

Resources for Identifying Evidence-Based Mental Health Practices and Programs

This list was created to provide a starting point for healthcare system leaders, administrators, and staff responsible for implementing mental health practices programs to identify evidence-based mental health practices. The seven resources were selected to cover a range of mental health topic areas. All resources involve rigorous multi-expert review processes for selecting the included practices. These resources are regularly updated, but it is important for users to check the date of the most recent update and consider whether the most current evidence is included.

These resources help users evaluate whether a practice may fit their specific setting and population by understanding what the practice entails, in what settings and populations the practice has been used, whether the practice has been evaluated, and if so, its effectiveness for treating a specific mental health disorder. Other resources or databases more suited for specific topic areas, settings, or populations may be available elsewhere. Please note that these resources may help you identify a practice or program to implement, but do not provide guidance on how to adapt it to and/or implement it in specific settings.

This list was compiled by the Factors Influencing Implementation Workgroup, led by the Pacific West Hub of the Center for Mental Health Implementation Support (CMHIS). It may be updated periodically.

1. **The American Psychological Association** publishes publicly available clinical practice guidelines for a range of mental disorders. Guidelines for specific mental disorders include mental health practices and programs that have research-based evidence supporting their effectiveness for treating the disorder. Each guideline includes detailed information about the practices and the research data supporting recommendations. The **American Psychological Association Professional Practice Guidelines** webpage links to over 20 guidelines for practitioners for specific populations (e.g., older adults) or areas (e.g., parenting coordination), and four clinical practice guidelines for mental health disorders, with descriptions of each set of guidelines.

<https://www.apa.org/practice/guidelines>

2. **The American Psychiatric Association** also publishes publicly available clinical practice guidelines for a range of mental disorders. The **American Psychiatric Association Clinical Practice Guidelines** website includes seven clinical practice guidelines categorized by psychiatric disorder.

<https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines>

- 3. The Results First™ Clearinghouse Database** based at The Pennsylvania State University is a searchable database that contains over 4,000 evidence-based programs in behavioral health, education, and public health. It draws from 10 national U.S. databases and provides program details, citations, and cost information. Programs are color-coded by quality of evidence for their effectiveness (from green = highest quality, red = negative effects). The Clearinghouse is searchable using keywords or can be filtered by health topic, setting, evidence of effectiveness, and source database. About 60% of included programs are rated as having a positive impact based on “most rigorous” or “high quality” evidence.

<https://evidence2impact.psu.edu/results-first-resources/clearing-house-database/>

- 4. The World Health Organization (WHO) Mental Health, Brain Health and Substance Use: Psychological Interventions** page provides open access to approximately 20 manuals and training materials for several evidence-based brief psychological practices endorsed by the WHO. The webpage below provides links to these key resources divided into four categories: individual self-help guides, implementation manuals and foundational resources, intervention manuals, and training manuals.

<https://www.who.int/teams/mental-health-and-substance-use/treatment-care/innovations-in-psychological-interventions>

- 5. The SAMHSA Evidence-Based Practice Resource Center** contains a collection of over 120 resources for prevention, treatment, and recovery support services for mental and substance use disorders. Users can search by topic area or condition as well as keywords, resource type (e.g., toolkit, treatment improvement protocol, guideline), specific population (e.g., youth, adult), and audience (e.g., resources for clinicians, prevention professionals, policymakers).

<https://www.samhsa.gov/libraries/evidence-based-practices-resource-center>

- 6. The Suicide Prevention Resource Center Best Practices Registry (BPR)** is a searchable library of over 60 programs and interventions focused on suicide prevention. Users can search by keywords, interventions and programs designed for specific groups of people (e.g., veterans, older adults), designed for use in a specific setting (e.g., hospital, online), or that use specific approaches to preventing suicide (e.g., creating connectedness, addressing upstream factors like housing).

<https://bpr.sprc.org/>

- 7. The California Evidence-Based Clearinghouse**, funded by the California Department of Social Service, is a searchable database of over 600 practices and programs for children and families involved with the child welfare system. Each program is rated on strength of research evidence supporting it, along with its screening or assessment tools, found in published, peer-reviewed journals. Users can search for practices by keywords, topic area (e.g., digital mental health interventions), level of supporting research evidence (1-5), age, and setting (e.g., adoptive home, hospital).

<https://www.cebc4cw.org/>

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