

# Bureau for Behavioral Health Children's Resources

**Tahnee Bryant**, Program Manager 2, Prevention and Early Intervention Services  
**Cassandra Toliver**, Program Manager 2, Treatment and Recovery Services

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WEST VIRGINIA DEPARTMENT OF

**HUMAN  
SERVICES**

**West Virginia Department  
of Human Services**  
Bureau for Behavioral Health

**CLEARINGHOUSE**



# Bureau for Behavioral Health Clearinghouse



**Welcome to the West Virginia Department of Human Services, Bureau for Behavioral Health Clearinghouse.** The availability of evidence-based practices is vital to individuals and communities as these services are proven to be effective for countless individuals. This Clearinghouse aims to provide agencies and practitioners with valuable information regarding the level of effectiveness for various interventions. Information regarding the efficacy of programs throughout West Virginia is included in this database. Practitioners are invited to request review of programs that are not currently listed in the clearinghouse.

## Purpose

The purpose of this virtual clearinghouse is to ensure that children, youth, and young adults in West Virginia receive culturally appropriate, evidence-based prevention, treatment and recovery/maintenance services in their homes, schools, and communities. The ultimate purpose of the Clearinghouse is to enhance the health and well-being of families and communities in West Virginia by ensuring the provision of high-quality mental health services.





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**Search Programs**



**WV Ratings**



**Resources**



**Submit a Program**



# Bureau for Behavioral Health Clearinghouse



## Overview

### **What is an Evidence-Based Practice?**

An Evidence-Based Practice, also referred to as an Evidence-Based Program, has been formally evaluated via scientific methods to determine if the approaches or methods result in the intended outcomes. For centuries, people have utilized many different approaches, reasons, and philosophies to explain and address life issues and problems. These solutions range from being based on opinion, tradition/culture, education, and experience, to no specific rationale at all. Some may be effective, some may be ineffective, and some may even be dangerous. In today's world, which includes a high use and dependence on the internet, the number of solutions to issues and problems has multiplied significantly. It has become increasingly difficult to determine which of these so-called solutions to problems are based on advertising and marketing rather than on intended outcomes.





When solving problems, we often use the logic of *Problem + Action = Outcome*. Through trial and error, we learn what works and what does not work in our personal experience. Doing research (both formal and informal) involves reviewing and considering what and how others have addressed a similar problem or issue. We compare our outcomes with the outcomes of others. However, we do not always know the whole story when researching and comparing our outcomes. Evidence-based research enables us to compare outcomes more accurately, because it includes the whole story and whether or not the results are consistent with the intended outcomes.

**Behavioral Health**

In the area of behavioral health, there is much discussion around programs and practices for prevention, treatment, recovery, and maintenance. Programs typically have a beginning and an end, with specific goals, activities and intended outcomes. Practices typically are more of an approach to an issue, such as “trauma-informed,” or “client-centered.” Educators, community members, and behavioral health practitioners are faced daily with decisions about identifying and using the best programs and practices for those they serve. Sorting through the facts about so many programs can be overwhelming.

**The program/practice is only one part to be considered.**

In addition to scientific evidence of a program/practice, the expertise of the individual delivering the service, plus the perspective and feedback of the person receiving the service are also important components that contribute to achieving desired outcomes. This graphic shows how evidence-based practice incorporates the best scientific evidence, clinical expertise, and the participant’s values, preferences, and feedback. These components are all inter-related and contribute to the success or failure of achieving intended outcomes.



# WV Rating Scale



## Well-Supported by Research

The program or practice shows evidence of positive outcomes from a published, peer-reviewed meta-analysis of relevant experimental and quasi-experimental designs.

OR at least one well-designed RCT (randomized controlled trial) in addition to several well-designed experimental or quasi-experimental studies of sound quality that support a set of systematic clinical practice guidelines that lead to similar positive outcomes across multiple clinically-relevant samples.

*Prevention Programs labeled as "Well-Supported by Research" and "Supported by Research" can be considered an evidence-based prevention approach, according to BBH.*



## Supported by Research

The program or practice have at least one rigorous, published, peer-reviewed RCT that was conducted with a clinically relevant, clinic-referred sample.

OR a substantial (10-12) body of experimental and quasi-experimental studies of sound quality in the absence of any RCTs.

*Prevention Programs labeled as "Well-Supported by Research" and "Supported by Research" can be considered an evidence-based prevention approach, according to BBH.*

The Bureau for Behavioral Health Clearinghouse is a repository of prevention, early intervention, treatment, and recovery programs reviewed systematically for evidence of effectiveness for children and young adults with behavioral health needs and their families. The Clearinghouse is intended to give West Virginia service providers and stakeholders an array of evidence-based options for program implementation. It is not an exhaustive review of all available resources. The review process was derived through a collaborative partnership of diverse West Virginia professionals with experience in behavioral healthcare and substance use prevention with significant input from the statewide community of providers and stakeholders.

The ratings provide guidance but not definitive judgments as to whether a program should be implemented in a specific community or circumstance. The ratings are based on the available evidence at the time the program was reviewed. Considerations for the ratings include the following:

- Research is an organic process; ratings may change over time as new studies are completed and the diversity of populations studied grows.
- A rating is best viewed as a current status in



### **Promising**

The empirical evidence for the program or practice is mixed in terms of outcome and support but the preponderance of evidence is positive.

OR there are no RCTs and fewer than 10 experimental or quasi-experimental trials but the preponderance of the existing research supports effectiveness.



### **Not Supported by Research**

The preponderance of peer-reviewed evidence fails to provide support for the efficacy of the intervention.



### **Unable to be Rated**

Adequate research is not yet available.



### **Unknown/Not Yet Assessed**

This program or practice has not yet been assessed by the Bureau for Behavioral Health Clearinghouse.

- A rating is best viewed as a current status in a process rather than a definitive judgment.
- “Well-supported” and “supported” ratings indicate the preponderance of evidence suggests a certain level of confidence in the positive benefits of the programs, based on the populations studied in the available research.
- “Promising” ratings indicate a “work in progress” status. Such programs are often new, and additional research is accumulating to support effectiveness but not yet available or complete. In certain situations, choosing to use these programs may allow for the collection of data that can further add to the base of information concerning the effectiveness of the process.



# Positive Parenting Program (Triple P) Overview

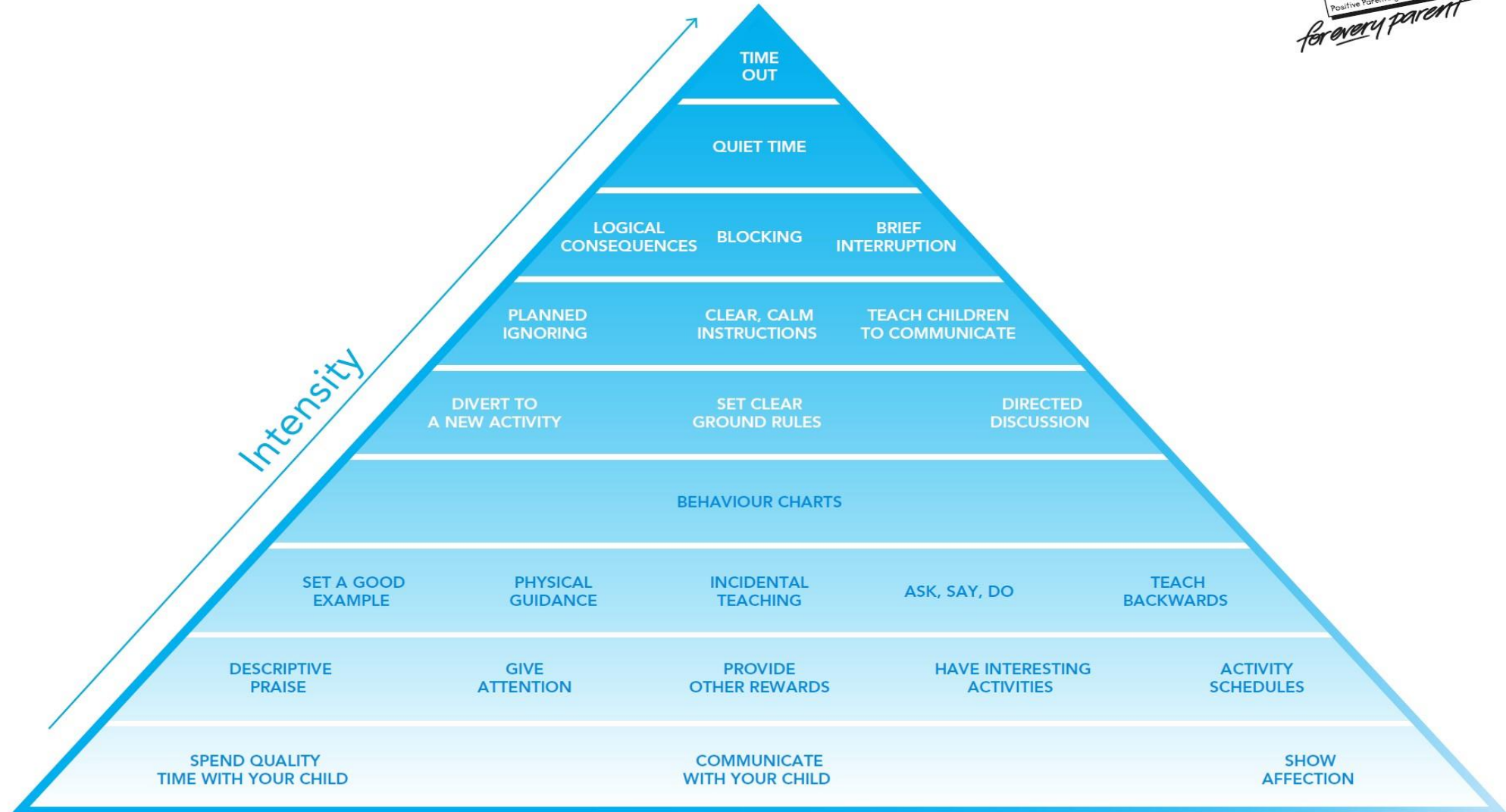


- An international, evidence-based package of parenting strategies
- Tailored to parent learning needs, and built upon their goals, values, and reflection on how they are doing
- Key practices of positive parenting:
- Having a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Adapting to having a child with a disability
- Having realistic expectations
- Being part of the community
- Taking care of yourself as a parent



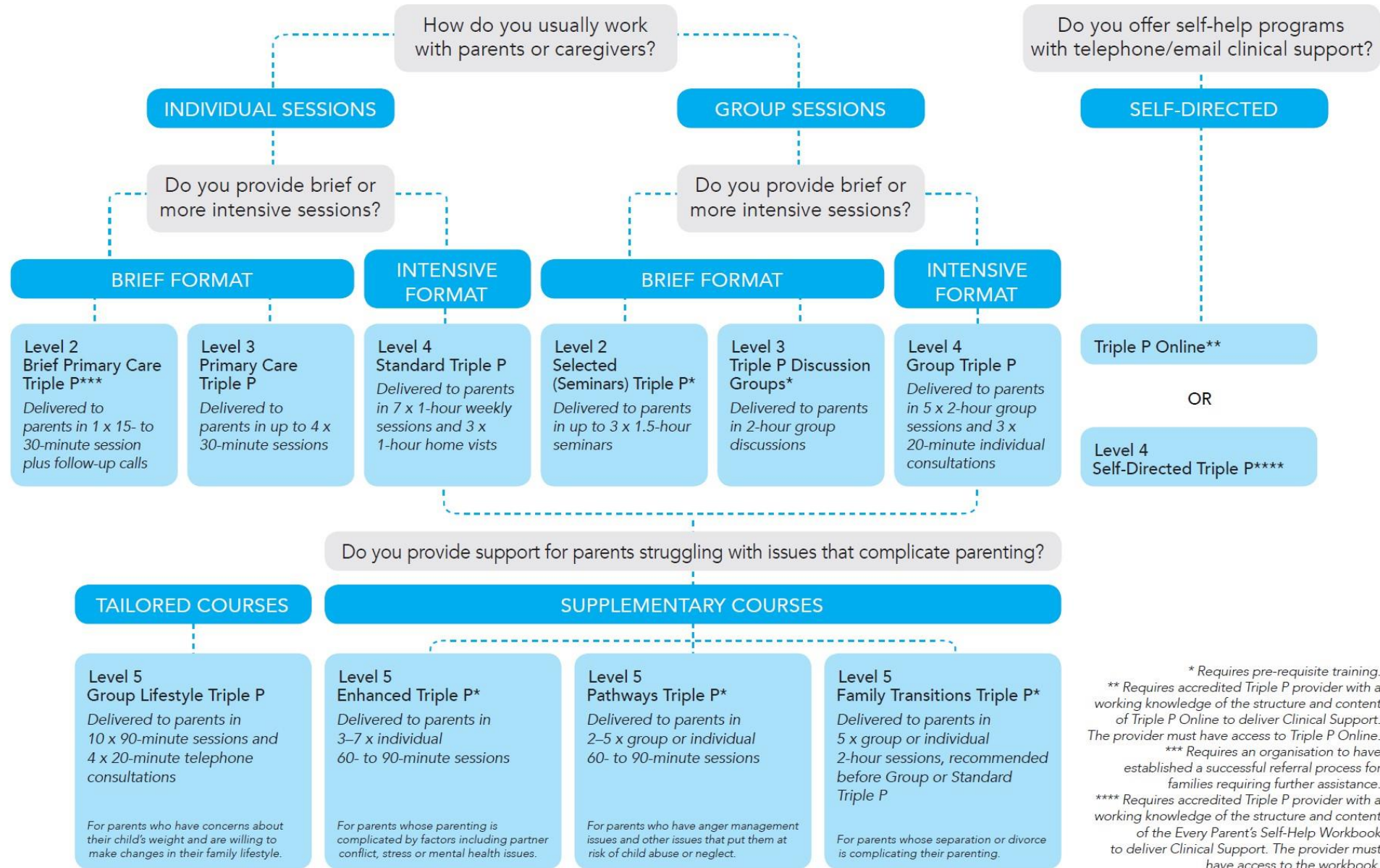


## THE STEPPING STONES TRIPLE P STRATEGY PYRAMID





# Which Triple P Training Course is best for you?



# Accessing Triple P Services



- Currently, the WVU Center for Excellence in Disabilities (CED) provides
  - Triple P Seminars – Three, 1.5-hr web sessions hosted by the Paths for Parents program every other month  
<https://cedwvu.org/families/triple-p-seminars/>
  - For additional provider training inquiries, see the request form here:  
<https://www.triplep.net/glo-en/contact/>
  - This can also be accessed by calling 1-844-HELP4WV Children's Crisis Referral Line and asking for a referral to WVU CED Positive Behavior Support Program



# Nurturing Parents Program



- Evidence based program for the prevention and treatment of child abuse and neglect
- Program that is designed to teach parents to provide emotional support to their children and create a safe environment for them to learn and grow (Karen Nutt)



# Nurturing Parents Pillars



- Love and Security
- Educational and Intellectual Development
- Role Models and Self Awareness
- Boundaries and Discipline



# Strengthening Families Program



- Focus on youth ages 6-17 and parents(caregiver)
- Attend training together
- Life skills training addressing parenting styles and family conflict
- Data shows SFP reduces: problem behaviors, delinquency, alcohol and drug abuse in children and improves school performance and social skills

# Strengthening Families Factors



## 5 factors of strengthening families

- Social connectiveness
- Resilience of parents
- Timely support of families
- Gain knowledge with parenting as well as development of child
- Competence in children(social and emotional)



# Accessing BBH Services



- Bureau for Behavioral Health(BBH) houses these services under the six Regional Youth Service Centers across the state.
- To access services, call 1-844-HELP4WV(Children's Crisis Referral Line) and request this service.

**Children's Crisis  
& Referral Line**

**(844)HELP4WV**

# Contacts



Tahnee Bryant, Program Manager 2  
Prevention and Early Intervention Services  
Email: [tahnee.i.bryant@wv.gov](mailto:tahnee.i.bryant@wv.gov)  
Phone: 304-792-7095 x 98261

Cassandra Toliver, Program Manager 2  
Treatment and Recovery Services  
Email: [cassandra.l.toliver@wv.gov](mailto:cassandra.l.toliver@wv.gov)  
Phone: 304-352-5623

Office of Children, Youth, and Families  
Bureau for Behavioral Health  
350 Capitol Street, Room 350  
Charleston, West Virginia 25301  
[dhhr.wv.gov/BBH/about/Children,YouthandFamilies/Pages/default.aspx](http://dhhr.wv.gov/BBH/about/Children,YouthandFamilies/Pages/default.aspx)