



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

November 21, 2005

**Virginia Commission on Youth
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- The **Collection of Evidence-based Treatments (*Collection*), 2nd Edition** is now available.
- To access:
 - Go to **<http://coy.state.va.us>**; and
 - Click on the ***Collection of Child and Adolescent Mental Health Treatments.***



Utilization of Evidence-based Treatments in Virginia

- Two agencies that reimburse for children's mental health services in Virginia:
 - The Department of Medical Assistance Services (DMAS); and
 - The Office of Comprehensive Services (OCS).



Utilization of Evidence-based Treatments in Virginia

- Another agency, the Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS), provides direction, management and support for integrated services for children 0-21 with mental health, mental retardation and substance abuse disorders.
 - Virginia's public system is comprised of forty community services boards (CSBs) and sixteen state facilities – two of which serve children.



Utilization of Evidence-based Treatments in Virginia - DMAS

- DMAS does reimburse for several evidence-based treatments.
- Service definitions are general to ensure that developing practices can be covered under existing service descriptions.
- Evidence-based treatments Medicaid reimburses for include:
 - Intensive In-home treatment;
 - Medication Management; and
 - Functional Family Therapy (FFT).
- The provider determines the treatment they will employ and DMAS reimburses for that service.



Utilization of Evidence-based Treatments in Virginia - OCS

- OCS allows local multidisciplinary community teams to tailor individualized services based on the unique strengths and needs of children and their families.
- Service plans may or may not include evidence-based practices.
- CSA service planning is about tailoring the services to the needs of the child and family not fitting the child into the service.



Utilization of Evidence-based Treatments in Virginia - DMHMRSAS

- DMHMRSAS promotes in its state appropriation for services, funding for evidence-based practices.
- DMHMRSAS works closely with localities in implementing community-based programs that utilize evidence-based practices, with incentives and support for providers in learning and employing these practices.



Utilization of Evidence-based Treatments in Virginia - CSBs

- CSBs that employ Evidence-based Treatments
 - York County Department of Community Services – FFT
 - Loudoun County DMHMRSAS – FFT
 - Central Virginia Community Services – Multisystemic Therapy (MST)
 - Henrico Area Mental Health and Retardation Services – MST
 - Virginia Beach CBS – MST
- CSBs currently developing Evidence-based Treatments
 - Richmond Behavioral Health Authority – MST
 - Alleghany Highlands CSB – FFT



Issues Concerning Mandating Evidence-based Treatments – OCS, DMAS, & DMHMRSAS

- Many localities do not have an adequate provider network in their communities.
- The providers that may be available may not offer evidence-based treatments.
- There is a concern about restricting communities to only evidence-based treatments. Treatments may exist that show great promise but do not yet have the rigorous research to classify them as evidence-based.
- Many practices that are considered the standard of care are not evidence-based. An example of this would be individual therapy.



Issues Concerning Mandating Evidence-based Treatments – OCS, DMAS, & DMHMRSAS (cont.)

- No evidence available for certain disorders or rare disorders.
- Need for flexibility to address exceptions.
- Need for mechanism to incorporate findings from new evidence.
- Can be very costly for localities to adopt.
- Providers are moving toward the adoption of evidence-based practices and also establishing program evaluation components for their existing services.



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.

Commission on Youth Action

Adopted at September 20th meeting



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.

Commission on Youth Action

Adopted at September 20th meeting.



Expansion of Statewide Dissemination Efforts

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.

Commission on Youth Action

Adopted at September 20th meeting



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.

Commission on Youth Action

Adopted at September 20th meeting



Encouraging the Use of Evidence-based Treatments (cont.)

Recommendation 5 (as originally proposed)

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.

Commission on Youth Action

To be determined at November 21 meeting



Virginia Commission on Youth

Encouraging the Use of Evidence-based Treatments (cont.)

Recommendation 5 (revised)

Direct the Commission on Youth, 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 to behavioral health care professionals evidence-based practices for children and adolescents with mental health disorders. To plan for this conference, the Commission shall organize a Conference Planning Committee comprised of representatives from all of the Commonwealth's child-serving agencies. An update on the progress of the conference plan shall be reported to the Commission on Youth prior to the 2007 General Assembly session.

Commission on Youth Action

To be determined at November 21 meeting



Supporters of a Statewide Mental Health Conference on Evidence-based Practices

- The Division of Child and Adolescent Psychiatry at the Medical College of Virginia – 19 staff members and faculty
- The Virginia Treatment Center for Children
- Faculty at Virginia Commonwealth University Department of Psychology
- Private Providers within the Commonwealth
- Various Family Assessment and Planning Team (FAPT) members across the Commonwealth
- Comprehensive Services Act Coordinators
- Community Services' Board Providers
- The Office of Comprehensive Services
- The Department of Criminal Justice Services



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.

Commission on Youth Action

To be determined at November 21 meeting



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.

Commission on Youth Action

Adopted at September 20 meeting