The Center for Children's Health
led by Cook Children's

Act on the Data

MENTAL HEALTH

A guide to:
Promising and evidence-based practices (PEP) for **community-based** approaches to improve children's health

Prepared by Community Health Outreach

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What is a promising or evidence-based practice (PEP)?

There is no uniform definition for PEP, but the term is used by many organizations to refer to programs or practices that have demonstrated some kind of effectiveness through outcomes.

Organizations that make recommendations from intervention research findings generally use a review panel of experts (internal, external, or both). These panels review research using specific criteria to evaluate for effectiveness. Organizations use different terms for programs or practices supported by data. It is important to note the key organizations in specific areas of prevention and what terms they use to refer to PEP, such as:

- Promising practice
- Evidence-informed practice
- Evidence-based practice
- Best practice
- Research-based practice
- Science-based practice
- Potentially effective practice

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Purpose of this Guide

> **Cook Children's Promise:**
> *Knowing that every child's life is sacred, it is the promise of Cook Children's to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.*

Overview

To help fulfill this promise, Cook Children's Health Care System began implementing assessment strategies in 2008 to determine the status of children's health within our service region, identify health priorities for action, and support additional community collaborations to implement solutions. The first step in this process was conducting the **Community-wide Children's Health Assessment and Planning Survey (CCHAPS)**, covering a six-county service region which includes Denton, Hood, Johnson, Parker, Tarrant and Wise counties. CCHAPS helped to fill many gaps in child health data for children ages 0-14 in North Texas, and CCHAPS was re-administered in 2012.

Cook Children's confirmed that a common denominator among communities successful in creating sustainable improvements in children's health was community-based, collaborative approaches based on evidence-based practices. Cook Children's Community Health Outreach department (CHO) was already working collaboratively to provide health and safety information and practices to help prevent oral health disease and to help prevent injury to children in our community. Those efforts expanded to include fostering new community-based coalitions throughout the region.

In 2010-2011, Cook Children's worked to engage communities by hosting child health summits to unveil children's health data. CHO formed community groups to review the data, choose priorities for action, and facilitate new coalitions in five counties by providing coalition coordinators and serving as the lead organization.

Evaluate community solutions in light of your resources

A helpful way to review suggested promising and evidence-based practices (PEP) is to assess community resources and assets. This can provide a road map for potentially effective interventions for the community, as the community resources and assets are an existing infrastructure around which an intervention can be implemented. For example, access to a local, national advocacy group, university research program, and local health organizations can provide a pre-set group of stakeholders that can guide and lead the implementation of best practice in the community.

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Benefits of this Guide

This PEP guide was created to support coalitions and communities in choosing promising/evidence informed or evidence-based strategies as they developed specific strategic action plans for their priority issues. This resource is available for asthma, child maltreatment prevention, childhood obesity, oral health, mental health and preventable injuries.

It will become clear in the next section that varying definitions of "best," "promising," and "evidence-based" practices exist. For the purposes of this resource, we refer to them collectively as "promising and evidence-based practices" or PEP. However, when other sources are quoted we use the term(s) exactly as they are used by those sources.

Most publications on community children's mental health interventions use the words "research-based", "evidence-based", and " effective." H owever, systematic review groups that have evaluated intervention outcomes also use terms such as "recommended program" and "innovative program." Any of these terms may be used to refer to a promising or evidence-based practice.

Additional Information

Most organizations conduct research according to their own standards of practice and design (in addition to any preset standards by a licensing or credentialing body). Some experts suggest that locating a uniform definition for PEP with the Centers for Disease Control (CDC) or any other national entity is a problem because one uniform definition or model does not or should not exist. Many organizations adhere to methodology structured by a higher authority, e.g. Prevention Research Coordinating Committee at National Institutes of Health (NIH). Research findings are disseminated through publication or by the organization, and some organizations draft policy and guideline statements based on their own research findings or those of others.

An example of an organization that has defined PEP for their interest area is The Association of State and Territorial Dental Directors (ASTDD). They developed a method for reviewing suggested programs and practices to help disseminate effective practices to dental health professionals. The organization has devoted considerable effort to "Best Practices Projects" and has become a leader in educating other organizations. A link to their "Introduction to Best Practices" presentation may be found at: ASTDD Introduction to Best Practices

The ASTDD Best Practice Concepts, *which can apply to any interest area*, are:

- A best practice is a methodology that, through experience and research, has proven to reliably lead to a desired result.

- Using best practices is a commitment to using all the knowledge and technology at one's disposal to ensure success.

- Best practices do not have one template or form for everyone to follow.

- "Best practice" does not commit people or organizations to one inflexible, unchanging practice.

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- Best practices is a philosophical approach based around continuous learning and continual improvement.

- Learning and transfer of best practices is an interactive, ongoing and dynamic process that cannot rest on a static body of knowledge.

(Source: ASTDD website, accessed June 9, 2011 from www.astdd.org.)

Where are PEP found?

It can be overwhelming to search through the large pool of potential programs and practices for a specific area of prevention. Fortunately, several key organizations work toward locating and evaluating PEP for many areas of community health. Narrowing the search by topic and knowing where to search can help reduce the amount of information to sort through.

Internet research should start with the major database websites for PEP by health topic. The databases below contain analyses of community health intervention methods (either one study or many studies grouped by intervention method) and provide recommendations on their effectiveness.

We have linked to relevant mental health prevention areas in the databases below to get you started; however, there is much more that you can explore.

Database Websites with Community-Based Mental Health Links	Link(s)
Agency for Healthcare Research and Quality (AHRQ) Innovations Exchange	AHRQ Innovation Profiles • Mental health care
Association of Maternal and Child Health Programs (AMCHP) – Best Practices Review Panel	AMCHP Best Practices • Programs and topics
Child Trends: What Works for Child and Youth Development: Tools for Improving Services to Children and Youth	Child Trends • Child well-being • List of programs (all topics)
Cochrane Collaboration Reviews	Cochrane Collaboration Reviews
Evidence for Policy and Practice Information (EPPI) and Coordinating Center	EPPI Center
Healthy North Texas Promising Practices	Healthy North Texas
Promising Practices Network on Children, Families, and Communities (Archived as of June 2014)	Promising Practices Network • Mental Health

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Database Websites with Community-Based Mental Health Links	Link(s)
SAMHSA National Registry of Evidence-based Programs and Practices	National Registry of Evidence-based Programs and Practices
The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention	Canadian Best Practices Portal for Health Promotion and Chronic Disease • Mental health
The Community Guide	The Community Guide • Collaborative care for the management of depressive disorders • Community-based exercise interventions • Home-based depression care management • Mental health benefits legislation
Using What Works for Health	County Health Rankings and Roadmaps • Mental health benefits legislation

The Centers for Disease Control (CDC) website (www.cdc.gov) can also be searched by Disease/Condition for additional resources and publications. The CDC site serves as a good overview of the other federal agencies/offices that are studying or researching the health topic and links are provided through the Disease/Condition pages.

An academic literature search can build the "big picture" of what programs and practices have been published as well as provide citation information for future reference. This search will include most of the studies and recommendations that are found on the big database websites, and may include new studies that will compliment previous research findings.

Another method for researching PEP is to search by the topic name in an internet search engine, i.e. "community mental health interventions" in Google or in Google Scholar. This usually serves to reinforce what has already been located elsewhere; however, sometimes there are coalitions, groups and foundations that will be discovered using this method that haven't been recognized or studied as widely that can provide useful tools for community partners.

After becoming acquainted with the wide offering of research and recommendations, you should consider contacting field experts for confirmation and guidance on the findings and other suggestions. These may include authors on research studies, academic and governmental institutions centered on the research topic, and professionals in the community.

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How do you review/investigate PEP?

You should begin by looking for common themes and phrases. It will save time in organizing findings and composing a later summary if themes or common phrases are recorded from the beginning of the research process. Another helpful approach is to print pages or copy the website addresses from the internet sites and academic studies. Sort print pages by intervention theme or method such as the themes or common phrases – this forms the basis of a research outline and summary. This can serve as a roadmap for others without this knowledge to be able to understand and replicate these findings in their community.

Lessons learned

The Community Health Outreach Department at Cook Children's has researched and used some promising and evidence-based programs. We have learned that:

- Some evidence-based programs cannot be replicated "in the whole" because of factors such as differences in available resources to implement a program, community differences, differences in target population, etc.

- Programs can be developed by following the research as much as possible, by making adjustments to meet the needs and resources of the local community.

- Benefits of maintaining a continual study of PEP include development of more robust and effective strategies and interventions and the continual professional development of staff and community volunteers who use these resources and approaches.

- Because it can take years to gain evidence behind a program, some evidence-based programs may contain graphics and a presentation style that does not necessarily fit with modern communication styles. The programs may be more instructive as opposed to interactive, and may not address a social media campaign.

Sample community approaches using PEP

Background

Professionals have worked for many years to discover and craft innovative and effective solutions for children with mental health struggles and for their families. These solutions traditionally have included new or adapted treatment modalities used in therapy or clinical treatment. However, professionals and families agreed that finding and accessing the most appropriate and effective solution was very difficult in a fragmented and confusing mental health service system.

To address this need, U.S. Congress provided funds to the National Institute of Mental Health for the establishment of the Child and Adolescent Service System Program (CASSP). CASSP provided funds and technical assistance to every state to be used in constructing a comprehensive mental health system of care for children and their families. A definition of system of care was first published in 1986:

"A comprehensive spectrum of mental health and other necessary services which are organized into a coordinated network to meet the multiple and changing needs of children and their families."

Stroul, B., & Friedman, R. A system of care for children and youth with severe emotional disturbances. Washington, DC: Georgetown University Child Development Center, National Technical Assistance Center for Children's Mental Health, 1986.

In addition, the Comprehensive Community Mental Health Services program was established in 1992 to provide funding to states and local communities to build systems of care and is currently the major national source of funds. This program centers around developing a comprehensive array of community-based services and supports guided by a system of care philosophy with an emphasis on individualized, strengths-based services planning, intensive care management, partnerships with families, and cultural and linguistic competence. The Substance Abuse and Mental Health Services Administration manages these funds and provides oversight to systems of care communities. The Systems of Care model has been widely studied and evaluated, and been found to increase access to and community capacity for appropriate and effective solutions for children and families.

This comprehensive community-based approach to mental health care has sparked many other community programs that utilize holistic methods. While many communities might not have the ability to apply for and establish Systems of Care, an outgrowth of these holistic community approaches offer a diverse array of programs for communities to utilize in supporting children's mental health.

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Sample PEP Community Approaches

Families and Schools Together

Families and Schools Together (FAST) is a family strengthening and parent involvement program that is delivered in schools and communities to improve the parent-child relationship, the parent-school relationship, and increase resiliency factors. Families join teams led by a FAST trainer and lead family activities during weekly meetings. Program evaluation outcomes demonstrate a decrease in compulsive behaviors and increase in positive scholastic behaviors and resiliency factors.
Link: Family and Schools Together

Mental Health First Aid

Mental Health First Aid is an adult public education program designed to improve participants' knowledge and modify their attitudes and perceptions about mental health and related issues, including how to respond to individuals who are experiencing one or more acute mental health crises (i.e., suicidal thoughts and/or behavior, acute stress reaction, panic attacks, and/or acute psychotic behavior) or are in the early stages of one or more chronic mental health problems (i.e., depressive, anxiety, and/or psychotic disorders, which may occur with substance abuse). Link: Mental Health First Aid

Systems of Care

The System of Care model is a philosophy and framework whose purpose is to improve access and increase options of community-based, appropriate services for children and their families through collaboration across community partners and members. Systems of Care utilize the partnership of children and families to help design services and supports that are effective and address each person's cultural and linguistic needs.
Link: Systems of Care

The Incredible Years®

The Incredible Years® Series is a set of three interlocking, comprehensive, and developmentally based programs targeting parents, teachers and children. The training programs that compose Incredible Years® Series are guided by developmental theory on the role of multiple interacting risk and protective factors. The three programs are designed to work jointly to promote emotional, social, and academic competence and to prevent, reduce, and treat behavioral and emotional problems in young children.
Link: The Incredible Years

Wraparound Model

The process of the wraparound model is a collaborative, team-based approach to service and support planning. Through the wraparound process, teams create plans to meet the complex needs of children and youth along with their families, thus working together to change their lives. The wraparound team members, as well as the identified child/youth, parents/caregivers and other family and community members, mental health professionals, educators, and others meet regularly to design, implement, and monitor a plan to meet the unique needs of the child and family.
Link: Wraparound

Key organizations – Provide prominent, fundamental research and information on community-based mental health prevention

American Academy of Pediatrics

The American Academy of Pediatrics (AAP) is an advocacy and research organization whose goal is the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Link: American Academy of Pediatrics

American Psychological Association

The American Psychological Association (APA) is the largest scientific and professional organization representing psychology in the United States. APA is the world's largest association of psychologists, with nearly 130,000 researchers, educators, clinicians, consultants and students as its members. It is their mission is to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.
Link: American Psychological Association

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention (CDC), a component of the U.S. Department of Health and Human Services, works to provide the expertise, information, and tools that people and communities need to protect their health through health promotion, prevention of disease, injury, disability, and preparedness for new health threats. Link: Centers for Disease Control

Healthy People 2020

Healthy People 2020 provides science-based, 10-year national objectives for improving the health of all Americans. For three (3) decades, Healthy People has established benchmarks and monitored progress over time in order to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions, and measure the impact of prevention activities. Link: Healthy People

MentalHealth.gov

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide the general public, health and emergency preparedness professionals, policy makers, government and business leaders, school systems, and/or local communities Link: Mentalhealth.gov

Mental Health America

Mental Health America (MHA) is a national non-profit organization whose mission is to promote mental wellness for the health and well-being of all people through education, research, and advocacy. Link Mental Health America

National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. Link: National Alliance on Mental Illness

National Federation of Families

The National Federation of Families is a national, family-run organization whose vision is to advocate, lead, and collaborate on behalf of children and youth with emotional, behavioral and mental health challenges and their families so that they may obtain needed supports and services so that children grow up healthy and able to maximize their potential. Link: National Federation of Families

National Institute of Mental Health

A division of the National Institutes of Health, the mission of the National Institute of Mental Health (NIMH) is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. Link: National Institute of Mental Health

Prevention Institute

Prevention Institute is a national non-profit organization that synthesizes research and practice; develops prevention tools and frameworks; helps design and guide interdisciplinary partnerships; and conducts training and strategic consultation with government, foundations, and community-based organizations nationwide and internationally. "Promoting Mental Health and Well-being" is one of the Prevention Institute's focus areas. Link: Prevention Institute

Substance Abuse and Mental Health Services Administration

Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities. To accomplish its work SAMHSA administers a combination of competitive, formula, and block grant programs and data collection activities through its centers and offices. Link: Substance Use and Mental Health Services Administration

US Department of Health and Human Services

The Department of Health and Human Services (HHS) is the government's principal agency for protecting the health of all Americans and providing essential human services. HHS works closely with state and local governments, and many HHS-funded services are provided at the local level by state or county agencies, or through private sector grantees. Link: Department of Health and Human Services

Additional Resources: Local, State, National Organizations and Relevant Reports

A sample of additional resources that highlight community-based, evidence-informed practices:

Local (led by Cook Children's)

1) Wellness Alliance for Total Children's Health

    The Wellness Alliance for Total Children's Health (WATCH) is a coalition directing its current efforts on improving the mental health of children in Denton County. Based on the system of care model, WATCH has developed a web site aimed at increasing awareness and improving access to mental health care services in Denton County. This website, WatchDenton.org, can be found here. Link: Wellness Alliance for Total Children's Health

State

2) Hogg Foundation for Mental Health

    The Hogg Foundation for Mental Health has been promoting mental health in Texas since 1940. Today, the Hogg Foundation focuses on key strategic areas with the greatest potential to benefit mental health in Texas and awards grants through a competitive proposal process. The foundation funds mental health services, scholarships, academic research, policy work, public education and outreach. Link: Hogg Foundation for Mental Health

3) Texas Department of State Health Services: Mental Health and Substance Abuse Division

    The mission of the Mental Health and Substance Abuse Division (MHSA) of the Texas Department of State Health Services is to improve health and well-being in Texas by providing leadership and services that promote hope, build resilience, and foster recovery. The MHSA activities include administering mental health and substance abuse programs and contracts, providing hospital care services through the State Hospital system, and ensuring administrative policies and practices are consistent with the goals of the Texas Department of State Health Services Link: Texas Department of State Health Services: Mental Health and Substance Abuse Division

4) Texas State of Mind

    Texas State of Mind is an initiative of The Meadows Health Policy Institute of Texas. The mission of Texas State of Mind is to identify and encourage the implementation of mental health policies and practices that enable Texans to get help when and where they need it. Texas State of Mind initiative aims to bring together the mental health resources and services within Texas to identify and implement policy, practices and recommendations that have the potential to impact how health care is implemented across the state. Link: Texas State of Mind

5) The Meadows Foundation

The Meadows Foundation exists to assist people and institutions of Texas to improve the quality and circumstances of life for themselves and future generations. They strive to exemplify the principles of its founder in addressing basic human needs by working toward the elimination of ignorance, hopelessness and suffering, protecting the environment, providing cultural enrichment, encouraging excellence and promoting understanding and cooperation among people. Link: The Meadows Foundation

National

6) Child Information Gateway

Child Welfare Information Gateway is a service of the Children's Bureau, Administration for Children and Families of the U.S. Department of Health and Human Services. This resource promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the general public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. Link: Child Welfare Information Gateway

7) Do Parents Feel More Aggravated These Days? Parental Aggravation in the U.S., 1997-2012

This research brief was published by Child Trends in March 2014. The brief examines data on parental aggravation collected from two nationally representative surveys: the National Survey of America's Families (NSAF), fielded in 1997, 1999, and 2002; and the National Survey of Children's Health (NSCH), fielded in 2003, 2007, and 2011/12. Researchers are able to examine national trends and trends for 13 states over a 15-year period, and trends for 38 states (including the District of Columbia) over a nine-year period.   Link: Do Parents Feel More Aggravated These Days?

8) Enhancing Pediatric Mental Health Care: Strategies for Preparing a Community

The American Academy of Pediatrics composed this publication for the purpose of educating and supporting primary care clinicians in supporting the mental health care of their patients. The article emphasizes the application of a population or community perspective by the clinician in crafting solutions for patients. Link: Enhancing Pediatric Mental Health Care: Strategies for Preparing a Community

9) Evidence-Based Practices, Practice-Based Evidence, and Community-Defined Evidence Practices Currently Being Used by Systems of Care: A Snapshot of System of Care Communities

Released in March 2011, Evidence-Based Practices, Practice-Based Evidence, and Community-Defined Evidence Practices Currently Being Used by Systems of Care: A Snapshot of System of Care Communities Funded 2005-2009, lists the evidence-based practices, practice-based evidence, and community-defined evidence practices that system of care communities are currently implementing, and includes the age of population(s) being served by each. Link: A Snapshot of System of Care Communities

10) Large-Scale Implementation of Evidence-based Treatments for Children 10 Years Later: Hawaii's Evidence-based Services Initiative in Children's Mental Health

This article evaluates efforts of a statewide initiative to identify evidence-based treatments for children and families in Hawaii and describes the utilization of community-based efforts for implementation. Link: Large-Scale Implementation of Evidence-based Treatments for Children 10 Years Later: Hawaii's Evidence-based Services Initiative in Children's Mental Health

11) Mental Health Surveillance Among Children – United States 2005 – 2011

A recent report from the Centers for Disease Control and Prevention (CDC), Mental Health Surveillance Among Children —United States, 2005–2011, describes federal efforts on monitoring mental disorders, and presents estimates of the number of children with specific mental disorders. The report was developed in collaboration with key federal partners, the Substance Abuse and Mental Health Services Administration, National Institute of Mental Health, and Health Resources and Services Administration. Link: Mental Health Surveillance Among Children – United States 2005 - 2011

12) National Child Traumatic Stress Network

The National Child Traumatic Stress Network (NCTSN) brings a singular and comprehensive focus to childhood trauma. It is their mission to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. NCTSN's collaboration of frontline providers, researchers, and families is committed to raising the standard of care while increasing access to services. Link: National Child Traumatic Stress Network
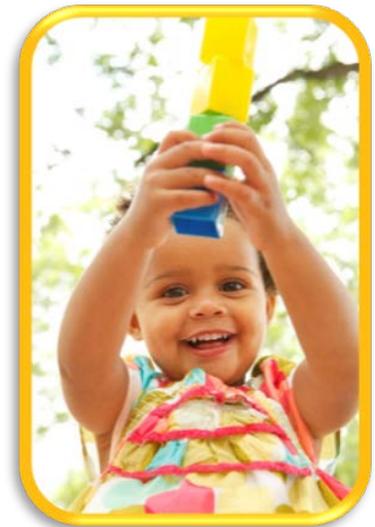
13) National Council for Behavioral Health

The National Council for Behavioral Health (National Council) is the unifying voice of America's community mental health and substance use treatment organizations. The National Council pioneered Mental Health First Aid in the U.S. and has trained approximately 150,000 individuals to connect youth and adults in need to mental health and addictions care in their communities. Link: National Council for Behavioral Health

14) National Wraparound Initiative

The National Wraparound Initiative (NWI) works together in a collaborative effort to better specify the wraparound practice model, compile specific strategies and tools, and disseminate information about how to implement wraparound in a way that can achieve positive outcomes for youth and families. Wraparound care planning and management is a primary component of a coordinated, community-based, family-driven, and youth-guided system of care. Link: National Wraparound Initiative

15) Ontario Centre of Excellence for Child and Youth Mental Health

It is the mission of the Ontario Centre of Excellence for Child and Youth Mental Health to bring people and knowledge together to strengthen the quality and effectiveness of mental health services for children, youth, and their families and caregivers. The

Centre provides a range of collaborative tools, services, programs and training that support individuals and organizations as they seek, use and share knowledge to promote the best possible mental health and well-being for all children and youth. Link: Ontario Centre of Excellence for Child and Youth Mental Health

16) PracticeWise

PracticeWise, LLC was founded in 2004 with a mission to advance how evidence and information are used to improve the lives of children and families. Working primarily in children's mental health, PracticeWise supports individuals working with children and families to be more informed and more prepared, through established knowledge management strategies and resources. Their services include professional training, online information resources, books and guides, organizational consultation, and service system design and management. Link: PracticeWise

17) Systems of Care: A Bulletin for Professionals

This bulletin is a thorough summary of Systems of Care composed by the Child Welfare Information Gateway. Link: Systems of Care: A Bulletin for Professionals

18) Technical Assistance Partnership for Child and Family Mental Health

The Technical Assistance Partnership for Child and Family Mental Health (TA Partnership) provides technical assistance to system of care communities that are currently funded to operate the Comprehensive Community Mental Health Services for Children and Their Families Program. It is the mission of the TA Partnership to help communities build systems of care to meet the mental health needs of children, youth, and families. Link: Technical Assistance Partnership for Child and Family Mental Health

19) The Community Toolbox

The mission of the Community Toolbox is to promote community health and development by connecting people, ideas and resources. This is a global resource for free information on essential skills for building healthy communities. It offers more than 7,000 pages of practical guidance in creating change and improvement. Link: The Community Toolbox

20) The Potential to Reduce Mental Health Disparities through the Comprehensive Community Mental Health Services for Children and Their Families Program

The article was composed by a diverse group of academicians and the National Institute of Mental Health and examines the outcomes of the Comprehensive Community Mental Health Services program. Link: The Potential to Reduce Mental Health Disparities through the Comprehensive Community Mental Health Services for Children and Their Families Program

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21) <u>University of South Florida Research and Training Center for Children's Mental Health</u>

The University of South Florida Research and Training Center for Children's Mental Health was initiated in 1984 to address the need for improved services and outcomes for children with serious emotional/behavioral disabilities and their families. The Center conducts research, provides training and consultation to mental health professionals and others across the nation Link: <u>University of South Florida Research and Training Center for Children's Mental Health</u>

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