

## ABSTRACT SUBMISSION AIC 2016: #54

### 1. Title:

Sustainability of evidence-based practice: Long term-impact of a national implementation program in a community-based mental health service.

### 2. Author(s):

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### 3. Keywords:

Evidence-based practice; veterans, treatment, posttraumatic stress disorder

### 4. Abstract text:

#### a. Background and aims

This project presents a systematic, theory-informed approach to the design and evaluation of a national implementation program. This study assessed whether the adoption of an evidence-based practice (EBP) for treating posttraumatic stress disorder was sustained two and a half years following implementation and identified factors likely to influence long-term adoption.

#### b. Method

A mixed method approach combining quantitative and qualitative assessments was used to assess the organisational reach of implementation efforts, the quality of EBP delivered and its impact on client outcomes, and organisational and individual mechanisms of sustainable adoption including staff surveys, service system client data and end of treatment summaries.

#### c. Results

Two and a half years after implementation, findings indicated that the program was sustainable with changes in practice evident at all levels, from service system through to client. Individual and organisational factors affecting sustainability were investigated. Staff still indicated high levels of confidence in the use of the EBP and treating clients with PTSD symptoms. Staff also reported greater organisational focus on EBP, rewards for using EBP and a comparable leadership support for EBP to that found previously during the implementation. Statistically significant and clinically large improvements on self-reported PTSD symptoms were identified for clients receiving EBP, and were comparable to findings identified 12 months following the initial implementation process.

#### d. Conclusion

This project will inform research, policy and workforce training decisions on how to best promote long-term sustained adoption and delivery of evidence-based psychological treatments for PTSD.