

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.

7th Edition Update

- The 7th *Edition* discusses all disorders and issues presented in the 6th *Edition*, including information relating to juvenile offenders, youth suicide, and antidepressants and the risk of suicide. It has been revised to more directly benefit a non-clinical audience by condensing or removing information targeted to a clinical and academic readers, such as details about scientific studies and extensive citations lists. Information for clinicians related to diagnosis has also been removed, including assessment, specific diagnostic criteria, and cultural considerations for diagnosis. In addition, because this edition focuses on evidence-based treatments, treatments that are not supported by evidence are not discussed at length. Layout has been redesigned to aid in readability and to make the document more user friendly, and glossaries have been updated. Finally, minor updates to content have been made to remedy issues identified by the Advisory Group.
- To complement the 7th *Edition*, the 6th *Edition* will continue to be available on the Commission on Youth’s website. The 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. Both the 6th and 7th editions of the *Collection* reflect these changes and follow the new organizational structure of the DSM-5.

7th Edition Dissemination

- Develop a cost-effective and efficient dissemination method for the *Collection, 7th Edition*. 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 with agencies/organizations.
 - Post the *Collection, 7th Edition* on the VCOY website in an 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, 7th Edition*
 - Distribute copies of the *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
 - Juvenile and Domestic Relations judges
- Identify partners and participants in biennial update (*8th 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
- Prepare final report