

Treatment Target, Progress Ratings, and Practice Element – Quick Reference

TREATMENT TARGET OPTIONS

Externalizing Behaviors	Internalizing Behaviors	Positive Behaviors	Other Targets
Aggression	Anxiety	Academic Achievement	Adjustment to Life Transition
Anger	Avoidance	Activity Involvement	Attending to Basic Needs
Attention Problems	Depressed Mood	Assertiveness	Cognitive/Intellectual Functioning
Fire Setting	Grief	Community Involvement	Eating/Feeding Problems
Hyperactivity	Phobia/Fears	Contentment/Enjoyment/Happiness	Enuresis/Encopresis
Oppositional/Non-Compliant Bx	School Refusal/Truancy	Empathy	Gender Identity
Peer/Sibling Conflict	Self-Esteem	Peer Involvement	Health Management/MRA
Runaway/Elopement	Self-Injurious Bx	Positive Family Functioning	Impulsivity
Substance Use	Suicidality	Positive Peer Interaction	Independent Living Skills
Willful Misconduct/Delinquency	Traumatic Stress	Positive Thinking/Attitude	LD/Underachievement
		Self-Management/Control	Mania
		Social Skills	Occupational Functioning/Stress
			Personal Hygiene
			Psychosis
			School Involvement
			Sexual Misconduct
			Sleep Disturbance/Sleep Hygiene
			Treatment Engagement

PROGRESS RATINGS

- 1 - Deterioration <0%
- 2 - No Significant Changes 0% - 10%
- 3 - Minimal Improvement 11% - 30%
- 4 - Some Improvement 31% - 50%
- 5 - Moderate Improvement 51% - 70%
- 6 - Significant Improvement 71% - 90%
- 7 - Complete Improvement 91% - 100%

PRACTICE ELEMENT OPTIONS

Behavior Management	Coping/Self-Control	Core Practices	Other Practices
Attending	Activity Scheduling	Accessibility Promotion	Anger Management
Behavioral Contracting	Assertiveness Training	Cognitive/Coping	Assessment
Commands/Limit Setting	Biofeedback/Neurofeedback	Family Engagement	Care Coordination
Discrete Trial Training	Communication Skills	Insight Building	Catharsis
Functional Analysis	Exposure	Motivational Interviewing	Crisis Management
Ignoring/DRO	Goal Setting	Psychoed w/ Child	Cultural Training
Line of Sight Supervision	Guided Imagery	Psychoed w/ Parent or Teacher	Educational Support
Modeling	Hypnosis	Relationship/Rapport Building	EMDR
Natural & Logical Consequences	Maintenance/Relapse Prevention	Supportive Listening	Family Therapy
Parent or Teacher Monitoring	Mindfulness		Free Association
Parent or Teacher Praise	Personal Safety Skills		Individual Therapy for Caregiver
Response Cost	Physical Exercise		Interpretation
Stimulus/Antecedent Control	Problem Solving		Marital Therapy
Tangible Rewards	Relaxation		Medication/Pharmacotherapy
Therapist Praise/Rewards	Response Prevention		Mentoring
Time Out	Self-Monitoring		Milieu Therapy
	Self-Reward/Self-Praise		Narrative
	Skill Building		Parent Coping
	Social Skills Training		Peer Pairing / Peer Modeling
			Play Therapy
			Strengthening Informal Supports
			Twelve-Step Programming

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A full version of the 2023 codebook is available at: <https://health.hawaii.gov/camhd/clinical-tools/>.