

Resources for Parents, Caregivers & the General Public

[A Family Guide: Choosing the Right Treatment: What Families Need to Know about Evidence Based Practices \(EBPs\)](#)

- **Who developed it:** NAMI (National Alliance on Mental Illness)
- **What you will find here:** Brief introduction to effective mental health treatments and supports for children and families –information designed to help make more informed decisions about treatment and supports.

[Child Mind Institute – Parents Guide to Getting Good Care](#)

- **Who developed it:** The Child Mind Institute
- **What you will find here:** This site has a broad range of resources/guides for parents and caregivers. This specific guide will walk you through the steps to finding the best professional (or team) and the most appropriate treatment.

[Effective Child Therapy](#)

- **Who developed it:** the Society of Clinical Child and Adolescent Psychology (SCCAP) and the Association for Behavioral and Cognitive Therapies (ABCT)
- **What you will find here:** This section of the site offers information on treatment options as well as videos where experts discuss topics that are particularly important to parents/caregivers and the general public.

[Help Your Keiki](#)

- **Who developed it:** Hawaii State Child and Mental Health Division (CAMHD), State of Hawaii Department of Health
- **What you will find here:** A resource with links to information about topics such as: choosing the right treatment, what to expect from a good therapist and questions to ask your child's therapist.