

Evidence-Based Practices: A Therapeutic Approach To Increase Mental Healthcare Access for Children.

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Introduction

What Are Evidence-Based Practices (EBPs)?

- EBPs are therapeutic practices that apply empirically supported principles of assessment, intervention, and care with a structured approach (1)
- Developed through rigorous research, including randomized-controlled trials (RCTs) for treatment of youth with behavioral and mental health challenges



image source: <https://libguides.rutgers.edu/c.php?g=542769&p=3719698>

Available Treatments

The Need for EBPs

- 1 in 5 US children have a mental health disorder in a given year; however, only about 20% of children receive care from a mental health care provider (3)
- In 2021, a declaration of a national emergency in child and adolescent mental health was made jointly with AACAP, AAP, and CHA
 - Including a call for “evidence-based mental health screening, diagnosis, and treatment” (4)

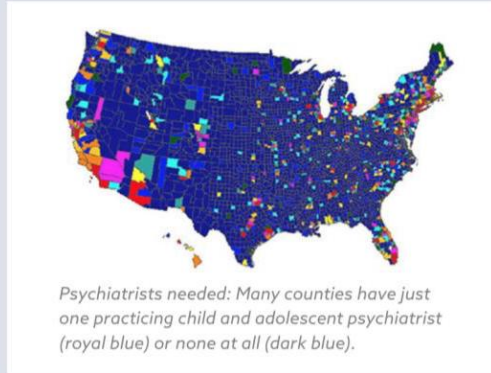


image SOURCE: AACAP (2022). AACAP Releases Workforce Maps Illustrating Severe Shortage of Child and Adolescent Psychiatrists. <https://www.aacap.org/>

An Example of an EBP: MATCH-ADTC

- Modular Approach to Therapy for Children with Anxiety, Depression, Traumatic Stress or Conduct Problems (MATCH-ADTC) integrates components of widely used EBPs
- Evidence of shorter duration of care, quicker rate of improvement, and greater reduction in number of problem areas (5)

How Effective are EBPs?

- A meta-analysis of 52 randomized trials supports that EBPs outperform usual care in psychotherapy(4)
- EBPs include CBT, DBT, PCIT, and MATCH-ADTC

Potential Implications and Future Directions

- Pilot study shows that EBP training similar to MATCH can be effectively integrated into child psychiatric fellowship training (6)
- There are limitations in time and resources in investing in such training
- Knowledge and basic training in EBPs is a potentially valuable investment for child and adolescent psychiatrists, as leaders of mental health teams, during a time of growing need

References

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