

Mental Health Prevention and/or Early Intervention Programs



The CEBC defines Mental Health Prevention and/or Early Intervention (Child & Adolescent) Programs as 1) universal prevention programs which are designed to prevent mental health problems from occurring for the first time in children and adolescents, or 2) selective prevention programs targeted at individuals or families who are at high risk for mental health problems to either prevent mental health problems from occurring or to intervene early to reduce clinical-level problems. Mental Health Prevention and/or Early Intervention (Child & Adolescent) Programs differ in terms of timing and may target different age groups. These programs may occur in a variety of settings, including schools, homes, other community settings, and health care settings. Mental Health Prevention and/or Early Intervention programs may also be delivered in group or individual settings, as well as self-administered through online delivery or apps.

Mental Health Prevention and/or Early Intervention (Child & Adolescent) Topic Area criteria:

- **Target population:** Children and adolescents
- **Services/types that fit:** Outpatient services (either individual or group), community or school-based interventions, and self-administered programs, including online delivery or apps; services can target the child alone, work with the child and/or their caregivers, or target the entire family
- **Delivered by:** Child and family serving professionals, educators, mental health providers, physicians, community-based organizations, parents and caregivers, nonprofessional helpers, mentors, self-help supporters and organizations, and advocacy organizations
- **In order to be included in this topic area on the CEBC:** Program must specify the prevention of mental health problems or disorders or early intervention in the development of mental health disorders as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](https://cebc4cw.org/scientific-rating-scale/)) that examines mental health-related outcomes, such as child and/or adolescent symptom levels, behaviors, and/or functioning; or mental health prevention-related outcomes, such as child and/or adolescent knowledge and/or preventative behavior



The table below provides a summary of the rated programs currently listed in the [Mental Health Prevention and/or Early Intervention \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Body Project	Adolescent girls ages 14–18 years	1	Medium
Coping Power Program	8- to 14-year-old children whose aggression puts them at risk for later delinquency	1	Medium
Early Risers: Skills for Success	Children and adolescents ages 6–12 years and their parents/guardians	1	Medium
KiVa Antibullying Program	Schoolchildren between 7–16 years of age	1	Medium
ParentCorps	3- to 5-year-old children enrolled in pre-K programs, their families, and pre-K educators and staff	1	Medium
PATHS® Curriculum, The	Universal populations (all children) including those with more serious behavior problems and/or cognitive challenges	1	Medium
PAX Good Behavior Game (PAX GBG)	Children in grades pre-Kindergarten through 6th	1	Medium
Resourceful Adolescent Program- Adolescent (RAP-A)	Adolescents between 11 and 15 years of age	1	Medium
Blues Program	Adolescents ages 13–19 years with elevated depressive symptoms	2	Medium
Fostering Healthy Futures – Preteen (FHF-P)	Preadolescent children ages 9–11 years who have current or previous child welfare involvement due to experiencing one or more adverse childhood experiences (ACEs)	2	High
Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA)	Youth 11–18 years of age and their family members of all ages (including siblings)	3	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
eNew Beginnings Program for Divorced and Separated Parents (eNBP)	Children/adolescents between 6 and 18 years of age whose parents are divorcing or separating parents (program is provided to the parents)	3	Medium
Guiding Good Choices® (GGC)	Parents of adolescents and young teens	3	Medium
I Can Problem Solve (ICPS)	Low- and middle-income 4–12-year-old students	3	Medium
The Incredible Years® Teacher Classroom Management Program	Teachers of children 3–8 years of age and the children in their classroom	3	Medium
Listening and Led by Youth in Foster Care: Grief, Hope, and Transitions (L.Y.G.H.T.)	Adolescents and young adults, 12–23 years old, who are in foster care or in transitional living	3	High
Olweus Bullying Prevention Program (OBPP)	Students in elementary, middle, and high schools	3	Medium
Positive Action (PA)	Kindergarten (ages 4–5 years) through Grade 8 (ages 13–14 years) students	3	Medium
Second Step® Early Learning	4- to 5-year-old children in preschool	3	Medium
Social Decision Making/Problem Solving Program	Students in 4th or 5th grade	3	Medium
Teaching Kids to Cope (TKC)	Students in High School	3	Medium
Trust-Based Relational Intervention (TBRI) - Caregiver Training	Caregivers of children, youth, and young adults (0–25) who are at risk for/have histories of relational trauma, including maltreatment, abuse, neglect, violence, absence of a consistent caregiver, and involvement in child welfare and/or juvenile justice settings	3	High
Wyman's Teen Connection Project (TCP)	Adolescents in grades 9–12	3	Medium