

# Choosing Mental Health Treatment for Your Child

## What You Should Know



## A Guide on Research and Evidence-Based Practices (R/EBPs)

We are pleased to see that you are seeking care for your child to address their mental health needs. To get the most effective treatment for your child, you might consider talking to your care provider about **research and evidence-based practices (R/EBPs)**, because these treatment methods have been studied for effectiveness.

### What are Evidence-Based Practices?

Evidence-based practices (EBPs) are treatments or services that have been studied in a formal way and have been shown to help people more than at least some other practices.

### What are Research-Based Practices?

Research-based practices are treatments or services that have been tested and shown to produce a positive outcome, but have not been studied enough to meet the full criteria of an EBP.

### Typical Goals of Research and Evidence-Based Practices (R/EBPs)

- Improved school attendance and performance
- Improved family and peer relationships
- Decreased rates of substance use and abuse
- Reduction in self-harm and suicide-related behaviors

### Current R/EBPs in Children's Mental Health

There are several types of treatments shown to be effective for children and their families. The type of R/EBP depends on the child's age and needs.

### Common Mental Health Disorders

- Anxiety / Depression
- Attention Deficit Hyperactivity

- Bipolar
- Schizophrenia
- Post-Traumatic Stress

### Types of Evidence-Based Interventions

- Cognitive Behavioral Therapy (CBT): a common type of talk therapy
- Exposure Therapy (type of CBT): a systematic approach to confronting sources of fear
- Interpersonal Therapy: focuses on how to relate to people such as family and friends
- Family Interventions
  - Functional Family Therapy
  - Parent Management Training
  - Parent-Child Interaction Therapy
- Intensive Home- and Community-Based Interventions
- Medication Treatment

### Mental Health Benefits for Apple Health (Medicaid) members

- Molina covers treatment with mental health specialists
- Evaluations and screenings
- Counseling services like individual, group and/or family treatment services
- Peer support

*You may self-refer your child for an initial evaluation or visit their primary care provider (PCP) as a first step.*

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## Where to get more information

### Molina Healthcare

Contact us to learn about your mental health benefits or assistance with finding a mental health provider.

(800) 869-7165, TTY 711

[MolinaHealthcare.com](http://MolinaHealthcare.com)

### American Academy of Child and Adolescence Psychiatry (AACAP)

Concise and up-to-date information on issues that affect children, teenagers, and their families

[www.aacap.org](http://www.aacap.org)

You can also find a guide for families on EBPs by visiting the AACAP website and searching for "NAMI handbook."

### National Child Traumatic Stress Network (NCTSN)

Information and resources about childhood traumatic stress

[www.nctsn.org](http://www.nctsn.org)

### How to talk to providers about R/EBPs

- We encourage you to ask your child's counselor about treatment options. Sharing your values and preferences can help create a shared care plan.
- Bring a notebook with questions and write down answers to your questions.



- Questions to ask your child's counselor or PCP:
  - Why are you recommending this treatment? What other treatments are available?
  - What is the goal of the treatment? Will it help achieve the outcomes we want?
  - How will we know if my child is responding to treatment? How do we measure progress?
  - What are the risks/benefits of the treatment?
  - Is there research/evidence to support this treatment?
  - If you are not recommending an R/EBP, why not?

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