



# WV ESMH Evidence & Research-Based Intervention Chart

ESMH Evidence & research-based interventions currently approved and in use in WV ESMH BBH granted sites. This is a reference tool. In no way is this an exhaustive list, nor is that the intent.		
Tier 1 - Universal Prevention & Mental Health Promotion	Tier 2 - Targeted/Early Intervention	Tier 3 - Intensive Intervention Individual and Family Therapy
Promoting Alternative Thinking Strategies (PATHS) Caring School Community Good Behavior Games Green Dot (Research supported) Incredible Years Keep a Clear Mind Lifelines LINKS Advisory System Love Notes Curriculum Mind Up (Research based) Mind Yeti (adjunct, not stand alone) Peaceful Alternatives To Tough Situations (PATTs) Positive Action Climate Second Step Signs of Suicide (SOS) Too Good For Drugs/Violence Toolbox (Research based)	Botvin Life Skills Caring School Community (small group) Coping Cat Early Risers "Skills for Success" Girl's Circle (a One Circle curriculum) Incredible Years (small group) Peaceful Alternatives To Tough Situations PATTs (small group) Resilience Builder Curriculum Ripple Effects Second Step (small group) Seeking Safety Signs of Suicide (small group) SkillStreaming Strong Kids - Walker Social Merrells (Research Based - Casel) Student Success Skills The Change Company Journals Too Good For Drugs/Violence (small group) Triple P (Positive Parenting Program)	Cognitive Behavioral Therapy (CBT) Dialectical Behavior Therapy (DBT) Motivational Interviewing Parent Child Interaction Therapy (PCIT) Solution Focused Brief Therapy Trauma Focused-Cognitive Behavior Treatment (TF-CBT)
<i>Provided to entire school population via classroom. All students benefit. When Tier 1 is implemented to best practice standards, 85-90% of students will be successful without need for additional intervention</i>	<i>Focuses on at-risk students identified in need of additional support. Must be an ongoing intervention. This tier requires the highest level of collaboration.</i>	<i>Billable therapy intervention. Serves 3-5% of students</i>
Requested - not yet approved		
Generation RX Capturing Kid's Hearts	Zones of regulation Generation RX	

*Produced by the West Virginia School Health Technical Assistance Center, Marshall University School of Medicine, for the West Virginia Expanded School Mental Health initiative. For more information contact us at [info@mutac.org](mailto:info@mutac.org) or visit the website: <https://wvesmh.org>.*

The ESMH initiative is a partnership between the WV DHHR Bureau for Behavioral Health, the WV Department of Education and Marshall University School of Medicine.

