

SUPPORTING CHILDREN'S MENTAL HEALTH

Research Question: Can the Unified Protocol (a form of cognitive behavioural therapy) improve the mental health of children (age 9-13) in campus-based care?

What did we do?

15 weeks of psychotherapy

- Identifying emotions
- Thinking flexibly
- Problem solving
- Mindfulness
- Emotion exposure



Who?

18 children,
19 caregivers,
12 staff

All children and caregivers completed the intervention, suggesting high acceptability for recipients.

What did we find?

DECREASED

- Top problems
- Anxiety
- Automatic thoughts
- Depression
- Life difficulties

INCREASED

- Emotional regulation
- Self-efficacy
- Pro-social behaviours
- Parenting competency

Yes - this research demonstrates the potential for the Unified Protocol to support the mental health of children (age 9-13) in campus-based care.

Lindenbach, D., Anderson, A., Wang, E., Heintz, M., Rowbotham, M., Ehrenreich-May, J., ... Dimitropoulos, G. (2024).

Feasibility and Acceptability of Implementing a Transdiagnostic Cognitive Behavioral Therapy for Children Impacted by Trauma Within a Residential Treatment Facility. *Child & Youth Services*, 1-26.
<https://doi.org/10.1080/0145935X.2024.2340550>

