

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

## **DRAFT STUDY PLAN**

### **Study Mandate**

The Virginia Commission on Youth (VCOY) 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 monthly web hits have reached 40,000.
- 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.

#### **6th Edition Update**

- VCOY has completed the 6<sup>th</sup> *Edition* update of the *Collection*. The 6<sup>th</sup> *Edition* includes new research on evidence-based treatment practices; updated information related to prevalence, risk factors, and screening for each disorder; information relating to juvenile offenders, youth suicide, and antidepressants and the risk of suicide; and other helpful features, including a glossary of terms and a list of commonly used acronyms.
- The *Collection, 6th Edition* has incorporated information from the revised *Diagnostic & Statistical Manual of Mental Disorders, Fifth Edition, 2013 (DSM-5)*. The DSM-5 has made several significant changes to its categorization of disorders, which has generated considerable changes in the *Collection, 6th Edition*. In addition, the DSM-5 no longer separates diagnostic criteria between youth and adults in order to provide clinicians a resource in which a progression of a given disorder can be seen from early childhood in to adulthood. The *Collection, 6th Edition* reflects these changes and follows the new organizational structure of the DSM-5.

- Randomized controlled trials (RCTs) are regarded as the most authoritative method to assess whether mental health treatments are evidence-based. Almost all RCTs for child and adolescent mental health treatments have been conducted using criteria from the previous version of the *DSM*, the *DSM-IV-TR (2000)*. New trials using *DSM-5* criteria are in still in process. As a result, the *Collection, 6<sup>th</sup> Edition* incorporates studies that utilize both *DSM-IV-TR* and *DSM-5* diagnostic criteria to explain symptoms and treatments.

#### 6th Edition Dissemination

- VCOY has developed a cost-effective and efficient dissemination method for the *Collection, 6th Edition*, and is in the process of implementing it. The intent of dissemination is to spread knowledge and awareness about evidence-based mental health treatments for children and adolescents.

#### Study Activities

- Continue to identify and implement cost-effective and efficient dissemination methods and partner agencies/organizations.
  - Post the *Collection, 6th Edition* on the VCOY website in easy-to-navigate format
  - Investigate ways to increase visits to website and implement as appropriate
  - Create print-based marketing materials
  - Contract with vendor for a limited print run of the *Collection, 6<sup>th</sup> Edition*
  - Distribute copies of *Collection* and marketing materials at CSA Conference
  - Contact partners and request assistance with dissemination efforts
    - Advisory group members
    - Agency heads (request web link to be posted on agency websites)
    - Local school divisions (request announcement in Superintendent's memo)
    - Professional associations
    - Advocacy organizations
    - CSA and coordinators
    - CPMT and FAPT team leaders
    - CASA program directors
    - Parenting class instructors
    - Children mental health facilities
    - Juvenile and Domestic Relations judges
  - Present to the Juvenile Detention Home Association
- Identify partners and participants in biennial update (*7<sup>th</sup> Edition*) and training initiatives
- Identify parameters and limits of biennial update
  - Evaluate disorders/illnesses and current mental health issues to be included
  - Identify and evaluate latest research in support of evidence-based treatments
  - Update links to external resources and identify new resources
  - Develop a plan to better highlight evidence-based treatments and make content more accessible to an audience that does not have a clinical background
- Prepare final report