



Indiana Association for Infant & Toddler Mental Health

When children have delays or challenging behaviors, parents want answers about the type of treatment that will be most effective. It is important to find interventions that are effective, not harmful, and make good use of the family's time and resources. In many cases, parents use informal networks, including family, friends, and online sources to search for help. These strategies may yield many contradictory and often confusing paths. **First Steps mental health professionals can help parents identify safe, effective, and evidence-based (research-based or scientifically supported) methods for helping their children with developmental and behavioral challenges.**



Fast Facts about Intervention Methods

- * Research and clinically derived evidence are just some of the ways to demonstrate the effectiveness of interventions.
- * Interventions should also be practical, meaning workable within a family's life.
- * No intervention is universally effective—what works for your friend's child may not work for your child.
- * If a method sounds “too good to be true”, it probably is. Keep looking!

Resources to Help Families Evaluate an Intervention or Practice

National Registry of Evidence Based Programs and Practices:

<http://www.nrepp.samhsa.gov/>

Promising Practices Network:

<http://www.promisingpractices.net/>

US Department of Education:

<http://www.ed.gov/rschstat/research/pubs/rigorousetid/index.html>

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