

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

DRAFT STUDY PLAN

Study Mandate

The 2003 General Assembly passed Senate Joint Resolution 358 (Houck) directing the Commission on Youth to revise the *Collection of Evidence-based Practices for Children and Adolescents with Mental Health Treatment Needs* (*The Collection*) biennially. The resolution instructs the Commission to seek assistance from an Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety, and Secretary of Education in posting, maintaining, and biennially updating *The Collection*. In addition, the Commission shall make *The Collection* available through web technologies and develop a cost-effective and efficient dissemination method to allow easy access.

Background

- *The Collection* is a resource for providers, families, and other entities and individuals working 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 in accordance with Senate Joint Resolution 358 (2003). Since its original publication, *The Collection* has been widely used and distributed.
- The intent of *The Collection* is to provide knowledge and awareness about evidence-based practices in the field of child and adolescent mental health. Identifying treatment modalities that are supported by scientific evidence helps families, clinicians, and other mental health decision-makers in making informed choices.

10th Edition Update

- The 10th Edition of *The Collection* added a section entitled “The Effects of Social Media on Youth.” This new section responds to the increasingly widespread and frequent use of social media among youth. The section details the risk social media poses to the developing brain and includes strategies for parents and caregivers to mitigate risks and encourage responsible social media use.
- The intent of dissemination is to spread knowledge and awareness about evidence-based mental health treatments for children and adolescents.
- In 2026, *The Collection*, 10th Edition was uploaded to the Commission on Youth website in an easy-to-navigate format.

Identified Issues

- 2026 marks the beginning of a new Governor’s administration and ensuing leadership turnover. Many newly appointed leaders may be unfamiliar with the Commission on Youth and *The Collection*. The Commission will need to engage with new officials to ensure they are aware of the resource. This may also present new opportunities for collaborating with agencies to widely disseminate this resource.

Study Activities

- Review existing statewide resources for youth mental health treatments and organizations.
- Survey stakeholders and request feedback to understand how *The Collection* is utilized:
 - Children’s Services Act coordinators
 - School-based mental health professionals
- Contact partners to determine the best means of disseminating *The Collection*:
 - Advisory Group members
 - Advocacy organizations
 - Associations with an interest in youth mental health
 - Child-serving State Agencies
 - Children’s Services Act coordinators
 - Court Appointed Special Advocates (CASA) Program Directors
 - Local team members of the Community Policy and Management Teams (CPMT) and Family Assessment and Planning Teams (FAPT)
 - Juvenile and Domestic Relations judges
 - Juvenile detention homes
 - Local school divisions
 - Professional associations