

Importance of Being Evidence-Based

Childhelp Speak Up Be Safe has been rated and listed by the California Evidence-Based Clearinghouse for Child Welfare (CEBC) as having Promising Research Evidence. Here's a bit about what that means.

WHAT DOES IT MEAN TO BE "EVIDENCE-BASED"?

A program being rated and listed as evidence-based means it has been rigorously tested in controlled settings, proven effective, and translated into practical use that is widely applicable.

- First, the program must be codified and able to be replicated. (In other words, it's not a freeform idea that anyone can implement as they wish but actually has content and a process that can be utilized by others.)
- Next, it must be tested as effective. This involves research that adheres to the scientific method.
- In turn, the research results must then be published in peer-reviewed journals.
- Finally, an independent organization (such as a clearinghouse) in a particular discipline must examine the program and its published research. If a program meets criteria, the organization provides a rating or pass/fail.
 - Some programs claim to be "evidence-based" because they have gathered empirical evidence and perhaps even published. However, without the final step of outside expert review and listing, the claim is not substantiated – so, always look for what independent organization reviewed and listed the program as being evidence-based.

Clearinghouse listings of evidence-based programs are invaluable to end-users to find what they need. Inclusion means that experts in the field – not just the people who developed and evaluated the program – have examined the research methods and findings, and they agreed with conclusions about the program's effects. Ultimately, when end-users implement an evidence-based program, they can be confident about delivering a program that works.

ADVANTAGES OF USING EVIDENCE-BASED PROGRAMS

Implementing an evidence-based program is widely considered a "best practice" strategy, with the following advantages:

- Successful impact of activities is more likely when using an evidence-based program.
- Funders increasingly demand that programming be based on solid evidence.
- Leadership is more likely to commit limited resources to proven programs.
- Program managers and facilitators can focus their efforts on delivery rather than program development.
- The demonstrated outcomes of evidence-based programs are attractive to community members and potential partners, facilitating community buy-in and the formation of partnerships (boards, councils, parents, etc.).



The Childhelp Speak Up Be Safe program has been rated as having Promising Research Evidence by the California Evidence-Based Clearinghouse for Child Welfare (CEBC) and is listed in its Program Registry.

