

## Prevention Outcomes Quick Guide

### MHSA Regulations on Prevention Programs

*Prevention Programs* are a set of related activities to reduce risk factors for developing a potentially serious mental illness and to build protective factors. The goal is to improve mental health including reducing negative outcomes as a result of untreated mental illness. Prevention Programs may also include universal prevention for individuals and groups or populations whose risk of developing mental illness is higher. Program services may also include relapse prevention for individuals in recovery from a serious mental illness.

*Protective factors* are skills, strengths, resources, supports, or coping strategies that help people deal more effectively with stressful events and mitigate or eliminate risk for developing a potentially serious mental illness. Increased protective factors may lead to improved mental, emotional, and relational functioning.

*Risk factors* are conditions or experiences that are associated with a greater than average risk of developing mental illness. Risk factors include, but are not limited to, biological, neurological, family history behavioral, social, economic, and environmental.

For more information on the MHSA regulations please visit:  
[http://www.mhsoac.ca.gov/sites/default/files/documents/2018-08/PEI%20Regulations As Of Jul y%202018.pdf](http://www.mhsoac.ca.gov/sites/default/files/documents/2018-08/PEI%20Regulations%20As%20Of%20Jul%202018.pdf)

Prevention Programs must be tracked and reported as follows:

1. **Basic Program Information** such as: Program name, target population, and numbers of individuals served.
2. The number of individuals served for the following **demographics**: Age, Primary Language, Disability, Race, Ethnicity, Gender, Gender Identity, Sexual Orientation, Veteran Status. *Such Demographics are captured in the “MOQA” Demographics Table (see page 2).*
3. **Outcomes** indicating:
  - **An increase in protective factors** that may lead to improved mental, emotional, and relational functioning, **and/or**
  - The reduction of prolonged suffering that may result from untreated mental illness by measuring a **reduction in risk factors or indicators of risk**. *Such Outcomes can be measured by questions like those in the DMH Brief Universal Prevention Program Survey (see page 3).*

### Protective Factors

Examples of protective factors targeted by DMH programs include, but are not limited to:

- Problem-solving skills
- Social competence
- Self-efficacy
- Coping skills
- Education regarding symptoms and care
- Access to care
- Parental sense of competence
- Conflict resolution skills
- Social support

### Risk Factors

Examples of risk factors targeted by DMH programs include, but are not limited to:

- Adverse childhood experiences
- Experience of violence or trauma
- Unmanaged stress
- Parental substance abuse
- Experiences of racism and discrimination
- Prolonged isolation
- Traumatic loss
- Having a family member with a serious mental illness
- Homelessness

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### Demographic Information

If you prefer not to answer any of the questions, please mark "decline to answer" or leave the question blank.

What is your race? (Check only one box)	
American Indian or Alaska Native	
Asian	
Black or African American	
Native Hawaiian or other Pacific Islander	
White	
Other: _____	
More than one race	
Decline to answer	

What language do you most often speak at home? (Check only one box)	
Arabic	
Armenian	
Cambodian	
Cantonese	
English	
Farsi	
Hmong	
Korean	
Mandarin	
Other Chinese	
Russian	
Spanish	
Tagalog	
Vietnamese	
American Sign Language	
Other: _____	
Decline to answer	

What is your current gender identity? (You may check more than one box)	
Man	
Woman	
Transgender man/Transmasculine	
Transgender woman/Transfeminine	
Non-Binary (e.g. genderqueer or gender expansive): _____	
Another category (e.g. Two-spirit): _____	
Undecided/unknown at this time	
Not sure what this question means	
Prefer not to answer	

Do you think of yourself as: (You may check more than one box)	
Heterosexual/Straight	
Gay or Lesbian	
Bisexual or pansexual	
Something else (e.g. queer, asexual): _____	
Undecided/unknown at this time	
Not sure what this question means	
Prefer not to answer/prefer no labels	

Are you a veteran? (Check only one box)	
Yes	
No	
Decline to answer	

What is your ethnicity? (Check only one box. If you are multi-ethnic, please check "more than one ethnicity")	
<b>Hispanic or Latino ethnicities:</b>	
Caribbean	
Central American	
Mexican/Mexican-American/Chicano	
Puerto Rican	
South American	
Other: _____	
<b>Non-Hispanic ethnicities:</b>	
African	
Asian Indian/South Asian	
Cambodian	
Chinese	
Eastern European	
European	
Filipino	
Japanese	
Korean	
Middle Eastern	
Vietnamese	
Other: _____	
More than one ethnicity	
Decline to answer	

What is your age? (Check only one box)	
Age 15 and under	
Between 16 and 25	
Between 26 and 59	
Older than 60	
Decline to answer	

Do you have a disability?*	
Yes	
No	
Decline to answer	

If Yes, what type of disability do you have? (You may check more than one box)	
A mental disability	
A physical/mobility disability	
A chronic health condition, such as chronic pain	
Difficulty seeing	
Difficulty hearing	
Another communication disability: _____	
Another type of disability: _____	
Decline to answer	

\* For this questionnaire, disability is defined as a mental or physical impairment lasting more than 6 months and limiting major life activity but is not the result of a severe mental illness.

What was your sex designated or listed at birth? (Check only one box)	
Male	
Female	
X	
Another category (e.g. Intersex): _____	
Prefer not to answer	

## Prevention Outcomes Quick Guide

Prevention programs are particularly diverse in scope, frequency, and population, such that many require a unique outcome measure. However, programs that are able to use a generic measure of protective factors can now use the Brief Universal Prevention Program Survey (BUPPS), which was designed to allow for wide application and comparable reporting of outcomes from a variety of prevention programs.

### Brief Universal Prevention Program Survey Core Questions

	Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
<i>I feel hopeful about the future.</i>	1	2	3	4	5
<i>I feel like part of a community.</i>	1	2	3	4	5
<i>I know at least one thing I can do to deal with uncomfortable feelings.</i>	1	2	3	4	5
<i>I know at least one thing I can do to deal with difficult thoughts.</i>	1	2	3	4	5
<i>I know at least one thing I can do to deal with challenging behaviors.</i>	1	2	3	4	5
<i>I know about resources that might be helpful for me or someone I care about.</i>	1	2	3	4	5

### Brief Universal Prevention Program Survey Wellness Questions

<b>Over the last two weeks...</b>	At no time (0)	Some of the time (1)	Less than half of the time (2)	More than half of the time (3)	Most of the time (4)	All of the time (5)
<i>I have felt cheerful and in good spirits</i>	0	1	2	3	4	5
<i>I have felt calm and relaxed</i>	0	1	2	3	4	5
<i>I have felt active and energetic</i>	0	1	2	3	4	5
<i>I woke up feeling fresh and rested</i>	0	1	2	3	4	5
<i>My daily life has been filled with things that interest me</i>	0	1	2	3	4	5

### Brief Universal Prevention Program Survey Parenting Questions

	Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
<i>I take good care of my children even when I have personal problems.</i>	1	2	3	4	5
<i>In my family, we take time to listen to each other.</i>	1	2	3	4	5
<i>I help my children calm down when they are upset.</i>	1	2	3	4	5
<i>I am happy when I am with my children.</i>	1	2	3	4	5