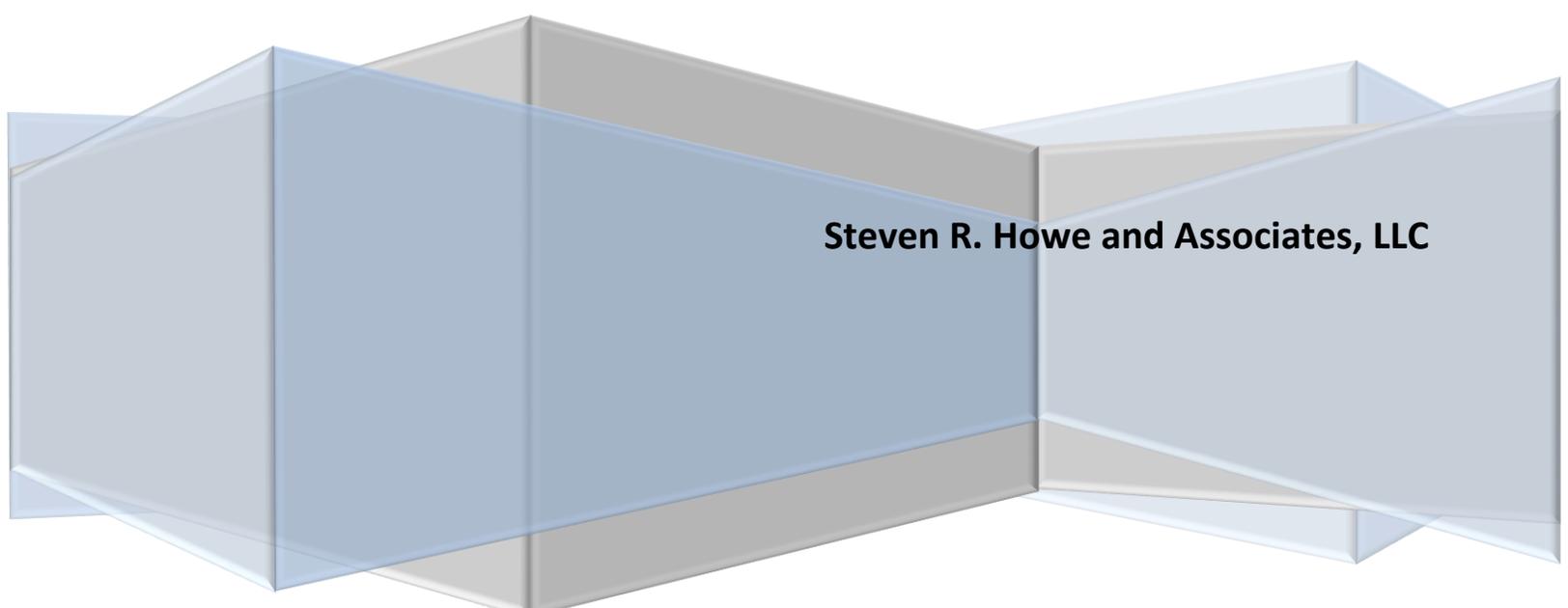


APPENDIX A

USING THE MICROSOFT ACCESS® DATABASE OF EVIDENCE-BASED INTERVENTIONS AND PRACTICES IN CHILDREN'S SERVICES

Using the MICROSOFT
ACCESS® Database of
Evidence-Based Interventions
and Practices
in
Children's Services

Frequently Asked Questions



Steven R. Howe and Associates, LLC

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Frequently Asked Questions (FAQ) About Using MICROSOFT ACCESS® Database of Evidence-Based Practices in Children’s Services

By Steven R. Howe and Associates, LLC
December 2015

Introduction

This brief guide will help the user who knows how to use Excel make effective use of the **Microsoft Access® Database of Evidence-Based Practices** prepared as the major product for the Systematic Research Review for Children’s Protective Services. While the explanations will enable the user to make use of a few Access features that would not be available if the entire database were exported to Excel, the basic approach is to keep things as simple as possible. Access has many advanced features that would allow an experienced Access user to do far more than is explained in this FAQ, including all of those things that can be done using Structured Query Language (SQL) and the creation of reports.

Getting Around the Data Base

When you first open Access, the view you will see is shown in **Figure 1**.

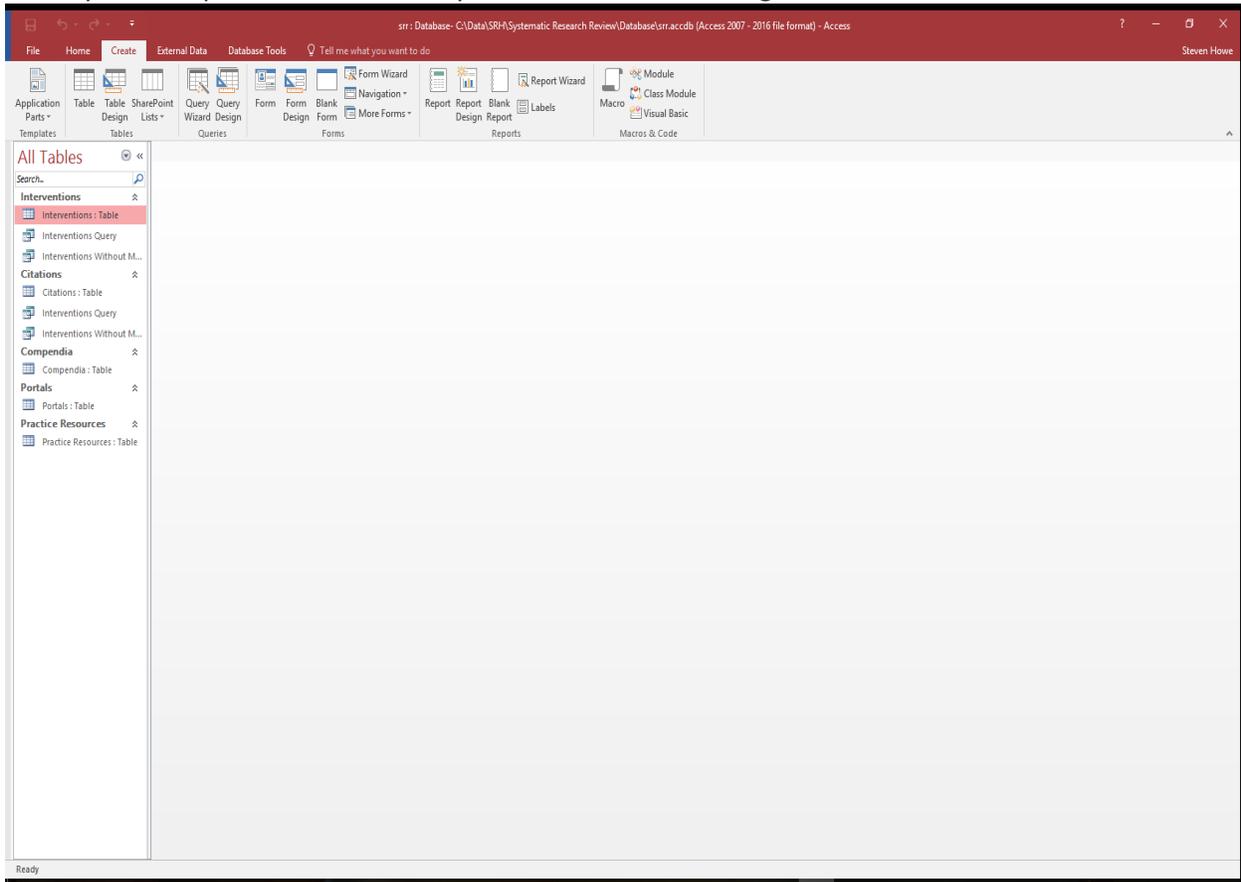


Figure 1

In the “left-hand navigation” area of the screen is a list of all tables. This FAQ will only discuss tables that end in “: Table.” In other words, it ignores those tables that end in “Query” or nothing because those are not tables created through data entry but are tables created by joining selected data from selected tables through the use of SQL. Thus, it can be seen that there are five tables in the database: **Interventions**, **Citations**, **Compendia**, **Portals**, and **Practice Resources**. Each of the five major sections of this FAQ discusses in turn one of these five tables. Each section begins with a brief orientation to the contents of the relevant table.

If you go ahead and **double-click** on each of the five tables of interest, you will see they open up and are identifiable by tabs that are the reverse of the tabs for Excel worksheets: they are at the top of the screen, not the bottom. And unlike Excel, where right-clicking on a worksheet tab offers you the opportunity to delete the worksheet, in Access the only thing this FAQ assumes you will do when you right-click a table’s tab is to close the tab; that does not cause the table to be deleted from the database! **So go ahead and open all five tables and then right-click on any of their tabs and close them individually or all at once.**

Finding an Intervention

The FAQ in this section all address the **Interventions** table (partially shown in **Figure 2**), which has many rows, each of which represents an evidence-based intervention, or at least an intervention that is reputed to be evidence-based. The **first column (Intervention ID)** is an arbitrary number, or key, that can be used to link information about the intervention to other information in other tables. Specifically, if you look in the **Citations** table or the **Portals** table, you might see one or more rows that have the same Intervention ID which you see in the Interventions table.

Intervention ID	Intervention	Population	CEBC (Low)	SAMHSA (High)	Our Rating	CAN Popular	PA Sub Abuse	PA Dom Viol	PA Men Hlth Av	PA Men Hlth Ct
95	Moral Reconation Therapy	Program for juvenile offen	1.9 - Recidivism	1						
164	An Apple A Day	Literacy program for K-4th	1.4 - Identifier	1						
176	BrainTrain4Kids	Education about the effec	1.5 - Knowledge o	1						
184	Building Asset-Reducing Risks (BARR)	School-based prevention	1.3 - Class failure	1						
187	Capturing Kids' Hearts Teen Leadership Program	Emotional well being of n	1.9 - Problem beh	1						
216	Compeer Model	Reduce isolation with per	1.8 - Social suppor	1						
262	Healthy Alternatives for Little Ones (HALO)	Health and substance abu	1.5 - ATOD and otl	1						
275	Keep A Clear Mind (KACM)	Drug education program f	1.3 - Parent-child	1						
277	Lead & Seed	High school program to pr	1.3 - General know	1						
278	LEADS: For Youth (Linking Education and Awareness)	Education about depressi	1.8 - Knowledge o	1						
285	Matrix Model	Outpatient treatment for	1.9 - Treatment re	1						
307	Peaceful Alternatives to Tough Situations	School-based aggression i	1.9 - Psychologica	1						
72	4Rs and 2Ss program for Strengthening Families	Social and emotional trair	2							
155	Aggressors, Victims, and Bystanders	Curriculum for middle sch	2.2 - Social proble	2						
158	Alcohol: True Stories Hosted by Matt Damon	Alcohol use grades 5-12	2.2 - Alcohol relat	2						
159	AlcoholEdu for High School	Alcohol use among high si	2.0 - Current alcoh	2						
160	All Stars	Prevent high-risk behavio	2.2 - Commitment	2						
167	Assisted Outpatient Treatment (AOT)	Outpatient treatment for	2.0 - Assault or thi	2						
175	Boston Consortium Model: Trauma-Informed Sub Ab	Trauma and substance use	2.4 - Substance us	2						
190	Celebrating Families!	Parent skills training	2.3 - Parenting ski	2						
195	Child Advancement Project (CAP)	School-based mentoring f	2.1 - Unexcused si	2						
197	Children in Between	Intervention for divorcing	2.2 - Parental conf	2						
202	Class Action	Alcohol-use prevention fc	3.1 - Tendency to	2						
222	Collaborative Opioid Prescribing Education	Education on opioid medi	2.2 - Knowledge o	2						
223	Coping with Work and Family Stress	Workplace stress interver	3.0 - Coping strate	2						
236	Drugs: True Stories	Intervention for drug use	2.3 - Behavioral in	2						
238	Early HeartSmarts Program for Preschool Children	School development prog	2.4 - Social and en	2						
244	Family Centered Treatment (FCT)	Family program for juvenil	2.2 - Recidivism	2						
250	Family Wellness: Survival Skills for Healthy Fam	Psychoeducational progra	2.0 - Communicati	2						
259	Healer Women Fighting Disease Integrated Sub Ab	Substance abuse and HIV	2.4 - Knowledge n	2						
272	InsideOut Dad	Incarcerated fathers pare	2.4 - Self-efficacy	2						
280	Lesson One	School-based interventio	2.4 - Social compe	2						
282	Lions Quest Skills for Adolescence	Life skills program for age	2.3 - Social functi	2						
283	Living in Balance	Addiction and recovery pr	3.3 - Treatment re	2						
288	NAMI Family-to-Family Education Program	Program for caregivers of	2.4 - Empowerme	2						
290	Network Therapy	Substance abuse treatme	2.1 - Opiate	2						
296	Oxford House Model	Housing and rehab suppoi	2.3 - Substance us	2						
297	PALS: Prevention through Alternative Learning Styl	Drug prevention program	2.4 - Intentions to	2						
308	Peer Acceptance and Leadership	Peer helpline program for	2.4 - Relationship	2						

Figure 2

Other fields in this table give the name of the intervention, the population for which it was designed or can be used, and then three columns of ratings of the effectiveness of the intervention. The vast majority of the interventions in this table have ratings from the California Evidence-Based Clearinghouse (CEBC) or the Substance Abuse and Mental Health Services Administration (SAMSHA). The Our Rating column is an automatic function of the SAMSHA rating, where one exists, which explains why CEBC ratings are only included in the database when SAMSHA does not have a rating for the intervention in question. There is also a field indicating whether an intervention is grounded by design in the context of Children’s Services and then 15 more flags indicating the appropriateness of the intervention for various problem areas (e.g., PA Sub Abuse refers to the Problem Area of Substance Abuse).

How do I find information about an Evidence-Based Intervention if I know its name?

Click on the “**Intervention**” column header. This will cause the entire column to be highlighted. Now right click on the header and there are two items that are on the pop-up menu that will help you find an intervention. You can either **click Find and search for a word or phrase**, **or** you can **click Sort (up) or Sort (down) to alphabetize the list**.

How do I limit the interventions to those that are considered most effective?

Go to the **Our Rating column**. Instead of right clicking in the column heading, look for the small symbol that looks like a combination of a small triangle and an up arrow. This is just one icon; you don’t have to try to hit either the triangle or the arrow. What you will see is shown in **Figure 3**.

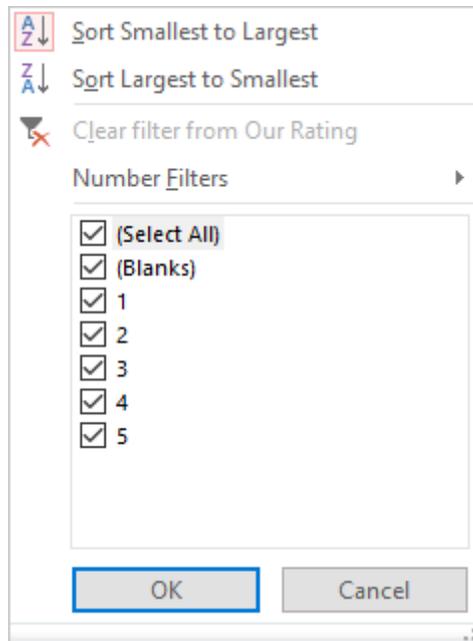


Figure 3

This is the familiar “filter tool” from Excel, but whereas in Excel you have to manually apply filters and take care in making sure they apply to all of the columns of materials from which you might be sorting or selecting, Access automatically provides the filter tool for all columns of every table.

Suppose you want just the very most effective evidence-based interventions, those that correspond to **Our Rating values of 4 and 5**. Use the filter tool to uncheck the values of 1, 2, and 3. Please take care to note that after you have done this, there will be a different symbol in the Our Rating column header. Now it is an up arrow and a funnel. While subtle, it is important to recognize when your column have been filtered! Look carefully at **Figure 4**.

Intervention ID	Intervention	Population	CEBC (Low -	SAMHSA (High -	Our Rating	CAN Populai	PA Sub Abus	PA Dom Viol	PA Men Hlth Ai	PA Men Hlth Cf
1	Triple P - Positive Parenting Program	Parenting program for age	2.9 - Negative par		4					
2	Parent-Child Interaction Therapy	Treatment to improve cor	3.2 - Parent-child		4					
5	Multisystemic Therapy for Juvenile Offenders	Treatment for antisocial b	2.9 - Post treatme		4					
11	EMDR	EMDR therapy is an 8-pha	3.2 - PTSD sympto		4					
14	Motivational Interviewing	MI is a client-centered, di	3.4 - Alcohol use		4					
20	Promoting Alternative Thinking Strategies (PATHS)	School-based social skill ii	2.5 - Emotional kn		4					
32	Treatment Foster Care - Adolescent	Multidimensional therape	3.1 - Days in locke		4					
36	1-2-3 Magic: Effective Discipline for Children	1-2-3 Magic is a group forr	2 - CEBC Rating		4					
38	Adolescent-Focused Family Behavior Therapy	Adolescent FBT includes r	2 - CEBC Rating		4					
39	Adult-Focused Family Behavior Therapy	Adult-Focused FBT includi	2 - CEBC Rating		4					
40	AVANCE Parent-Child Education Program	The PCPE fosters parentin	2 - CEBC Rating		4					
42	Building Confidence	Building Confidence is a c	2 - CEBC Rating		4					
44	Childhaven Childhood Trauma Treatment	Childhaven's Childhood T	2 - CEBC Rating		4					
45	Childhood Problematic Sexual Behavior CBT	Children with Sexual Beh	2 - CEBC Rating		4					
46	Cognitive Beh Therapy for Acute Stress Disorder	Cognitive therapy for earl	2 - CEBC Rating		4					
47	Community Advocacy Project (CAP)	Advocacy for women who	3.3 - Abuse by intr		4					
48	Community Parent Education Program (COPE)	COPE is designed to help	2 - CEBC Rating		4					
49	Community Reinforcement + Vouchers Approach	CRA + Vouchers has two n	2 - CEBC Rating		4					
50	Families Facing the Future	The Families Facing the F	2 - CEBC Rating		4					
51	Family-Focused Treatment for Adolescents (FFT-A)	FFT-A is a psychosocial tre	2 - CEBC Rating		4					
52	Fostering Healthy Futures (FHF)	FHF is a mentoring and ski	2 - CEBC Rating		4					
53	Functional Family Therapy	FFT is a family interventio	3.4 - Delinquent b		4					
55	Home Instruction for Parents of Preschool Yngstrs	HIPPV is a home-based an	2 - CEBC Rating		4					
56	Homebuilders®	Homebuilders® is a home	3.2 - Child behavi		4					
57	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	The basic ISTDP understar	2 - CEBC Rating		4					
58	Interpersonal Psychotherapy-Adolescent Skills Tra	IPT-AST is a group-indicati	2 - CEBC Rating		4					
59	Kids in Transition to School (KITS)	Kids in Transition to Schoc	2 - CEBC Rating		4					
61	Multisystemic Therapy for Child Abuse and Neglect	Family therapy for ages 6-	2 - CEBC Rating		4					
62	Parenting Together Project (PTP)	Educational intervention	2 - CEBC Rating		4					
64	Positive Peer Culture	Peer-helping model for y	2 - CEBC Rating		4					
65	Primary and Secondary Control Enhancement Trainin	Individual psychotherapy	2 - CEBC Rating		4					
66	Safe Environment for Every Kid (SEEK)	Families with children age	2 - CEBC Rating		4					
67	SafeCare	Parents at-risk for child ne	2 - CEBC Rating		4					
68	Seeking Safety for Adults	Treatment for adults who	2.3 - Trauma-relat		4					
70	Together Facing the Challenge	Intervention for treatmen	2 - CEBC Rating		4					
71	Turning in to Kids (TIK)	Treatment for parents anc	2 - CEBC Rating		4					
79	Circle of Security	Relationship based early i			4					
82	Dialectical Behavior Therapy	Behavioral treatment to ii	3.4 - Psychosocial		4					
86	Family Connections	Community-based progr			4					

Figure 4

To turn off the filter, go back to the filter tool and click on “Select All.”

How do I limit the interventions to those that are for a given problem?

Go to the **PA Substance Abuse** column. Use the **filter tool** (see previous answer) to select only those EBP that are “Yes” (i.e., the box is checked).

How do I limit the interventions to those that meet multiple criteria?

See the two previous answers. Any number of columns can be filtered simultaneously.

Finding a Citation

The database does not provide citations for all interventions, but for nearly every intervention rated 3, 4 or 5 there will be one or more citations to published reports in the scientific literature.

The complete bibliographic reference for each citation is not part of the database, but is instead found in the list of References for Interventions that is attached to this document.

How do I find citations directly from the Interventions table?

The easiest way to find citations is directly from the **Interventions table**. Observe the small boxes with + symbols to the left of an Intervention ID. Click on it and a new window will open on top of the Interventions table that will contain all of the citations in the data base for that intervention as seen in **Figure 5**.

Intervention ID	Intervention	Population	CEBC (Low = 1)	SAMHSA (High = 5)	Our Rating	CAN Popula	PA Sub Abus	PA Dom Viol	PA Men Hlth Ai	PA Men Hlth Cf
430	Transitional Housing	Supportive housing for hc			4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
431	College Access (generic)	Program for youth aging o			4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
436	Juvenile Reentry and Aftercare Interventions	Program to assist juvenile			4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
441	Substance Abuse Programs for Parents	Programs that assist parer			4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
443	Residential Treatment for Substance Abuse	Residential programs for s			4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
444	Intensive In-Home Family Treatment Program	In-Home treatment to pre			4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
446	Pathways to College	Program to assist youth le			4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Trauma-Focused Cognitive Behavioral Therapy	Intervention to treat PTSD			5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Citation ID	Citation Name	CAN Popular	Cite in DB	Population	Research Design	Sample Size	Outcomes Measured
486	Cary & McMillen (2012)	<input type="checkbox"/>	<input type="checkbox"/>	Studies	Meta-analysis	10	PTSD symptoms, depression, bel
9	Cohen, Deblinger, Mannarino, & Steer (2004)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Child victims of CAN (8-14 yo)	RCT	229	PTSD symptoms
10	Cohen, Mannarino, & Iyengar (2011)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Children (7-14 yo) exposed to	RCT	124	PTSD symptoms
406	Cohen, Mannarino, & Knudsen (2005)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Sexually abused children (8-15)	RCT	82	Depression, anxiety, sexual prob
11	Colleen & McMillen (2012)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Studies	Meta-analysis	10	PTSD symptoms, depression, bel
407	Deblinger, Mannarino, Cohen, & Steer (2006)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Children (8-14 yo) who had be	RCT	183	PTSD symptoms and shame
419	Silverman et al. (2008)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Studies	Meta-analysis	21	PTSD, depression, anxiety, exte

Figure 5

Each line represents an entry in the Citations table linked to that intervention. To **close this pop-up window**, click the – symbol in the upper-left corner of the pop-up window.

How do I find citations for a given Intervention by looking in the Citations table?

First **find the Intervention ID of the intervention** you are interested in. Let’s suppose that ID value is 3 (Trauma-Focused Cognitive Behavioral Therapy). Now open the citations table, highlight the filter at the top of the Intervention ID column and clear all the boxes except 3. The result is shown in **Figure 6.**

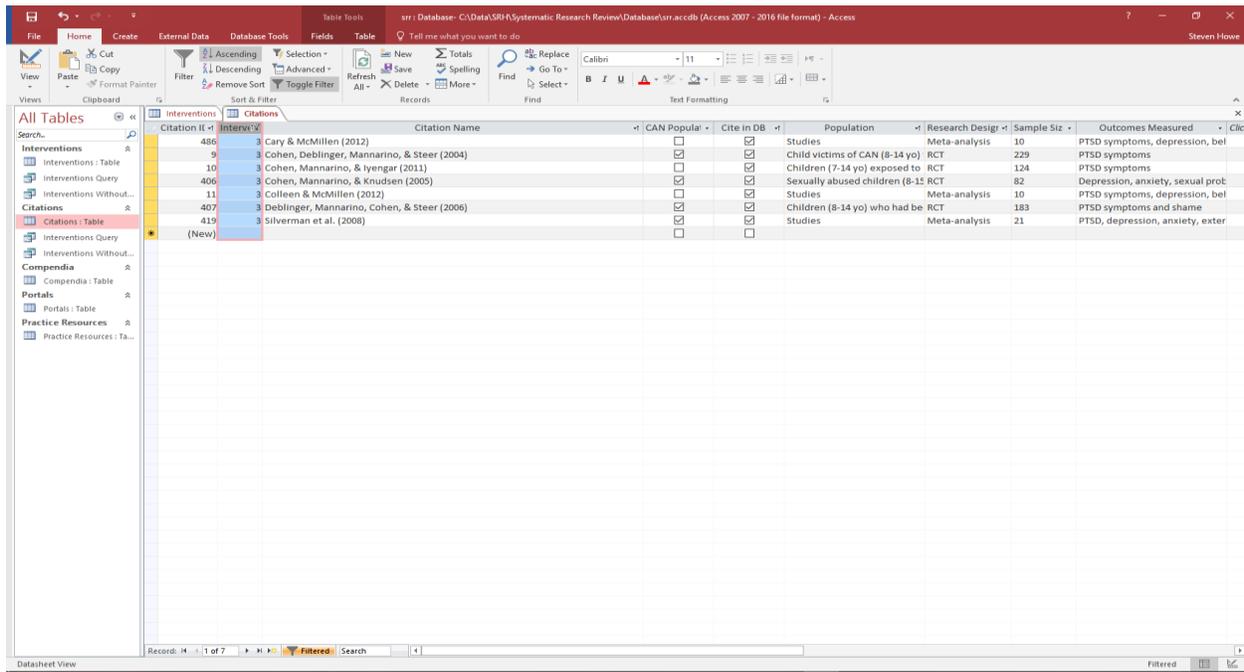


Figure 6

How do I find citations if I know the name of an author?

Go to the Citations table, highlight the column, and then hit CTRL-F (the standard Microsoft Office search key). Let’s suppose you wish to find citations on which Dakof is an author. It is important in the search box to indicate that you want to match “Any Part of Field” (by default, Access tries to match the whole field) and that you want to search “All” (as opposed to just “Up” or “Down”). See **Figure 7.**

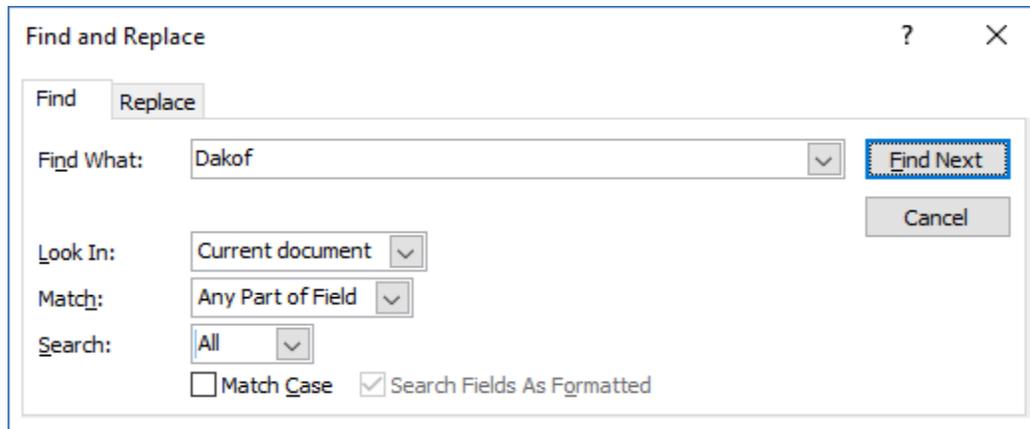


Figure 7

How do I find citations by research design?

Now that you know how to filter tables, you can simply **go into the Citations table** and select from the Research Design field only those studies that are of interest. These might be randomized clinical trials (RCT), for example, or meta-analyses.

Using the Compendia Table

The **Compendia table**, contains URL for 21 online resource sites that were the primary places from which interventions and practices were identified for this project. These sites are updated frequently and represent important resources for people interested in accessing the latest thinking on what works in children's services.

The scientific literature is archival but the web is not. There is no guarantee that these portals will still be available or contain the information you are seeking.

Using the Portals Table to find a Website

In many cases, though not all, you can learn more about an intervention of interest by going to an online portal listed in the **Portals table**. To use this table, you have to have identified the Intervention ID of an intervention. If you are interested in Intervention 3, then you will find it associated, in the Portals table with the following URL: <http://tfcbt.musc.edu/>

Finding a Practice Resource

The systematic research review did not identify only evidence-based interventions. It also identified 111 best practices for children's services work, such as how to engage families, do assessments, etc.

The complete bibliographic reference for each best practice is not part of the database, but is instead found in the list of References for Best Practice at the end of this document.

For all but 8 practices, there was a webpage from which the cited reference can be obtained or (in a few cases), from which additional information about the practice can be obtained.

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