



## THE EVIDENCE-BASED BULLETIN

Fidelity is more than just a buzzword!

For evidence-based programs, “fidelity” means following the guidelines that the program developers established so that you can ensure the safety and positive benefits of each program for your participants.

“Fidelity” means different things for different programs, but includes...

- **Prepare:** Review the leader manual and all materials prior to starting a workshop. Make sure that enough people are signed up. CDSMP requires 12-16 participants, A Matter of Balance requires 8-12 participants, and AFEP requires a second leader for groups of 20 or more.
- **Discuss:** Follow the activities in the manual as listed, and discuss who will do what with your co-leader as applicable. Keep a timer on hand to keep track of your workshop activities.
- **Schedule:** Stick to the time and scheduling guidelines. For example, CDSMP workshops must be scheduled to last 2.5 hours each. A Matter of Balance can be held once/week for 8 weeks or twice/week for 4 weeks.
- **Stay certified:** A Matter of Balance coaches must attend update training yearly. CDSMP leaders must facilitate at least one workshop per year. AFEP leaders must recertify online every 2 years.

### Technical Assistance Tip

Fidelity can be complicated and is different for every program. Partners in Care Foundation is here to help! We understand that you have a lot on your plate, but at *Partners* evidence-based programs are our bread and butter. For any questions about fidelity or upcoming evidence-based program trainings in Los Angeles, don't hesitate to contact us at 818-837-3775 (Allison Goforth: ext. 136).

Action Planning is the most difficult part of CDSMP. Review the Action Plan Flow Chart in Appendix II of the leader manual before beginning each workshop.

**CDSMP**  
**Fidelity Tips**

To get enough participants for a CDSMP workshop, it's recommended to have a minimum of 15 people register beforehand.