

LOS ANGELES COUNTY - DEPARTMENT OF MENTAL HEALTH
Prevention & Outcomes 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) ¹	PCL-5: 19+	PCL-5: Available in all threshold languages
	Prolonged Exposure for PTSD (PE)	18-70	PTSD Checklist-5 (PCL-5) ¹	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) ¹	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)	60+			
	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) ¹	PSC-35: 3-18	Available in all threshold languages
			Outcome Questionnaire-45.2 (OQ) ²	OQ: 19+	
STEPPED CARE	Stepped Care Approach	All ages	Pediatric Symptom Checklist-35 (PSC-35) ¹	PSC-35: 3-18	Available in all threshold languages
			Outcome Questionnaire-45.2 (OQ) ²	OQ: 19+	

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FIRST BREAK/TAY	Center for the Assessment and Prevention of Prodromal States (CAPPS)	12-30	Scale of Prodromal Symptoms (SOPS)	16-35	English, Spanish
DISRUPTIVE BEHAVIOR DISORDERS	Aggression Replacement Training (ART)	12-17	Eyberg Child Behavior Inventory (ECBI)	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	Sutter Eyberg Student Behavior Inventory-Revised (SESBI-R) [If parent is unavailable]		
	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) ² Youth Outcome Questionnaire-Self-Report-2.0 (YOQ-SR) ²	YOQ: 10-17 YOQ-SR: 10-18	Available in all threshold languages
	Multisystemic Therapy (MST)	11-17	Pediatric Symptom Checklist-35 (PSC-35) ¹	11-17	Available in all threshold languages
PARENTING AND FAMILY DIFFICULTIES	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) DIRECTLY OPERATED CLINICS	18+	Difficulties in Emotional Regulation Scale (DERS)	18+	English

*For treatment cycles with treatment start dates before July 1, 2019, general and specific outcome measures must still be collected at "update" and "post" treatment.

¹**PHQ-9, PCL-5, and PSC-35:** Available in all LA County threshold languages/scripts (English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese).

²**YOQ, YOQ-SR, and OQ:** Available in all LA County threshold languages/scripts (English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese) as well as Japanese.