

# AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

Committee on the Prevention of Mental Disorders and Substance Abuse  
among Children, Youth, and Young Adults: Research Advances and  
Promising Interventions

*May 1, 2007*

**Does your organization have a position on mental health promotion or prevention of mental health disorders or substance abuse among children, youth, and young adults?**

The mission of the American Academy of Child and Adolescent Psychiatry is the promotion of mentally healthy children, adolescents and families through research, training, advocacy, prevention, comprehensive diagnosis and treatment, peer support, and collaboration. The Academy's primary focus is the promotion, prevention and treatment of mental health disorders including substance abuse among children, youth and young adults.

**What role do evidence-based practices and other relevant research play in your efforts?**

The Academy currently has a strong focus in prevention but no formal policy on evidence-based practice. The Academy is a leader in the promotion of prevention in mental health with the development of a component solely focused on prevention. The Prevention Committee administers the Distinguished Member Irving Philips Award for Prevention and educates the AACAP membership about prevention.

In October 2005, the Academy Work Group on Research and Work Group on Quality Issues co-sponsored a Research Forum with Academy members to discuss evidence-based practice in pediatric psychiatry and how to expedite the implementation of evidence-based practice into the field. An article identifying the outcomes of the Forum is currently in press through the *Journal of the American Academy of Child and Adolescent Psychiatry*. As defined in the journal article, the Academy has been asked by its membership to develop a five-year strategic plan toward adopting evidence-based

practice. Although a copy of the article will not be available for distribution until late August 2007 below are some key points from the Research Forum.

The outcome of the Research Forum was the request for the Academy to fully embrace evidence-based practice. This includes but is not limited to “assisting members in developing a greater understanding of evidence-based practice, creating resources for educating mental health professionals in evidence-based practice skills, ensuring access to evidence-based practice resources, and providing commitment to apply evidence-based practice to the conceptualization and design of clinical research protocols and practice guidelines.” March JS, Szatmari P, Bukstein O, Chrisman A, Kondo D, Hamilton J, Kremer C, Kratochvil C (2007), AACAP 2005 Research Forum: Speeding the Adoption of Evidence-Based Practice in Pediatric Psychiatry. *J Am Acad Child Adolesc Psychiatry* 46: in press.

### **How are evidence-based practices best translated to your field/service system?**

The Academy is a membership organization. Our members are service providers and in their communities, are advocating for reimbursement for evidence-based care.

### **What are the biggest barriers to the adoption of evidence-based practices?**

Key barriers to the adoption of evidence-based practices are lack of research that is translatable to practice, the need for faculty to receive training in evidence-based practice in order to train residents, the perceived gap in what is happening in patient care and what is known through research evidence, and culture.

### Articles of Interest:

Chorpita BF, Becker KD, Daleiden EL (2007), Understanding the Common Elements of Evidence-Based Practice: Misconceptions and Clinical Examples. *J Am Child Adolesc Psychiatry* 46:5; 647-652.

March JS, Szatmari P, Bukstein O, Chrisman A, Kondo D, Hamilton J, Kremer C, Kratochvil C (2007), AACAP 2005 Research Forum: Speeding the Adoption of Evidence-Based Practice in Pediatric Psychiatry. *J Am Acad Child Adolesc Psychiatry* 46: in press.