

Building Capacity to Provide Evidence-Based Treatments to Children and Youth Impacted by Child Abuse

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Foundations of Best Practice in Treating Trauma in Children & Youth

- Assessment-Driven
- **Evidence-Based / Empirically supported**
- Trauma-informed
- Developmentally sensitive
- Systemic approach
- Focus on skill-building



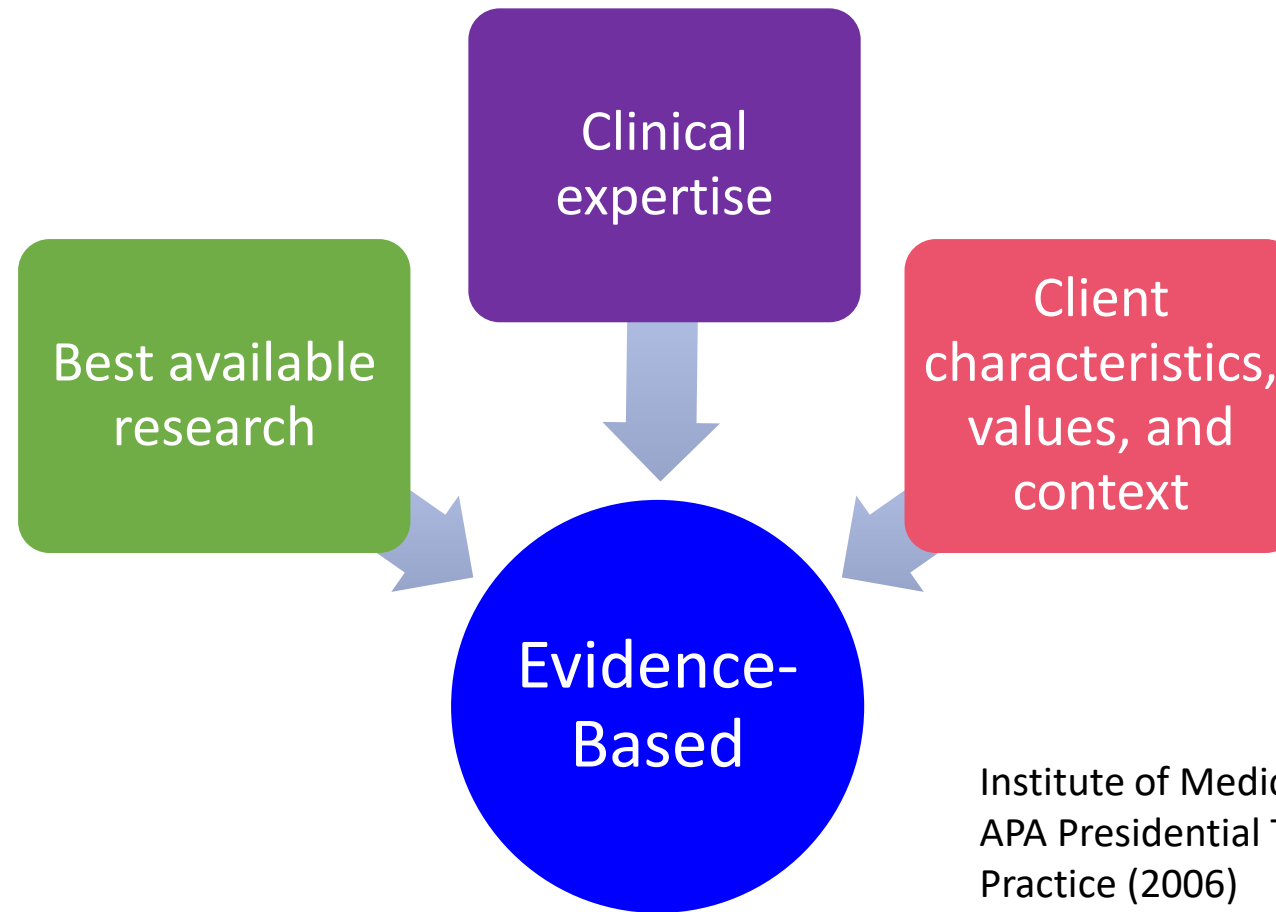
Cohen, J. A. & AACAP Work Group on Quality Issues. (2010). Practice parameter for the assessment and treatment of children and adolescents with posttraumatic stress disorder. *Journal of the American Academy of Child & Adolescent Psychiatry*, 49(4), 414-430.

Landolt, M. A., Cloitre, M., & Schnyder, U. (2017). Evidence-Based Treatments for Trauma Related Disorders in Children and Adolescents. Springer. National Child Traumatic Stress Network: www.NCTSNet.org

Schneider, S. J., Grilli, S. F., & Schneider, J. R. (2013). Evidence-based treatments for traumatized children and adolescents. *Current psychiatry reports*, 15(1), 332.

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Evidence-Based Treatment (EBT)

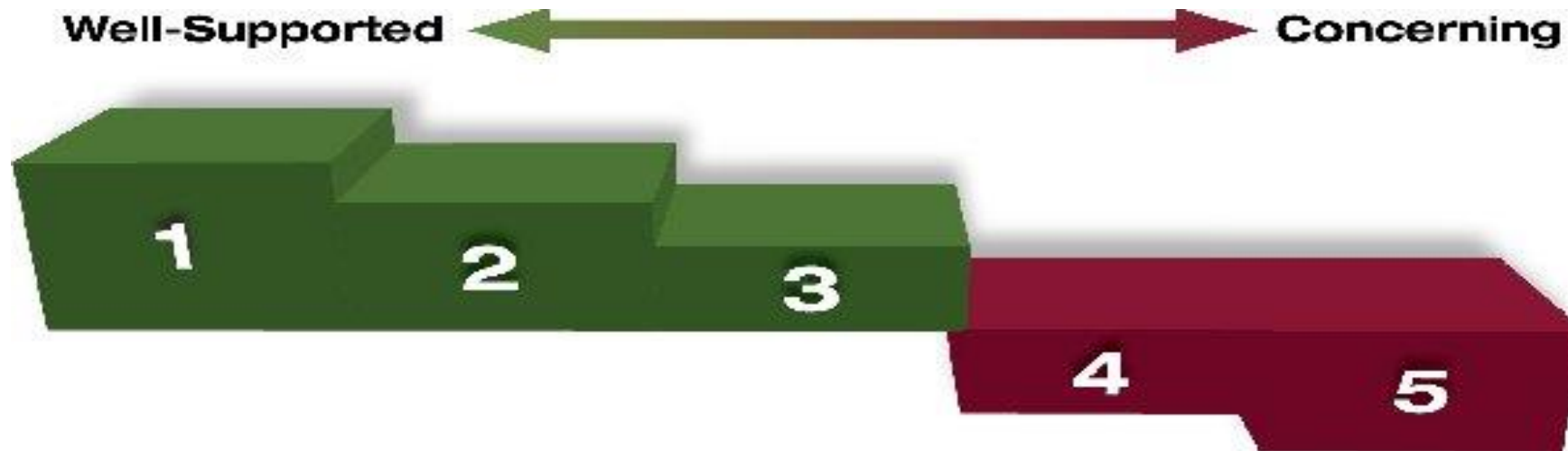


Institute of Medicine (2001) &
APA Presidential Task Force on Evidence-Based
Practice (2006)

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Research Evidence

Rating Scale – California Clearinghouse for Evidence Based
Practice: www.cebc4cw.org



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EBT's in U.S. Based CAC's



National Children's Alliance. Thriving Kids 2019:
A National Report on Mental Health Outcomes
in Children's Advocacy Centres:
[www.nationalchildrensalliance.org/thriving-
kids/](http://www.nationalchildrensalliance.org/thriving-kids/)

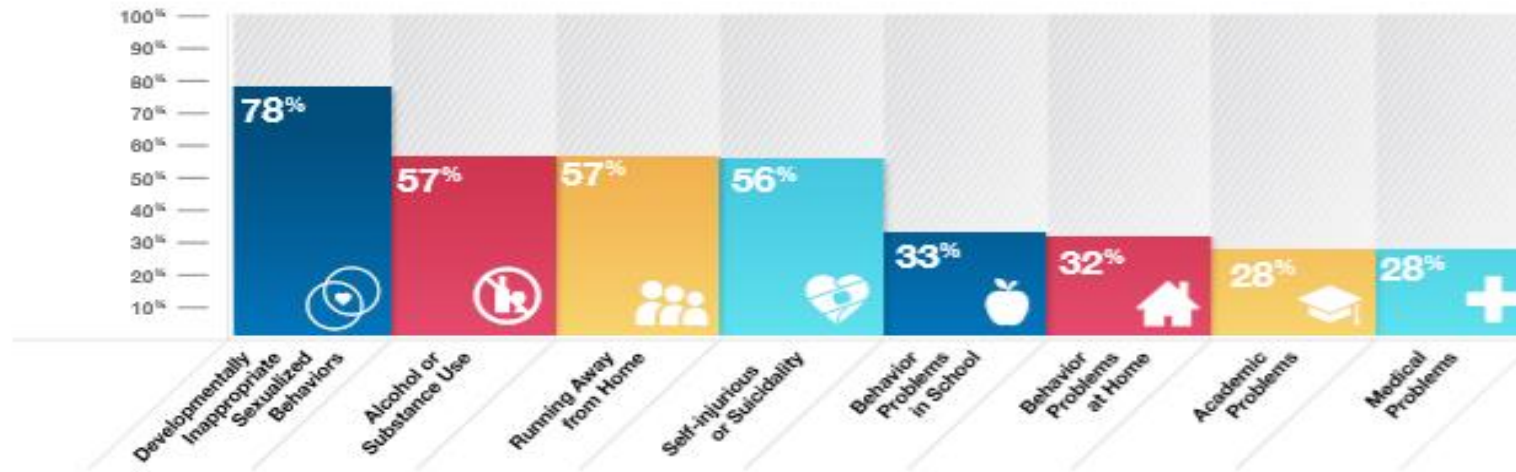
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EBT Effectiveness



EBTs improve outcomes for children.

Below are percentages of children who **stopped experiencing** these major life problems after receiving EBTs.



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Characteristics of Trauma Treatments with Empirical Support

- Child and caregiver are involved in the process
- Therapist is active and directive
- Theoretical base is behavioural, cognitive-behavioural or attachment-based
- Structured approach, with specific procedures
- Treatment is goal-directed
- Focus on replacing maladaptive patterns with adaptive skills
- Treatment protocol can be recreated or taught



National Child Traumatic Stress Network (2008, 2017). CAC Directors' Guide to Mental Health Services for Abused Children. www.nctsn.org/products/childrens-advocacy-center-directors-guide-mental-health-services-abused-children-2008

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Three EBT's of Interest:

- Child and Family Traumatic Stress Intervention (CFTSI)
 - Trauma-Focused Cognitive Behavioural Therapy (TFCBT)
 - Parent-Child Interaction Therapy (PCIT)
-
- Other treatments with good evidence: EMDR; Prolonged Exposure Therapy for Adolescents; Alternatives for Families CBT; Child-Parent Psychotherapy; Problematic Sexual Behaviour-CBT

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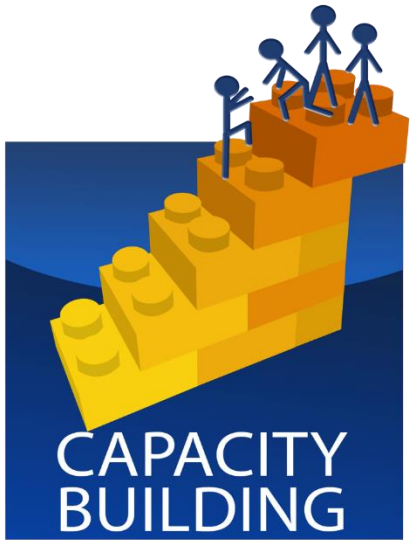
Therapy Providers in Vancouver

- Scan of existing child/adolescent trauma therapy providers:
7 community agencies; approx. 155 private practice clinicians
- Limited use and understanding of EBT's
- Resistance to prescriptive and/or manualized treatments
- Skepticism about reliance on science to inform treatment selection
- Preference for individualized, client-centered, strength-focused, “trauma-informed”, play-based, non-directive approaches to treatment
- Concerns about funding and ability to access EBT trainings
- Concerns about client/family complexity and transportability of EBT's

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Treehouse Plan for 2020-2022

- Increase capacity among therapy providers in commitment and ability to provide EBT's:



- ✓ Education about EBT's: Address misconceptions
- ✓ Provide training, supervision and consultation on delivery of specific EBT's
- ✓ Reach community agencies, local health authority, and private practitioners

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EBT's: Limitations to Address

- Some EBT's are designed to treat a single disorder
 - Comorbid conditions?
 - Complex trauma histories?
- EBT's are manualized
 - Flexibility within fidelity
 - Therapeutic relationship remains integral



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Creative Interventions: Flexibility within Fidelity

Use of play or expressive arts as the medium for delivering an EBT



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Resources

- CAC Director's Guide to Mental Health Services for Abused Children (available at www.nctsn.org)
- California Clearinghouse for Evidence Based Practice: www.cebc4cw.org
- Assessment-Based Treatment for Traumatized Children: A Trauma Assessment Pathways Model (TAP) – Chadwick Centre for Children and Families (2009): www.taptraining.net
- National Children's Alliance. Evidence-Based Mental Health Treatments for Child Abuse Victims: Quick Reference Guide for Multidisciplinary Teams and Brokers: www.cac-nh.org
- National Children's Alliance. Thriving Kids 2019: A National Report on Mental Health Outcomes in Children's Advocacy Centres: www.nationalchildrensalliance.org/thriving-kids/
- National Child Traumatic Stress Network: www.nctsn.org

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**THE
TREEHOUSE**

Vancouver Child and Youth Advocacy Centre

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