

# Our Behavioral Health Work: EVIDENCE-BASED & BEST PRACTICES

**CHDI improves the quality of children's mental health care by identifying and disseminating evidence-based treatments and best practices, as well as supporting their delivery in real-world settings.**

CHDI has helped a network of more than 65 community-based agencies and schools provide evidence-based and trauma-informed treatment to more than 20,000 children and youth across Connecticut. These interventions have helped reduce racial and ethnic disparities in treatment and improve outcomes compared to "usual care."



## CURRENT INITIATIVES

### Evidence-Based Treatments (EBTs) and Practices (EBPs)

CHDI uses implementation science and a Learning Collaborative approach to disseminate children's mental health EBTs. Since 2007, we have disseminated eleven EBTs and EBPs across Connecticut and are currently supporting the implementation, sustainability, and quality improvement of:

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Bounce Back
- Adolescent Screening, Brief Intervention, and Referral to Treatment (A-SBIRT) and (SBIRT)
- Multidimensional Family Therapy for Transitional Aged Youth (MDFT-TAY)
- Attachment, Regulation, and Competency (ARC)

### Mobile Crisis Services

CHDI has helped Connecticut develop a nationally recognized youth mobile crisis system through our role as the State's Mobile Crisis Performance Improvement Center. CHDI is also working nationally to assist several other states in developing effective mobile crisis systems through a partnership with the Innovations Institute using a Learning Collaborative approach and through ongoing consultation with SAMHSA's National TA Network for Children's Behavioral Health.

### Care Coordination

CHDI has helped disseminate the Wraparound model of Care Coordination in Connecticut and helps monitor and improve model fidelity through our role as Care Coordination Performance Improvement Center. CHDI also provides Care Coordination training tailored for outpatient staff who work with youth with substance use concerns.

*\*CHDI is also disseminating best practices to support the behavioral health needs of students through our Comprehensive School Mental Health initiatives.*