

Evidence-Based Practice (EBP)

Definition:

- Interpreting research findings, and applying those findings to clinical practice using clinical decision making.
- Replacing outdated practices with new practices based on research.
- Applying EBP requires consideration of patients/clients unique needs and preferences



History of Evidence-Based Practice in Mental Health and Children and Adolescents

The concept of mental health in children did not reach the level of research until early 20th century

- Children's symptoms were treated the same as adults with similar symptoms.
- The first textbook on childhood mental health disorders was published in 1935.

Research did not increase until the late 1980's

- Improvement in brain studies
- Improvement in the understanding that children are not just "little adults"

It is estimated that only 20% of children with mental health disorders receive help.

- 4-8% of children and adolescents have severe psychiatric disorders
- The least likely child to receive services is a child living in poverty and a member of a minority group.