

FOCUS OF TREATMENT	EVIDENCE-BASED PRACTICE (EBP) COMMUNITY-DEFINED EVIDENCE (CDE) PROMISING PRACTICE (PP)	AGE RANGE	OUTCOME MEASURE*	AGE RANGE	AVAILABLE THRESHOLD LANGUAGES	
TRAUMA	Child Parent Psychotherapy (CPP)	0-6	Trauma Symptom Checklist for Young Children (TSCYC)	3-6	Armenian, Chinese, English, Korean, Spanish	
	Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	10-15	UCLA PTSD-RI-5-Child/Adolescent	7-18	English, Spanish	
	Alternatives for Families-Cognitive Behavioral Therapy [formerly: Abuse Focused-Cognitive Behavioral Therapy] (AF-CBT)	6-15				
	Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)	3-18	UCLA PTSD-RI-5-Parent			
	Managing and Adapting Practices (MAP)-Traumatic Stress	2-18	UCLA PTSD-RI-5-Child/Adolescent	PTSD-RI-5: 7-18	PTSD-RI-5: English, Spanish	
	Seeking Safety (SS)	13+	UCLA PTSD-RI-5-Parent			
	Individual Cognitive Behavioral Therapy-Trauma (CBT-Trauma)	16+	PTSD Checklist-5 (PCL-5) <sup>1</sup>	PCL-5: 19+	PCL-5: Available in all threshold languages	
	Prolonged Exposure for PTSD (PE)	18-70	PTSD Checklist-5 (PCL-5) <sup>1</sup>	18+	Available in all threshold languages	
Mental Health Integration Program (MHIP)-Trauma	18+	PTSD Checklist-Civilian (PCL-C)	18+	Chinese, English, Spanish		
ANXIETY	Managing and Adapting Practices (MAP)-Anxiety & Avoidance	2-19	Revised Child Anxiety and Depression Scales-Parent (RCADS-P) Revised Child Anxiety and Depression Scales (RCADS)	6-18	RCADS-P: English, Korean, Spanish RCADS: Chinese, English, Korean, Spanish	
	Individual Cognitive Behavioral Therapy-Anxiety (CBT-Anxiety)	16+	Generalized Anxiety Disorder-7 (GAD-7)	18+	Arabic, Chinese, English, Korean, Russian, Spanish, Tagalog	
	Mental Health Integration Program (MHIP)-Anxiety	18+				
DEPRESSION	Interpersonal Psychotherapy for Depression (IPT)	12+	Patient Health Questionnaire-9 (PHQ-9) <sup>1</sup>	12+	Available in all threshold languages	
	Depression Treatment Quality Improvement (DTQI)	12-20				
	Managing and Adapting Practice (MAP)-Depression and Withdrawal	8-23				
	Group Cognitive Behavioral Therapy for Major Depression (Group CBT for Major Depression)	18+				
	Individual Cognitive Behavioral Therapy-Depression (CBT-Depression)	16+				
	Problem Solving Therapy (PST)	16+				
	Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)	60+				
Mental Health Integration Program (MHIP)-Depression	18+					
CRISIS	Crisis Oriented Recovery Services (CORS)	3+	Pediatric Symptom Checklist-35 (PSC-35) <sup>1</sup>	PSC-35: 3-18	Available in all threshold languages	
			Outcome Questionnaire-45.2 (OQ) <sup>2</sup>			OQ: 19+
STEPPED CARE	Stepped Care Approach	All ages	Pediatric Symptom Checklist-35 (PSC-35) <sup>1</sup>	PSC-35: 3-18	Available in all threshold languages	
			Outcome Questionnaire-45.2 (OQ) <sup>2</sup>			OQ: 19+



**LOS ANGELES COUNTY - DEPARTMENT OF MENTAL HEALTH**  
**Quality, Outcomes, & Training Division**  
**Prevention & Early Intervention (PEI) Evidence-Based Practices (EBP) Outcome Measures**



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<b>FIRST BREAK/TAY</b>	Center for the Assessment and Prevention of Prodromal States (CAPPS)	12-30	Scale of Prodromal Symptoms (SOPS)	12-35	English, Spanish
	Portland Identification and Early Referral (PIER) Early Psychosis Program	12-25	Scale of Prodromal Symptoms (SOPS) Global Assessment of Functioning Modified (GAF-M)	12-25	English, Spanish
<b>DISRUPTIVE BEHAVIOR DISORDERS</b>	Aggression Replacement Training (ART)	12-17	Eyberg Child Behavior Inventory (ECBI)	2-16	<b>ECBI:</b> Arabic, Armenian, Cambodian, Chinese, English, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese  <b>SESBI-R:</b> Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Aggression Replacement Training-Skillstreaming (ART)	5-12			
	Promoting Alternative Thinking Strategies (PATHS)	3-12	Sutter Eyberg Student Behavior Inventory-Revised (SESBI-R) [If parent is unavailable]		
	Managing and Adapting Practice (MAP)-Disruptive Behavior	0-21			
<b>SEVERE BEHAVIORS/ CONDUCT DISORDERS</b>	Brief Strategic Family Therapy (BSFT)	10-18	Revised Behavior Problem Checklist-Parent Completed (RBPC)	5-18	Armenian, Cambodian, English, Spanish
	Multidimensional Family Therapy (MDFT)	11-18	Revised Behavior Problem Checklist-Teacher Completed (RBPC) [If parent is unavailable]		
	Strengthening Families Program (SFP)	3-16			
	Functional Family Therapy (FFT)	10-18	Youth Outcome Questionnaire-2.01 (YOQ) <sup>2</sup> Youth Outcome Questionnaire-Self-Report-2.0 (YOQ-SR) <sup>2</sup>	YOQ: 10-17 YOQ-SR: 10-18	Available in all threshold languages
	Multisystemic Therapy (MST)	11-17	Pediatric Symptom Checklist-35 (PSC-35) <sup>1</sup>	11-17	Available in all threshold languages
<b>PARENTING AND FAMILY DIFFICULTIES</b>	Mindful Parenting Groups (MPG) CDE	0 - 3	Devereux Early Childhood Assessment for Infants and Toddlers (DECA-I/T)	1m - 36m	English, Spanish
	Triple P Positive Parenting Program (Triple P)	0-16	Eyberg Child Behavior Inventory (ECBI)  Sutter Eyberg Student Behavior Inventory-Revised (SESBI-R) [If parent is unavailable]	2-16	<b>ECBI:</b> Arabic, Armenian, Cambodian, Chinese, English, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese  <b>SESBI-R:</b> Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Incredible Years (IY)	0-12			
	Parent-Child Interaction Therapy (PCIT)	2-7			
	Family Connections (FC)	0-18			
	UCLA TIES Transition Model (UCLA TIES) CDE	0-9			
	Caring For Our Families (CFOF) CDE	5-11			
	Loving Intervention Family Enrichment (LIFE)	10-17			
	Reflective Parenting Program (RPP) CDE	0-12			
	Nurturing Parenting Program (NPP)	0-18			
Families OverComing Under Stress (FOCUS)	2+	McMaster Family Assessment Device (FAD)	12+	English	
<b>EMOTIONAL DYSREGULATION DIFFICULTIES</b>	Dialectical Behavioral Therapy (DBT)	13+	Difficulties in Emotional Regulation Scale (DERS)	13+	English

\*For treatment cycles with treatment start dates before July 1, 2019, general and specific outcome measures must still be collected at "update" and "post" treatment.

<sup>1</sup>**PHQ-9, PCL-5, and PSC-35:** Available in all LA County threshold languages/scripts (English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese).

<sup>2</sup>**YOQ, YOQ-SR, and OQ:** Available in all LA County threshold languages/scripts (English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese) as well as Japanese.