



Virginia Commission on Youth

SJR 358 (2003)

UPDATE OF *THE COLLECTION OF EVIDENCE-BASED TREATMENT MODALITIES FOR CHILDREN AND ADOLESCENTS WITH MENTAL HEALTH NEEDS*

ADVISORY GROUP

April 1, 2008

10 a.m.

5th Floor East Conference Room
General Assembly Building

Advisory Group Members Attending: Lisa Beitz, Janet L. Bessmer, William Butler, Becky China, Pamela Fisher, Vicki Hardy-Murrell, Bryce McLeod, Kathy Nussbaum, Susan Pauley, Steven Peed, Michael A. Southam-Gerow, David Suttle, Dennis Waite

Staff Attending: Amy M. Atkinson, Leah Hamaker, Cordell Hairston

Agenda Items

I. Welcome and Introductions

Amy M. Atkinson, Executive Director

Ms. Atkinson called the meeting to order. In her opening remarks, she discussed *The Collection's* history and the Commission on Youth's role in updating *The Collection* biennially, as well as the success of last year's Conference on *Systems of Care and Evidence-based Practices: Tools that Work for Youth and Families*.

Copies of *The Collection, 3rd Edition* were distributed to Advisory Group members. Ms. Atkinson noted that the new *Collection* costs approximately \$15 per book and that there is little grant funding available for printing and distribution. She reminded the Advisory Group that *The Collection* was available for downloading from the Commission's website. Commission staff will explore alternative methods of printing and distributing *The Collection*.

II. Collection of Evidence-based Treatment Modalities, 3rd Edition

Leah Hamaker, Legislative Policy Analyst

Ms. Hamaker provided a brief overview of the purpose and direction of the Advisory Group. Ms. Hamaker acknowledged Michael Southam-Gerow's contributions to updating *The Collection*. Thanks to him, the Anxiety section of *The Collection* includes all of the most current information. Ms. Hamaker also acknowledged the contributions of Advisory Group members, as well as the private providers.

Also discussed were new sections and developments in *The Collection* and recent studies of evidence-based treatments.

III. Current Training Initiatives in Virginia

Pamela Fisher, Office of Comprehensive Services

Ms. Fisher expressed the need for a System of Care Academy which would have the capacity to host statewide regional trainings and partner with universities. The Office of Comprehensive Services (OCS) has been investigating this idea. Another issue that OCS will be addressing in the near future is how to provide training on proposed changes to the CSA match rate.

Ms. Fisher referenced SB 479 (Hanger, 2008) which requires OCS to offer an annual workshop on evidence-based practices. This first year OCS is offering six regional wraparound trainings to fulfill this requirement. Over 500 participants have signed up to attend. Ms. Fisher then referenced the study initiative through Anne E. Casey Foundation regarding welfare reform. In response to the study, staff from the Secretary of Health and Human Resources and OCS are looking at other states' initiatives to see how these states have reduced their utilization of residential services. Ms. Fisher voiced concern about the need to streamline training in the Commonwealth and to offer training on the state's current initiatives.

Susan Pauley explained Project TREAT, which is a grant which specifically addresses agency infrastructure and helps identify potential areas of improvement. One of the goals of Project TREAT is evidence-based practice dissemination. The Project partners with the Mid-Atlantic ATTC and the position of Training Coordinator is staffed through the Mid-Atlantic ATTC. Ms. Pauley stated that the eight Knowledge Exposure Trainings held in the Commonwealth were very successful. Knowledge Exposure Trainings were open to CSBs, CSAs, private organizations and social workers. There were also trainings offered in conjunction with the Department of Education to student assistance program staff about screenings, assessment and grant assistance. Funding was also offered to 17 CSBs for technical assistance and training. This Fall, training will also be conducted on the standardized assessment tool, the Child and Adolescent Needs and Strengths Assessment (CANS). DMHMRSAS also sponsored the summer institutes for addiction studies and a conference on cultural competence. In addition, Ms. Pauley informed the Advisory Group about the conference entitled the Joint Meeting on Adolescent Treatment Effectiveness (JMATE). This national conference, which was recently held in District of Columbia, brought together researchers, families and practitioners to inform one another about children and adolescent issues.

Ms. Pauley said that she observed a need for youth advocacy, as well as a need for heightened awareness about substance abuse. Most adult substance abusers did not begin a relationship with substances in their 20s, but rather in their childhood and teens.

The Advisory Group suggested the Commission assist in promoting training pertaining to evidenced-based treatments and address the importance of mental illnesses such as substance abuse and trauma.

IV. Ideas for Future Updates

- **New York's Web Resource**
- ***Hawaii's Biennial Report on Effective Psychosocial Treatments for Youth with Behavioral and Emotional Needs***

Advisory Group members received a handout of Hawaii's "Blue Menu" on Evidence-Based Child and Adolescent Psychosocial Interventions. Ms. Hamaker asked whether New York's Web Resource and Hawaii's bi-annual report would be good examples of ways to access

information on evidence-based treatments. The Advisory Group also discussed the need for a statewide tracking system to help child service providers monitor children and their progress while they were served by state-funded programs. Discussion ensued about the difficulty in implementing such a system and that it was not a new idea. It was noted that perhaps the Advisory Group could look into the cost of implementing a pilot program. Related issues are that multisystemic therapy is more expensive than other treatment approaches and it is often difficult to find and obtain evidence-based treatments. In addition, the Advisory Group would like to further explore service delivery systems, such as Indiana's statewide behavior healthcare system and Massachusetts' system.

The Advisory Group suggested that *The Collection* incorporate a discussion of evidence-based treatment for addiction and the challenges of implementing evidence-based and best practices from, for example, the perspective that evidence and non-evidence-based practices fall under the "all-of-the above" category.

The Advisory Group also suggested that, to help increase utilization, Commission on Youth staff add an appendix listing providers which offer evidence-based practices. The Service Fee Directory currently does not have this information.

The Advisory Group proposed doing a better job of assessing treatment outcomes. In each measured outcome phase, service providers could then evaluate the effectiveness of prescribed methods. Hence, there is a need for both a pre- and post-treatment assessment.

The Advisory Group outlined the issues they felt were the most important:

- The need for a training academy
- Workforce development
- The need for assessment
- Locating evidence-based treatments
- Structural issues, need for incentive system for utilizing community-based services
- Implementation issues of evidence-based treatments
- No specified statewide outcome measures
- A future training forum on services that exist already, how to measure existing services, and simple measurement techniques.

V. Upcoming Training Initiatives in Evidence-based Treatments

- ***SB 479 Comprehensive Services Act; annual workshop to train on best practices and evidence-based practices.***

Advisory Group Discussion

VI. Role of Advisory Group - Updating *The Collection*

Ms. Hamaker and the Advisory Group reviewed the draft Study Plan. Some topics discussed were: linking *The Collection* with training, including more information on "best practices" or promising practices in *The Collection*, and observing what other states are doing in relation to employing and training on evidence-based treatments. Ms. Hamaker told the Advisory Group that future meetings would focus on content of *The Collection* for the future edition, as well as any partnerships that could be established, e.g. forging new partnerships with universities and other state agencies.

VII. Conclusion and Next Steps

Ms. Atkinson informed the Advisory Group that the Commission on Youth will meet on Tuesday, April 23 at 9:30 a.m. in House Room C. Ms. Hamaker indicated that the Advisory Group's initial ideas will be summarized and presented at this meeting.

The Advisory Group meeting adjourned at 12:05 p.m.