

Listing-of-Lists of Evidence-Based Interventions for Youth Mental Health

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Preface

This is a crowdsourced and “open” listing-of-lists of evidence-based interventions (EBIs) for youth mental health. Interventions of interest are those targeting mental health in the broadest sense, including behavioral, social–emotional, and wellbeing domains, and spanning universal, selective, and intensive levels of treatment. Although some lists included herein might include interventions targeting academic skills with youth, this listing is not intended to be a resource for academic interventions.

Feel free to edit, comment, share, and use this listing-of-lists of EBIs however you see fit. If you have suggestions regarding the general organization of the listing or the placement of specific lists, please use comments or the “suggesting” editor function built into Google Docs.

Evaluative Lists

These lists are sponsored by organizations that use a distinct approach to identify interventions, analyze the strength/quality of evidence supporting those interventions, and then evaluate EBPs accordingly. These lists may also include descriptions of interventions and/or links to intervention materials.

- What Works Clearinghouse: <https://ies.ed.gov/ncee/wwc/>
- Effective Child Therapy: [Effective Child Therapy - By the Society of Clinical Child & Adolescent Psychology](#)
- CASEL Guides: <https://casel.org/from-casel/>
- Crime Solutions Registry: <https://www.crimesolutions.gov/TopicDetails.aspx?ID=5>
- California Evidence-Based Clearinghouse for Child Welfare: <http://www.cebc4cw.org/>
- Juvenile Justice and Delinquency Prevention Model Programs: <https://www.ojjdp.gov/mpg/>

- National Center on Intensive Intervention: <https://intensiveintervention.org>
- National Professional Development Center on Autism Spectrum Disorder: <https://autismpdc.fpg.unc.edu/evidence-based-practices>
- Meadows Center for Preventing Educational Risk Library: <https://www.meadowscenter.org/library>
- Training and Technical Assistance Centers (T/TAC) Online: <https://ttaonline.org>
- National Autism Center - National Standards Project: <http://www.nationalautismcenter.org/national-standards-project/>
- PsyberGuide: <https://psyberguide.org/apps>
- Best Evidence Encyclopedia: <http://www.bestevidence.org/>
- Evidence-based Behavioral Practice: <https://ebbp.org/>
- Blueprints for Healthy Youth Develop: <https://www.blueprintsprograms.org>
- Promising Practices Network: <http://www.promisingpractices.net/>
- Society of Clinical Psychology: <https://www.div12.org/psychological-treatments/>
- Institute for Effective Education: Evidence 4 Impact: <https://www.evidence4impact.org.uk/contact>

Descriptive Lists

These lists identify evidence-based interventions, describe them, and/or provide links to actual intervention materials (briefs, protocols, manuals, etc.). Unlike the “evaluative lists,” however, these lists do not provide a systematic synthesis or evaluation of the strength/quality of evidence in favor of particular interventions.

- Evidence-Based Intervention Network: <http://ebi.missouri.edu/>
- Intervention Central: <https://www.interventioncentral.org/>
- National Center for Positive Behavior Interventions and Supports: <https://www.pbis.org/>
- The Association for Child and Adolescent Mental Health: School-Based Interventions Guide: <https://www.acamh.org/topic/school-based-interventions/>
- Therapist Aid: Worksheets and tools for mental health professionals: [Therapist Aid:](#)

[Therapy Worksheets, Tools, and Handouts](#)

Meta-Lists of Lists

These lists provide links to other evaluative and/or descriptive EBP lists. Search results from these lists may also link directly to other evaluative and/or descriptive EBP lists, provided above.

- Evidence-Based Practices Resource Center:
<https://www.samhsa.gov/ebp-resource-center>
 - Youth.gov Program Directory:
<https://youth.gov/evidence-innovation/program-directory>
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