



Virginia  
Commission on Youth

# **SJR 358 – Update of Collection of Evidence-based Treatments for Children with Mental Health Needs**

**September 20, 2005**

**Virginia Commission on Youth  
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# Virginia Commission on Youth

## In 2002, the Commission on Youth

- Compiled information on evidence-based treatments for children with mental health needs (SJR 99).
- Received assistance in this effort from an Advisory and a Clinical Group of mental health experts.
- The **Collection of Evidence-based Treatments** (**Collection**) was published in House Document 9 in late 2002.
- To access:
  - Go to <http://coy.state.va.us>; and
  - Click on the **Child and Adolescents Mental Health Treatments**.



# Virginia Commission on Youth

## Update of *Collection*

- Pursuant to SJR 358 (2003), the Commission on Youth was to:
  - Seek the assistance of the Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety, and Secretary of Education in posting, maintaining and biennially updating the *Collection*.



## What are Evidence-based Treatments?

- Evidence-based treatments are interventions for which there is consistent scientific evidence showing improved client outcomes.
- In the field of children's mental health, evidence-based treatments are based on research that permits assessment of outcomes. Thus, they are standardized, replicable, and outcome-based.
- Evidence-based treatments are objective because evidence is obtained from randomized clinical trials (RCTs) whenever possible.



## Categories of Evidence-based Treatments

- Effective Treatments – Desired outcomes in usual care settings
- Probably Efficacious Treatments – Desired outcomes in controlled settings
- Promising – Some positive evidence of success and/or expert consensus
- Ineffective or Contraindicated – Significant evidence of a worthless or even negative effect

Source: Sosna, 2003.



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## Benefits of Evidence-based Treatments

- **Improved Treatment Outcomes** – Using solid evidence about what does and doesn't work can reduce unnecessary, potentially harmful care.
- **Cost-savings** – Offers a structured process for clinicians and patients to access information on what is effective and produces the intended or expected results.
- **Enhanced Accountability** – More than 1,500 published clinical trials on psychotherapies for youth, including six meta-analyses discussing the effects of these treatments.
- **Better Informed Public** – More than 22 federal agencies are utilizing and promoting evidence-based treatments. Evidence-based treatments offer all an opportunity to learn about what is the best care.



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## Rationale for the *Collection*

- Despite the diversity of services available to youth with behavioral and emotional needs, there has been a knowledge gap regarding which services work and which do not.
- Previous report findings have also revealed that most clients never received services thought to be effective.
- The *Collection* is an updated review summarizing selected areas of scientific literature on evidence-based treatments for youth with mental health disorders.



# Virginia Commission on Youth

## SJR 358 Advisory Group comprised of representatives from:

- DMHMRSAS
- DSS
- DMAS
- DJJ
- DOE
- VDH
- Office of Comprehensive Services
- CSBs
- Commission on Youth
- Local CSA
- One Child Psychiatrist
- Two Clinical Psychologists
- Two Parents
- Advocacy Group Representatives



## Virginia Commission on Youth

### Second edition of *Collection* – New Features

- Section on psychotropic medications and risk of suicide
- Improved resources for parents, clinicians, and families – what families need to know
- Information on Virginia sites that employ evidence-based treatments
- More acronyms – both Virginia-specific and federal
- Frequently-used terms updated
- Search engine for website (future project)
- Feedback form for website (future project)
- Disclaimer to public (on previous version)



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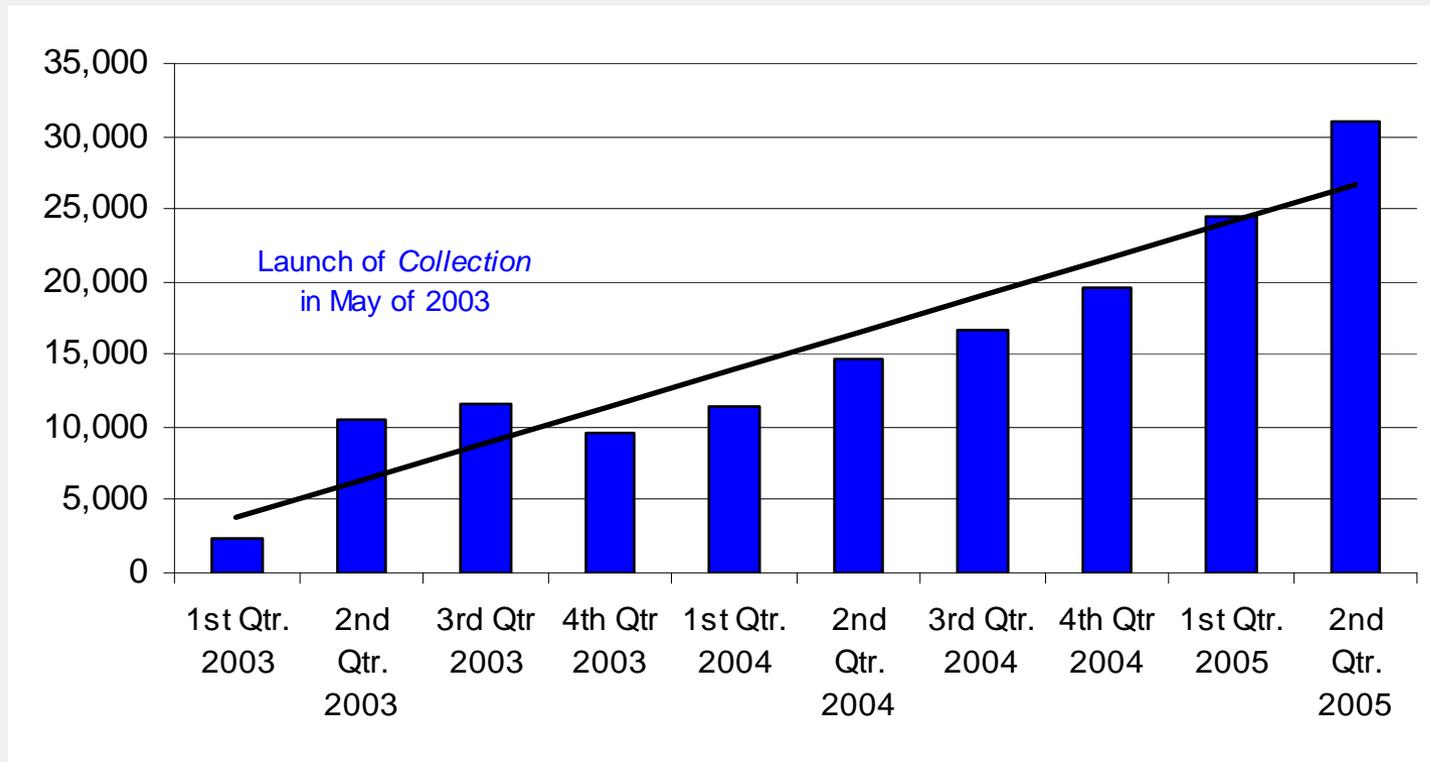
## Next Steps

- The ***Collection 2<sup>nd</sup> Ed.*** to be posted to Commission's website in fall of 2005.
- Revised bookmarks with web link published and ready for distribution.
- Staff investigating the availability of federal/grant funding to disseminate ***Collection.***
- Statewide dissemination of ***Collection*** on-going



# Virginia Commission on Youth

## Virginia Commission on Youth Summary of Web Activity By Quarter





# Virginia Commission on Youth

## Utilization of Evidence-based Treatments – Other States' Approaches

- Benefit Plan Design
- Public Health Initiatives
- Benefit Mandate Reviews
- Use of Best Practice Guidelines
- Financial Incentives
- State Research Centers
- Statewide Collaborations
- Collecting and Distributing Information

Source: National Conference of State Legislatures, 2004



## Virginia Commission on Youth

### Advisory Group Recommendations – Virginia Approaches

- Continue to encourage use of the **Collection** by Family Assessment and Planning (FAPT) teams.
  - Include the web address for the **Collection** in every publication distributed from the Virginia Commission on Youth.
  - School guidance offices (counseling offices) should be given information about how to access the **Collection**.
  - More feasible to disperse the **Collection** to the divisions instead of individual schools.
  - Look to various agencies for grants to fund additional dissemination activities.
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## Virginia Commission on Youth

### Utilization of Evidence-based Treatments – Issues for Consideration

- No evidence available for certain disorders
- Need for flexibility to address exceptions
- Need for mechanism to incorporate findings from new evidence
- Possible delay in savings
- Adoption of evidence-based treatments by providers is usually slow
- Public input necessary for buy-in
- Evidence-based medicine should be the standard of care

Source: National Conference of State Legislatures, 2004



## Virginia Commission on Youth

- Continuation of Statewide Dissemination Efforts
  - **Recommendation 1:** By letter, request all agencies in the Secretariat of Health and Human Resources, the Secretariat of Public Safety, and the Secretariat of Education, post the second edition of the ***Collection*** to their respective web sites to cost-effectively and efficiently facilitate access to this information.



## Virginia Commission on Youth

- **Expansion of Statewide Dissemination Efforts**
    - **Recommendation 2:** By letter, contact local mental health providers as well as local juvenile justice officials to inform them of the second edition of the **Collection** as well as how such information may be accessed. Such contact will be via the Virginia Association of Community Services Boards, the State and Local Advisory Team through the State Executive Council, and through the Department of Criminal Justice Services.
    - **Recommendation 3:** By letter, request that the Virginia Bureau of Insurance, the Virginia Medical Society, the Psychiatric Society of Virginia, and the Virginia Academy of Pediatrics, inform their members the second edition of the **Collection** as well as how such information may be accessed.
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## Virginia Commission on Youth

- Encouraging the Use of Evidence-based Treatments
  - **Recommendation 4:** By letter, request that the Secretary of Health and Human Resources, as well as the Department of Juvenile Justice, the Department of Education, and the Department of Criminal Justice Services, continue to encourage the use of the evidence-based treatments in programming and development of any future projects.



## Virginia Commission on Youth

- Encouraging the Use of Evidence-based Treatments (cont.)
  - **Recommendation 5:** Direct the Office of the Secretary of Health and Human Resources, in conjunction with the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services, to convene a Statewide Conference with the express purpose of identifying, and communicating evidence-based practice modalities for children and adolescents with mental health treatment needs. All child-serving agencies in the Commonwealth shall be invited to participate in this Conference. This Conference shall be convened prior to the 2007 General Assembly.



## Virginia Commission on Youth

- Encouraging the Use of Evidence-based Treatments (cont.)
  - **Recommendation 6:** By letter, request the Department of Mental Health, Mental Retardation, and Substance Abuse Services include information regarding evidence-based treatment modalities and practices recognized as effective for the treatment of children, including juvenile offenders, in upcoming conferences or trainings, as applicable.



## Virginia Commission on Youth

- School-based Dissemination of Evidence-based Treatments
  - **Recommendation 7:** By letter, request that the Virginia Department of Education inform school divisions of the second edition of the ***Collection*** so that it may be utilized by guidance offices, school-based health offices, and school special education services.