

## COLLECTION OF EVIDENCE-BASED PRACTICES FOR CHILDREN AND ADOLESCENTS WITH MENTAL HEALTH TREATMENT NEEDS

### STUDY PLAN

#### Study Mandate

The Virginia Commission on Youth is directed to:

- Revise the *Collection of Evidence-based Practices for Children and Adolescents with Mental Health Treatment Needs* (the “*Collection*”). The *Collection* is to be revised biennially pursuant to Senate Joint Resolution 358 (2003).
- Seek the assistance of the *Collection* Update Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety, and Secretary of Education in posting, maintaining, and biennially updating the *Collection*.
- Make the *Collection* available through web technologies.
- Develop a cost-effective and efficient dissemination method to allow for easy access to the information.

#### Identified Issues

##### Background

- The *Collection* is a resource for providers, families, and other entities and individuals who work with children and adolescents who have mental health treatment needs. The *Collection* was originally published in 2002 and is updated biennially with the assistance of an advisory group of experts pursuant to Senate Joint Resolution 358 (2003). Since its original publication, the *Collection* has been widely used and distributed.
- The intent of the *Collection* is to spread knowledge and awareness about evidence-based practices in the field of child and adolescent mental health. Identifying which treatment modalities are supported by scientific evidence helps families, clinicians, and other mental health decision-makers make informed choices.
- The 7<sup>th</sup> *Edition* update of the *Collection* was updated and published in 2019. The following dissemination activities were also completed in 2019.
  - Posted the *Collection, 7th Edition* on the VCOY website in an easy-to-navigate format
  - Created print-based marketing materials.
  - Contracted with vendor for a limited print run of the *Collection, 7th Edition*.
  - Distributed copies of the *Collection*, distributed marketing materials, and/or gathered information for upcoming revisions at the following conferences and events:
    - CSA Conference 2019, April 30 - May 1, 2019, Roanoke Hotel Conference Center, Roanoke, VA
    - Seminar: Specific evidence-based mental health treatments for children and adolescents, June 26, 2019, University of Virginia, Charlottesville, VA
    - Beyond ACES Summit 2019, August 8-9, Petersburg High School, Petersburg, VA
    - VDOE Mental Health in Schools Conference, August 13-14, Roanoke-Tanglewood Hotel Conference Center, Roanoke, VA

- 2019 Virginia Behavioral Health Summit, September 26, 2019, Westin Hotel Conference Center, Richmond, VA
- Trauma Training - Virginia Kids Belong, October 26, 2019, U-Turn Sports, Richmond, VA

## **Study Activities**

- Update the current sections to the Collection:
  - Adjustment Disorder
  - Antidepressants and Risk of Suicidal Behavior
  - Anxiety Disorder
  - Attention-Deficit/Hyperactivity Disorder
  - Autism Spectrum Disorder
  - Bipolar and Related Disorders
  - Depressive Disorders
  - Disruptive, Impulse-Control and Conduct Disorders
  - Feeding and Eating Disorders
  - Intellectual Disabilities
  - Juvenile Firesetting
  - Juvenile Offending
  - Motor Disorders
  - Nonsuicidal Self-Injury
  - Obsessive-Compulsive and Related Disorders
  - Schizophrenia
  - Sexual Offending
  - Substance Use Disorders
  - Trauma- and Stressor-Related Disorders
  - Youth Suicide
- Include two new sections of the *Collection*:
  - “Complex Trauma for Foster Parents.” In order to assist foster parents and other caregivers seeking assistance with children who have experienced complex trauma due to abuse and neglect, staff will develop a chapter that focuses on identifying signs of complex trauma and that connects caregivers with resources within their communities.
  - “Family First.” Describes evidence-based treatments included in the Family First Evidence-based Treatment Clearinghouse.
- Identify parameters and limits of 2021 biennial update (8<sup>th</sup> Edition):
  - Evaluate disorders/illnesses and current mental health issues to be included.
  - Identify and evaluate latest research in support of evidence-based treatments.
  - Evaluate current rating scale for evidence-based treatments.
  - Update links to external resources and identify new resources.
- Disseminate information about the *Collection's 8<sup>th</sup> Edition* at the 2021 CSA Conference.
- Continue to identify and implement cost-effective and efficient dissemination methods and partner with agencies/organizations.
- Prepare final report and submit to Governor and General Assembly by June 1, 2021.