

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 for 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.

Identified Issues

- The 10th Edition of *The Collection* is an update of the 9th Edition and will be published in 2025. The 10th Edition will add the following section:
 - “The Impact of Social Media on Children and Adolescent’s Mental Health.” Latest research shows that a majority of youth are becoming addicted to social media, and this is impacting their biological, social, emotional and physiological development. Anxiety and stress disorders are increasing among our youth.
 - Other relevant updates on mental health will be included.

Study Activities

- Evaluate disorders/illnesses and current mental health issues.
- Monitor updates to evidence-based treatments in the Family First Clearinghouse.
- Research the latest treatment services available in all sections of *The Collection*, and provide updates as needed. Update links to external resources and identify new resources. Update outdated information.

- Research and write a new section on the impact of social media on children and adolescents' mental health.
- Provide drafts for partners and participants in the mental health field for their review as appropriate.
- Incorporate valid feedback and finalize *The Collection*, 10th Edition.
- Continue to identify and implement cost-effective strategies for dissemination to partner organizations and agencies.
- *The Collection*, 10th Edition shall be uploaded to the Virginia Commission on Youth's website in a user-friendly and intuitive format.
- Begin planning the following 2026 dissemination activities.
 - Create marketing materials.
 - Distribute copies of *The Collection*, distribute marketing materials, and gather information for upcoming revisions at relevant conferences and events.
 - Contact partners and request assistance with dissemination efforts, including the following:
 - Advisory Group Members
 - Advocacy organizations
 - Agency Heads (request web link to be posted on agency websites)
 - Associations with an interest in mental health for youth
 - Court Appointed Special Advocates (CASA) Program Directors
 - Local team leaders of the Community Policy and Management Teams (CPMT) and Family Assessment and Planning Teams (FAPT)
 - Children's Services Act 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*, 10th Edition.
- Begin capturing new topics and possible updates for the 11th Edition of *The Collection*.
- Identify new partners for the 11th Edition of *The Collection*.
- Prepare final report and submit to the Governor and General Assembly.