



Blues Program Protocol Adherence Form Completion Instructions

These instructions are meant to provide guidance to Blues Program providers in completing the Blues Program Protocol Adherence Form. The Protocol Adherence Form is utilized by providers to ensure adherence to the fidelity of the program. Protocol Adherence Forms can be completed by Blues Program facilitators and/or observers. By completing these forms, you are measuring and monitoring the content covered throughout the six sessions of the program and can then communicate this information to your program's funder and/or key stakeholders. The step-by-step instructions are provided below:

Step 1

- Make sure you have the correct form for the session being delivered.
- Provide the information at the top of the form by filling in:
 - **Rater** – name of person completing the form (this person may be the program facilitator or the observer)
 - **Date of Rating** – date of the session
 - **School** – name of school building
 - **Cohort (Group)** – number or ID or other identifiable information for the cohort or group being delivered.
 - **Facilitators** – name of the facilitator or facilitators who are delivering the session.

Step 2

- Review and familiarize yourself with the Segment/Content areas listed at the bottom of the form. This is the list of items that are aligned with the key concepts throughout each session of the program. The key concepts are underlined in each section of the manual. For each of the content areas, you will be rating yourself or the facilitator with the rating scale on the form (100, 90, 80, 70, etc.); which is explained in Step 4.

Step 3

- Facilitate or observe the Blues Program session.

Step 4

- Complete the ratings for each Segment/Content area.
 - ✓ How to complete the ratings... Look at each of the Segment/Content areas listed on the form. Review the rating scale on the form and determine the rating that you would give yourself, or the facilitator that you observed, and place that rating next to the Segment/Content area. Rating scale for each session is as follows:
 - 91-100 = Perfect! Absolutely all material in the section was presented exactly as written.
 - 81-90 = Excellent. All key concepts and almost all material in the section were presented.
 - 71-80 = Very good. All key concepts were presented but some supporting material was

skipped.

61-70 = Good. Most key concepts of the section were presented.

51-60 = Fair. One key concept was not presented.

41-50 = Mediocre. The majority of key concepts were presented but significant gaps.

31-40 = Minimal adherence. The majority of key concepts were presented but poorly.

21-30 = Poor. The majority of the key concepts were not presented.

11-20 = Very poor. Material of this section was mentioned only very briefly.

0-10 = No adherence. The section was skipped entirely.

Step 5

- Enter the ratings into the PCCD Quarterly Reporting – Blues Program Data Tool. The tool will then calculate:
 - ✓ The number of sessions that were observed/rated.
 - ✓ The average score/number of the individual session observations.
 - ✓ The average score/number of the ratings from all session observations.

Step 6

- Communicate about your Model Fidelity to your program funder(s) and/or key stakeholders!
 - Why is Model Fidelity important?

Evidence-based programs are proven to get high quality outcomes for youth, families, and communities. However, these programs only predictably produce quality outcomes when they are implemented as they were designed by the researchers who developed them, with fidelity to the model.

Questions?

You can contact the EPIS Implementation Specialist Team
Phone: (814) 863-2568 | EPIS@psu.edu



Evidence-based Prevention and Intervention Support

Prevention Research Center | Center for the Study of Prevention Research

Protocol Adherence
Blues Program Session 1

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
90 = Excellent. All key concepts and almost all material in the section were presented (95%).
80 = Very good. All key concepts were presented but some supporting material skipped (90%).
70 = Good. Most key concepts of the section were presented (80%).
60 = Fair. One key concept was not presented (70%).
50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
30 = Poor. The majority of the key concepts were not presented (<50%).
20 = Very poor. Material of this section was mentioned only very briefly (10%).
10 = No adherence. The section was skipped entirely.

Rating Segment/Content

_____ = Agenda and Overview

_____ = Making Connections

_____ = Triangle of feelings, thoughts, and actions

_____ = Changing Thinking

_____ = Changing Doing

_____ = Setting goals

_____ = Motivation

_____ = Home Practice Assignment

Protocol Adherence
Blues Program Session 2

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 90 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 80 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 70 = Good. Most key concepts of the section were presented (80%).
- 60 = Fair. One key concept was not presented (70%).
- 50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 30 = Poor. The majority of the key concepts were not presented (<50%).
- 20 = Very poor. Material of this section was mentioned only very briefly (10%).
- 10 = No adherence. The section was skipped entirely.

Rating Segment/Content

_____ = Review and Check in

_____ = Changing thinking (Giving Compliments)

_____ = Changing thinking (What's the alternative?)

_____ = Changing doing (Rewards and Punishments)

_____ = Home Practice Assignment

Protocol Adherence
Blues Program Session 3

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
90 = Excellent. All key concepts and almost all material in the section were presented (95%).
80 = Very good. All key concepts were presented but some supporting material skipped (90%).
70 = Good. Most key concepts of the section were presented (80%).
60 = Fair. One key concept was not presented (70%).
50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
30 = Poor. The majority of the key concepts were not presented (<50%).
20 = Very poor. Material of this section was mentioned only very briefly (10%).
10 = No adherence. The section was skipped entirely.

Rating Segment/Content

_____ = Review and Check in

_____ = Changing thinking (review 1 or 2 examples)

_____ = Changing thinking (Where's the Evidence?)

_____ = Changing doing (rewarding each other)

_____ = Changing doing (complete contract)

_____ = Motivation

_____ = Home Practice Assignment

Protocol Adherence
Blues Program Session 4

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 90 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 80 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 70 = Good. Most key concepts of the section were presented (80%).
- 60 = Fair. One key concept was not presented (70%).
- 50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 30 = Poor. The majority of the key concepts were not presented (<50%).
- 20 = Very poor. Material of this section was mentioned only very briefly (10%).
- 10 = No adherence. The section was skipped entirely.

Rating Segment/Content

_____ = Review and Check in

_____ = Changing thinking (review 1-2 examples from real life)

_____ = Changing thinking (What if it's true?)

_____ = Changing doing (Getting out of the Negative Rut)

_____ = Home Practice Assignment

Protocol Adherence
Blues Program Session 5

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
90 = Excellent. All key concepts and almost all material in the section were presented (95%).
80 = Very good. All key concepts were presented but some supporting material skipped (90%).
70 = Good. Most key concepts of the section were presented (80%).
60 = Fair. One key concept was not presented (70%).
50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
30 = Poor. The majority of the key concepts were not presented (<50%).
20 = Very poor. Material of this section was mentioned only very briefly (10%).
10 = No adherence. The section was skipped entirely.

Rating Segment/Content

_____ = Review and Check in

_____ = Changing thinking (overview of stress)

_____ = Changing thinking (Planning Ahead and Daily Hassles)

_____ = Changing doing (Future Fun)

_____ = Rewards

_____ = Motivation

_____ = Home Practice Assignment

Protocol Adherence
Blues Program Session 6

Rater: _____

Date of Rating: _____

School: _____

Cohort (Group): _____

Facilitators: _____

- 100 = Perfect! Absolutely all material in the section was presented exactly as written (100%).
- 90 = Excellent. All key concepts and almost all material in the section were presented (95%).
- 80 = Very good. All key concepts were presented but some supporting material skipped (90%).
- 70 = Good. Most key concepts of the section were presented (80%).
- 60 = Fair. One key concept was not presented (70%).
- 50 = Mediocre. The majority of key concepts were presented but significant gaps (60%).
- 40 = Minimal adherence. The majority of key concepts were presented but poorly (50%).
- 30 = Poor. The majority of the key concepts were not presented (<50%).
- 20 = Very poor. Material of this section was mentioned only very briefly (10%).
- 10 = No adherence. The section was skipped entirely.

Rating	Segment/Content
_____	= Review and Check in
_____	= Thoughts about group ending
_____	= Changing thinking (Planning Ahead and Major Life Events)
_____	= Changing doing (Plans B and C)
_____	= Goal Review
_____	= Summary