

**Los Angeles County – Department of Mental Health
Prevention Bureau
Prevention and Early Intervention Administration
COS Prevention Survey Programs List**

Prevention Program	Program Focus	Ages	Outcome	Description/Comments
<u>Active Parenting</u>	Parent Education	3-17	Parents	Active Parenting provides evidence-based interventions, including video-based, group parenting classes that cover topics such as parenting skills training, step-parenting, divorce, school success, and character education.
<u>ARISE</u>	Life Skills Anger Management	4-64	Youth Adult	ARISE provides evidence-based life skills using group based curricula and staff training programs. Programs are geared towards at-risk youth; however, the program is adaptable for adults as well.
<u>Childhelp Speak Up Be Safe</u>	Child Abuse and Neglect Prevention	3-19	Youth	Childhelp Speak Up and Be Safe is a child-focused, school-based curriculum designed to build safety skills within the child while addressing today's societal risks, such as bullying and Internet safety. The program helps children and teens learn the skills to prevent or interrupt cycles of neglect, bullying, and child abuse—physical, emotional, and sexual.
<u>Erica's Lighthouse</u>	Suicide Prevention, Coping Skills, Adolescent Depression awareness	12-14	Youth	Erika's Lighthouse: A Beacon of Hope for Adolescent Depression is an introductory depression awareness and mental health empowerment program for early adolescents.
<u>Guiding Good Choices</u>	Substance Abuse Prevention Family Skills Training	9-14	Parents	Guiding Good Choices is a five-session; parent involvement program that teaches parents of children ages 9-14 how to reduce the risk that their children will develop drug problems.
<u>Incredible Years (Attentive Parenting)</u>	Parent Education	2-6	Parent	The Attentive Parenting® program is a 6-8 session, group-based, "universal" prevention parenting program. It can be offered to ALL parents to promote their children's emotional regulation, social competence, problem solving, reading and school readiness.

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<u>Life Skills Training</u>	Substance Abuse Prevention	8-18	Youth	<i>Life Skills Training is a group-based, substance abuse prevention program developed to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.</i>
<u>Love Notes</u>	Promotion of Healthy Relationships Dating Violence Prevention	16-24	Youth Adult	<i>The Love Notes v2.1 is created for this vulnerable, high-risk audience. In 13 lessons they discover, often for the first time, how to make wise choices about partners, sex, relationships, pregnancy, and more. Love Notes appeals to the aspirations and builds assets in disconnected youth.</i>
<u>Making Parenting A Pleasure (MPAP)</u>	Parenting Education	Parents of children 0-8	Parents	<i>Program is designed to address issues associated with parenting stress, isolation, lack of adequate parenting information and social support. The program also focuses on self-care and personal empowerment, and places an emphasis on parent/child/family dynamics rather than just focusing on the parenting as an individual.</i>
<u>More Than Sad</u>	Depression, Suicide Prevention	14-18	Youth, Parents,	<i>The program works with teens, their parents and teachers to provide psychoeducation about how to recognize signs of depression and options for accessing help/social support.</i>
<u>Peacebuilders</u>	Violence Prevention Parent Education Social Skills Training	10-15	Youth	<i>PeaceBuilders is a violence prevention curriculum and professional development program for grades pre-K to 12. Its essence is a common language - six principles, taught, modeled and practiced: Start Early; Engage Parents Prior to Adolescence; Praise Good Behavior on a Daily Basis; Discourage Insults and Other Acts of Aggression.</i>
<u>Positive Action</u>	Violence Prevention	12-18	Youth	<i>Positive Action is an integrated and comprehensive curriculum-based program that is designed to improve academic achievement, school attendance, and problem behaviors such as substance use, violence, suspensions, disruptive behaviors, dropping out, and sexual behavior.</i>

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<u>Project Fatherhood</u>	Parent Education	Parents of children/youth 0-18	Parents	PF re-engages low-income fathers, particularly in urban settings, in the care and upbringing of their children. Fathers learn to be more loving, responsible parents and active participants in their children's lives. PF helps fathers to be better parents through: Individual and family counseling, Group support, Significant others group, Therapeutic activities for children, Preventing child abuse and neglect, Helping fathers to make healthier decisions in relationships. At the heart of the program is the Men in Relationships Group (MIRG SM), which provides comprehensive support at no cost for culturally diverse fathers. Over the years the group has proved useful for other men in caregiving roles such as stepfathers, foster parents and relative caregivers such as uncles and grandfathers.
<u>Psychological First Aid</u>	Coping Skills, Mental Health Education	0-65	Adults, Parents, Youth	The program works with youth, adults and parents as survivors of exposure to a disaster/traumatic event (s) and aims to provide support and assistance during the recovery process.
<u>Safe Schools Ambassadors</u>	Violence Prevention	5-18	Youth	The Safe School Ambassadors (SSA) program is a bystander education program that aims to reduce emotional and physical bullying and enhance school climate in elementary, middle, and high schools.
<u>Shifting Boundaries</u>	Dating Violence Prevention	10-15	Youth	Shifting Boundaries is a six session, group based, dating violence prevention program that focuses on peer sexual harassment. The intervention consists of a classroom-based curricula and a building-level component designed to reduce the incidence and prevalence of dating violence and sexual harassment among middle school students.
<u>Teaching Kids to Cope</u>	Coping Skills Stigma Reduction	15-22	Youth Adult	Teaching Kids to Cope is a 10 session group intervention designed to reduce depression and stress by enhancing coping skills.
<u>Triple P (Level 2 and 3)</u>	Parent Education	0-12	Parents	Triple P level 2 and level 3 is intended for the prevention of social, emotional and behavioral problems in childhood, the prevention of child maltreatment, and the strengthening of parenting and parental confidence.