

## 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
<p><b>UP-C offers:</b> 15-treatment group sessions with directions supporting an individual modular approach</p> <p><b>UP-A offers:</b> 10-15 individual sessions (youth dependent)</p>	Ages 6 and up	Licensed mental health clinicians	<p>Supplemental and relevant worksheets and handouts for students and families</p> <p><i>*The National Center for School Mental Health will provide training manuals to all trainees.</i></p>

### 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 (7 hours per day)

**Continuing Education Units:** Maryland CEUs are not offered for this training; however, a Certificate of Attendance is available

**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, need to complete the 2-day, virtual training, and have relevant experience with youth and families in order to effectively implement the program.

## Ongoing Engagement and Expectations

### POC/Supervisor Expectations:

- **Attend Kick-off Meeting:** Meet with the EBP team to discuss the training and implementation plan at the beginning of the grant period. We recommend inviting trainees to this meeting.
- **Attend M&D Meeting:** Meet with the Evaluation and EBP team to discuss metrics and deliverables for the grant including reach and target demographics, service offerings, and outcome expectations. Please see the Outcome Measure Menu included in the RFA documents for sample tools/measures to be used with each EBP.
- **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 newsletter 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 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 completion of 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
- **Attend quarterly implementation support** meetings offered over the year for each EBP you are implementing

\*For more information on this evidence-based practice, please visit the [Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents](#) website. For questions pertaining to the RFA or to expectations and requirements, please contact: Lorianne Moss, the CHRC Program Manager at [Lorianne.moss@maryland.gov](mailto:Lorianne.moss@maryland.gov).