

CENTER FOR EVIDENCE TO PRACTICE

EBP Outcomes and Mental Health Services For Children and Families

Child Parent Psychotherapy Outcomes

- Fosters positive maternal behavior
- Support + strengthen the caregiver-child relationship
- Support child's PTSD symptoms, comorbid diagnoses, general behavior problems, capacity to regulate emotions, and cognitive functioning



Parent-Child Interaction Therapy Outcomes

- Increased feelings of security and safety
- Increased attention span, self-esteem
- Improvements in pro-social behaviors
- Decreased tantrums, hyperactivity, and attention-seeking behaviors



EMDR Outcomes

- Effective in reducing symptoms of PTSD, depressive disorders, anxiety disorders, chronic pain, bipolar disorder, psychosis, and substance use disorder in children
- A systematic review of 15 studies reported significant reductions in PTSD symptoms among children after treatment
- Treatment allows patients to express emotional discomfort, gain knowledge of their potential, and accept their limits

TF-CBT Outcomes

- Decreases in PTSD symptoms, depression, anxiety, behavioral problems, shame, cognitive distortions, and relationship difficulties
- 50 scientific studies, including 20 randomized controlled trials, report the efficacy of TF-CBT
- Children undergoing treatment are better prepared to cope with future trauma reminders



Functional Family Therapy Outcomes

- Reduced general recidivism + risky behavior
- Improved family, social, and vocational functioning
- Lower levels of impulsivity, depression, substance abuse, anxiety, and increased anger control
- Decrease out-of-home placement costs between \$1,300 and \$5,000

- 77% Youth with no new offenses 18 months post-referral
- 89% Youth without drug charges 18 months post-referral
- 95% Youth who attend school or work at treatment close



Multisystemic Therapy Outcomes

- Decreased youth criminal behavior + out-of-home placements
- Reduced frequency and severity of problem behaviors
- Learn coping skills
- Lower recidivism
- Improvements in behavior toward others and mood + emotions

According to a 22-year follow-up study by the Missouri Delinquency Project, youths who received MST had:

- 36% Fewer felony arrests
- 75% Fewer violent felony arrests
- 33% Fewer days incarcerated
- 56% Fewer felony arrests for siblings

Homebuilders Outcomes

- Reduced child abuse and neglect
- Less family conflict and child behavior problems



Nurse Family Partnership Outcomes

- Improved prenatal health
- Less subsequent pregnancies
- Less child abuse, neglect, and injuries



Other EBPs with Improvements in Behavioral Health Outcomes

Youth PTSD Treatment (YPT), Positive Parenting Program (Triple P), Preschool PTSD treatment (PPT), and Parents as Teachers (PAT)

References:

https://docs.google.com/document/d/ITCOeYz3I-nqwQsLFYHTYxTBJiuT9H-xZR6d_rYfvIMY/edit?usp=sharing