

**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)<br>COMMUNITY-DEFINED EVIDENCE (CDE)<br>PROMISING PRACTICE (PP)                           | AGE RANGE | OUTCOME MEASURE                                                                                                     | AGE RANGE                                | AVAILABLE THRESHOLD LANGUAGES                                                               |
|---------------------|------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>TRAUMA</b>       | 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     | n/a                                                                                                                 | n/a                                      | n/a                                                                                         |
|                     | 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      | n/a                                                                                                                 | n/a                                      | n/a                                                                                         |
|                     | Seeking Safety (SS)                                                                                                    | 13+       | PTSD Checklist-5 (PCL-5)                                                                                            | 19+                                      | Available in all threshold languages                                                        |
|                     | Individual Cognitive Behavioral Therapy-Trauma (CBT-Trauma)                                                            | 16+       | PTSD Checklist-5 (PCL-5)                                                                                            | 19+                                      | 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                                                                   |
| <b>ANXIETY</b>      | Managing and Adapting Practices (MAP)-Anxiety & Avoidance                                                              | 2-19      | Revised Child Anxiety and Depression Scales-Parent (RCADS-P)<br>Revised Child Anxiety and Depression Scales (RCADS) | 6-18                                     | <b>RCADS-P:</b> English, Korean, Spanish<br><b>RCADS:</b> 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+       |                                                                                                                     |                                          |                                                                                             |
| <b>DEPRESSION</b>   | 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+       |                                                                                                                     |                                          |                                                                                             |
| <b>CRISIS</b>       | Crisis Oriented Recovery Services (CORS)                                                                               | 3+        | Pediatric Symptom Checklist-35 (PSC-35)*<br>Outcome Questionnaire-45.2 (OQ)                                         | <b>PSC-35:</b><br>3-18<br><b>OQ:</b> 19+ | Available in all threshold languages                                                        |
| <b>STEPPED CARE</b> | Stepped Care Approach                                                                                                  | All ages  | Pediatric Symptom Checklist-35 (PSC-35)*<br>Outcome Questionnaire-45.2 (OQ)                                         | <b>PSC-35:</b><br>3-18<br><b>OQ:</b> 19+ | Available in all threshold languages                                                        |

| FOCUS OF TREATMENT                     | EVIDENCE-BASED PRACTICE (EBP)<br>COMMUNITY-DEFINED EVIDENCE (CDE)<br>PROMISING PRACTICE (PP) | AGE RANGE | OUTCOME MEASURE                                                                                                                                                                                                                                                                                                                                                                                                                                                    | AGE RANGE                                 | AVAILABLE THRESHOLD LANGUAGES                                                                                                                                                                                     |
|----------------------------------------|----------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FIRST BREAK/TAY                        | Portland Identification and Early Referral (PIER) Early Psychosis Program                    | 12-25     | <ul style="list-style-type: none"><li>Scale of Prodromal Symptoms (SOPS) (Clients opened before October 1, 2025)</li><li>Global Assessment of Functioning Modified (GAF-M) (Clients opened before October 1, 2025)</li><li>Modified Colorado Symptom Index (MCSI) Client Version (Clients opened on or after October 1, 2025)</li><li>Modified Colorado Symptom Index (MCSI) Primary Support Person Version (Clients opened on or after October 1, 2025)</li></ul> | 12-25                                     | <b>SOPS:</b> English, Spanish<br><b>MCSI:</b> Englis, Spanish                                                                                                                                                     |
| DISRUPTIVE BEHAVIOR DISORDERS          | 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<br><br><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      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |                                                                                                                                                                                                                   |
| SEVERE BEHAVIORS/<br>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) [If parent is unavailable]                                                                                                                                                                                                                                                                                                                                                                             |                                           |                                                                                                                                                                                                                   |
|                                        | Strengthening Families Program (SFP)                                                         | 3-16      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                           |                                                                                                                                                                                                                   |
|                                        | Functional Family Therapy (FFT)                                                              | 10-18     | Youth Outcome Questionnaire-2.01 (YOQ)<br>Youth Outcome Questionnaire-Self-Report-2.0 (YOQ-SR)                                                                                                                                                                                                                                                                                                                                                                     | <b>YOQ:</b> 10-17<br><b>YOQ-SR:</b> 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)<br><br>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<br><br><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                                                                                                                                                                                                           |
| 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).