Finding Evidence-based Programs and Practices

Find information on evidence-based prevention programs and practices for prevention practitioners and individuals working in related behavioral health fields:

Behavioral Health Resources

Behavioral Health

- [Blueprints for Healthy Youth Development](#) identifies youth violence, delinquency, and drug prevention and intervention programs that meet a strict scientific standard of program effectiveness.
- [Evidence-Based Behavioral Practice (EBBP)](#) is a project that creates training resources to help bridge the gap between behavioral health research and practice.
- [The Guide to Community Preventive Services](#) provides recommendations regarding generic programs and policies on a variety of public health areas, including substance misuse, mental health, and HIV/AIDS. The Guide is sponsored by CDC.
- The [*Matrix of Children's Evidence-based Interventions* at Co-Occurring Disorders Information Center – 2006 (PDF | 169 KB),](#) developed by NRI, Inc., provides a brief but comprehensive snapshot of prevention, intervention, and/or treatment programs related to child and adolescent mental health services.
- [SAMHSA's Suicide Prevention Research Center (SPRC): Best Practices Registry](#) identifies, reviews, and disseminates information about best practices that address specific objectives of the [National Strategy for Suicide Prevention – 2012](#).
- [The Collaborative for Academic, Social, and Emotional Learning (CASEL) Guide](#) is a valuable resource for educational leaders and teams aspiring to implement research-based approaches to promote students' social-emotional development and academic performance.
- [Top Tier Evidence Initiative at the Coalition for Evidence-Based Policy](#) assesses interventions—in behavioral health and other areas—with evidence that shows significant benefits to their participants or the greater society.

Environmental Strategies

- [A Review of Environmental-based Community Interventions at NIAAA](#) presents characteristics of community-level interventions and reviews evidence that such measures can help reduce alcohol use and related problems among both youth and adults.

HIV Prevention

- The [Morbidity and Mortality Weekly Report (MMWR) at CDC – 2012 (PDF | 978 KB)](#) summarizes current (as of 2011) guidelines and recommendations published by multiple HHS agencies responsible for the prevention and control of HIV, viral hepatitis, STDs, and tuberculosis among persons who use drugs illicitly. Also included is a summary of existing evidence of effectiveness for practices to support delivery of integrated prevention services.
- [The Cochrane Library](#) contains reliable evidence from Cochrane and other systematic reviews and clinical trials. Cochrane reviews provide the combined results of the world's best medical research studies and are recognized as the gold standard in evidence-based health care.

Substance Misuse

- [Alcohol Policy Information System (APIS) at the National Institute of Alcohol Abuse and Alcoholism (NIAAA)](#) provides detailed information on a wide variety of alcohol-related policies in the United States at both state and federal levels.
- The [Athena Forum at the Washington State Department of Social and Health Services](#) describes substance misuse prevention programs and strategies with evidence of success.
- [Drug Facts: Lessons from Prevention Research at the National Institute on Drug Abuse (NIDA)](#) includes a description of 16 principles derived from long-term research studies results on the origins of drug misuse behaviors and the common elements of effective prevention programs.
- The [Evidence-based Practices Substance Abuse Database at the University of the Washington Alcohol & Drug Abuse Institute](#) focuses on evidence-based interventions for treating substance use disorders.
- The [Guide to Clinical Preventive Services, 2014 at the Agency for Healthcare Research and Quality (AHRQ)](#) provides recommendations regarding screening and counseling in clinical

settings to prevent the use of tobacco, alcohol, and other substances—among many other health topics.

- *Operational Definition for Evidence-based Practices* at the Oregon Health Authority – 2007 (PDF | 26 KB) features a unique process for determining what constitutes practice-based evidence, recognizing the importance of cultural values and traditions as a strategy for helping to protect young people from engaging in unhealthy behaviors, such as substance misuse.
- Preventing Drug Use Among Children and Adolescents at NIDA presents research-based drug abuse prevention principles, an overview of program planning, critical first steps for those learning about prevention, and examples of research-tested prevention programs.
- SAMHSA's Evidence-Based Practices Resource Center contains information about specific evidence-based practices and/or comprehensive reviews of research findings.
- Stop Underage Drinking is a federal portal of comprehensive research and resources on underage drinking prevention developed by the Interagency Coordinating Committee on the Prevention of Underage Drinking.

Federal Registries

- Compendium of Evidence-based Interventions and Best Practices for HIV Prevention at the Centers for Disease Control and Prevention (CDC) includes the strongest evidence-based HIV behavioral interventions identified by the CDC's Prevention Research Synthesis Project.
- Crime Solutions.gov is a federal website that uses rigorous research to determine what works in criminal justice, juvenile justice, and crime victim services. Many programs listed address behavioral health issues. This resource aims to assist in practical decision making and program implementation by gathering information on specific justice-related programs and reviewing the existing evaluation research against standard criteria.
- Program Directory Search at Youth.gov describes evidence-based programs designed to prevent and/or reduce delinquency or other behavioral issues among youth.
- The Model Programs Guide at the Office of Juvenile Justice and Delinquency Prevention (OJJDP) is a searchable database of more than 200 evidence-based programs that address the entire continuum of youth services, from prevention through sanctions to reentry. Programs are categorized into exemplary, effective, and promising, based on a set of methodological criteria and strength of the findings.

- [Research-tested Intervention Programs (RTIPs) at the National Cancer Institute](#) is a searchable database of evidence-based cancer control interventions designed to provide access to research-tested intervention programs and products. The database includes usefulness/integrity scores for each program, downloadable materials that are program-adaptable, and readability scores for products distributed to the public.
- [Teen Pregnancy Prevention Evidence Review at the Department of Health and Human Services (HHS)](#) includes a searchable database of program models with evidence of effectiveness for impacting rates of pregnancy, sexually transmitted infections, or sexual risk behaviors (sexual activity, contraceptive use, number of sexual partners, etc.).
- [What Works Clearinghouse at the Department of Education](#) presents findings of a systematic review process designed to identify scientific evidence of what works in education. Findings are presented to the public through a variety of products including practice guides, online reports and reviews, and a studies database.

Peer-reviewed Journals

- [American Journal of Public Health (AJPH)](#)
- [Annual Review of Public Health](#)
- [Journal of Adolescent Health (JAH)](#)
- [Journal of School Health at Wiley Online Library](#)
- [JAMA, The Journal of the American Medical Association](#)
- [Journal of Studies on Alcohol and Drugs (JSAD)](#)
- [Preventive Medicine at Elsevier](#)

Searchable Databases

- [Google Scholar](#)
- [PubMed.gov](#)

For more information, please visit SAMHSA at www.samhsa.gov and SAMHSA's Evidence-Based Practices Resource Center www.samhsa.gov/ebp-resource-center

(Updated July 19, 2019)