

Adapting Evidence-Based Mental Health Treatments in Community Settings

Preliminary Results From a Partnership Approach

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This article describes the application of a university–community partnership model to the problem of adapting evidence-based treatment approaches in a community mental health setting. Background on partnership research is presented, with consideration of methodological and practical issues related to this kind of research. Then, a rationale for using partnerships as a basis for conducting mental health treatment research is presented. Finally, an ongoing partnership research project concerned with the adaptation of evidence-based mental health treatments for childhood internalizing problems in community settings is presented, with preliminary results of the ongoing effort discussed.

Keywords: *effectiveness research; partnership research; children's mental health; evidence-based treatments*

Using Partnerships to Adapt Evidence-Based Mental Health Treatments for use With Outside Labs

Recent findings suggest that up to 20% of youth experience a mental disorder, and a large portion of these youth do not receive adequate treatment (Hoagwood & Olin, 2002; U.S. Public Health Service [USPHS], 2000). Many of the problems children experience can be classified as either internalizing or externalizing disorders. Internalizing disorders such as anxiety