### EVIDENCE-BASED CHILD AND ADOLESCENT PSYCHOSOCIAL INTERVENTIONS

This report is intended to guide practitioners, educators, youth, and families in developing appropriate plans using psychosocial interventions. It was created for the period April 2010–September 2010 using the PracticeWise Evidence-Based Services (PWES) Database, available at www.practicewise.com. If this is not the most current version, please check the American Academy of Pediatrics mental health Web site (www.aap.org/mentalhealth) for updates.

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>Level 1 - BEST SUPPORT</th>
<th>Level 2 - GOOD SUPPORT</th>
<th>Level 3 - MODERATE SUPPORT</th>
<th>Level 4 - MINIMAL SUPPORT</th>
<th>Level 5 - NO SUPPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxious or Avoidant Behaviors</td>
<td>Cognitive Behavior Therapy (CBT), CBT and Medication, Education, Exposure, Modeling</td>
<td>Assertiveness Training, CBT for Child and Parent, CBT with Parents, Family Psychoeducation, Hypnosis, Relaxation</td>
<td>Contingency Management, Group Therapy</td>
<td>Biofeedback, Play Therapy, Psychodynamic Therapy, Rational Emotive Therapy</td>
<td>Attachment Therapy, Client Centered Therapy, CBT with Parents Only, Eye Movement Desensitization and Reprocessing (EMDR), Relationship Counseling, Teacher Psychoeducation</td>
</tr>
<tr>
<td>Attention and Hyperactivity Behaviors</td>
<td>Behavior Therapy and Medication, Self-Verbalization</td>
<td>Biofeedback, Contingency Management, Education, Parent Management Training (alone, with Problem Solving, or with Teacher Psychoeducation), Physical Exercise, Relaxation and Physical Exercise, Social Skills and Medication, Working Memory Training</td>
<td>None</td>
<td>Parent Management Training and Social Skills, Relaxation, Self-Verbalization and Contingency Management, Social Skills</td>
<td>Attention, Client Centered Therapy, CBT, CBT and Anger Control, Parent Coping/Stress Management, Parent Management Training and Self-Verbalization, Problem Solving, Self-Control Training, Self-Verbalization and Medication, Skill Development</td>
</tr>
<tr>
<td>Autism Spectrum Disorders</td>
<td>Intensive Behavior Therapy, Intensive Communication Training</td>
<td>None</td>
<td>None</td>
<td>CBT, Parent Management Training, Peer Pairing</td>
<td>Auditory Integration Training, Hyperbaric Treatment</td>
</tr>
<tr>
<td>Depressive or Withdrawn Behaviors</td>
<td>CBT, CBT and Medication, CBT with Parents, Family Therapy</td>
<td>Client Centered Therapy, Expressive Writing/ Journaling/Diary, Interpersonal Therapy, Relaxation</td>
<td>None</td>
<td>Self-Control Training, Self-Modeling</td>
<td>Life Skills, Problem Solving, Psychodynamic Therapy, Social Skills</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>Client Centered Therapy Education, Goal Setting</td>
</tr>
<tr>
<td>Mania</td>
<td>None</td>
<td>None</td>
<td>None</td>
<td>CBT</td>
<td>Family-Focused Therapy, Psychoeducation</td>
</tr>
<tr>
<td>Substance Use</td>
<td>Family Therapy</td>
<td>CBT, Contingency Management, Family Systems Therapy, Goal Setting/Monitoring, Motivational Interviewing/Engagement, Purdue Brief Family Therapy</td>
<td>None</td>
<td>Goal Setting</td>
<td>Client Centered Therapy, Education, Group Therapy (it), Project CARE (it), Twelve Step Program</td>
</tr>
<tr>
<td>Suicidality</td>
<td>None</td>
<td>Multisystemic Therapy, Social Support Team</td>
<td>None</td>
<td>None</td>
<td>Accelerated Hospitalization, Counselors Care, Counselors Care and Anger Management</td>
</tr>
<tr>
<td>Traumatic Stress</td>
<td>CBT with Parents</td>
<td>CBT</td>
<td>None</td>
<td>Play Therapy, Psychodrama</td>
<td>Client Centered Therapy, CBT and Medication, CBT with Parents Only, EMDR, Interpersonal Therapy, Relaxation</td>
</tr>
</tbody>
</table>

Note: Level 5 refers to treatments whose tests were unsupportive or inconclusive. The symbol (it) indicates that at least one study found negative effects on the main outcome measure. The risk of using treatments so designated should be weighed against potential benefits. This report updates and replaces the "Blue Menu" originally distributed by the Hawaii Department of Health, Child and Adolescent Mental Health Division, Evidence-Based Services Committee from 2002–2009.

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