

Therapeutic Behavioral Services (TBS)



Currently Accepting New Referrals

TBS provides short-term, individualized behavior modification designed to maintain the child's placement at the lowest appropriate level for consumers throughout Los Angeles County.

Eligible consumers must:

- Have full-scope Los Angeles County MediCal
- Be under 21 years of age
- Be Receiving mental health services from a DMH or DMH contracted Agency
- Meet one of the following:
 - Be residing in / being considered for a group home (Level 12 or above) facility
 - Have had at least one emergency psychiatric hospitalization within the last 24 months
 - Be at risk for a psychiatric hospitalization
 - Be at risk for being removed from home placement

If you are interested in making a referral, please contact Christine Pao at 626-395-7100 Ext 7218 or christinepao@hathaway-sycamores.org

Program Statistics & Strengths

- Hathaway-Sycamores is committed to serving children and families for over 100 years.
- A TBS provider since 2000, currently the largest provider of TBS in L.A. County, serving approximately 230 children annually.
- Diverse & experienced staff of behavioral specialists and Clinicians.
- 50% of our TBS team is bilingual (Spanish)

Referral Process

The referral process examines each potential client to determine eligibility and appropriateness for TBS and includes the following steps:

1. Contact Referral Manager for a referral form.
2. Fully complete and return the signed referral, along with DMH documents (IA, CCP, PFI).
3. Referral reviewed to determine eligibility and DMH assessment documents are obtained.
4. Intake Team Meeting (Including the primary therapist, caregiver(s) and child/youth) is facilitated to determine goals, interventions, and services delivery schedule.
5. The TBS Services begin with an established schedule.

Program Contract for Referral Forms
or Questions:

Christine Pao

Referral Manager

(626) 395-7100 Ext. 7218

Fax: 626-791-1035

THERAPEUTIC BEHAVIORAL SERVICES



www.Hathaway-Sycamores.org

What is TBS?

Therapeutic Behavioral Services provides short-term, individualized behavior modification to a beneficiary and his/her caregivers, which is designed to maintain the child/youth's placement at the lowest appropriate level by resolving target behaviors and achieving short-term treatment goals.

TBS focuses on targeted behaviors that place the child/youth at risk for residential placement or a psychiatric hospitalization, such as: Aggression, Defiance, and self-destructive behaviors.

TBS is adjunctive service that must work with the child's therapist. TBS can help identify new ways of reducing aggressive behaviors, and implementing strategies to increase coping skills by identifying the underlying function that the target behavior serves and working with the child/youth and caregiver to provide alternatives.

TBS Specialists model interventions for the caregiver, with the goal of transferring skills and empowering caregivers to manage the target behaviors independent of TBS.

TBS is designed using a "Team Approach" service delivery format. This means that the child, caregivers, therapist and TBS Team all collaborate on developing a treatment plan outlining what role each participant will play and when/where the services will occur. The hours may be during the early morning, day, evenings, or weekends; whenever the child/youth's behaviors are most severe.

Emily Q

The Emily Q .v. Bonta federal class action lawsuit was filed in 1998, seeking positive behavioral intervention services for a young woman and others who were in a locked mental hospital. In 2001, counties were ordered to provide TBS to all California children who met the class criteria.

Eligibility

To be eligible for TBS, a child/youth must have a primary mental health service and meet three "levels" of eligibility:

I. MediCal Eligible:

- The child or youth MUST be a full-scope MediCal beneficiary under 21 years of age.

II. Member of the certified class due to:

- Residing in / being considered for a group home (Level 12 or above) facility; or
- Having at least one emergency psychiatric hospitalization related to their current presenting disability within the last 24 months; or at risk for a psychiatric hospitalization, or
- Have previously received TBS services as a member of the class

III. Need for TBS

- On the clinical judgment of the DMH provider, TBS is necessary to keep the youth stable at the current level of care or TBS is necessary to help the youth transition to a lower level of care.

Limits of TBS

T.B.S. is not a primary specialty mental health service, therefore all beneficiaries must be participating in treatment with a therapist. This includes mandatory monthly collaborations with the treatment team to discuss progress, barriers, and changes to the treatment plan to better meet the needs of the child/youth and family. The service hours are gradually reduced and terminated as soon as the child/youth meets the goals and the "key" caregiver is able to manage the behaviors independent of TBS services.

In keeping with the TBS Service Delivery Model, Caregiver participation is required in all sessions, thereby transferring skills from the TBS Specialist to the child's caregivers.

TBS can not provide transportation or supervision.

TBS relies on preventative strategies and verbal de-escalation skills. TBS does not perform manual restraints during crises, but will support Caregivers in following through with a predetermined safety plan.

Where can services be provided?

Services are available through L.A. County, and cross county lines, provided that the beneficiary has Full Scope L.A. County Medi-Cal. TBS may be provided in: Family Homes, Non Public Schools, Group Homes, Foster Homes, Community Settings, Day Care Centers, and Residential Placements.