

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 *Collection*.

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 provide 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.

9th Edition Update

The 9th Edition update of the *Collection* was updated and published in 2023. The 9th edition includes a newly added section on the Covid-19 pandemic and lockdown and its impact on children’s mental health.

- “Covid-19 Pandemic and Lockdown.” An overview and a presentation of resources, organizations, and articles on the impact of the pandemic and lockdown on children’s mental health, with a particular focus on vulnerable communities, including children with disabilities.
- “Family First.” Since the 7th edition Commission staff has continued to update a section developed in 2019 that addresses Family First and describes evidence-based treatments included in the Family First Evidence-based Treatment Clearinghouse. The 9th edition includes the most recent approved programs and services.

9th Edition Dissemination

Develop a cost-effective and efficient dissemination method for the *Collection*, 9th Edition.

- The intent of dissemination is to spread knowledge and awareness about evidence-based mental health treatments for children and adolescents.
- In 2023, The *Collection*, 9th Edition was uploaded on the Commission on Youth website in an easy-to-navigate format.

Study Activities

- Continue to identify and implement cost-effective and efficient dissemination methods and partner with agencies/organizations.
- The following dissemination activities are planned to be completed in 2024.
 - Created print-based marketing materials.
 - Distribute copies of the *Collection*, distribute marketing materials, and/or gather information for upcoming revisions at relevant conferences and events.
 - Contact partners and request assistance with dissemination efforts:
 - Advisory Group members
 - Advocacy organizations
 - Agency heads (request web link to be posted on agency websites)
 - Associations with an interest in mental health
 - CASA program directors
 - CPMT and FAPT team leaders
 - CSA and coordinators
 - Juvenile and Domestic Relations judges
 - Juvenile detention homes
 - Local school divisions (request announcement in Superintendent’s memo)
 - Professional associations
- Investigate and apply for awards or recognitions for the *Collection*, 9th edition
- Identify partners and participants in biennial update (10th Edition) and training initiatives.
- Identify parameters and limits of 2025 biennial update (10th 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.
 - Monitor updates to evidence-based treatments in the Family First Clearinghouse.