

## **Community of Evidence-Based Practice**

### **Terms of Reference**

#### ***Why do we need a Community of Evidence-Based Practice?***

As part of the Alcohol and Drug Education and Prevention Information Service (ADEPIS), Mentor has examined the most effective ways to support and embed evidence-based practice into mainstream education. The challenges young people face are complex and interlinked, and one organisation alone cannot address all the potential harms young people face, so a Community of Evidence-based Practice (CEP) is critical in order to support the development and implementation of high quality evidence-based prevention programmes for *all* young people. This approach was supported during two discussion sessions Mentor held in 2015. During these sessions, participants supported the concept of a CEP, and suggested ways of building it and tailoring it to practitioners' needs in a way that incorporates shared aims and objectives.

#### ***Objectives of the Community of Evidence-Based Practice***

- To identify best practices in the field of evidence-based prevention at National and International level
- To deliver prevention work that is evidence based and evidence informing
- To develop a functioning network of professionals to scope readiness for, and opportunities for delivery of evidence-based practice
- To develop a common understanding of 'what works' in prevention, and how to recognise when this is happening
- To raise awareness and encourage disinvestment in approaches that 'don't work'
- To support actions that help organisations change their prevention approaches towards evidence of what works
- To develop collaborative functions at various levels (e.g. national, regional, intra-organisational) to promote and implement evidence-based practice around prevention
- To build workforce and prevention sector capacity
- To promote the need for, and importance of prevention

#### ***What are the benefits?***

The establishment of a CEP, with a focus on prevention, will allow for the sharing of information and experiences, and collective learning in order to enrich services provided to young people. As a member of the CEP you will also be able to:

- keep abreast of the latest developments in the field of prevention, health and education

- have the opportunity to lead on the development of new areas of work and research
- develop a stronger network and effective collaborations in your local area

Together we can develop best practice, build a strong evidence base of what works, involve key stakeholders in the design and delivery of programmes *that work*, and support each other in protecting children and young people from harm by building their self-efficacy and resilience to risk as they move through childhood and adolescence.

### ***How will it work?***

CEP will be a network aimed at connecting practitioners, service providers and commissioners to enable the development of effective ecosystems of prevention at a local level to ensure, that by working together, we can fill existing gaps in provision.

Mentor will host an annual roundtable event to allow members of the community to meet in person. As a member, you will be urged to collaborate and build a stronger network through sharing online material and best practice and by joining webinar sessions and forums. You will also be encouraged to regularly connect with other practitioners through interactive tools that Mentor plans to develop

### **Why evidence is important?**

“Evidence-based practice” – meaning “best practice with well-supported evidence” – is a crucial element in policy development and the implementation of programmes in the prevention field.

Evidence-based prevention is one component of an ethical approach to supporting young people. Prevention, by definition, is designed to change behaviour, cognitions, and opportunities. Prevention that is not based on evidence of effectiveness, or an approach that has a high probability of being effective is unethical as it does not provide young people with the support they need, and may lead to increased involvement in activities that have negative consequences on health, relationships and life opportunities.

Using solid evidence can help us deliver impactful activities, produce better policy and guidance, and improve professional service delivery. Evidence should be used in the design, delivery and evaluation of programmes targeting young people. Prevention should also aim to be evidence-generating so that success and lessons learned can be shared with others.

Here are some important principles about using evidence:

- Evidence is support, not proof or truth, of an assertion
- Evidence provides a deeper understanding and insight into the impact of our work
- Evidence gives us opportunities for reflection and improvement
- Evidence is for anyone, adding value to all those involved in the delivery of, or benefitting from, services

## Evidence-based alcohol and drug education and prevention

Research has identified some approaches that are effective in preventing or reducing the use of alcohol and drug use by young people, as well as engagement in other risky behaviours. To be part of the ADEPIS Community of Evidence Based Practice and to support our common goal, you should familiarise yourself with the following, and support the included approaches and principles.

- [UNODC International Standards in Drug Use Prevention](#) (link to the PDF version [here](#))
- [PHE – The international evidence on the prevention of drug and alcohol use. Summary and examples of implementation in England](#)
- [European Drug Prevention Quality Standards](#)
- [ADEPIS Quality Standards for Effective Alcohol and Drug Education](#)
- [Advisory Council on the Misuse of Drugs \(ACMD\) Prevention of Drug and Alcohol Dependence paper](#)
- [NICE Guidelines on Targeted Drug Interventions](#)
- [NICE Guidelines on School Based Alcohol Interventions](#)

Additional supporting [briefing papers](#) outlining ‘what works’ in the field of prevention can be found under the Resources section of the Mentor-ADEPIS website. We would like to draw your particular attention to [School-based alcohol and drug education: what works?](#)

## What does membership to the Community of Practice mean?

By becoming a member of the Mentor-ADEPIS Community of Evidence Based Practice around Prevention you understand and commit to the following terms:

- Being part of the community DOES NOT mean endorsement of your work by Mentor ADEPIS. Should you wish formal endorsement of your work by Mentor you will be required to undertake the Mentor-ADEPIS Quality Mark assessment (ask us to find out more).
- You agree not to use your participation in the CEP to promote your work to third parties. Promotion should be based on demonstrating that you meet standards of best practice and that you deliver effective prevention activities.
- Being part of the community means understanding and accepting mutual learning and improvement opportunities through discussion, debate and collaboration with other members
- Being part of the community means that you formally commit to improve or maintain your practice, so that you meet evidence-based standards for effective prevention and are ready to share updates in relation to the status of your progression to other CEP members
- By registering to the Community of Evidence Based Practice all members agree with sharing their contact details with other members of the community through the [Community website](#). By signing up, you agree to us adding your details to our

database, so that we can contact you about evidence-based practice, news about our work and ways in which you can get involved. We will keep your details safe and will not pass your contact details on to any third party without your express permission. You can unsubscribe or change your preferences at any time by email at [info@mentoruk.org](mailto:info@mentoruk.org) Please read our [privacy policy](#) for more details.

**I confirm that I have read and understood this agreement and agree to the terms and conditions.**

***On behalf of Applicant***

Name \_\_\_\_\_

Signature \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Date \_\_\_\_\_