

Appendix A.11 – Evidence-Based Programs and Registries

Table 1. Examples of evidence-based programs supported by volunteers

This table contains programs developed or adapted for volunteer engagement in which eligible research studies have already been reviewed by a federal agency. It reflects programs identified by AmeriCorps as of 2017 and should not be construed as a comprehensive list of *all* evidence-based programs that may potentially be relevant to AmeriCorps Seniors grantees.

Program name & Developer Website ⁱ	Demonstrated Outcomes	Mode and Duration ⁱⁱ	Evidence Review
Across Ages http://acrossages.org	Improved attitudes toward school, future, and elders. Fewer absences from school.	Mentoring by older adult volunteer with students 10 to 13 years old for a minimum of two hours per week. Participants receive 26 weekly 45-minute Social Problem-solving lessons and are engaged in weekly community service and family activities.	For a US Department of Justice (USDOJ) National Institute of Justice-sponsored review of research (2013), see http://www.crimesolutions.gov/ProgramDetails.aspx?ID=314 . See also https://nrepp.samhsa.gov/ProgramProfile.aspx?id=209 .
A Matter of Balance www.mainehealth.org/mob	Decreased fear of falling and associated restrictions in activity levels.	Eight two-hour, small-group sessions with eight to twelve participants over four or eight weeks	Impacts were demonstrated with professional leaders and shown to produce similar outcomes using the subsequently-developed lay leadership model. See https://www.ncbi.nlm.nih.gov/pubmed/9826971 and https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4410326/
Big Brothers Big Sisters Community-Based Mentoringⁱⁱⁱ https://www.bbbs.org/community-based/	Positive findings for student behavior.	Mentor and young person (age 6-18, predominantly from low-income, single-parent households) meet for two to four times per month for at least a year, and engage in activities of their choosing (e.g., studying, cooking, playing sports). The typical meeting lasts three to four hours.	For a US DOJ National Institute of Justice-sponsored review of research (2011), see http://www.crimesolutions.gov/ProgramDetails.aspx?ID=112 . See also https://ies.ed.gov/ncee/wwc/Study/82206

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Program name & Developer Website ⁱ	Demonstrated Outcomes	Mode and Duration ⁱⁱ	Evidence Review
<p>Chronic Disease Self-Management Program and variations^{iv} https://www.selfmanagementresource.com/</p>	<p>Demonstrated impacts vary by program, but include improvements in healthy behavior, self-reported health, reduced limitation in social roles/activity, and reductions in utilization of medical service.</p>	<p>Weekly, two-and-a-half-hour small group workshop for six weeks, except for:</p> <ul style="list-style-type: none"> • Arthritis Self-Management - weekly two-hour workshop for six weeks • Online Disease Self-Management - log on two to three times per week 	<p>See citations in the Centers for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs (https://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf). For a review of research and implementation support for the Spanish-language version of the Diabetes Self-Management Program see: https://acl.gov/sites/default/files/programs/2017-03/Programa_de_Manejo_Personal_de_la_Diabetes.pdf</p>
<p>Enhance Fitness https://projectenhance.org/enhancefitness/</p>	<p>Improvement in physical and psychological functioning, decreased depression, lower healthcare utilization.</p>	<p>Three one-hour classes per week on an ongoing basis</p>	<p>For a review of research and implementation support, see: https://www.acl.gov/sites/default/files/programs/2017-03/EnhanceFitness_InterventionSummary.pdf</p>
<p>Experience Corps www.aarp.org/experience-corps</p>	<p>Improved reading comprehension and teacher assessment of grade level reading skills for students in grades one through three.</p>	<p>Tutoring by older adult volunteers with elementary school students considered at-risk of academic failure. Sessions range in frequency and length—two to four times per week for 25-45 minutes for 35 weeks.</p>	<p>As described in USDOE What Works Clearinghouse single study review: http://ies.ed.gov/ncee/wwc/Study/67280.</p>
<p>Fit and Strong http://fitandstrong.org</p>	<p>Increases in physical activity, improved lower extremity strength and mobility (risk factors for falls), decreased anxiety and depression.</p>	<p>Three 90-minute sessions per week for eight weeks</p>	<p>For a review of research and implementation support, see: https://www.acl.gov/sites/default/files/programs/2017-03/Fit_and_Strong.pdf.</p>

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Healthy Steps for Older Adults www.aging.pa.gov/aging-services/health-wellness/Pages/Healthy-Steps-for-Older-Adults.aspx	Reduced incidence of falls, frequency of self-reported hospital and emergency department use.	Screening, assessment and two-and-a-half-hour workshop (four hours total)	For a review of research and implementation support, see: https://www.acl.gov/sites/default/files/programs/2017-03/HSOA-Intervention-Summary-Report.pdf .
Jumpstart http://jstart.org	Improvements in oral language and early literacy skills for pre-school age children in under-resourced neighborhoods.	Two-hour, volunteer-led pre-Kindergarten class sessions two days per week for 20 weeks. Each session revolves around a core storybook and skills-based activities. One-on-one child-centered time in classroom.	For a 2015 impact evaluation report of the California Jumpstart College Corps program see http://www.nationalservice.gov/impact-our-nation/evidence-exchange/Jumpstart-CA .
Program of All-Inclusive Care for the Elderly (PACE) www.npaonline.org	Fewer hospitalizations, nursing home stays and depressive symptoms; better self-reported health compared with nursing-home eligible HBCS participants.	PACE programs coordinate and provide all needed preventative, primary, acute and long-term care services. Participants are transported to a center on average three times a week for therapies and interdisciplinary team care.	For an Administration for Community Living-sponsored review of research (2012) on patient outcomes within the PACE program, see https://www.acl.gov/sites/default/files/programs/2017-03/PACE-ADEPP-Summary-2014.pdf .
Reading for Life www.readingforlife.us	Reduced rearrests and arrest counts for prosecuted misdemeanors, felonies, and other offenses.	A diversion program in which juveniles ages 13–18, who have committed non-violent offenses, study works of literature and classic virtue theory in small groups, led by trained volunteer mentors. Groups meet twice a week for one hour over the course of 10-12 weeks. ^v	For a USDOJ National Institute of Justice-sponsored review of research (2016) on the Reading for Life program, see http://www.crimesolutions.gov/ProgramDetails.aspx?ID=464 .

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Program name & Developer Website ⁱ	Demonstrated Outcomes	Mode and Duration ⁱⁱ	Evidence Review
Reading Partners http://readingpartners.org	Improved sight word recognition, reading comprehension, and fluency for students in grades two and three.	Tutoring by community volunteers with elementary students one-half to two-and-a-half years behind grade level supported by a standard reading assessment, research-based curriculum, full-time site coordinator, and dedicated program space. Tutoring is offered in twice-a-week, 45-minute sessions.	As described in USDOE’s What Works Clearinghouse single study review: http://ies.ed.gov/ncee/wwc/Study/80616 . The average student in the impact study received 57 minutes of tutoring per week for 28 weeks.
Senior Reach www.seniorreach.org	Reduced isolation and depression and improved physical, social, and mental health functioning of seniors served.	Volunteers are educated to observe behaviors that indicate an older adult may be in need of help. An elder-friendly, telephonic single point of entry (call center) receives referrals and reaches out to seniors in need and arranges a home visit to determine what services are needed.	For a Substance Abuse and Mental Health Services Administration-sponsored review of research (2012), see http://legacy.nreppadmin.net/ViewIntervention.aspx?id=330
Sound Partners www.voyagersopris.com/curriculum/subject/literacy/sound-partners	Improvements in recognizing the relationship between letters and sounds (phonemic and phonological awareness), reading fluency and comprehension.	Scripted lessons for tutors with minimal training and experience assisting students in kindergarten through third grade with below average reading skills in alphabetic and phonics skills. Uses Bob Books® beginning reading series as one of the primary texts for oral reading practice. Thirty-minute sessions three to four times per week for 25-28 weeks.	The USDOE What Works Clearinghouse summarizes multiple impact evaluations of the Sound Partners beginning reading tutoring program curriculum: http://ies.ed.gov/ncee/wwc/Intervention/440 .
Tai Ji Quan: Moving for Better Balance http://tjqmbb.org	Improved functional balance, increased mobility, reduced number of falls.	One-hour group sessions, two to three times per month for six months/48 sessions	For a review of research and implementation support, see: https://www.acl.gov/sites/default/files/programs/2017-03/TaiChi_InterventionSummary.pdf .

Program name & Developer Website ⁱ	Demonstrated Outcomes	Mode and Duration ⁱⁱ	Evidence Review
Wellness Initiative for Senior Education (WISE) https://centerforprevention.org/wise/	Improved knowledge and attitudes about aging, depression, alcohol, and medications. Improved health and health care behavior, medication management.	Weekly, two-to-three-hour, small-group sessions for six weeks	For a review of research and implementation support, see: https://www.acl.gov/sites/default/files/programs/2017-03/WISE_ACL_Summary.pdf

Table 2. Federal registries of evidence-based interventions

These registries rate or list *programs* or *practices* based on rigorous studies and outcomes of interest to AmeriCorps. Use the link in the table below to go directly to the search page. Follow instructions in the third column to identify programs and practices that received acceptable ratings of evidence.

Agency	Name of registry, web address, & description	Acceptable rating & how to find/filter for it
Institute for Education Sciences (U.S. Department of Education)	What Works Clearinghouse/Find What Works www.ies.ed.gov/ncee/wwc <i>Description: Summarizes and rates evidence for 150+ educational programs, practices, and curricula, many with cost and contact information.</i>	Must be supported by a study that meets What Works Clearinghouse standards without reservation and has at least one statistically significant positive finding. In systematic reviews: “Potentially Positive” (+), “Positive” (++), or “Mixed” (+-).
Administration for Community Living (U.S. Dept. of Health and Human Services)	Aging and Disability Evidence-Based Programs and Practices www.acl.gov/Programs/CPE/OPE <i>Description: Contains information on research evidence, implementation materials, cost, and contacts for a dozen programs that can be readily replicated (10-20 pages each).</i>	All program models listed on this page
Centers for Disease Control (U.S. Dept. of Health and Human Services)	CDC Compendium of Effective Fall Interventions www.cdc.gov/homeandrecreationalafety/Falls <i>Description: Highlights 15 exercise and 12 multifaceted programs shown to reduce falls among seniors 60+ (2-4 pages each).</i>	All program models listed in the compendium

Agency	Name of registry, web address, & description	Acceptable rating & how to find/filter for it
<p>Centers for Medicare and Medicaid Services (U.S. Dept. of Health and Human Services)</p>	<p>Evaluation of Community-based Wellness and Prevention Programs https://innovation.cms.gov <i>Description: Examines Medicaid cost savings from participation in programs promoting physical activity, falls prevention, and chronic disease self-management.</i></p>	<p>Program must have at least one “Level 1” study <i>Evidence for programs is reviewed in Section 1. Evidence Review Results.</i></p>
<p>National Institutes of Health, National Cancer Institute (U.S. Dept. of Health and Human Services)</p>	<p>Research-tested Intervention Programs (RTIPs) https://rtips.cancer.gov/rtips <i>Description: Summarizes and rates evidence and replicability for 150+ cancer prevention programs.</i></p>	<p>Program must score 4 or higher in “Research Integrity” and “Intervention Impact.” <i>Filter by any criteria</i></p>
<p>Substance Abuse and Mental Health Services Administration (U.S. Dept. of Health and Human Services)</p>	<p>National Registry of Evidence Based Programs www.nrepp.samhsa.gov <i>Description: Rates 350+ substance abuse and mental health interventions. Most designed for professional delivery. Search results are divided into two lists--newly reviewed or legacy--depending on when the program was added to the registry.</i></p>	<p>Newly reviewed programs must be “Promising” or “Effective” for desired outcome. Legacy programs must be rated 3+ for desired outcome. <i>Enter keyword and click Search Now. Filter results by rating.</i></p>
<p>Office of Juvenile Justice and Delinquency Prevention (U.S. Department of Justice)</p>	<p>Model Programs Guide www.ojjdp.gov/mpg <i>Description: Summarizes and rates evidence for 250+ programs (from crimesolutions.gov) for juvenile justice and youth prevention, intervention, and reentry outcomes.</i></p>	<p>Program must be rated “Promising” or “Effective” <i>Filter by criteria on left panel. Select View Effective or View Promising tabs.</i></p>
<p>National Mentoring Resource Center (sponsored by USDOJ OJJDP)</p>	<p>Mentoring Program Reviews www.nationalmentoringresourcecenter.org <i>Description: Easy access to reviews from crimesolutions.gov for 35+ mentoring programs along with helpful insights on each program, including Experience Corps.</i></p>	<p>Program/practice must be rated “Promising” or “Effective”</p>

Table 3. Program evaluation research registries

These registries rate the rigor of *studies* of interest in the areas of strengthening families, labor, national service, and employment readiness. *Having the required rating in column three does not indicate that the program has demonstrated positive results.* The research may have actually demonstrated negative impact for participants. Activate the link provided in column two to go directly to the search page, then follow instructions in the third column to identify studies with experimental or quasi-experimental evaluation designs.

Agency	Name of registry, web address, & description	Required study rating & how to filter search results
Administration for Children and Families (U.S. Dept. of Health and Human Services,)	Strengthening Families Evidence Review http://familyreview.acf.hhs.gov <i>Description: Reviews 199 studies and identifies 18 with high and moderate rating. (Does not rate programs.)</i>	Study must be rated “Moderate” or “High” At left, in Study Search Descriptions box, click on Study Rating and select Moderate and High
AmeriCorps	Evidence Exchange www.nationalservice.gov/evidence-exchange <i>Description: Contains evaluation research reports on models sponsored by AmeriCorps, notably Minnesota Reading Corps (Pre-K, K-3).</i>	Study must be rated “Moderate” or “Strong.” Open the Advanced Search tab. Locate the Levels of Evidence criteria and select Moderate and Strong.
U.S. Department of Labor	Clearinghouse for Labor Evaluation and Research (CLEAR) http://clear.dol.gov <i>Description: Summarizes and rates studies in topic areas such as opportunities for youth disconnected from school and the workforce; women in science, technology, engineering, and math (STEM); and saving for retirement.</i>	Supporting studies must be rated “Moderate Causal Evidence” or “High Causal Evidence” Select a Topic Area, filter by Study Type: Causal Analysis and select Moderate or High.

ⁱ A listing in this table does not constitute endorsement of the program or of products and services offered by program developers.

ⁱⁱ Mode and duration are two facets of the program model that may need to be implemented with fidelity. Program developers often require the use of additional implementation materials and fidelity assurance mechanisms.

ⁱⁱⁱ The Big Brothers Big Sisters Community-Based Mentoring Program has demonstrated outcomes related to student behavior. ED27 may be used to fulfill National Performance Measure requirements.

^{iv} For a comparison of impacts of CDSMP and related chronic disease self-management programs, see: <http://www.eblcprograms.org/evidence-based/recommended-programs/chronic-disease-medication-management>. Related evidence-based programs include, but are not limited to the Better Choices, Better Health® Workshop, Arthritis Self-Management, Chronic Pain Self-Management, and Online Disease Self-Management.

^v The Reading for Life program does not regularly require academic engagement outcome data for participants. ED27 or ED6 may be used to fulfill National Performance Measure requirements.