



**Collection of
Evidence-Based
Practices (9th Edition)**
*For Children and Adolescents with
Mental Health Treatment Needs*

The *Collection of Evidence-Based Practices* is designed to assist educators, service providers, parents, caregivers, and others seeking information on evidence-based mental health treatments for children and adolescents—treatments that are proven to be effective. The *Collection* is:

- A nationally recognized publication that is Virginia’s first and only resource on best practices in children’s mental health.
- Compiled and updated biennially by the Commission on Youth at the request of the General Assembly.
- Provides the community with information about evidence-based and promising practices for treating youth mental health disorders.
- Designed to encourage use of evidence-based treatments and to inform parents, caregivers, and other stakeholders of treatment options.
- Focuses on a data-driven decision making based on consistent scientific evidence that assesses outcomes.
- Winner of the 2018 National Conference of State Legislatures Notable Document Award in the category of Youth Policy.

Explore the *Collection* online at:
<https://vcoy.virginia.gov/collection.asp>

**Commission on Youth
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From the Senate of Virginia

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Jessica Jones-Healey (Smithfield)
The Honorable Chris Rehak (Radford)

Staff

Amy Atkinson, Executive Director
Will Egen, Senior Legislative Analyst



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Commonwealth
of Virginia

Commission on Youth



Serving Virginia's Youth and Families

The Virginia Commission on Youth is a standing bipartisan legislative commission of the General Assembly, which, by mandate, provides a legislative forum for exploring and resolving complex issues related to youth and their families.

The Commission on Youth provides a forum for the review and study of youth policies and services. Whether you are a member or staff of the General Assembly, a government official, a service provider, an educator, a parent or caregiver, or an interested member of the public, you will find the Commission to be a wonderful resource. The Commission has worked on a variety of issues, including child welfare and foster care, juvenile justice, mental health, and education. I encourage you to familiarize yourself with our work and to let us know how we can be of assistance to your child, family, or community. Virginia is fortunate to have the Commission on Youth to provide guidance and leadership on youth policy issues.



The Honorable Barbara A. Favola, Chair

Proudly Supporting the General Assembly

- Provides a bipartisan forum for complex issues related to youth and their families
- Studies and provides recommendations to the General Assembly on matters related to youth and families in the areas of children's mental health, comprehensive services, child welfare, kinship care, adoption & foster care, child care, public safety, juvenile justice, substance abuse, education, health, and human services
- Contributes to the General Assembly's ability to make sound policy decisions based on well-studied, reasoned recommendations and best practices
- Performs research on youth-related topics at the request of members
- Assists members in developing bills on study issues which reflect consensus among key agencies, organizations and special interests
- Analyzes youth-related legislation (proposed or existing) for members
- Serves as a resource for members' constituent concerns
- Monitors developments in federal, state, and local government

Commission on Youth Legislative Highlights

- Published the 9th Edition of the *Collection of Evidence-Based Practices*, an award winning document on youth mental health.
- Hosted Foster Care 101 Seminar for legislators, attended by over 200 leaders in foster care policy.
- Offered research and guidance on foster care and kinship issues, including support of legislation expanding foster care to age 21 and state KinGAP.
- Formulated recommendations to encourage collaboration between juvenile justice and social services agencies.
- Supported legislation identifying a transition to adulthood coordinator at each public school for students with an IEP.
- Successfully introduced legislation requiring the promulgation of regulations for the use of seclusion and restraint in public schools.

