

EBS Committee

Since 1999, the Evidence-Based Services (EBS) Committee has been promoting best practices to serve children and adolescents with mental health needs.



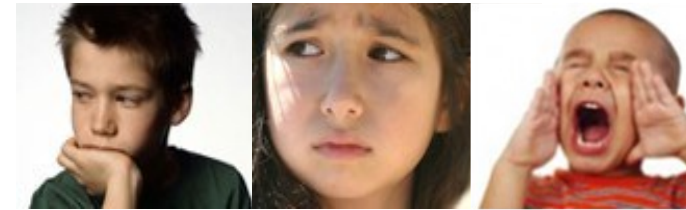
Multiple reports, recommendations, trainings, and studies have been provided to alert mental health professionals, administrators, and parents with special needs children of the best ways mental health needs can be met.



CAMHD
3627 Kilauea Avenue, Room 101
Honolulu, HI 96816



Does your child have emotional and/or behavioral concerns?



<http://www.helpyourkeiki.com>



State of Hawaii
Department of Health
Child & Adolescent Mental Health Division
(CAMHD)

3627 Kilauea Avenue
Honolulu, HI 96816

Common Problems

It's easy to know when your child has a fever. A child's mental health problem may be harder to identify, but you can learn to recognize the symptoms.



Some common problems include:

- Inattention
- Depression
- Trauma
- Autism
- Disruptive
- Anxiety
- Eating Concerns



For more information on understanding your keiki's symptoms, visit:

<http://www.helpyourkeiki.com>

Find Help

By visiting the [Help Your Keiki](http://www.helpyourkeiki.com) website, you can learn about:

- What to expect from a good therapist
- Questions to ask your child's therapist
- What evidence therapies are based on



On the [Help Your Keiki](http://www.helpyourkeiki.com) website, you can find useful resources to find help for your child's emotional and/or behavioral health.

Parent Resources

Hawaii CARES & Crisis/Suicide Hotline: 832-3100 or 1-800-753-6879 (all other islands)

Learning Disabilities Association of Hawaii: Town—536-9684; Waianae—696-5361; Other islands—1-800-533-9684

Special Parent Information Network: 586-8126

Child and Family Services: 681-3500

What Works

On the <http://www.helpyourkeiki.com> website, parents and caregivers can access information on mental health treatments for youth.

These treatments, with the help of mental health professionals, such as therapists, school-based behavioral health specialists, and counselors may help with some of your child's emotional and/or behavioral concerns.



On the [Help Your Keiki](http://www.helpyourkeiki.com) website, you can find more information on skills, tools, and appropriate treatments for your child.

Keiki Skills

Learn about skills your child can learn and develop to cope.

Parent Tools

Discover tools you as a parent, caregiver or therapist can use to help your child. Find important questions to ask your doctor, practical tips, and more.

Treatments that work

Read about the best, proven, evidence-based treatments for meeting your keiki's mental health needs.