

## WHAT IS THERAPEUTIC BEHAVIORAL SERVICES, OR TBS?

TBS is a short-term service to provide tools that reduce severe behavior problems for youth in crisis.

Therapeutic Behavioral Services (TBS) is an intensive, individualized, one-to-one behavioral mental health service. TBS is a therapeutic intervention used in addition to primary specialty mental health services.

TBS is available for youth under 21 who are being considered for placement in a group home (RCL 12 or above) or who are at risk of hospitalization in an acute care psychiatric facility.

TBS is designed to help youth and their parents/ caregivers manage these behaviors utilizing short-term, measurable goals, based on the needs of the child and family.



## THERAPEUTIC BEHAVIORAL SERVICES



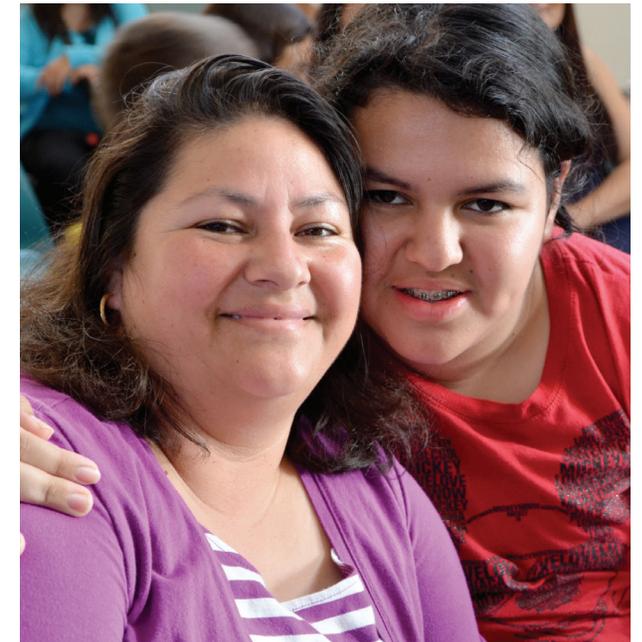
Therapeutic Behavioral Services  
phone: 510-667-7545  
fax: 510-618-3434  
tbscoordinator@acbhcs.org

### ACCESS 1-800-491-9099

BHCS ACCESS multilingual call center provides crisis response, information, and referral services for anyone in Alameda County.



## THERAPEUTIC BEHAVIORAL SERVICES



a one-on-one service to strengthen youth and their families



## WHO QUALIFIES?

# Youth under 21 years of age who are full-scope Medi-Cal beneficiaries

Youth are eligible for TBS if:

- They have a primary therapist who supports TBS services as a supplement to their care; and
- They have recently had, or are at risk of having, a psychiatric hospitalization; or
- They are experiencing behavioral problems that require a higher level group home or behaviors that are hindering them from moving to a lower level group home.



## HOW DOES IT WORK?

# We make a plan and we work as a team.

**First, we set up the team.** The team includes the TBS staff person, the youth, their family (parents, caregiver, or guardian), and the therapist or mental health case manager.

**Then we develop a plan.** We develop a plan together that establishes what each of the individuals in the group will do during TBS and when and where TBS will occur.

**And work together.** We work together intensively for a short period of time – until the youth no longer needs TBS.

- If a youth is living at home, the TBS staff person can work one-on-one to reduce severe behavior problems and keep the youth from going to a higher level of care, such as a group home for children and young people with very serious emotional problems.
- If the youth is living in a group home for children and young people with very serious emotional problems, a TBS staff person can work with the youth to move him or her to a lower level of care, such as a foster home or their original home.

**Meanwhile, other mental health services remain.**

The TBS staff person works closely with the youth's therapist or mental health case manager to make sure other mental health services support the youth throughout TBS and continue after TBS has ended.

## HOW DO I GET MORE INFORMATION?

# Ask the youth's therapist or case manager.

The youth's therapist or case manager can contact Alameda County Behavioral Health Care Services at **510-667-7545** to request a referral form.

We encourage everyone to call for more information whether you are a young person, a parent or caregiver, a family member, doctor, psychiatrist, psychologist, counselor, or social worker.

Alameda County Behavioral Health Care needs to approve requests. If your request is denied, you can call a grievance coordinator at **800-779-0787** to file a grievance and request that your application be reconsidered.

