

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

## **DRAFT 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 8<sup>th</sup> Edition update of the *Collection* was updated and published in 2021. The *Collection* was disseminated during 2022.

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

The 9<sup>th</sup> Edition update of the *Collection* is being updated in 2023. The section on Family First that was integrated into the 8<sup>th</sup> Edition of the *Collection* is being updated to include the most recent evidence based practices approved by the Federal Clearinghouse. Additionally, a new section on the Covid-19 pandemic and the impact on youth mental health is being added.

- “Family First.” Staff will update a section that addresses and describes evidence-based treatments included in the Family First Evidence-based Treatment Clearinghouse.
- “Covid-19 Pandemic and Lockdown.” Staff will add a section on the Covid-19 pandemic’s impact on youth mental health. According to the C.S. Mott Children’s Hospital National Poll on Children’s Health in 2021, 46% of parents say they have noticed a new or worsening mental health condition for their teen since the start of the pandemic.

**Study Activities**

- Convene the *Collection* Advisory Group, made up of stakeholders and mental health experts, to assist with updating and disseminating the *Collection's 9<sup>th</sup> Edition*.
- Update current sections of 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
  - Family First
  - Complex Trauma
- Update or add new sections to the *Collection*:
  - Add “Covid-19 Pandemic and Lockdown.” Describes the Covid-19’s pandemic impact on youth mental health.
- 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.
- Disseminate information about the *Collection's 9<sup>th</sup> Edition* online and in person at conferences and events.
- 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.