

Treatment Fidelity Monitoring Fact Sheet



February 2022

What is Treatment Fidelity?

State Standards require that accountability courts deliver evidence-based treatment curricula to program participants. Evidence-based means that research has shown the curriculum is effective when it is administered as designed with fidelity to the treatment model. CACJ created a process to monitor fidelity to evidence-based treatment models to ensure that participants are receiving effective interventions and education. CACJ is committed to assisting all certified and state-funded accountability courts with implementing evidence-based treatment curricula. The Treatment Services Program Manager and Treatment Fidelity Program Monitor conduct trainings, site visits, and provide targeted feedback to improve treatment delivery through technical assistance (TA).

Number of court programs that received in-person or virtual site visits from July – December 2021: 8

Average score: 71



What is being done well?

Responsiveness from the courts

Court programs are doing well responding to the treatment fidelity monitoring team in promptly scheduling both in-person and virtual fidelity visits, based on their programs' needs. CACJ is receiving responses back from the court (before, during, and/or after the fidelity visit), and there is a steady flow of fidelity visits (usually 2-3 courts) planned per month.

Common Mistakes

The following are the most-common mistakes identified by the treatment fidelity monitoring team at site visits:

- Facilitators are not adapting virtual groups and expectations of curricula to be congruent with in-person groups (group rules, role plays, etc.).
- Facilitators must understand curricula instructions are the same for the virtual environment as it is for the in-person environment.
- Some facilitators are adding their own criteria to evidence-based curricula such as processing a “situation of the day” or presenting their own material to make up for extra time in the group, etc. Once a facilitator adds his/her own materials to the curricula, it is no longer evidence-based treatment that he/she is providing.

Ways to Make Improvements and Associated Resources

- Attend a quarterly or semi-annual virtual/in-person workshop for facilitating evidence-based groups virtually.
- Conduct monthly team meetings to discuss what is working well and what isn't.
- Understand the importance of remaining up-to-date with boosters, trainings, etc. for treatment.
- Attend CACJ's treatment and fidelity virtual office hours to ask pertinent questions.

Changes to Processes

The Treatment Fidelity Monitoring Program will experience the following changes to processes, effective July 2022:

- New and revised Treatment Fidelity Handbook
- Added monitoring of additional evidence-based curricula (Seeking Safety and Interactive Journaling)
- Revised evaluation forms for fidelity visits (adapted for both in-person and virtual) with new scoring tiers:
 - Exemplary (score 95-100)
 - Good (score 80-94)
 - Adequate (score 79-70)
 - Inadequate/Not Evidence-Based (score 69 or below) – *this will automatically warrant a technical assistance visit from the Treatment Fidelity Team and Treatment Services Manager*
 - Anonymous participant feedback forms during site visits to share their experience(s) related to the curricula and group sessions
 - *Feedback may be used with suggestions and/or highlighting strengths of program/facilitator in the formal treatment fidelity report*
 - A semi-annual (January-June and July-December) treatment fidelity data sheet which will cover courts visited, average scores, number of technical assistance visits, etc.

Important Dates

- * January 28 – Virtual Best Practices Fact Sheet Created
- * February 1 – New Treatment Fidelity Handbook Rollout
- * February 2 – Treatment & Fidelity Virtual Office Hours
- * March 2022 – Treatment Fidelity Newsletter article, “What constitutes a good fidelity visit?”
- * April 2022 – Mental Health Initiative Webinar/Speaker (TBD)
- * July 2022 – Mental Health Initiative Webinar/Speaker (TBD)
- * October 2022 – Mental Health Initiative Webinar/Speaker (TBD)
- * April 6 – Treatment & Fidelity Virtual Office Hours
- * June 1– Treatment & Fidelity Virtual Office Hours
- * August 3– Treatment & Fidelity Virtual Office Hours
- * October 5 – Treatment & Fidelity Virtual Office Hours
- * December 7 – Treatment & Fidelity Virtual Office Hours
- * January 2023 – Mental Health Initiative Webinar/Speaker (TBD)

Please Note: Treatment & Fidelity Virtual Office Hours are from 12:00 pm – 1:00 pm. Please register in advance here:

<https://us06web.zoom.us/meeting/register/tZMrcuqgrT8uGty-RZaRhWpFzRVzfqMNOOVn>

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