

“Blue Menu” - Evidence-Based Child and Adolescent Psychosocial Interventions

This tool has been developed to guide teams (inclusive of youth, family, educators and mental health practitioners) in developing appropriate plans using psychosocial interventions. Teams should use this information to prioritize promising options. For specific details about these interventions and their applications (e.g., age setting, gender) see the most recent Evidence Based Services Committee Biennial Report (<http://www.hawaii.gov/health/mental-health/camhd/library/webs/ebs/ebs-index.html>).

Problem Area	Level 1- BEST SUPPORT	Level 2- GOOD SUPPORT	Level 3- MODERATE SUPPORT	Level 4- MINIMAL SUPPORT	Level 5- NO SUPPORT
Anxious or Avoidant Behaviors	Cognitive Behavior Therapy, Education, Exposure, Modeling	Assertiveness Training, Cognitive Behavior Therapy and Medication, Cognitive Behavior Therapy for Child and Parent Separately , Cognitive Behavior Therapy with Parents, Hypnosis, Relaxation	None	Biofeedback, Play Therapy, Psychodynamic Therapy, Rational Emotive Therapy	Client Centered Therapy, EMDR, Relationship Counseling, Teacher Psychoeducation [poorly tested: CBT with Parents Only]
Attention and Hyperactivity Behaviors	Behavior Therapy and Medication, Contingency Management, Parent Management Training , Self Verbalization	Biofeedback, Education, Parent Management Training and Problem Solving, Parent Management Training and Teacher Psychoeducation , Physical Exercise, Relaxation and Physical Exercise, Social Skills and Medication, Working Memory Training	None	Parent Management Training and Social Skills, Relaxation, Social Skills	Client Centered Therapy [poorly tested: Parent Management Training and Self-Verbalization, Self Control Training, Self Verbalization and Medication, Skill Development]
Autistic Spectrum Disorders	Intensive Behavior Therapy, Intensive Communication Training	None	None	None	[poorly tested: Auditory Integration Training]
Delinquency and Disruptive Behavior	Assertiveness Training, Cognitive Behavior Therapy, Contingency Management, Multisystemic Therapy, Parent Management Training, Social Skills	Anger Control, Client Centered Therapy, Communication Skills, Functional Family Therapy, Multidimensional Treatment Foster Care, Parent Management Training and Problem Solving, Problem Solving, Rational Emotive Therapy, Relaxation, Transactional Analysis	Attention , Outreach Counseling, Peer Pairing, Self Control Training	Physical Exercise, Stress Inoculation	Education, Exposure, Family Systems Therapy, Group Therapy (!), Life Skills, Project CARE (!), Skill Development [poorly tested: Catharsis, Collaborative Problem Solving, Family Empowerment, Physical Exercise, Psychodynamic Therapy, Self Verbalization]
Depressive or Withdrawn Behaviors	Cognitive Behavior Therapy, Cognitive Behavior Therapy and Medication, Interpersonal Therapy	Client Centered Therapy, Cognitive Behavior Therapy with Parents, Expressive Writing/Journaling/Diary , Family Therapy, Relaxation	None	Self Control Training, Self Modeling	Attention, Counselors Care, Counselors Care and Anger Management, Life Skills [poorly tested: Problem Solving, Social Skills]
Eating Disorders	None	Cognitive Behavior Therapy, Family Therapy, Family Systems Therapy	None	None	None
Substance Use	None	Cognitive Behavior Therapy, Contingency Management, Goal Setting/Monitoring , Purdue Brief Family Therapy, Family Therapy, Family Systems Therapy	None	None	Client Centered Therapy, Education, Group Therapy (!), Project CARE (!), Twelve Step Program
Traumatic Stress	Cognitive Behavior Therapy with Parents	Cognitive Behavior Therapy	None	Play Therapy, Psychodrama	Client Centered Therapy, Cognitive Behavior Therapy with Parents Only [poorly tested: EMDR]

Note: Level 5 refers to treatments that were tested and found ineffective. Risk of harm is noted by the symbol (!), which indicates that at least one study found negative effects on the main outcome measure. The risk of using such treatments should be weighed against potential benefits.