

CHAPTER 3

Section 3.4.1. Evidence Based Practices for Children

Overview

For many years, the Community Mental Health (CMH) agencies have provided home based services to families with children with serious emotional disorders. The use of a team approach to provide services in the community is an effective and well recognized practice. Also, clinicians have utilized Cognitive Behavioral Therapy (CBT) to work with children to teach them how to use concepts and critical thinking to change their behavior. What is new in the past five years is the use of Parent Management Training, Oregon Model (PMTO) and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). These two evidence based practices require the clinician to participate in significant training and supervision to achieve certification. Both are manualized treatments; meaning standard protocols and techniques are to be followed to achieve the treatment results that were demonstrated by research. PMTO is a treatment designed to teach parents skills to manage the behavior of children who display a wide variety of challenging behaviors. TF-CBT is a treatment designed to help children who struggle with challenging behaviors that are best understood as survival adaptations to cope with serious issues of developmental disorders. For more trauma specific material, please review Section 7, Trauma, in this chapter of the manual. The documents below are organized according to the two models and are meant to be introductory. For more detailed information, please visit the websites for the two practices.

For information about PMTO, <http://www.isii.net/website.isii/NewFiles/articles.html>

For information about TF-CBT, if you are a master's level clinician, you may access the online course at

<http://tfcbt.musc.edu/>

For other information about TF-CBT, any interested person may go to

<http://www.goodtherapy.org/trauma-focused-cognitive-behavioral-therapy.html>

Also included in this section, is the information regarding the rights of minors 14 or older to receive confidential services and to appeal decisions made to reduce, suspend or deny services. This is included in this section as it is an area of law and regulation that is frequently misunderstood and/or misinterpreted.