



Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/UP-A)

–Tier 3–

Overview: Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents utilizes cognitive-behavioral therapy (CBT) for anxiety disorders, depression, and related emotional disorders in children and adolescents.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
UP-C offers: 15-treatment group sessions with directions supporting an individual modular approach UP-A offers: 10-15 individual sessions (youth dependent)	UP-C ages: 6-13 UP-A ages: 13 - 17	Licensed mental health clinicians and supervised trainees	Supplemental and relevant worksheets and handouts for students and families <i>*The National Center for School Mental Health will provide training manuals to all trainees.</i>

Target Outcomes

- Reduce severity of anxiety, depression, obsessive-compulsive disorders, and other problem areas related to strong emotions
- Reduce the intensity and frequency of negative emotions
- Increase emotion focused education, awareness in techniques, cognitive strategies, problem-solving and behavioral strategies
- Increase awareness of caregiver behaviors that contribute to emotional concerns in youth

Training Requirements and Important Considerations

Type of Training: Two-day virtual training during regular business hours (7 hours per day).

Continuing Education Units: Participants can receive 12 CEUs for attending this training.

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations: UP trainees need to be licensed mental health clinicians and have relevant experience with youth and families in order to effectively implement the program.

Translated Content: Materials are available in Spanish.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidenced Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to the priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.