

***Choosing What's Best For You:
what scientists have found helps children and young people
who are sad, worried or troubled***

First edition, July 2007

This small, cartoon illustrated booklet sets out to make the current evidence base accessible to children, young people and their families so that they can make more informed choices. This is the first time an attempt has been made to make this information available in this way.

The booklet uses a simple star system to rate different types of intervention for which there is research evidence currently. It contains a series of reminders that the evidence base is still developing and different people may find different things helpful. It also encourages readers to ask questions, and lists sources of further information and advice.

Developed by child and adolescent mental health professionals in consultation with children and young people, it is based on an earlier publication which summarised the evidence base for professionals: *Drawing on the Evidence: advice for mental health professionals working with children and adolescents* (second edition 2006) (CAMHS Publications 2006) (available from www.annafreud.org/ebpu).

The aim was to make the information in *Drawing on the Evidence* accessible to children, young people and their families. From the outset it was recognised that this was no easy task, and raised many challenges including:

- How to find a way to present complex information in a clear young person friendly format
- How to agree on accessible and acceptable language for technical terms and professional jargon
- How to deal with the fact that some interventions have been more researched than others, and some not researched at all
- How to provide helpful information without being prescriptive

We did not find this an easy booklet to put together and recognise it is not an un-contentious initiative. In the interests of encouraging debate and allowing for relevant clarification, we are encouraging people to submit commentaries, critiques or points of more detailed clarification, which we will look to post alongside the booklet itself on our website www.annafreud.org/ebpu

Any comments need to be written in a clear young person-friendly style and to be no more than one page long. Please get in touch if you would like to add your contribution by emailing ebpu@annafreud.org

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Director, CAMHS Evidence Based Practice Unit, July 2007