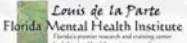




A System of Care for Children's Mental Health:
18th Research and Training Center Conference
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"Understanding Training Needs of Mental Health Professionals Serving Children with Severe Emotional Disturbance"

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Background

- High need for children's mental health services
- Growing emphasis on evidence-based therapies
- Dissemination issues
- Efforts to identify barriers
- Valuing research to train vs. training for practice







Study Questions

Among mental health professionals* serving children identified with severe emotional disturbance:

- What is the current level of knowledge regarding EBTs?
- What is the perceived effectiveness of various EBTs?

* Providers were involved with CMHS System of Care Sites and may not adequately represent traditional mental health professionals.



Methods

Recruitment: Modified snowball sampling

Survey: 65-item survey regarding EBT usage



Sample: 393 respondents completed target items (1402 contacted, 616 responded from 28 sites, 531 served children specifically with SED, 447 completed all survey questions of interest, 399 defined EBT, 393 defined EBT clearly [i.e., not "Other" / "Proven effective"])

Statistics:
Descriptive statistics
Pearson correlation coefficients
Regression analyses

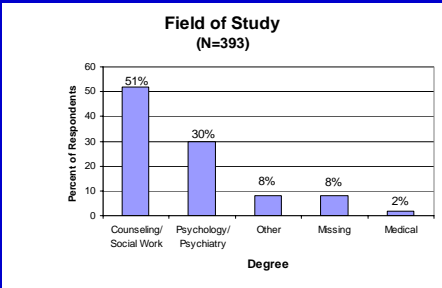
Study Variables

- Correct Definition of Evidence-Based Treatments
- Level of Education (<Masters, Masters, Professional/Doctorate)
- Race/Ethnicity (White NH, Black NH, Hispanic)
- Years of Experience
- Licensure (Yes/No)
- Gender
- Age






Results: Respondent Characteristics

Field of Study (N=393)



Field of Study	Percent of Respondents
Counseling/Social Work	51%
Psychology/Psychiatry	30%
Other	8%
Missing	8%
Medical	2%







Results: Respondent Characteristics

Respondents (N=393):

- Had at least a Master's degree (89%)
- Were Licensed (78%)
- Female (65%)
- Averaged 42 years of age
- Averaged 9.6 years of experience


Results: Respondent Race

(N=393)

- White (89%), Black (6%), Multi-racial (2%), Other (3%)
- "Professional/Doctoral" Degree (74, 18.8%)
- Whites had more "professional/doctoral" degrees than Blacks (18.6% vs 4.5%).
- Higher degrees among other race/ethnicities: 31% (9/29)

Literature:
 Minorities experience mental health issues as much or more than whites but are less likely to seek care.

Clinician-Client Race concordance increases utilization





Results: Respondent Characteristics

(N=393)

Bi-variate correlations: age, education, years of experience and licensure were significantly correlated.

Also, men (35%):

- were older than women (43.5 yrs vs. 41.3 yrs)
- had more degrees in "psychology/psychiatry" than women (41% vs 25%)
- had more "professional/doctoral degrees" than women (27% vs 14%).

Results: Operational Definition of EBT

Definition of EBT (N=393):

Correct Definition:

- "Proven effective through research" (71%),

Incorrect Definition:


- "Documented changes in clients" (18%),
- "Developed individualized outcomes" (11%),

Results: Stepwise Logistic Regression

(N=391)

	B	S.E.	Wald	df	Sig.	Exp(B)
Master's Degree	.69	.356	3.73	1	.054	1.99
Prof/Doctoral Degree	1.30	.451	8.28	1	.004	3.66
Age	-.03	.011	5.71	1	.017	.98
Constant	1.33	.506	6.87	1	.009	3.77


- Dependent Variable: Correctly defined EBT (1=yes, 0=no)
- Independent Variable: Education (Ref: <MA; 42, 11%) [MA=277, Prof/Doc=74]
- Dropped from the model: race/ethnicity (White, Black, Hispanic) years of work experience, and gender
- Age missing for 2 cases.



Results: EBT Advantages

(Respondents could have >1 response)


- Researched (195), valid (48) & efficient (110).
- Protocols/guidelines provide structure (206).
- Offer measurable outcomes of client change (138).
- Increases patient satisfaction (81).
- Offer a consistent approach (78).



Results: EBT Disadvantages

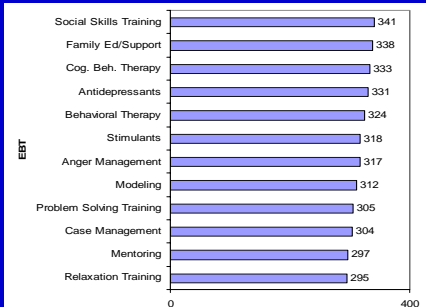
(Repondents could have >1 response)

- Client variability limits usefulness (247)
- Too structured (230)
- Concerns of research quality/generalizability (84) especially across cultural differences (26)
- Inhibits development/use of other therapies (104).
- Resource intensive (61) and Too impersonal (58)



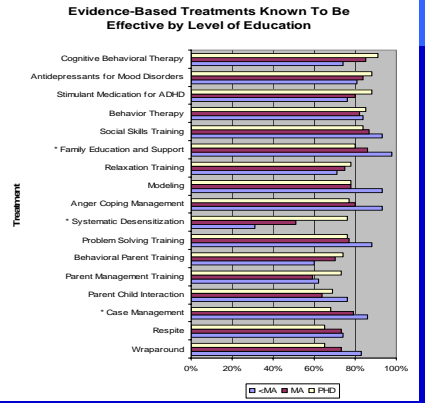
Results: EBTs

Perceived as Effective (N=393)



EBT	Count
Social Skills Training	341
Family Ed/Support	338
Cog. Beh. Therapy	333
Antidepressants	331
Behavioral Therapy	324
Stimulants	318
Anger Management	317
Modeling	312
Problem Solving Training	305
Case Management	304
Mentoring	297
Relaxation Training	295

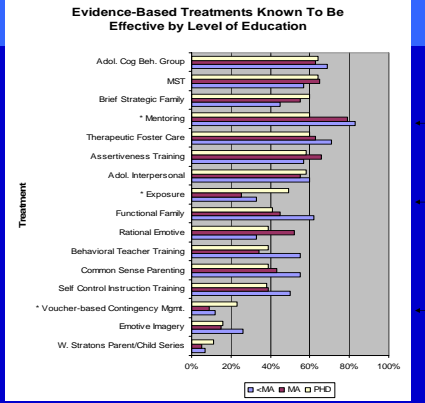
Evidence-Based Treatments Known To Be Effective by Level of Education



Legend: □ -MA, ■ MA, □ PhD

* (P<.05), [yes, effective (1), any other response or no response (0)]


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Conclusions



- EBT Knowledge has evolved over time.
- The continuing education needs of MH professionals varies depending on the age and level of education.
- Survey and literature indicate that the children's mental health field lacks racial/ethnic diversity among providers.
- Professional development activities should be tailored to the specific knowledge-base and needs of participants.



Public Health Implications

Understanding specific training needs can help:

- Tailor learning opportunities
- Improve provider skills to enhance treatment outcomes
- Promote cultural competency & encourage diversity



Limitations

Randomness/Generalizability:

- Snowball sampling
- Targeting only SOC sites
- Low Response Rate
- Lack of respondent racial and ethnic diversity

