**Step 1. Develop the Adaptation Plan**

Goal: To identify the types of adaptations needed and develop a plan to perform specific adaptations to the research-based treatment.

*Introduction*

Even though a treatment has demonstrated efficacy and effectiveness in the research literature, it may still need to be adapted before it can be used at your agency.

When making adaptation decisions, it is critical not to impact the core elements of the treatment. These are the specific strategies or techniques that are responsible for a treatment’s effectiveness. To avoid unintentional problems, treatment adaptations should be carefully planned and carried out.

**Core elements** of a treatment are the specific strategies or techniques that are responsible for a treatment’s effectiveness. When making adaptation decisions, it is critical not to impact the core elements of a treatment.

The goal of this step is to systematically evaluate whether adaptations are needed for the research-based treatment your agency will implement, and to develop a plan to perform necessary adaptations.

Activity 1: Gathering Treatment Materials. Guides the implementation team in obtaining all of the materials necessary to make informed adaptation decisions

Activity 2: Evaluating Prospective Adaptations to the Treatment. A checklist of questions about potential adaptations to the intervention you are considering in order to make well-informed decisions about adaptations.

Activity 3: Treatment Adaptation Plan. A planning worksheet to specify what adaptations are going to be done, reasons for the adaptation, considerations for effectiveness and who will be making the changes.