

# Addressing the needs of high-risk children & adolescents

## A Magellan monograph

In December 2020, Magellan completed an extensive review and update of its clinical monograph, *Understanding and Meeting the Needs of Children and Adolescents at High Risk: Foundations of a Model*, which highlights evidence-based prevention and treatment approaches for problematic behaviors and various types of behavioral health challenges in children and adolescents.

### Raising the bar for the industry

Our updated monograph incorporates the most current behavioral health research to provide a clear description of the issues and barriers involved in the treatment of children and youth. With a focus on holistic treatment, it guides a model of care for serving children, youth and their families that is comprehensive and adaptable to complex circumstances. This model transcends methods that consider youth in terms of segments, systems or services, and considers the development and preservation of the positive human condition and a successful journey into adulthood.

### Critical issues

Our discussion emphasizes critical issues for high-risk groups of children and adolescents to ensure effective program design, planning, delivery and evaluation of services to meet their specific needs. This includes children who are:

- Exposed to maltreatment and/or trauma
- Involved in child welfare systems
- Living with a parent/parents who have mental health and/or substance use disorders
- In a home with absent or incarcerated parents
- Experiencing anxiety and/or depression
- Affected by disruptive, impulse control and conduct disorders
- Abusing drugs and/or alcohol
- Living with multiple disorders, including intellectual or developmental disorders

### Our approach to caring for children and youth

With this monograph, we emphasize Magellan's model for serving children and youth. Our approach is to:

- Engage, embrace and support all sectors of the community to advance the health, well-being and future of our nation's youth
- Help young people successfully live with their families, enjoy friends, achieve in school, participate in their communities and transition to adulthood

## Why develop this monograph?

We developed, updated and are sharing this document to benefit a wide range of groups and individuals. Specifically, we aim to help:



**Youth and families** use their strengths and effectively express their needs to inform treatment decisions and manage life challenges



**Policymakers and agencies** shape and steward sound policies, sustainable resources and best practices to meet the challenges of children, youth and families involved in all child-serving systems



**Advocacy organizations** effectively articulate and advance a public policy agenda



**Providers** plan and enhance services for children, youth and families

### Services for youth and families

Our monograph reviews services for youth and families in the context of Magellan's core network competencies:

- Screening and assessment strategies
- Evidence-based psychosocial treatments
- Psychopharmacological treatment oversight and monitoring
- Family-driven and youth-guided care
- Culturally competent and trauma-informed approaches to care
- Crisis planning and core crisis interventions
- Outcomes monitoring

### The monograph as guide

Magellan's updated monograph is more than an academic document. We outline how we operate, what we believe in and what we know to be best. As we share this information for the benefit of youth, families, policymakers and advocates, community stakeholders, and providers, we continue to generate an expanded array of services and supports for children, youth and families.

### For more information

To read the complete monograph, go to: [MagellanHealthcare.com/monographs](https://MagellanHealthcare.com/monographs).

For more about Magellan's services for children and youth, visit [MagellanHealthcare.com/youth](https://MagellanHealthcare.com/youth).