

**LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH**

Quality, Outcomes, & Training
Division
PEIOutcomes@dmh.lacounty.gov

Purpose

- Meet state guidelines to measure the efficacy of PEI services.
- Prevention programs must collect at minimum numbers served, demographics and the outcomes for the prevention program (increases in protective factors and/or decreases in risk factors)
- Provides valuable information on whether the prevention program is meeting the intended goals

Administration

- This is a self-report measure. Validity is not compromised if the therapist reads the questions to the client.
- Clients encouraged to complete **every item** in the subscale.
- Can be completed independently, read to the client, or administered virtually.

Availability

- BUPPS is available in English, Spanish, Korean, and Armenian on our website.*
(*BUPPS-SV only available in English and Spanish)



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hope. recovery. wellbeing.



**Brief Universal Prevention
Program (BUPPS) Quick Guide**

Clinical Utility of the BUPPS

- A measurement of protective factors
- Administered to clients ages 6+
- Three versions for ages 6+ (Simplified Version-SV), 6 -11 and 12+
- Can be used for single events or multi-session programs

Subscales

Core BUPPS Protective Factors (For all ages)	Measures protective factors of hopefulness, social connectedness, good coping skills, emotional self-regulation, concrete supports
WHO Wellbeing (For ages 12+)	Measures protective factors of resilience/social & emotional competence, sense of purpose, physical health
Parenting Skills (For prevention programs focused on parenting)	Measures protective factors of parental resilience, family support, knowledge

Scoring Information

- An elevated score in a measure indicates increased protective factors
- A lower score in a measure indicates decreased protective factors
- WHO Wellbeing clinical cut off is 12, a score of 12 or lower indicates poor well being
 - For example: If you get a BUPPS where the WHO Wellbeing subscale is marked all on the lower half of the scale, that could signal to you that the person is not doing well.

Item Response	Score
Not at all	1
A little	2
Somewhat	3
Quite a bit	4
A lot	5