

## Behavioral Health

**About Technical Assistance Briefs.** The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

**Initial Query for this Brief.** Identify measures and best practices around Behavioral Health.

### Evidence-Based Strategy Measures

**ESM: Program Integration.** These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

State	ESMs
NM	ESM 1.4: Percentage of primary providers that have received training and/or consultation in assessing and treating behavioral health needs.
CT	ESM 10.2: Percent of adolescents 12 through 17 with a behavioral health screening at the time of medical visit at all school-based health centers.
PA	Number of behavioral health providers trained in pregnancy intention assessment
PA	Percent of women enrolled in home visiting, Centering Pregnancy and IMPLICIT who are referred for behavioral health services following a positive screening
OR	Completion of environmental scan to determine role of Title V in perinatal behavioral health
NC	Percent of adolescents who had a behavioral health screening at time of preventive care visit
NC	Percent of LHDs whose child health staff receive training on appropriate use of valid and reliable developmental, psychosocial, social determinants of health, and behavioral health screening tools for children during state fiscal year

### Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to behavioral health

Title	Link	Category
Behavioral health primary care integration	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/behavioral-health-primary-care-integration">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/behavioral-health-primary-care-integration</a>	Scientifically Supported
Patient shared decision making	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/patient-shared-decision-making">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/patient-shared-decision-making</a>	Scientifically Supported

<b>Mental health benefits legislation</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mental-health-benefits-legislation">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mental-health-benefits-legislation</a>	Scientifically Supported
<b>Cognitive-behavioral therapy for offenders</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/cognitive-behavioral-therapy-cbt-for-offenders">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/cognitive-behavioral-therapy-cbt-for-offenders</a>	Scientifically Supported
<b>School-based social and emotional instruction</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-based-social-and-emotional-instruction">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-based-social-and-emotional-instruction</a>	Scientifically Supported
<b>Text message-based health interventions</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/text-message-based-health-interventions">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/text-message-based-health-interventions</a>	Scientifically Supported
<b>Computerized clinical decision support system (CDSS)</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/computerized-clinical-decision-support-systems-cdss">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/computerized-clinical-decision-support-systems-cdss</a>	Scientifically Supported
<b>Attendance interventions for chronically absent students</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/attendance-interventions-for-chronically-absent-students">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/attendance-interventions-for-chronically-absent-students</a>	Scientifically Supported
<b>School-wide positive behavioral interventions and supports (Tier 1)</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-wide-positive-behavioral-interventions-and-supports-tier-1">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-wide-positive-behavioral-interventions-and-supports-tier-1</a>	Scientifically Supported
<b>Mental health first aid</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mental-health-first-aid">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mental-health-first-aid</a>	Some Evidence
<b>Mobile health for mental health</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mobile-health-for-mental-health">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mobile-health-for-mental-health</a>	Some Evidence
<b>Telemental health services</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/telemental-health-services">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/telemental-health-services</a>	Some Evidence
<b>Crisis lines</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/crisis-lines">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/crisis-lines</a>	Some Evidence
<b>School-based trauma counseling</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-based-trauma-counseling">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-based-trauma-counseling</a>	Some Evidence
<b>Universal school-based suicide awareness &amp; education programs</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/universal-school-based-suicide-awareness-education-programs">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/universal-school-based-suicide-awareness-education-programs</a>	Some Evidence

## Evidence-Based Strategies – Innovation Hub

The following programs have been identified as effective models related to behavioral health

<b>Title</b>	<b>Link</b>	<b>Category</b>
<b>Moving beyond depression</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/AMCHP-Best-Practice-Form-MBD-2017.pdf">https://amchp.org/wp-content/uploads/2021/05/AMCHP-Best-Practice-Form-MBD-2017.pdf</a>	Best
<b>Infant and Early Childhood Mental Health Consultation</b>	<a href="https://amchp.org/wp-content/uploads/2021/10/IECMHC-Practice-Handout-Best.pdf">https://amchp.org/wp-content/uploads/2021/10/IECMHC-Practice-Handout-Best.pdf</a>	Best
<b>Massachusetts Partnership for Early Childhood Mental Health: LAUNCH/MYCHILD Model</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/MA-LAUNCH-MY-CHILD_Innovation-Station-Handout.pdf">https://amchp.org/wp-content/uploads/2021/05/MA-LAUNCH-MY-CHILD_Innovation-Station-Handout.pdf</a>	Best
<b>Perinatal depression screening and referral program</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Perinatal-Depression-Screening-Referral_2015.pdf">https://amchp.org/wp-content/uploads/2021/05/Perinatal-Depression-Screening-Referral_2015.pdf</a>	Emerging

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**Behavioral Health: Technical Assistance Brief**

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Access other resources at <https://www.mchevidence.org>

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