

## 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 November 2012–April 2013 using the PracticeWise Evidence-Based Services (PWEBS) Database, available at [www.practicewise.com](http://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](http://www.aap.org/mentalhealth)) for updates.

Problem Area	Level 1- BEST SUPPORT	Level 2- GOOD SUPPORT	Level 3- MODERATE SUPPORT	Level 4- MINIMAL SUPPORT	Level 5- NO SUPPORT
<b>Anxious or Avoidant Behaviors</b>	Cognitive Behavior Therapy (CBT), CBT and Medication, CBT with Parents, Education, Exposure, Modeling	Assertiveness Training, Attention, CBT for Child and Parent, Cultural Storytelling, Family Psychoeducation, Hypnosis, Relaxation, Stress Inoculation	Contingency Management, Group Therapy	Biofeedback, CBT with Parents Only, Play Therapy, Psychodynamic Therapy, Rational Emotive Therapy	Assessment/Monitoring, Attachment Therapy, Client Centered Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Peer Pairing, Psychoeducation, Relationship Counseling, Teacher Psychoeducation
<b>Attention and Hyperactivity Behaviors</b>	Behavior Therapy and Medication, Biofeedback, Parent Management Training, Self-Verbalization	Contingency Management, Education, Parent Management Training (with Problem Solving, or with Teacher Psychoeducation), Physical Exercise (with or without Relaxation), Social Skills and Medication, Working Memory Training	Biofeedback and Medication	Parent Management Training and Social Skills, Relaxation, Self-Verbalization and Contingency Management, Social Skills	Attention Training, Client Centered Therapy, CBT, CBT and Anger Control, CBT and Medication, Family Therapy, Parent Coping/Stress Management, Parent Management Training and Self-Verbalization, Problem Solving, Psychoeducation, Self-Control Training, Self-Verbalization and Medication, Skill Development
<b>Autism Spectrum Disorders</b>	Intensive Behavior Therapy, Intensive Communication Training	Parent Management Training, Peer Pairing, Physical/Social/Occupational Therapy	None	Cognitive Behavior Therapy, Massage, Social Skills	Auditory Integration Training, Biofeedback, Eclectic Therapy, Hyperbaric Treatment, Modeling, Structured Listening
<b>Delinquency and Disruptive Behavior</b>	Anger Control, Assertiveness Training, CBT, Multisystemic Therapy, Parent Management Training, Parent Management Training and Problem Solving, Social Skills	Communication Skills, Contingency Management, Functional Family Therapy, Parent Management Training and CBT, Parent Management Training and Classroom Management, Problem Solving, Rational Emotive Therapy, Relaxation, Therapeutic Foster Care, Transactional Analysis	Client Centered Therapy, Family Therapy, Moral Reasoning Training, Outreach Counseling, Peer Pairing, Self-Control Training	CBT and Teacher Training; Parent Management Training, Classroom Contingency Management, and CBT; Parent Management Training and Self-Verbalization; Physical Exercise; Stress Inoculation	Behavioral Family Therapy, Catharsis, CBT and Anger Control, CBT with Parents, Collaborative Problem Solving, Education, Exposure, Family Empowerment, Family Systems Therapy, Group Therapy (!), Imagery Training, Parent Management Training and Peer Support, Play Therapy, Psychodynamic Therapy, Self-Verbalization, Skill Development, Wraparound
<b>Depressive or Withdrawn Behaviors</b>	CBT, CBT and Medication, CBT with Parents, Family Therapy	Client Centered Therapy, Cognitive Behavioral Psychoeducation, Expressive Writing/Journaling/Diary, Interpersonal Therapy, Relaxation	None	Problem Solving, Self-Control Training, Self-Modeling	Life Skills, Play Therapy, Psychodynamic Therapy, Psychoeducation, Social Skills
<b>Eating Disorders</b>	None	CBT, Family Therapy, Family Systems Therapy	None	None	Client Centered Therapy, Education, Goal Setting
<b>Elimination Disorders</b>	Behavior Alert; Behavior Alert and Behavioral Training; Behavioral Training; Behavioral Training, Dietary Care, and Medical Care (with or without Biofeedback)	Behavioral Training and Dietary Care; Behavioral Training, Hypnosis, and Dietary Care; CBT	Behavior Alert and Medication	None	Assessment/Monitoring, Assessment/Monitoring and Medication, Behavioral Training and Medical Care, Biofeedback, Contingency Management, Dietary Care, Dietary Care and Medical Care, Hypnosis, Medical Care, Psychoeducation
<b>Mania</b>	None	Cognitive Behavioral Psychoeducation	None	None	Family-Focused Therapy, Psychoeducation
<b>Substance Use</b>	CBT, Community Reinforcement, Family Therapy	Assertive Continuing Care, CBT and Medication, CBT with Parents, Contingency Management, Family Systems Therapy, Functional Family Therapy, Goal Setting/Monitoring, Motivational Interviewing/Engagement (with and without CBT), Multidimensional Family Therapy, Purdue Brief Family Therapy	Drug Court, Drug Court with Multisystemic Therapy and Contingency Management	Goal Setting	Behavioral Family Therapy, CBT and Functional Family Therapy, Client Centered Therapy, Drug Court and Multisystemic Therapy, Education, Family Court, Group Therapy (!), Motivational Interviewing/Engagement with CBT and Family Therapy, Multisystemic Therapy, Parent Psychoeducation, Problem Solving, Project CARE (!), Psychoeducation
<b>Suicidality</b>	None	Attachment Therapy, Counselors Care, Counselors Care and Support Training, Multisystemic Therapy, Social Support Team	None	None	Accelerated Hospitalization, Counselors Care and Anger Management
<b>Traumatic Stress</b>	CBT, CBT with Parents	Exposure	None	EMDR, Play Therapy, Psychodrama	Client Centered Therapy, CBT and Medication, CBT with Parents Only, Interpersonal Therapy, Psychodynamic Therapy, Psychoeducation, Relaxation

**Note:** Level 5 refers to treatments whose tests were unresponsive or inconclusive. The symbol (!) 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.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of *Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit*. Copyright © 2011 American Academy of Pediatrics, revised October 2012. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.

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