

**County of Los Angeles – Department of Mental Health  
Office of Integrated Care**

**Resources for Tier 2 HWLA Legal Entity Providers Providing PEI-Adult Services**

**Adult PEI Programs**

1. Providers can only use the following evidence-based programs, promising practices, community defined practices & pilots:

EVIDENCE-BASED PROGRAMS, PROMISING PRACTICES, COMMUNITY-DEFINED EVIDENCE PRACTICES, & PILOTS		Description	Practice Lead	Email Address
CORS	Crisis Oriented Recovery Services	A short-term intervention designed to provide immediate crisis intervention, address identified case management needs, and assures hard linkage to ongoing services. Primary objective is to assist individuals in resolving and/or coping with psychosocial crises by mitigating additional stress or psychological harm. Promotes the development of coping strategies that individuals can utilize to help restore them to their previous level of functioning prior to the crisis event.	Urmi Patel	<a href="mailto:UPatel@dmh.lacounty.gov">UPatel@dmh.lacounty.gov</a>
Group CBT	Group Cognitive Behavioral Therapy for Major Depression	Group CBT focuses on changing an individual's thoughts (cognitive patterns) in order to change his or her behavior and emotional state. Treatment is provided in a group format and assumes maladaptive, or faulty, thinking patterns cause maladaptive behavior and negative emotions. Group format is particularly helpful in challenging distorted perceptions and bringing thoughts more in line with reality. Cultural tailoring of treatment and case management shows increased effectiveness for low-income Latino and African-American adults.	Urmi Patel	<a href="mailto:UPatel@dmh.lacounty.gov">UPatel@dmh.lacounty.gov</a>
IPT	Interpersonal Psychotherapy for Depression	IPT is a short-term therapy (8-20 weeks) that is based on an attachment model, in which distress is tied to difficulty in interpersonal relationships. IPT targets the TAY and Adult population suffering from non-psychotic, uni-polar depression. IPT targets not only symptoms, but improvement in interpersonal functioning, relationships, and social support. Therapy focuses on one or more interpersonal problem areas, including interpersonal disputes, role transitions, and grief and loss issues.	Urmi Patel	<a href="mailto:UPatel@dmh.lacounty.gov">UPatel@dmh.lacounty.gov</a>

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SS	Seeking Safety	Seeking Safety (SS) is a manualized and present-focused treatment to help people attain safety from trauma/PTSD and substance abuse. It consists of 25 topics and allows for flexibility in the number and the order of topics to be conducted. Even though not all topics are required to be delivered, studies have shown the more topics conducted the better the outcomes.	Sermed Alkass	<a href="mailto:SAkkass@dmh.lacounty.gov">SAkkass@dmh.lacounty.gov</a>
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2. The three Adult EBPs which may be the easiest for adult providers to become trained in and implement are:

- Seeking Safety
- Interpersonal Psychotherapy for Depression (IPT)
- Crisis Oriented Recovery Services (CORS)

3. Provider Request to Add/Drop PEI Services form (handout)

Questions? E-mail [mhsapei@dmh.lacounty.gov](mailto:mhsapei@dmh.lacounty.gov)

**Claiming Guidelines**

Claiming Guidelines for Legal Entity Providers (revised 6-20-12) (handout)

**Outcomes**

Outcomes Measurement Application (OMA) Wiki: <http://dmhoma.pbworks.com/w/page/36104184/PEI%20Outcomes>

Listing of appropriate outcome measures for selected EBPs:

[http://dmhoma.pbworks.com/w/file/52467657/PEI\\_Outcome\\_Measures\\_TABLEv03-30-12.pdf](http://dmhoma.pbworks.com/w/file/52467657/PEI_Outcome_Measures_TABLEv03-30-12.pdf)

Questions? E-mail [PEIOutcomes@dmh.lacounty.gov](mailto:PEIOutcomes@dmh.lacounty.gov)