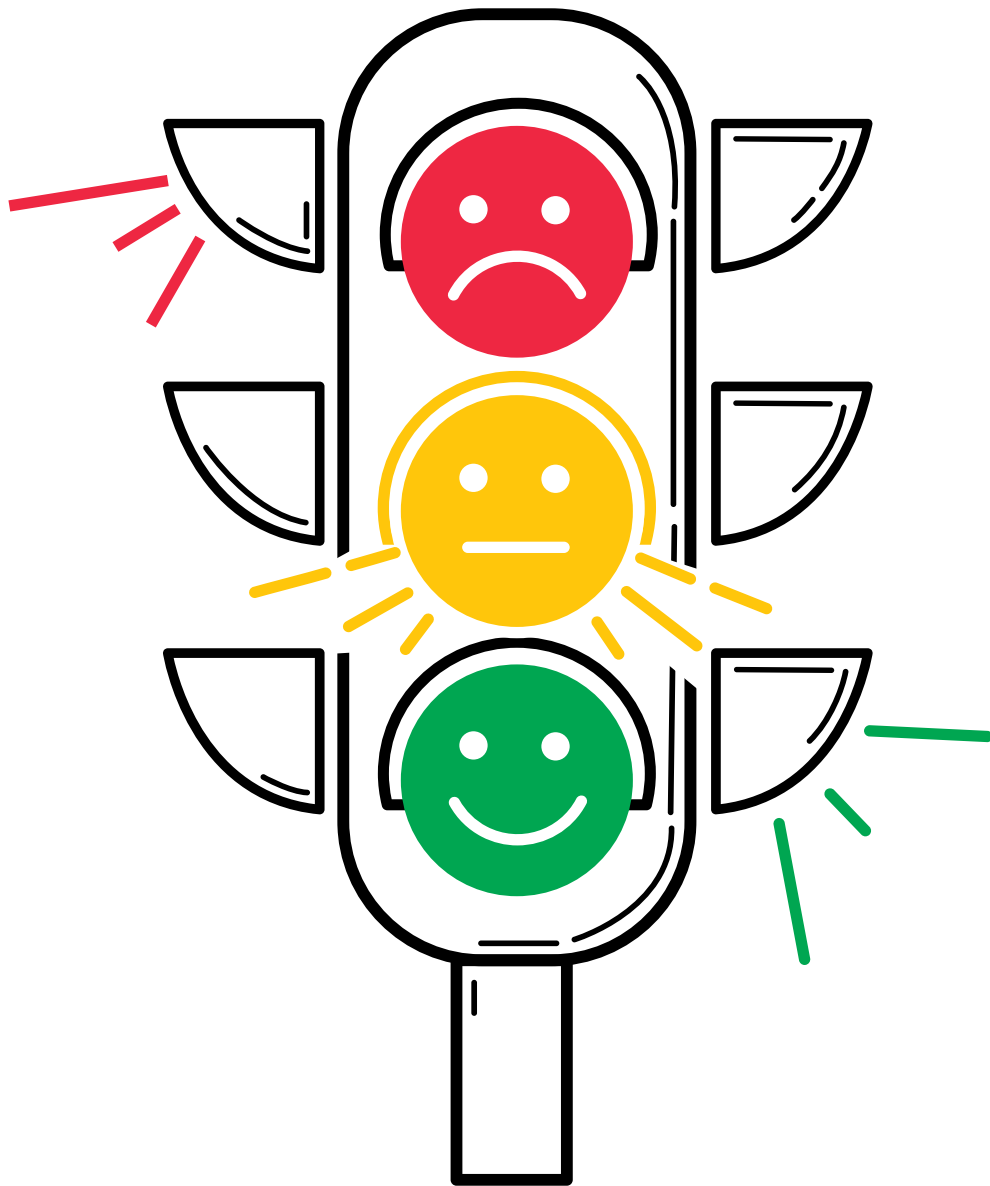


# Adapting EBPs

## Using the Traffic Light Model (Part 2)

A deeper dive on:  
Why, When, and How to Adapt



# Most Common Reasons

For Red Light Adaptations



Lack of time

---

Competing time demands

---

Difficulty retaining and engaging participants

---

Lack of fit with community needs

---

Recruitment Difficulties

# Be Aware. Be Proactive.

Suggestions & Guidance on  
Red Light Adaptations



## Preventing Red Light Adaptations

### Be Aware

Knowing that these are the most common reasons for Red Light adaptations can inform your early implementation decisions. For example, a lack of fit can be addressed in the program selection phase.

### Be Resourceful

Many of these *common reasons* overlap with yellow light adaptations. Utilize your resources to your advantage and decide on **yellow light** solutions that match your needs.

## Dealing with TIME

### Allocate Time

Time is precious yet sparse. Know that successful implementation requires *enough* designated hours across the team. Ensure that responsibilities are clear from the start. Delegation & communication are key when dealing with time.

### Work as a Team

A strong team that works together helps maintain cohesion. Make decisions as a team, and keep your tasks aimed toward a common goal. Check in regularly to identify needs and brainstorm effective solutions.

**Remember that Red Light Adaptations are NOT Effective**

---

*Connect Before Adapting: (1) Program Developers (2) Technical Assistance Professionals*

# **Most Common Reasons**

**For Yellow Light Adaptations**



**Difficulty engaging/retaining participants**

---

**Lack of fit with community needs**

---

**Needing a more culturally appropriate program**

---

**Lack of time & competing demands**

---

**Lack of space**



# Be Aware. Be Proactive.

Suggestions & Guidance on  
Yellow Light Adaptations



## Preventing Yellow Light Adaptations

### Be Aware

Knowing that these are the most common reasons for Yellow Light adaptations can inform your implementation decisions. **EX:** An outdated program may warrant updated health information & statistics.

### Be Selective

Selecting a program that is a good fit for your community is important. No one knows your community better than YOU. Advocate for a better fitting program to avoid common pitfalls.

## Before Adapting

### Know Your EBP

Understanding the **logic model, theories, & components** that drive your EBP is critical in knowing what areas are off-limits. Take time to learn the ins and outs of the EBP you are implementing.

### Training & Preparation

In addition to your program-specific training, take advantage of your Technical Assistance (TA) provider who has been trained in program Fidelity & Adaptation

## Examples of Yellow Light Adaptations

Adding resources to connect participants to further assistance

Assigning a module as homework to make up for lost time

---

*Connect Before Adapting: (1) Program Developers (2) Technical Assistance Professionals*

# Most Common Reasons

For Green Light Adaptations



**Needing developmentally appropriate material**

---

**Responding to individual needs**

---

**Updating health statistics & information**

---

**Needing culturally appropriate language**

---

**Needing culturally appropriate materials**

# Be Aware. Be Proactive.

## Suggestions & Guidance on Green Light Adaptations



## Green Light Adaptations

Generally OK to make because they respond to the deepest needs of the participants. Still connect with your program developer before adapting. Adaptations are not always necessary.

Rather than preventing Green Light Adaptations, work towards making these changes as effective and accommodating as possible.

With any adaptation, extra time must be dedicated to meeting with your team and TA professionals as well as evaluating any changes!

## Examples of Green Light Adaptations

Providing materials in a different language to accommodate participants or their families

Changing pictures to reflect community culture or developmental level

Modifying role-playing activities to match community culture

Modifying activities to better engage participants

---

*Connect Before Adapting: (1) Program Developers (2) Technical Assistance Professionals*