

Data Trends

From: Data Trends
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This News brief alerts you to a report issued by the Millbank Memorial Fund entitled, "Evidence-based Mental Health Treatments and Services: Examples to Inform Public Policy." Adult and children's mental health issues are addressed. The report is available at: <http://www.milbank.org/reports/2004lehman/2004lehman.html>

From the Executive Summary: States continue to bear the major responsibility for mental health care for persons with serious and disabling mental illnesses, both through direct provision of services and through funding of private-sector care. Central to this mission is how best to allocate limited resources so as to gain maximum value for patients, families, and society. This briefing makes the following essential points, illustrated with examples of evidence-based practices:

- A substantial body of outcomes research supports the efficacy of a wide range of mental health treatments.
- Mental health services can be expected to provide evidence-based practices in order to yield good outcomes.
- Mental health service authorities and providers should be held accountable for providing services consistent with evidence-based practices.
- Measures of "program fidelity" have been developed that permit monitoring and accountability.
- Outcomes should be monitored regularly by clinicians as a part of good practice.
- The wide array of effective treatments should be available within a community, because even when treatments are equally effective on average, many of them are not equally effective for significant subgroups.
- Treatment choice and wide selection are essential in order to maximize treatment response and adherence to treatment.
- Access to evidence-based practices is necessary but not sufficient to ensure a quality mental health service system.

Data Trends are produced by the Research and Training Center for Children's Mental Health, Louis de la Parte Florida Mental Health Institute, University of South Florida, Tampa. Data Trends are funded by the Center for Mental Health Services, SAMHSA, U.S. Department of Health and Human Services. There are two Data Trends products: 1) Summaries (ISSN# 1537-0399), which detail recent, published articles on systems of care for children with emotional and behavioral disabilities and their families, and; 2) News briefs (ISSN# 1537-0402), which highlight related items or events of interest to the field.