

SOCIOMETRICS PROJECT NO. 183

EFFECTIVE TREATMENTS FOR CHILDREN'S EMOTIONAL DISORDERS PHASE II

Numerous psychosocial treatments have been empirically demonstrated to reduce anxiety, depression, and other internalizing disorders in childhood. The long-term goal of the current project is to increase the likelihood that the high percentages of children affected by these mental health issues receive effective treatments. Specifically, this Phase II SBIR project fully developed and made ready for commercial dissemination the following three products for which prototypes already existed from R&D completed in Phase I:

- 1) the *Children's Emotional Disorders Effective Treatment Archive (CEDETA)*, which consists of complete kits for of all material required to implement and evaluate each included treatment program in the archive. These treatments were identified through a search of scientific literature and reviewed by an independent Expert Panel in Phase I. The kits will be marketed and sold to mental health practitioners, clinics, and systems.
- 2) An online selection procedure to facilitate the selection of the right treatment for a mental health practitioner's needs; and
- 3) Professional continuing education consisting of home study courses sponsored by relevant professional associations. Courses will promote general understanding of evidence-based treatments for children and adolescents and build capacity for implementing specific treatment programs.

Usability testing and consumer feedback was used extensively to ensure that all products meet the needs of mental health practitioners. In addition, a randomized experiment with practitioners was conducted to evaluate features of these products to advance knowledge about the use of effective treatment programs as a clinical approach.

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