

**COUNTY OF LOS ANGELES DEPARTMENT OF MENTAL HEALTH**

**MHSA PEI EVIDENCE-BASED PRACTICES  
CURRENTLY OFFERED IN LOS ANGELES COUNTY**

1. Aggression Replacement Training (ART)
2. Alternatives for Families – Cognitive Behavioral Therapy (AF-CBT)
3. Brief Strategic Family Therapy (BSFT)
4. Caring for Our Families (CFOF)
5. Center for Assessment and Prevention of Prodromal States (CAPPS)
6. Child-Parent Psychotherapy (CPP)
7. Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
8. Crisis Oriented Recovery Services (CORS)
9. Depression Treatment Quality Improvement (DTQI)
10. Dialectical Behavior Therapy (DBT)
11. Families Over Coming Under Stress (FOCUS)
12. Functional Family Therapy (FFT)
13. Group Cognitive Behavioral Therapy for Major Depression (Group CBT)
14. Incredible Years (IY)
15. Individual Cognitive Behavioral Therapy (Ind. CBT)
16. Interpersonal Psychotherapy for Depression (IPT)
17. Loving Intervention Family Enrichment Program (LIFE)
18. Managing and Adapting Practice (MAP)
19. Mental Health Integration Program (MHIP)
20. Mindful Parenting Groups (MP)
21. Multidimensional Family Therapy (MDFT)
22. Multisystemic Therapy (MST)
23. Parent-Child Interaction Therapy (PCIT)
24. Problem Solving Therapy (PST)
25. Program to Encourage Active Rewarding Lives for Seniors (PEARLS)
26. Prolonged Exposure – Post Traumatic Stress Disorder (PE-PTSD)
27. Providing Alternative Thinking Strategies (PATHS)
28. Reflective Parenting Program (RPP)
29. Seeking Safety (SS)
30. Strengthening Families Program (SFP)
31. Trauma Focused CBT (TF-CBT)
32. Triple P Positive Parenting Program (Triple P)
33. UCLA Ties Transition Model (UCLA TTM)