
2. **The implementation process** – multiple delivery agencies with varying experience in different state and territory jurisdictions.



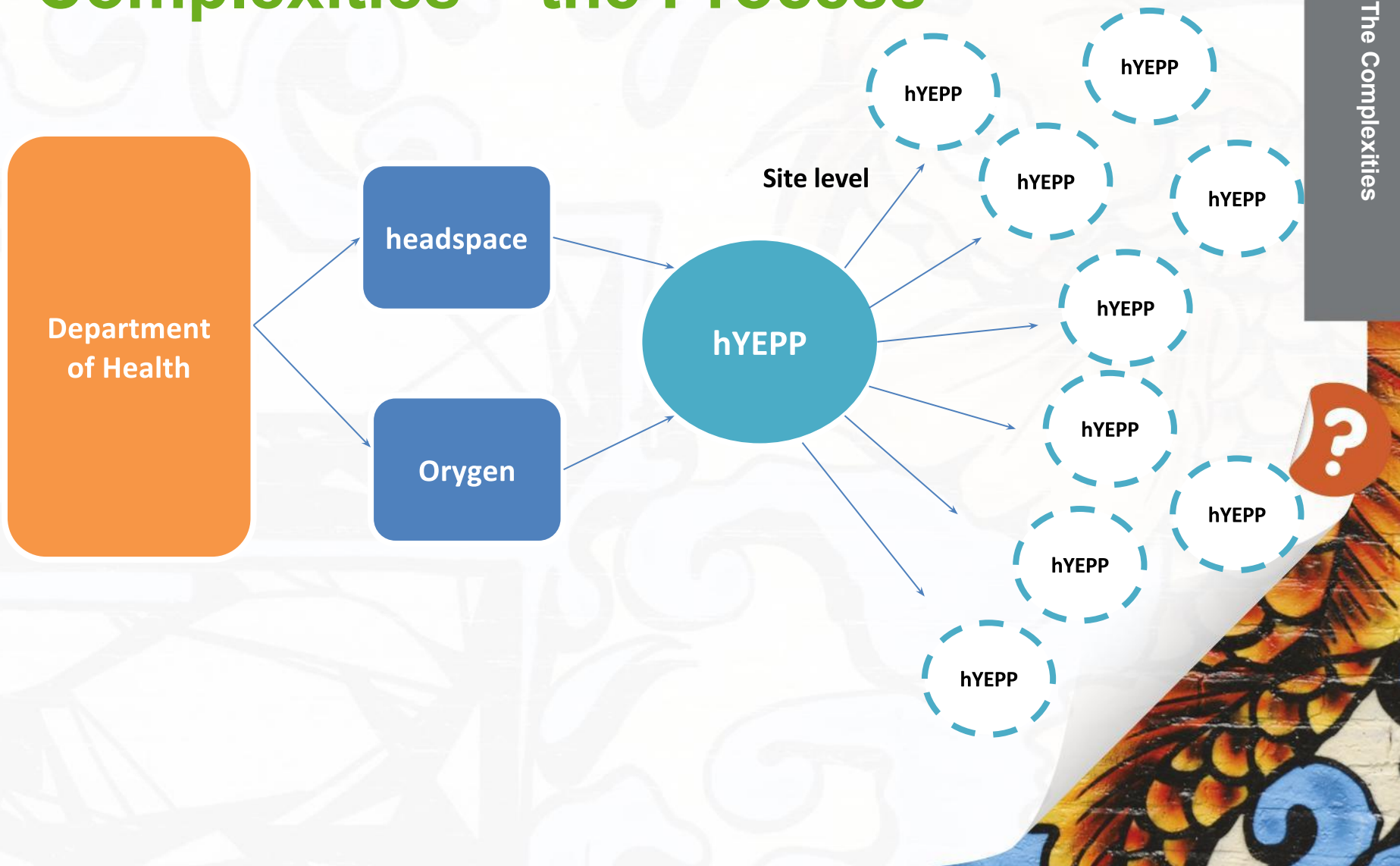
# Complexities -the Intervention

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# Complexities – the Process

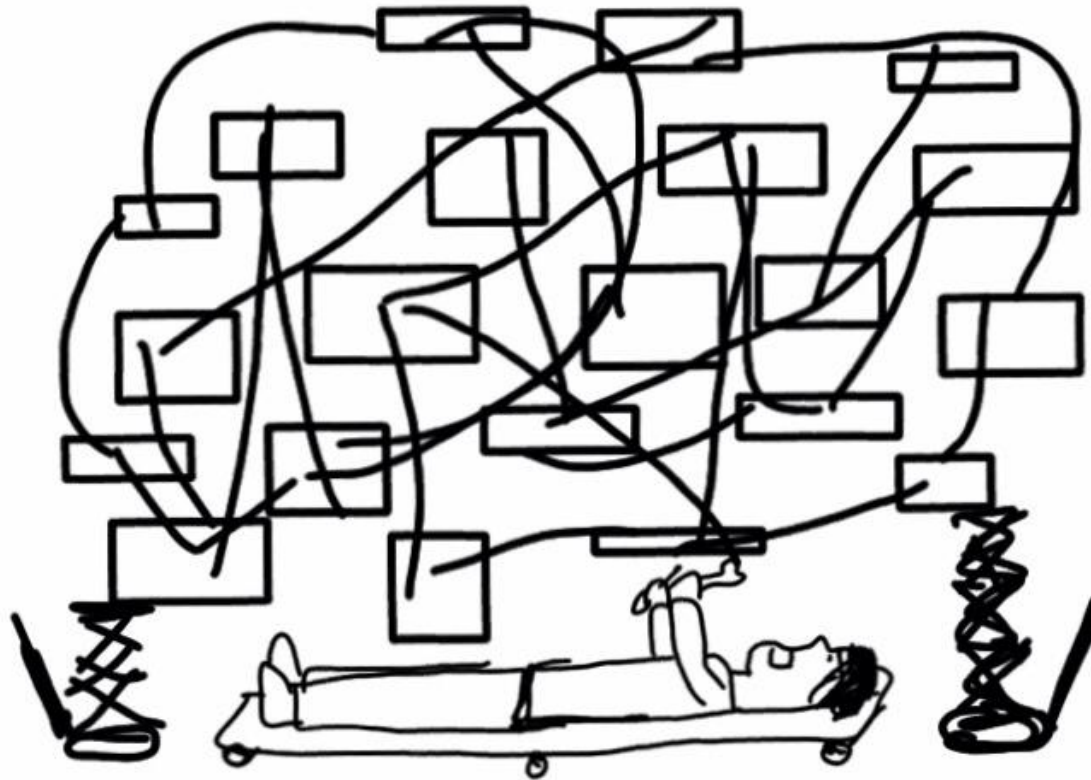




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# Evaluation Framework

At the logic model repair shop ...



So, I'm guessing this is for a comprehensive program-level intervention

# So what are the implications?

- Large scale roll-out in different environments will mean the sites will be different as they are adapted to the local setting.
- Evidence-based models rely on implementation fidelity to achieve outcomes.
- Need to know what happened and why in order to interpret outcomes.

# The Evaluation Framework

**Stage 4: External outcome evaluation managed by the Federal Department of Health**

**Stage 3: Evaluation against the headspace Best Practice Framework**

**Stage 2: Assessment against the 16 core components outlined in the EPPIC model**

**Stage 1: Map the process of service development and establishment**

**We are here**



## Stage 1:

### Map the process of service development and establishment



Preliminary evaluation focus to determine what factors affect successful service development and establishment, including analysis of:

- barriers or facilitators to establishment
- major decisions that are made
- adaptations or changes that occur through the implementation cycle
- variance across sites



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# Methodology

# Process Documentation

- Data on establishment and implementation collected through a process documentation approach
- Three key activities:
  - Document Analysis
  - Observation
  - Interviews
- But what to document? Traditionally use program theory, but given novel approach – unclear how theory of change will work.



# Two Guiding Frameworks

Using two frameworks from implementation science to structure project and data collection processes:

- the **Consolidated Framework for Implementation Research**
  - To guide and categorise data collection and analysis
- Overlaid with **Replicating Effective Programs Framework**
  - To focus on balancing fidelity and adaptability

# CFIR

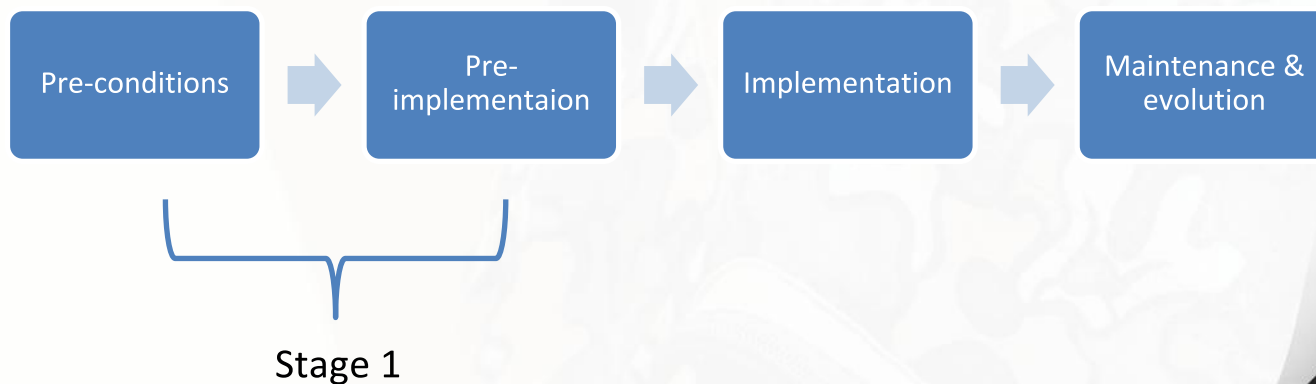
**Consolidated Framework for Implementation Research (CFIR)** helps to structure implementation project processes.

Five domains:

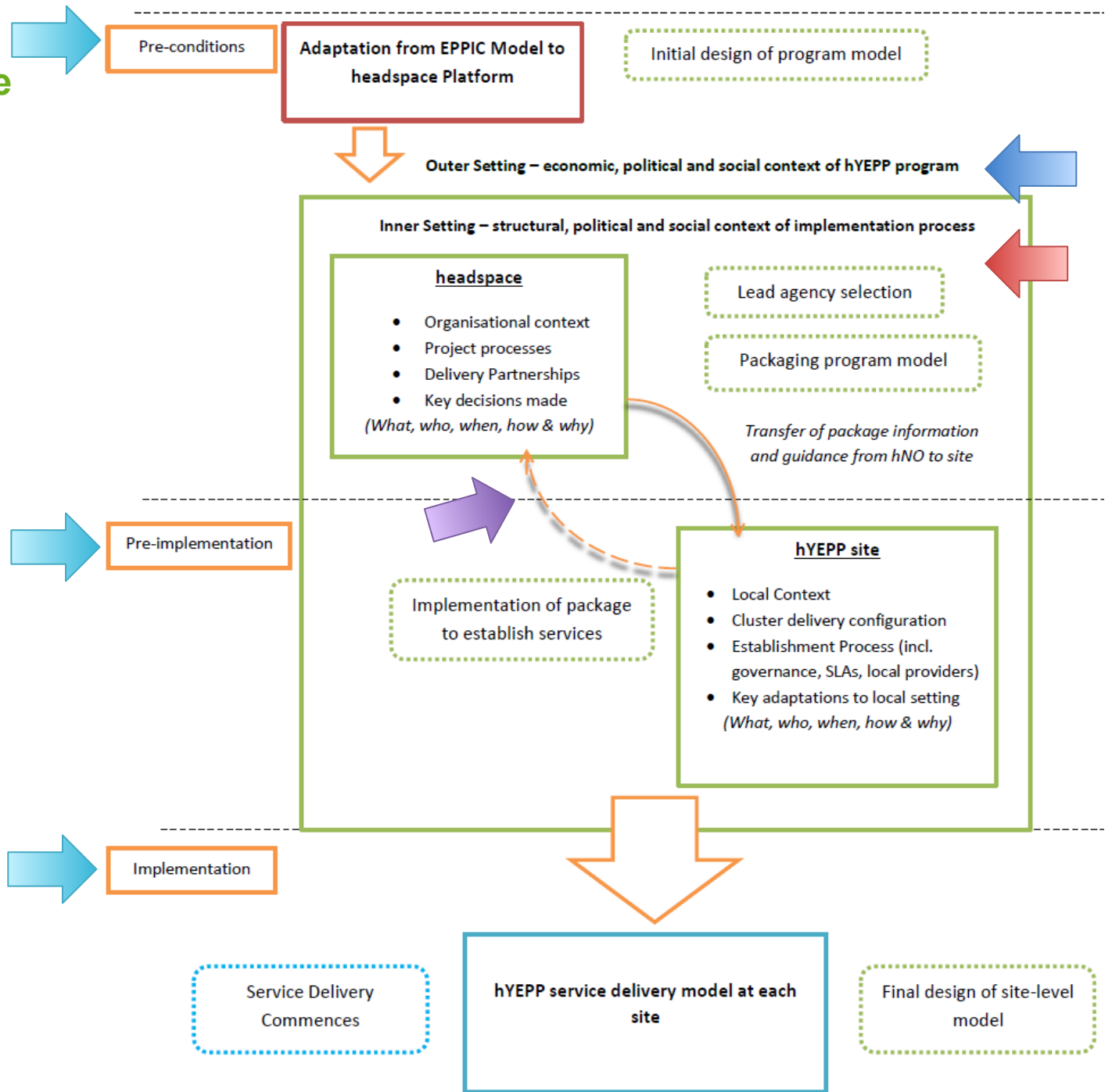
- Intervention – characteristics being implemented
- Outer setting – economic, political and social context
- Inner setting – structural and social context of process
- Process – activities of the implementation process
- Relationships – organisations involved in process

# Replicating Effective Programs

- Framework developed to disseminate effective behavioural and treatment interventions for implementation in community-based service settings.
- Focuses on achieving a balance between adequate fidelity to the intervention and accommodating differences across sites.
- Four steps to disseminate and replicate effective programs:



# Documenting the Implementation Process





**What we hope to achieve**

# Building the evidence base

- Opportunity to test the appropriateness of these frameworks to conduct evaluation of complex, evidence-based programs that are being implemented on a national scale
- Determine how detailed knowledge of the implementation process can be used to interpret outcomes.
- This may be able to inform future implementation practice and the roll-out of services of this nature
- And contribute to implementation science to understand how such complex service reforms are achieved in practice



# References

## CFIR

Damschroder, L.J, Aron, D.C, Keith, R.E, Kirsh, S.R, Alexander, J., Lowery, J. (2009). Fostering implementation of health services research findings into practice: a consolidated framework for advancing implementation science. *Implementation Science*, 4:50

## REP

Kilbourne, A., Neumann, M., Pincus, H., Bauer, M., Stall, R. (2007). Implementing evidence-based interventions in health care: application of the replicating effective programs framework. *Implementation Science*, 2:42

## Process Documentation

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# questions