

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

STUDY PLAN

Study Mandate

- The Commission on Youth is directed to:
 - Revise the *Collection of Evidence-based Practices for Children and Adolescents with Mental Health Treatment Needs 5th Edition* (the “Collection”). The *Collection* is to be revised biennially pursuant to Senate Joint Resolution 358 (2003);
 - Seek the assistance of the Study Advisory Group, the Secretary of Health and Human Resources, the Secretary of Public Safety, and the Secretary of Education;
 - Make the *Collection* available through web technologies; and
 - Develop a cost-effective and efficient dissemination method.

Identified Issues

- The *Collection* was originally published in 2002, and is updated biennially. The Commission is currently drafting its 6th Edition with information about evidence-based practices for children and adolescents with mental health treatment needs. The *Collection* includes information about screening and assessment instruments, juvenile offenders, antidepressants and the risk of suicide, and other helpful features including a glossary of terms and commonly used acronyms. The *Collection* is updated with the assistance of an advisory group of experts and is tailored for parents, caregivers, educators, service providers, and others with an interest in children’s mental health.
- Sections Include:
 - Adjustment Disorders
 - Attention Deficit Hyperactivity Disorder
 - Oppositional Defiant & Conduct Disorders
 - Sexual Offending
 - Eating Disorders
 - Juvenile Firesetting
 - Non-Suicidal Self-Injurious Behavior
 - Habit Disorders
 - Anxiety Disorders
 - Trauma
 - Obsessive-Compulsive Disorder
 - Depression and Dysthymia
 - Pediatric Bipolar Disorder
 - Early-onset Schizophrenia
 - Substance Abuse Disorders
 - Youth Suicide
 - Juvenile Offending
 - Developmental Disabilities and Co-occurring Mental Health Disorders
 - Autism Spectrum Disorder
 - Intellectual Disability
 - Antidepressants and the Risk of Suicidal Behavior
 - School-based Mental Health Services
 - Role of the Family in Treatment Programs
 - Key Components of Successful Treatment
 - Reference Chart of Disorders and Treatments
 - Description of Providers
 - Providers Licensed in Virginia
 - Terms in Virginia’s Mental Health System
 - Commonly-used Acronyms

- Disorders included in the *Collection* are presented as classified in the *Diagnostic and Statistical Manual Fifth Edition (DSM-5)* of the American Psychiatric Association (APA). This resource was published in 2013 and classifies mental health disorders. Insurance companies frequently require an official *DSM* diagnosis in order to cover the costs of medication or therapy.
- The American Psychiatric Association has made several significant changes to the categorization of disorders included in the *DSM-5*, which will generate considerable changes for the *Collection* in the 6th Edition.
- A major change is that the *DSM-5* no longer separates diagnostic criteria between youth and adults. This was a purposeful change in order to provide clinicians a resource in which a progression of a given disorder can be seen from early childhood in to adulthood.
- Randomized controlled trials (RCTs) are regarded as the most authoritative method assessing whether treatment modalities are evidence-based. RCTs were utilized extensively in conjunction with the *DSM-IV-TR* and almost all RCTs for child and adolescent mental health treatments have been conducted utilizing *DSM-IV-TR* criteria. New trials using *DSM-5* criteria need to be conducted to provide evidence to support treatments of disorders with *DSM-5* classifications. As a result, this *Collection* will have to incorporate studies that utilize both *DSM-IV-TR* and *DSM-5* diagnostic criteria to explain symptoms and treatments.

Study Activities

- Identify parameters and limits of update
 - Disorders/illnesses and treatments to be included
 - Resources to be included
 - Overview for Families (new for the 6th Edition)
 - Recent Changes from the *DSM-IV* to the *DSM-5* (new for the 6th Edition)
 - Updated listing of evidence-based practices
 - Psychosocial & pharmacological treatments
 - Co-occurring disorders
 - Promising practices & contraindicated treatments
 - Drafted for diverse audiences (e.g., providers and families)
 - Glossary/acronyms/licensed providers in Virginia
 - Maladaptive behaviors included (e.g., fire setting & non-suicidal self-injury)
 - Antidepressants & the Risk of Suicidal Behavior Chapter (since 2nd Edition)
 - Suggested assessment tools (since 3rd Edition)
 - Developmental disabilities & co-occurring mental health disorders (since 5th Edition)
 - Differences between the *DSM-IV-TR* and *DSM-5* (coming in 6th Edition)
- Identify and examine sources of evidence-based research
- Re-organize the content based on the *DSM-5*
- Submit *Collection* sections and recommendations to the Advisory Group for comment
- Complete revisions to *Collection*
- Complete report to the General Assembly
- Partner with other agencies on dissemination
 - Governor's Task Force On Improving Mental Health Services And Crisis Response
 - Center for Behavioral Health and Justice
 - Joint Subcommittee to Study Mental Health Services in the Commonwealth in the 21st Century (SJ 47, 2014)
 - Local Education Agencies/School Divisions
 - Office of Children's Services and Department of Behavioral Health and Developmental Services
- Develop recommendations
 - Suggested modifications to future *Collection* updates (e.g. one-page summaries)
- Present findings and recommendations to the Commission on Youth