epiphany
community
services

What is a Comprehensive Intervention?

A comprehensive intervention will seek to have as many of the core intervention strategy components as possible. For example, to improve self-identification of depression, a community will promote awareness of signs of depression, have locations for assessment close to where people either work or live, provide an incentive for getting screened such as work time off, and make it part of the person's annual physical.

Elements are the distinct activities or steps taken to implement a component. If the component is to change policy to include time off for screening for depression there will be multiple elements such as changing language, meeting with the appropriate people, demonstration of benefits etc.

A mode of delivery refers to how each component and element of the intervention will be delivered. Common modes of delivery include courses, workshops, personal coaching, support groups, media campaigns, advocacy efforts and ways to implement the interventions (CTB, University of Kansas, 2005)

Core Components

Core Components of interventions are general approaches intended to bring about change in behavior and improvement in outcomes (CTB, University of Kansas, 2005)

Intervention Strategies

Provide Information
Conducting educational presentations, workshops or seminars or other presentations of data. These are typically one-way communications such as billboards, web-based communication, brochures etc.

Build Skills
Holding two-way communication events such as training, technical assistance, distance learning and curriculum development in workshops, seminars or other activities designed to increase the skills of participants, members and staff needed to achieve population level outcomes.

Provide Support
Creating opportunities to support people to participate in activities that reduce risk or enhance protection such as alternative activities, mentoring, referrals, support groups or clubs.

Modify Access/Barriers
Improving systems and processes to increase the ease, ability and opportunity to utilize those systems and services, such as ensuring access to healthcare, justice, education, special needs and cultural and language sensitivity.

Changing Incentives/Disincentives
Increasing or decreasing the probability of a specific behavior that reduces risk or enhances protection by altering the consequences for performing that behavior. Examples include: increasing public recognition for deserved behavior, individual/business rewards, taxes, citations, finds, revocations/loss of privileges.

Change Physical Design
Changing the physical design or structure of the environment to reduce risk or enhance protection. Examples include parks, landscapes, signage, lighting and outlet density.

Modifying Policies
Making formal change in written procedures, bylaws, proclamations, rules or laws with written documentation and or voting procedures. Examples include workplace initiatives, law enforcement procedure and practices, public policy actions, systems change with government, communities and organizations.