LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Quality, Outcomes, & Training Division
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Purpose

Indicated prevention interventions focus on BHSA eligible at-risk individuals who are at risk or experiencing early signs of a mental health or substance use disorder or who have experienced known risk factors for poor behavioral health outcomes, such as trauma, Adverse Childhood Experiences, or involvement with child welfare or corrections system. This at-risk individual may not yet meet the criteria of a diagnosable mental health or substance use disorder.

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 Arabic, Chinese, 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**