
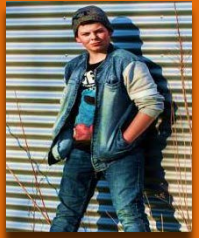



# Example suite of EBPs to address a range of mental health needs across childhood development

This table presents an example of how multiple EBPs can be leveraged across several service providers to meet a range of mental health needs for children and youth. While a system of care such as this could potentially meet the needs of the majority of families in a community, the extent to which there is community capacity to implement these programs should be carefully assessed. Please refer to “Evidence-Informed Practice in Systems of Care: Misconceptions and Facts” for further information:

<https://www.scribd.com/doc/295509039/Evidence-Informed-Practice-in-Systems-of-Care-Misconceptions-and-Facts>

Child Age	Anxiety	Depression	Conduct Problems	Trauma	Complex Needs	Substance Abuse
<p>3-8</p> 	Coping Cat		Triple P - Positive Parenting Program	Trauma-Focused Cognitive Behavioral Therapy	Wraparound	Behavioral Parent Training
<p>8-12</p> 	Cognitive Behavioral Therapy for Anxiety	Cognitive Behavioral Therapy for Depression	Incredible Years Parent-Child Interaction Therapy		Solution-Based Casework Assertive Case Management	Brief Strategic Family Therapy
<p>12-17</p> 	Interpersonal Treatment for Adolescents		Multisystemic Therapy		Dialectical Behavioral Therapy	Multi-Dimensional Family Therapy Functional Family Therapy

SOURCE: Bernstein, D., Bertram, R., Choi, S., Canary, P., Kerns, S., Marsenich, L., Mettrick, J.