

“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, Cognitive Behavior Therapy and Medication, Education, Exposure, Modeling	Assertiveness Training, Cognitive Behavior Therapy for Child and Parent, Cognitive Behavior Therapy with Parents, Family Psychoeducation , Hypnosis, Relaxation	Contingency Management, Group Therapy	Biofeedback, Play Therapy, Psychodynamic Therapy, Rational Emotive Therapy	Attention , Client Centered Therapy, EMDR, Relationship Counseling, Teacher Psychoeducation [poorly tested: CBT with Parents Only]
Attention and Hyperactivity Behaviors	Behavior Therapy and Medication, Contingency Management, Self Verbalization	Biofeedback, Education, Parent Management Training (alone, with Problem Solving, or with Teacher Psychoeducation) , Physical Exercise, Relaxation and Physical Exercise, Social Skills and Medication, Working Memory Training	None	Parent Management Training and Social Skills, Relaxation, Self-Verbalization and Contingency Management, Social Skills	Attention , Client Centered Therapy [poorly tested: Cognitive Behavior Therapy, Cognitive Behavior Therapy and Anger Control, Parent Coping/Stress Management , 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	Parent Management Training and Self-Verbalization , Physical Exercise, Stress Inoculation	CBT with Parents , Education, Exposure, Family Systems Therapy, Group Therapy (!), Life Skills, Project CARE (!), Skill Development [poorly tested: CBT and Anger Control , Catharsis, Collaborative Problem Solving, Family Empowerment, Psychodynamic Therapy, Self Verbalization]
Depressive or Withdrawn Behaviors	Cognitive Behavior Therapy, Cognitive Behavior Therapy and Medication, Family Therapy	Client Centered Therapy, Cognitive Behavior Therapy with Parents, Expressive Writing/Journaling/Diary, Interpersonal Therapy , Relaxation	None	Self Control Training, Self Modeling	Attention, Counselors Care, Counselors Care and Anger Management, Psychodynamic, Life Skills, Social Skills [poorly tested: Problem Solving]
Eating Disorders	None	Cognitive Behavior Therapy, Family Therapy, Family Systems Therapy	None	None	Client Centered Therapy, Education, Goal Setting
Substance Use	None	Cognitive Behavior Therapy, Contingency Management, Goal Setting/Monitoring, Purdue Brief Family Therapy, Family Therapy, Family Systems Therapy	None	Goal Setting, Motivational Interviewing/Engagement	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: Cognitive Behavior Therapy and Medication , 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.