

# **Children's Evidence Based Practices Expert Panel-Update**

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## Introduction

This expert panel was re-convened by the Mental Health Division (MHD) to review and update the original menu of Children’s Evidence Based Practices (Appendix A).

The original panel recognized the constant updating of clinical information and recommended that the “menu be reviewed and revised regularly”. The original work of the Expert Panel was limited to the available research at the time of the review (Appendix A). Since that time, many clinical treatment studies have been published related to children’s mental health practices. The current panel reviewed these new studies to update and modify the matrix of EBPs from the original report. Many more practices have been added to the matrix.

In addition, the re-convened panel includes family members of children with mental health problems and researchers from tribal and ethnic communities. This report and matrix reflect the increased diversity of the panel. Practices are highlighted that have been evaluated with ethnic minority communities. The panel was not able to conduct an exhaustive review of the minority status of the sample of every study, but did note that the literature to date is limited regarding effective practices with ethnic minorities. Whenever possible, the panel included information and adaptations that were highlighted in the literature. The expert panel recommends that a literature review be commissioned to look more extensively at the inclusion of ethnic, racial and linguistic minorities in studies of clinical practice.

As with the original report, the review was thorough and driven by consensus. This expert panel revised slightly the criteria used in the original report. Practices are ranked into 5 categories: best empirical support, good or moderate support, moderate support for other populations or conditions, innovative practices, and practices having known risks. The guidelines used for this ranking are listed later in this report. An additional column was added that highlights practices that have been studied or developed with ethnic minority populations.

A similar caveat applies to this updated report as was mentioned in the original report. It is expected that these rankings will change over time as new practices are introduced to the field, promising practices undergo more research and evaluation, and existing best practices are modified and refined. Therefore, it is the expert panel’s recommendation that the menu continue to be reviewed and revised regularly, at least once every two years.

## Guidelines for Ranking Mental Health Practices

The following guidelines were used in assigning practices to different levels.

### **Level 1: Best Support**

- I. At least two good between group design experiments demonstrating efficacy in one or more of the following ways:
  - a. Superior to pill placebo, psychological placebo, or another treatment.
  - b. Equivalent to an already established treatment in experiments with adequate statistical power -OR-
- II. A large series of single case design experiments ( $n > 9$ ) demonstrating efficacy. These experiments must have:

- a. Used good experimental designs
- b. Compared the intervention to another treatment as in I. a.

AND

**Further criteria for both I and II:**

- III. Experiments must be conducted with treatment manuals.
- IV. Characteristics of the client samples must be clearly specified.
- V. Effects must have been demonstrated by at least two different investigators or teams of investigators.

**Level 2: Good Support or Moderate Support**

- I. Two experiments showing the treatment is (statistically significantly) superior to a waiting-list control group. *Manuals, specification of sample, and independent investigators are not required.* -OR-
- II. One between group design experiment with clear specification of group, use of manuals, and demonstrating efficacy by either:
  - a. Superior to pill placebo, psychological placebo, waitlist or untreated control or another treatment.
  - b. Equivalent to an already established treatment in experiments with adequate statistical power -OR-
- III. A small series of single case design experiments (n>3) with clear specification of group, use of manuals, good experimental designs, and compared the intervention to pill or psychological placebo or to another treatment. The majority of studies note positive results.

**Level 3: Moderate support for other conditions/populations**

- I. Program meets Level I and Level 2 evidence criterion

AND

- II. One of the following applies:
  - a. Has not been evaluated with children
 OR
  - b. Has been evaluated with children with other conditions.
 OR
  - c. Has been evaluated with children in other populations

**Level 4: Innovative Practices**

- I. The treatment has a sound theoretical basis in generally accepted psychological principles.
- II. A substantial clinical-anecdotal literature exists indicating the treatment's value with the target behavior.
- III. The treatment is generally accepted in clinical practice as appropriate for use with the target behavior.
- IV. There are no studies showing negative results.
- V. There is no clinical or empirical evidence or theoretical basis indicating that the treatment constitutes a substantial risk of harm to those receiving it, compared to its likely benefits.
- VI. The treatment has a book, manual, or other available writings that specifies the components of the treatment

**Level 5: Practices with Known Risks**

- I. At least one study or review demonstrating harmful effects of a treatment.

## Evidence-Based Child and Adolescent Behavioral Health Interventions

Problem Area	Level 1 – BEST SUPPORT	Level 2 – GOOD SUPPORT OR MODERATE SUPPORT	Level 3- Moderate Support for Other conditions/ Populations	Level 4 – INNOVATIVE PRACTICES	Level 5– KNOWN RISKS	Studies With Ethnic, Cultural and Linguistic Minorities
<b>Anxious or Avoidant Behaviors</b>	<ul style="list-style-type: none"> <li>• Cognitive Behavior Therapy for Anxiety Disorder (e.g. Coping CAT)</li> </ul>					
<b>Assaultive/ Aggressive Behaviors</b>	<ul style="list-style-type: none"> <li>• Aggression Replacement Training (ART)</li> <li>• Multidimensional Treatment Foster Care (MTFC)</li> <li>• Multisystemic Therapy (MST)</li> <li>• Functional Family Therapy (FFT)</li> </ul>	<ul style="list-style-type: none"> <li>• Anger Coping Training</li> <li>• Anger-focused cognitive behavioral therapy</li> </ul>				<ul style="list-style-type: none"> <li>• Anger Coping Training- Asian youth</li> </ul>
<b>Attachment Problems (0-5)</b>		<ul style="list-style-type: none"> <li>• Parent Child Interaction Therapy (PCIT)</li> <li>• Behavioral Parent Training</li> </ul>		<ul style="list-style-type: none"> <li>• Circle of Security</li> </ul>	<ul style="list-style-type: none"> <li>• Coercive or Aversive therapies;</li> <li>• Attachment Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• PCIT (GANA) – Mexican American Families</li> <li>• PCIT- Native American Adaptation</li> </ul>
<b>Attention and Hyperactive Disorders</b>	<ul style="list-style-type: none"> <li>• Multi-Modal Approach using Medication +Cognitive Behavioral Therapy (CBT) + Parent Training + School Intervention</li> </ul>					<ul style="list-style-type: none"> <li>• Multi-Modal approach- African American and Latino youth</li> <li>• Medication- African American Youth</li> </ul>

<b>Problem Area</b>	<b>Level 1 – BEST SUPPORT</b>	<b>Level 2 – GOOD SUPPORT OR MODERATE SUPPORT</b>	<b>Level 3- Moderate Support for Other conditions/ Populations</b>	<b>Level 4 – INNOVATIVE PRACTICES</b>	<b>Level 5– KNOWN RISKS</b>	<b>Studies With Ethnic, Cultural and Linguistic Minorities</b>
<b>Autistic Spectrum Disorders</b>	<ul style="list-style-type: none"> <li>Applied Behavior Analysis</li> </ul>	<ul style="list-style-type: none"> <li>Behavioral Intervention</li> </ul>		<ul style="list-style-type: none"> <li>Auditory Integration Training</li> <li>Functional Communication Training</li> <li>Pivotal Response Intervention</li> </ul>		
<b>Bipolar Disorders</b>	<ul style="list-style-type: none"> <li>Medication</li> </ul>	<ul style="list-style-type: none"> <li>Child and Family focused Cognitive Behavioral Therapy (CFF-CBT)</li> </ul>	<ul style="list-style-type: none"> <li>Multi-Family Group Treatment (MFG)**</li> </ul>	<ul style="list-style-type: none"> <li>Child only Cognitive Behavioral Therapy (CBT)</li> </ul>		
<b>Depressive or Withdrawn Behaviors</b>	<ul style="list-style-type: none"> <li>Cognitive Behavior Therapy (CBT) for Depression</li> <li>Interpersonal Therapy (IPT-A)</li> <li>Medication</li> </ul>			<ul style="list-style-type: none"> <li>Dialectical Behavior Therapy (DBT)</li> </ul>		
<b>Disruptive and Oppositional Behaviors</b>	Behavioral Parent Training (younger children) <ul style="list-style-type: none"> <li>Incredible Years</li> <li>Positive Parenting Program (PPP)</li> <li>Parent Child Interaction Therapy (PCIT)</li> </ul> Child Training (older children) <ul style="list-style-type: none"> <li>Brief Strategic Family Therapy (BSFT)</li> </ul>	Behavioral Parent Training (younger children) <ul style="list-style-type: none"> <li>Functional Family Therapy (FFT)</li> <li>1-2-3 magic</li> </ul> Child Training (older children) <ul style="list-style-type: none"> <li>Anger Coping Therapy</li> <li>Anger-focused cognitive behavioral therapy</li> </ul>	<ul style="list-style-type: none"> <li>Multisystemic Therapy (MST)</li> <li>Multidimensional Treatment Foster Care (MTFC)*</li> <li>Multi-Family Group Treatment (MFG)**</li> </ul>	<ul style="list-style-type: none"> <li>Cognitive Behavioral Therapy (CBT)</li> <li>Dialectic Behavior Therapy (DBT)</li> </ul>	<ul style="list-style-type: none"> <li>Group therapy without a skills focus</li> </ul>	<ul style="list-style-type: none"> <li>Brief Strategic Family Therapy- Hispanic/Latin o Youth</li> <li>PCIT (GANA) – Mexican American Families,</li> <li>Incredible years- African American, Latino, Asian American children</li> </ul>

<b>Problem Area</b>	<b>Level 1 – BEST SUPPORT</b>	<b>Level 2 – GOOD SUPPORT OR MODERATE SUPPORT</b>	<b>Level 3- Moderate Support for Other conditions/ Populations</b>	<b>Level 4 – INNOVATIVE PRACTICES</b>	<b>Level 5– KNOWN RISKS</b>	<b>Studies With Ethnic, Cultural and Linguistic Minorities</b>
<b>Eating Disorders</b>		<ul style="list-style-type: none"> <li>• Family Therapy for Adolescents with anorexia nervosa</li> <li>• Multi-Family Group Treatment (MFG) for adolescents with eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Interpersonal Therapy (IPT-A)</li> </ul>	<ul style="list-style-type: none"> <li>• Dialectic Behavior Therapy (DBT)</li> <li>• Cognitive Behavioral Therapy (CBT)</li> </ul>	<ul style="list-style-type: none"> <li>• Some Group Therapies</li> </ul>	
<b>High Conflict Families</b>	<ul style="list-style-type: none"> <li>• Functional Family Therapy (FFT)</li> <li>• Intensive Family Preservation Services (Homebuilders model)</li> </ul>			<ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy (CBT)</li> </ul>		
<b>Interpersonal Relationships</b>	<ul style="list-style-type: none"> <li>• Cognitive behavioral therapy and skills training for aggression</li> <li>• Social skills training</li> </ul>	<ul style="list-style-type: none"> <li>• Youth Relationships Project</li> </ul>		<ul style="list-style-type: none"> <li>• Dialectic Behavior Therapy (DBT);</li> <li>• Functional Family Therapy (FFT)</li> </ul>		
<b>Schizophrenia and other psychotic disorders</b>	<ul style="list-style-type: none"> <li>• Medication</li> </ul>		<ul style="list-style-type: none"> <li>• Multi-Family Group Treatment (MFG)**</li> <li>• Social Skills training for Schizophrenia**</li> <li>• Assertive Community Treatment (ACT) **</li> <li>• Behavioral Family Intervention (BHI)**</li> </ul>			<ul style="list-style-type: none"> <li>• Assertive Community Treatment – Latino, Asian, African, Caribbean, Aboriginal adults</li> </ul>
<b>Sexually aggressive Behaviors</b>		<ul style="list-style-type: none"> <li>• Multisystemic Therapy (MST)</li> <li>• Cognitive Behavioral Therapy (CBT) for Children with Sexual Behavior Problems</li> </ul>				
<b>Self-harming Behaviors</b>		<ul style="list-style-type: none"> <li>• Dialectic Behavior Therapy (DBT)</li> </ul>				

<b>Problem Area</b>	<b>Level 1 – BEST SUPPORT</b>	<b>Level 2 – GOOD SUPPORT OR MODERATE SUPPORT</b>	<b>Level 3- Moderate Support for Other conditions/ Populations</b>	<b>Level 4 – INNOVATIVE PRACTICES</b>	<b>Level 5– KNOWN RISKS</b>	<b>Studies With Ethnic, Cultural and Linguistic Minorities</b>
<b>Substance Use</b>	<ul style="list-style-type: none"> <li>• Brief Strategic Family Therapy</li> <li>• Multidimensional Family Therapy</li> <li>• Multisystemic Therapy (MST)***</li> </ul>	<ul style="list-style-type: none"> <li>• Purdue Brief Family Therapy</li> <li>• Motivational Enhancement Therapy (MET)</li> <li>• Multidimensional Treatment Foster Care (MTFC)***</li> </ul>	<ul style="list-style-type: none"> <li>• Dialectic Behavior Therapy (DBT)**</li> <li>• Cognitive Behavioral Therapy (CBT)**</li> <li>• Voucher-Based Contingency Management**</li> </ul>	<ul style="list-style-type: none"> <li>• Family Effectiveness Training</li> <li>• Peer Coping Skills Training</li> <li>• Life Skills Training;</li> <li>• Guiding Good Choices</li> <li>• CASA Start</li> </ul>		<ul style="list-style-type: none"> <li>• Brief Strategic Family Therapy- Hispanic/ Latino Youth</li> </ul>
<b>Traumatic stress</b>	<ul style="list-style-type: none"> <li>• Trauma-focused Cognitive Behavioral Therapy (TFCBT)</li> </ul>	<ul style="list-style-type: none"> <li>• Eye Movement Desensitization &amp; Reprocessing (EMDR)</li> </ul>	<ul style="list-style-type: none"> <li>• Prolonged Exposure Therapy for Posttraumatic Stress**</li> <li>• Cognitive Processing Therapy (CPT)</li> </ul>	<ul style="list-style-type: none"> <li>• Trauma-Focused Integrative Eclectic Therapy</li> <li>• Trauma-Focused Play Therapy</li> <li>• HTUG</li> </ul>		<ul style="list-style-type: none"> <li>• HTUG- Native American Children and Youth</li> <li>• TF-CBT- African American Youth, Latino adaptation</li> <li>• EMDR – Iranian &amp; Hawaiian children</li> </ul>

\* These practices show Level 1-Best Support for Juvenile Offenders

\*\* Based on findings with adults only;

\*\*\* These interventions are effective if substance abuse is part of a more complex diagnostic picture



## Population Based Interventions

Population	Level 1 – BEST SUPPORT	Level 2 – GOOD SUPPORT OR MODERATE SUPPORT	Level 3- Moderate Support for Other conditions/Populations	Level 4 – INNOVATIVE PRACTICES	Level 5– KNOWN RISKS	Studies With Ethnic, Cultural and Linguistic Minorities
<b>Juvenile Offenders</b>	<ul style="list-style-type: none"> <li>• Multisystemic Therapy (MST)</li> <li>• Multidimensional Treatment Foster Care (MTFC)</li> <li>• Functional Family Therapy (FFT)</li> <li>• Aggression Replacement Training (ART)</li> </ul>	<ul style="list-style-type: none"> <li>• Family Integrated Transitions (FIT)</li> </ul>	<ul style="list-style-type: none"> <li>• Dialectic Behavior Therapy (DBT)</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy (CBT) for Antisocial Behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Group therapy without a skills focus</li> </ul>	<ul style="list-style-type: none"> <li>• Multisystemic Therapy (MST)- African American, Hispanic youth</li> </ul>
<b>Children at Risk for Out of Home or More Restrictive Placement</b>	<ul style="list-style-type: none"> <li>• Multidimensional Treatment Foster Care (MTFC)</li> <li>• Parent Child Interaction Therapy (PCIT)</li> <li>• Behavioral Parent Training</li> <li>• Intensive Family Preservation Services (Homebuilders model)</li> </ul>	<ul style="list-style-type: none"> <li>• Family Focused, Child Centered Treatment (FTI)</li> </ul>		<ul style="list-style-type: none"> <li>• Circle of Security</li> </ul>		<ul style="list-style-type: none"> <li>• PCIT (GANA) – Mexican American Families</li> <li>• PCIT- Native American Adaptation</li> </ul>
<b>Families at risk for child physical abuse</b>	<ul style="list-style-type: none"> <li>• Parent Child Interaction Therapy (PCIT)</li> <li>• Behavioral Parent Training</li> <li>• Intensive Family Preservation Services (Homebuilders model)</li> </ul>	<ul style="list-style-type: none"> <li>• Abuse-Focused Cognitive Behavioral Therapy (CBT).</li> <li>• Family Focused, Child Centered Treatment in Child Maltreatment (FTI)</li> </ul>	<ul style="list-style-type: none"> <li>• Incredible Years</li> </ul>	<ul style="list-style-type: none"> <li>• Circle of Security</li> </ul>		<ul style="list-style-type: none"> <li>• PCIT (GANA) – Mexican American Families</li> <li>• PCIT- Native American Adaptation</li> </ul>

<b>Population</b>	Level 1 – BEST SUPPORT	Level 2 – GOOD SUPPORT OR MODERATE SUPPORT	Level 3- Moderate Support for Other conditions/Populations	Level 4 – INNOVATIVE PRACTICES	Level 5– KNOWN RISKS	Studies With Ethnic, Cultural and Linguistic Minorities
<b>Families at risk for Neglect</b>	<ul style="list-style-type: none"> <li>● Intensive Family Preservation Services (Homebuilders model)</li> </ul>	<ul style="list-style-type: none"> <li>● Project 12-Ways</li> <li>● Family Focused, Child Centered Treatment in Child Maltreatment (FTI)</li> </ul>				

## Prevention Programs

Problem Area	Level 1 – BEST SUPPORT	Level 2 – GOOD SUPPORT OR MODERATE SUPPORT	Level 3- Moderate Support for Other Conditions/ Populations	Level 4 – INNOVATIVE PRACTICES	Level 5– KNOWN RISKS	Studies With Ethnic, Cultural and Linguistic Minorities
<b>Early Childhood Prevention programs for at-risk youth and families</b>	<ul style="list-style-type: none"> <li>● Nurse-Family Partnership Program- late pregnancy &amp; Infancy;</li> <li>● Headstart/ECEAP</li> <li>● Parents as Teachers</li> <li>● Positive Parenting Program (PPP)</li> <li>● Incredible Years</li> <li>● Home Instruction Program for Preschool Youngsters</li> </ul>			<ul style="list-style-type: none"> <li>● Circle of Security; Intensive</li> <li>● Los Nino’s Bien Educados Parenting program</li> </ul>		<ul style="list-style-type: none"> <li>● Los Nino’s Bien Educados Parenting program- Hispanic Families</li> </ul>
<b>School age prevention programs for at-risk youth and families</b>	<ul style="list-style-type: none"> <li>● Parenting Wisely</li> <li>● Positive Parenting Program (PPP)</li> <li>● Incredible Years</li> <li>● Strengthening Families</li> </ul>	<ul style="list-style-type: none"> <li>● Nurturing parenting programs;</li> <li>● Second Step</li> <li>● School Transitional Environmental Program (STEP);</li> <li>● Linking the Interests of Families and Teachers (LIFT);</li> <li>● I Can Problem Solve;</li> <li>● FAST Track</li> </ul>		<ul style="list-style-type: none"> <li>● Preventive Treatment Program;</li> <li>● The Fourth R Comprehensive School Program</li> </ul>		

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## Evidence Based Treatment Websites

University of South Florida/Louis de la Parte Florida Mental Health Institute  
<http://nirn.fmhi.usf.edu/>

link on EBPs and cultural competency:

[http://nirn.fmhi.usf.edu/resources/publications/working\\_paper\\_3b.pdf](http://nirn.fmhi.usf.edu/resources/publications/working_paper_3b.pdf)

Blueprints for Violence Prevention

<http://www.colorado.edu/cspv/blueprints/model/overview.html>

State of Virginia's Evidence Based Practices

<http://coy.state.va.us/Modalities/contents.htm>

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Child & Adolescent Mental Health

<http://mentalhealth.samhsa.gov/child/childhealth.asp>