

## **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.

##### **8<sup>th</sup> Edition Update**

The 8<sup>th</sup> Edition update of the *Collection* was updated and published in 2021. Sections on Complex Trauma and Family First were integrated into the 8<sup>th</sup> Edition update 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.” Staff will continue to update a section developed in 2019 that addresses Family First and describes evidence-based treatments included in the Family First Evidence-based Treatment Clearinghouse.

### 8<sup>th</sup> Edition Dissemination

Develop a cost-effective and efficient dissemination method for the *Collection, 8<sup>th</sup> Edition*.

- The intent of dissemination is to spread knowledge and awareness about evidence-based mental health treatments for children and adolescents.
- In early 2022, The *Collection, 8<sup>th</sup> Edition* was uploaded on the Commission on Youth website in an easy-to-navigate format.

### Study Activities

- Continue to identify and implement cost-effective and efficient dissemination methods and partner with agencies/organizations.
- The following dissemination activities are planned to be completed in 2022.
  - Created print-based marketing materials.
  - Contract with vendor for a limited print run of the *Collection, 8<sup>th</sup> Edition*.
  - Distribute copies of the *Collection*, distribute marketing materials, and/or gather information for upcoming revisions at relevant conferences and events.
  - 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
    - Juvenile and Domestic Relations judges
- Identify partners and participants in biennial update (9<sup>th</sup> Edition) and training initiatives.
- Identify parameters and limits of 2023 biennial update (9<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.
  - Monitor updates to evidence-based treatments in the Family First Clearinghouse.