



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



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 UCLA PTSD-RI-5-Parent	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			
	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)	PCL-5: 19+	PCL-5: Available in all threshold languages
	Prolonged Exposure for PTSD (PE)	18-70	PTSD Checklist-5 (PCL-5)	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)	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)*	PSC-35: 3-18	Available in all threshold languages
			Outcome Questionnaire-45.2 (OQ)		
STEPPED CARE	Stepped Care Approach	All ages	Pediatric Symptom Checklist-35 (PSC-35)*	PSC-35: 3-18	Available in all threshold languages
			Outcome Questionnaire-45.2 (OQ)		



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FIRST BREAK/TAY	Portland Identification and Early Referral (PIER) Early Psychosis Program	12-25	<ul style="list-style-type: none"> Scale of Prodromal Symptoms (SOPS) (Clients opened before October 1, 2025) Global Assessment of Functioning Modified (GAF-M) (Clients opened before October 1, 2025) Modified Colorado Symptom Index (MCSI) Client Version (Client opened on or after October 1, 2025) Modified Colorado Symptom Index (MCSI) Primary Support Person Version (Clients opened on or after October 1, 2025) 	12-25	SOPS: English, Spanish MCSI: English/Spanish
DISRUPTIVE BEHAVIOR DISORDERS	Aggression Replacement Training (ART)	12-17	Eyberg Child Behavior Inventory (ECBI) Sutter Eyberg Student Behavior Inventory-Revised (SESBI-R) [If parent is unavailable]	2-16	ECBI: Arabic, Armenian, Cambodian, Chinese, English, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese SESBI-R: Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Aggression Replacement Training-Skillstreaming (ART)	5-12			
	Promoting Alternative Thinking Strategies (PATHS)	3-12			
	Managing and Adapting Practice (MAP)-Disruptive Behavior	0-21			
SEVERE BEHAVIORS/ CONDUCT DISORDERS	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)		
	Strengthening Families Program (SFP)	3-16	[If parent is unavailable]		
	Functional Family Therapy (FFT)	10-18	Youth Outcome Questionnaire-2.01 (YOQ) Youth Outcome Questionnaire-Self-Report-2.0 (YOQ-SR)	YOQ: 10-17 YOQ-SR: 10-18	Available in all threshold languages
	Multisystemic Therapy (MST)	11-17	Pediatric Symptom Checklist-35 (PSC-35)*	11-17	Available in all threshold languages
PARENTING AND FAMILY DIFFICULTIES	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	ECBI: Arabic, Armenian, Cambodian, Chinese, English, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese SESBI-R: 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	
EMOTIONAL DYSREGULATION DIFFICULTIES	Dialectical Behavioral Therapy (DBT)	13+	Difficulties in Emotional Regulation Scale (DERS)	13+	English

*Treatment cycles are required for all clts in PEI OMA, however the PSC-35 scores are entered elsewhere in accordance with DMH's PSC-35 data collection protocol.

LA County threshold languages/scripts (English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese).