

# Demystifying Evidence-Based Practice Strategies: Getting Permission to Do What Works

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## Presentation Objectives

- Objective 1: Provide a background and definitions of evidence-based practice and how it has evolved over the years
- Objective 2: Describe steps to utilize evidence-based screening tools, including the need to adapt screens and interventions to individual sites
- Objective 3: Outline an example of how one evidence-based intervention was adapted for a community

## Highlights

- The goal of evidence-based practice is the integration of clinical expertise (clinical judgment and experience); external scientific evidence (best available research evidence on whether or why a treatment works); and client/patient interests, values, needs, and preferences.
- Knowledge and practice of evidence-based screening tools and interventions leads to comfort, confidence, and competence.
- Even with minor changes to make an evidence-based intervention culturally and linguistically appropriate, we found the intervention still had a significant impact. This highlights the capacity for many evidence-based interventions to be implemented in a wide variety of settings and populations.

## Resources

- [National Registry of Evidence-based Programs and Practices:](#)
- [Alcohol screening tools](#)
- [CHOICES curriculum](#)