## Inventory of Evidence-Based, Research-Based, and Promising Practices

### For Prevention and Intervention Services for Children and Juveniles in Child Welfare, Juvenile Justice, and Mental Health Systems

Revised November 14, 2017 for technical corrections

Budget area	Program/intervention	Manual	Current definitions	Suggested definitions	Cost- beneficial	Reason program does not meet suggested evidence-based criteria (see full definitions at the end of the inventory)	Percent minority
	Intervention						
	Alternatives for Families (AF-CBT)	Yes	Р	P		No rigorous evaluation measuring outcome of interest	
	Family dependency treatment court	Yes	۲	۲	7%	Benefit-cost	35%
	Fostering Healthy Futures	Yes	۲	۲		Single evaluation	56%
	Functional Family Therapy—Child Welfare (FFT-CW)	Yes	Р	Null		Weight of the evidence	95%
	Including Fathers—Father Engagement Program	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Intensive Family Preservation Services (HOMEBUILDERS®)	Yes	•	•	96%		58%
	Locating family connections for children in foster care	Yes	Р	Null		Weight of the evidence	66%
	Multisystemic Therapy (MST) for child abuse and neglect	Yes	۲	۲		Single evaluation	82%
	Other Family Preservation Services (non-HOMEBUILDERS®)	Varies*	Р	0	0%	Weight of the evidence	76%
	Parent-Child Assistance Program	Yes	Р	Р		Single evaluation	52%
	Parent-Child Interaction Therapy (PCIT) for families in the child welfare system	Yes	•	•	95%		48%
	Parents for Parents	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
are	Partners with Families and Children	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
velf	Pathway to Reunification	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
Child welfare	SafeCare	Yes	•	•	92%		33%
Chi	Youth Villages LifeSet	Yes	۲	۲	20%	Benefit-cost	49%
	Prevention						
	Circle of Security	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Circle of Security - Parenting (COS-P)	Yes	Р	Р		Weight of the evidence	89%
	Healthy Families America	Yes	•	۲	42%	Benefit-cost	63%
	Nurse Family Partnership	Yes	•	۲	55%	Benefit-cost/heterogeneity	20%
	Other home visiting programs for at-risk mothers and children	Varies*	•	۲	67%	Benefit-cost	59%
	Parent-Child Home Program	Yes	۲	Р		Single evaluation	NR
	Parent Mentor Program	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Parents and Children Together (PACT)	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Parents as Teachers	Yes	۲	۲	26%	Benefit-cost	66%
	Promoting First Relationships	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Safe Babies, Safe Moms	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Triple-P Positive Parenting Program (System)	Yes	۲	۲	63%	Benefit-cost	33%

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area							
	Adolescent Diversion Project	Yes	•	•	97%		58%
	Aggression Replacement Training	Yes					
	Youth in state institutions		۲	۲	65%	Benefit-cost	34%
	Youth on probation		۲	۲	64%	Benefit-cost	34%
	Boot camps	Varies*	Р	Р	100%	Weight of the evidence	55%
	Cognitive behavioral therapy (CBT)	Varies*	•	•	95%		43%
	Connections Wraparound	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Coordination of Services	Yes	۲	۲	96%	Heterogeneity	23%
	Dialectical Behavior Therapy (DBT) for youth in the juvenile justice system	Yes	۲	۲	93%	Single evaluation	27%^
	Dialectical Behavior Therapy (DBT) for substance use disorder: Integrated treatment model	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Diversion	Varies*					
	No services (vs. traditional juvenile court processing)	Varies*	•	•	98%		66%
	With services (vs. simple release)	Varies*	Р	Null	39%	Weight of the evidence	70%
	With services (vs. traditional juvenile court processing)	Varies*	•	•	94%		73%
Juvenile justice	Drug court	Varies*	Р	Null	43%	Weight of the evidence	40%
ini	Education and Employment Training (EET, King County)	Yes	۲	۲	100%	Single evaluation	74%
<u>e</u>	Family Integrated Transitions for youth in state institutions	Yes	۲	۲	41%	Single evaluation	30%^
len (	Functional Family Parole	Yes	Р	Null	76%	Weight of the evidence	51%
n l	Functional Family Therapy	Yes					
	Youth in state institutions		•	•	96%		36%
	Youth on probation		•	•	96%		36%
	Group homes						
	Teaching-Family Model	Yes	Р	Р	59%	Weight of the evidence	22%
	Other group home programs (non-name brand)	Varies*	Р	Р		Single evaluation	NR
	Intensive supervision	Varies*					
	Parole	Varies*	Р	Null	76%	Weight of the evidence	74%
	Probation	Varies*	Р	Null	0%	Weight of the evidence	58%
	Juvenile Detention Alternatives Initiative	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Mentoring	Yes	•	•	82%		65%
	Multidimensional Treatment Foster Care	Yes	۲	۲	70%	Benefit-cost/heterogeneity	24%
	Multisystemic Therapy (MST)	Yes	۲	۲	73%	Benefit-cost	79%
	Other family-based therapies (non-name brand)	Varies*	•	•	93%		53%
	Parenting with Love and Limits	Yes	۲	•	94%		62%

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	Scared Straight	Yes	0	0	2%	Weight of the evidence	NR
	Step Up	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
_	Team Child	Yes	Р	Null		Weight of the evidence	25%
(pər	Treatment for juveniles convicted of sex offenses	Varies*					
(continue	Multisystemic Therapy (MST) for juveniles convicted of sex offenses	Yes	•	۲	72%	Benefit-cost	51%
lo	Treatment for juveniles convicted of sex offenses (non-MST)	Varies*	Р	Null	18%	Weight of the evidence	30%
	Treatment for juveniles with substance use disorder	Varies*					
stice	Multisystemic Therapy (MST) for juveniles with substance use disorder	Yes	•	۲	51%	Benefit-cost	65%
.sní a	Other substance use disorder treatment for juveniles (non-therapeutic communities)	Varies*	Р	Null	42%	Weight of the evidence	68%
enile	Therapeutic communities for juveniles with substance use disorder	Varies*	۲	۲	74%	Benefit-cost	54%
nve	Vocational and employment training	Varies*	۲	۲	53%	Benefit-cost	55%
<u> </u>	Victim offender mediation	Varies*	Р	Null	77%	Weight of the evidence	61%
	Wilderness experience programs	Varies*	•	•	96%		36%
	You Are Not Your Past	No	Р	Р		No rigorous evaluation measuring outcome of interest	

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	<u>Anxiety</u>						
	Acceptance and Commitment Therapy (ACT) for children with anxiety	Yes	۲	۲	99%	Single evaluation	15%
	Cognitive Behavioral Therapy (CBT) for children with anxiety (group, individual or remote) $^{\#}$	Varies*	•	۲	98%	Heterogeneity	20%
	Cool Kids**	Yes					
	Coping Cat**	Yes					
	Coping Cat/Koala book-based model**	Yes					
	Coping Koala**	Yes					
	Other cognitive behavioral therapy (CBT) for children with anxiety**	Varies*					
	Parent cognitive behavioral therapy (CBT) for young children with anxiety	Varies*	۲	۲	99%	Heterogeneity	26%
	Theraplay	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
£	Attention Deficit Hyperactivity Disorder						
Mental health	Behavioral parent training (BPT) for children with ADHD		۲	۲	91%	Heterogeneity	10%
Le Le	Barkley Model**	Yes					
ente	New Forest Parenting Programme**	Yes					
ž	Cognitive behavioral therapy (CBT) for children with ADHD		Р	Null	8%	Weight of the evidence	24%
	ENCOMPASS for ADHD	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Multimodal Therapy (MMT) for children with ADHD	Varies*	۲	۲	42%	Benefit-cost	37%
	Depression						
	Acceptance and Commitment Therapy (ACT) for children with depression	Yes	۲	۲	31%	Benefit-cost/heterogeneity	NR
	Cognitive behavioral therapy (CBT) for children & adolescents with depression	Varies*	۲	۲	31%	Benefit-cost/heterogeneity	30%
	Coping With Depression—Adolescents**	Yes					
	Treatment for Adolescents with Depression Study**	Yes					
	Other cognitive behavioral therapy (CBT) for children & adolescents with depression**	Varies*					
	Collaborative primary care for children with depression	Varies*	۲	۲		Single evaluation	28%
	Blues Program (group CBT prevention program for high school students at risk for depression)	Yes	•	۲	41%	Benefit-cost	38%

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	Disruptive Behavior (Oppositional Defiant Disorder or Conduct Disorder)						
	Behavioral parent training (BPT) for children with disruptive behavior disorders	Varies*					
	Helping the Noncompliant Child	Yes	۲	۲	65%	Benefit-cost/heterogeneity	31%
	Incredible Years: Parent training	Yes	•	۲	55%	Benefit-cost	52%
	Incredible Years: Parent training + child training	Yes	•	۲	12%	Benefit-cost/heterogeneity	22%
	Parent Child Interaction Therapy (PCIT) for children with disruptive behavior problems	Yes	٠	•	78%		47%
	Parent Management Training—Oregon Model (treatment population)	Yes	•	•	84%		34%
	Triple-P Positive Parenting Program: Level 4, Group	Yes	•	•	100%		80%
	Triple-P Positive Parenting Program: Level 4, Individual	Yes	•	•	86%		36%
(pa	Other behavioral parent training (BPT) for children with disruptive behavior disorders	Varies*	۲	۲	89%	Heterogeneity	NR
une	Brief Strategic Family Therapy (BSFT)	Yes	•	۲	43%	Benefit-cost	100%
Mental health (continued)	Collaborative primary care for children with behavior disorders	Varies*	۲	۲	73%	Benefit-cost/heterogeneity	18%
Ŭ	Coping Power Program	Yes	۲	۲	55%	Benefit-cost	80%
alt	Choice Theory/Reality Therapy	Yes	۲	۲		Single evaluation	27%
hei	Families and Schools Together (FAST)	Yes	•	۲	50%	Benefit-cost	53%
tal	Kids Club and Moms Empowerment support groups	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
len	Multimodal Therapy (MMT) for children with disruptive behavior	Varies*	Р	Null	51%	Weight of the evidence	7%
2	Stop Now and Plan (SNAP)	Yes	۲	۲	4%	Benefit-cost	77%
	Fetal Alcohol Syndrome						
	Families Moving Forward	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Serious Emotional Disturbance						
	Dialectical Behavior Therapy (DBT) for adolescent self-harming behavior	Yes	۲	۲	50%	Benefit-cost	44%
	Multisystemic Therapy (MST) for youth with serious emotional disturbance (SED)	Yes	۲	۲	61%	Benefit-cost	59%
	Full Fidelity Wraparound for children with serious emotional disturbance (SED)	Yes	۲	۲		Benefits & costs cannot be estimated at this time	61%
	Individual Placement and Support for first episode psychosis	Yes	۲	۲		Single evaluation/benefits & costs cannot be estimated at this time	50%
	Intensive Family Preservation (HOMEBUILDERS®) for youth with serious emotional disturbance (SED)	Yes	۲	۲		Benefits & costs cannot be estimated at this time	94%

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lget ea	Program/intervention	Manual	Current definitions	Suggested definitions	Cost- beneficial	Reason program does not meet suggested evidence-based criteria (see full definitions at the end of the inventory)	Percent minority
	Trauma						
-	ADOPTS (therapy to address distress of post traumatic stress in adoptive children)	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Child-Parent Psychotherapy	Yes	۲	۲		Single evaluation	9%
	Cognitive behavioral therapy (CBT)-based models for child trauma	Varies*	•	•	100%		82%
	Classroom-based intervention for war-exposed children**	Yes					
	Cognitive Behavioral Intervention for Trauma in Schools**	Yes					
	Enhancing Resiliency Among Students Experiencing Stress (ERASE-Stress)**	Yes					
2	KID-NET Narrative Exposure Therapy for children**	Yes					
	Teaching Recovery Techniques (TRT)**	Yes					
2	Trauma Focused CBT for children**	Yes					
	Trauma Grief Component Therapy**	Yes					
	Other cognitive behavioral therapy (CBT)-based models for child trauma**	Varies*					
	Eye Movement Desensitization and Reprocessing (EMDR) for child trauma	Yes	•	•	82%		40%
- 1	Take 5: Trauma Affects Kids Everywhere—Five Ways to Promote Resilience	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Other						1
-	Modularized Approaches to Treatment of Anxiety, Depression and Behavior (MATCH)	Yes	۲	۲		Single evaluation	65%
	Motivational interviewing to engage children in mental health treatment	Varies*	۲	۲		Benefits & costs cannot be estimated at this time	27%

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	Child FIRST	Yes	۲	۲		Single evaluation	94%
	Communities That Care	Yes	•	•	82%		33%
	Coping and Support Training	Yes	•	•	91%		51%
	Early Start (New Zealand)	Yes	۲	۲	2%	Benefit-cost/heterogeneity	NR
	Family Check-Up (also known as Positive Family Support)	Yes	۲	۲	46%	Benefit-cost	61%
	Familias Unidas	Yes	۲	۲	41%	Benefit-cost	100%
	Fast Track prevention program	Yes	۲	۲	0%	Benefit-cost	53%
	Good Behavior Game	Yes	•	۲	70%	Benefit-cost	56%
	Guiding Good Choices (formerly Preparing for the Drug Free Years)	Yes	۲	۲	56%	Benefit-cost	46%
	Home Instruction for Parents of Preschool Youngsters (HIPPY)	Yes	Р	Р	46%	Weight of the evidence	93%
	Infant Health and Development Program (IHDP)	Yes	۲	۲	16%	Benefit-cost	58%
	Kaleidoscope Play and Learn	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
L L	Mentoring for students: community-based (taxpayer costs only)	Varies*	•	۲	72%	Benefit-cost	78%
General prevention	Big Brothers Big Sisters**	Yes					57%
eve .	Other mentoring programs**	Varies*					92%
bre	4Results Mentoring	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
a	New Beginnings for children of divorce	Yes	۲	۲		Single evaluation	11%
Inel	Nurturing Fathers	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
Ğ	Positive Action	Yes	•	•	87%		63%
	Promoting Alternative Thinking Strategies (PATHS)	Yes	Р	Null		Weight of the evidence	49%
	PROSPER	Yes	۲	۲	59%	Benefit-cost/heterogeneity	15%
	Pyramid Model	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Quantum Opportunities Program	Yes	•	۲	63%	Benefit-cost	90%
	Raising Healthy Children	Yes	Р	Р		Single evaluation	18%
	Reconnecting Youth	Yes	0	0		Weight of the evidence	92%
	Seattle Social Development Project	Yes	۲	۲	66%	Single evaluation	35%
	Strengthening Multi-Ethnic Families and Communities	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
	Strengthening Families for Parents and Youth 10-14	Yes	۲	۲	76%	Heterogeneity	21%
	Strong African American Families	Yes	۲	۲		Single evaluation	100%
	Strong African American Families—Teen	Yes	۲	۲		Single evaluation	100%
	Youth and Family Link	No	Р	Р		No rigorous evaluation measuring outcome of interest	

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	Prevention						
	Alcohol Literacy Challenge for high school students	Yes	Р	Р	58%	Single evaluation	33%
	Athletes Training and Learning to Avoid Steroids (ATLAS)	Yes	Р	Null		Weight of the evidence	22%
	Brief intervention for youth in medical settings	Yes	۲	۲	49%	Benefit-cost	65%
	Compliance checks for alcohol	Varies*	۲	۲		Single evaluation	25%
	Compliance checks for tobacco	Varies*	Р	Р		Single evaluation	28%
	Family Matters	Yes	۲	۲	74%	Benefit-cost/heterogeneity	22%
disorder	Keepin' it Real	Yes	Р	Null	62%	Weight of the evidence	83%
ord	Life Skills Training	Yes	•	۲	66%	Benefit-cost	38%
dis	Lions Quest Skills for Adolescence	Yes	۲	۲	68%	Benefit-cost	74%
use	Marijuana Education Initiative	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
e n	Multicomponent environmental interventions to prevent youth alcohol use	Varies*	Р	Р	27%	Weight of the evidence	19%
Substance	Multicomponent environmental interventions to prevent youth tobacco use	Varies*	۲	۲	86%	Heterogeneity	21%
osta	Project ALERT	Yes	•	۲	64%	Benefit-cost/heterogeneity	12%
Suk	Project Northland	Yes	•	۲	73%	Benefit-cost	36%
	Project STAR	Yes	•	۲	72%	Benefit-cost/heterogeneity	5%
	Project SUCCESS	Yes	Р	Null	39%	Weight of the evidence	38%
	Project Toward No Drug Abuse	Yes	•	۲	58%	Benefit-cost	70%
	Protecting You/Protecting Me	Yes	Р	Р		Weight of the evidence	92%
	SPORT	Yes	۲	۲	69%	Benefit-cost	49%
	STARS (Start Taking Alcohol Risks Seriously) for Families	Yes	Р	Р		Single evaluation	66%
	Teen Intervene	Yes	•	۲	94%	Heterogeneity	29%

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	Treatment						
<del>G</del>	Adolescent Assertive Continuing Care	Yes	۲	۲	36%	Benefit-cost/heterogeneity	26%
nec	Adolescent Community Reinforcement Approach	Yes	۲	۲		Single evaluation	59%
ntinueo	Dialectical Behavior Therapy for substance abuse: Integrated Treatment Model	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
(cor	Functional Family Therapy (FFT) for adolescents with substance use disorder	Yes	۲	۲	0%	Benefit-cost	74%
	Matrix Model treatment for adolescents with substance use disorder	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
disorder	MET/CBT-5 for youth marijuana use	Yes	۲	۲		Single evaluation	33%
iso	Multidimensional Family Therapy (MDFT)	Yes	۲	۲	24%	Benefit-cost	87%
e q	Recovery Support Services	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
sn	Seven Challenges	Yes	Р	Р		No rigorous evaluation measuring outcome of interest	
nce	Teen Marijuana Check-Up	Yes	•	•	100%		39%
ta	Treatment for youth involved in the juvenile justice system						
sqn	Multisystemic Therapy (MST) for juveniles with substance use disorder	Yes	•	۲	51%	Benefit-cost	65%
N N	Other substance use disorder treatment for juveniles (non-therapeutic communities)	Varies*	Р	Null	42%	Weight of the evidence	68%
	Therapeutic communities for juveniles with substance use disorder	Varies*	۲	۲	74%	Benefit-cost	54%

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- ^ Heterogeneity criterion is achieved because at least one of the studies has been conducted on youth in Washington and a subgroup analysis demonstrates the program is effective for minorities (p < 0.20). See definitions and notes on page 10 for additional detail.

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#### **Definitions and Notes:**

#### **Current Law Definitions:**

Evidence-based:	A program or practice that has had multiple site random controlled trials across heterogeneous populations demonstrating that the program or practice is effective for the population.
Research-based:	A program or practice that has some research demonstrating effectiveness, but that does not yet meet the standard of evidence-based practices.
Promising practice:	A practice that presents, based upon preliminary information, potential for becoming a research-based or consensus-based practice.

#### Suggested Definitions:

- Evidence-based: A program or practice that has been tested in heterogeneous or intended populations with multiple randomized and/or statistically-controlled evaluations, or one large multiple-site randomized and/or statistically-controlled evaluation, where the weight of the evidence from a systematic review demonstrates sustained improvements in at least one of the following outcomes: child abuse, neglect, or the need for out of home placement; crime; children's mental health; education; or employment. Further, "evidence-based" means a program or practice that can be implemented with a set of procedures to allow successful replication in Washington and, when possible, has been determined to be cost-beneficial.
- <u>Research-based</u>: A program or practice that has been tested with a single randomized and/or statistically-controlled evaluation demonstrating sustained desirable outcomes; or where the weight of the evidence from a systematic review supports sustained outcomes as identified in the term "evidence-based" in RCW (the above definition) but does not meet the full criteria for "evidence-based."
- Promising practice: A program or practice that, based on statistical analyses or a well-established theory of change, shows potential for meeting the "evidence-based" or "research-based" criteria, which could include the use of a program that is evidence-based for outcomes other than the alternative use.
- <u>Cost-beneficial</u>: A program or practice where the monetary benefits exceed costs with a high degree of probability according to the Washington State Institute for Public Policy.

#### **Reasons Programs May Not Meet Suggested Evidence-Based Criteria:**

- <u>Benefit-cost</u>: The proposed definition of evidence-based practices requires that, when possible, a benefit-cost analysis be conducted. We use WSIPP's benefit-cost model to determine whether a program meets this criterion. Programs that do not have at least a 75% chance of a positive net present value do not meet the benefit-cost test. The WSIPP model uses Monte Carlo simulation to test the probability that benefits exceed costs. The 75% standard was deemed an appropriate measure of risk aversion.
- Heterogeneity: To be designated as evidence-based, the state statute requires that a program has been tested on a "heterogeneous" population. We operationalize heterogeneity in two ways. First, the proportion of program participants belonging to ethnic/racial minority groups must be greater than or equal to the proportion of minority children aged 0 to 17 in Washington. From the 2010 Census, for children aged 0 through 17 in Washington, 68% were white and 32% were minorities. Thus, if the weighted average of program participants in the outcome evaluations of the program is at least 32% ethnic/racial minority, then the program is considered to have been tested in a heterogeneous population.

Second, the heterogeneity criterion can also be achieved if at least one of a program's outcome evaluations was conducted with K–12 students in Washington and a subgroup analysis demonstrates the program is effective for ethnic/racial minorities (p < 0.20).

Programs whose evaluations do not meet either of these two criteria do not meet the heterogeneity definition.

Single evaluation: The program does not meet the minimum standard of multiple evaluations or one large multiple-site evaluation contained in the current or proposed definitions.

<u>Weight of evidence</u>: To meet the evidence-based definition, results from a random effects meta-analysis (p-value < 0.20) of multiple evaluations or one large multiple-site evaluation must indicate the practice achieves the desired outcome(s).[1] To meet the research-based definition, one single-site evaluation must indicate the practice achieves the desired outcomes (p-value < 0.20). If results from a random-effects meta-analysis of multiple evaluations are not statistically significant (p-value > 0.20) for desired outcomes, the practice may be classified as "Null". If results from a random-effects meta-analysis of multiple evaluations or one large multiple-site evaluation indicate that a practice produces undesirable effects (p-value < 0.20), the practice may be classified as producing poor outcomes.

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