

# 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.

Intensive, individualized, one-to-one behavioral mental health service.

Therapeutic intervention used in addition to primary specialty mental health services.

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.

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.



KINGS COUNTY  
**behavioral health**

**KCBH.ORG**

Office: M-F 8am-5pm  
Kings County Behavioral Health  
460 Kings County Dr. Suite 101  
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(559) 852-2444

KINGS COUNTY  
**behavioral health**

KINGS COUNTY BEHAVIORAL HEALTH

**THERAPEUTIC  
BEHAVIORAL  
SERVICES**

**TBS**



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# THERAPEUTIC BEHAVIORAL SERVICES (TBS)



## WHAT ARE THE BENEFITS AND OUTCOMES FROM TBS?

- Improved behaviors and attitudes.
- Reduced family stress.
- Strength based interventions, skill and education for the child, youth and for the family or caregiver to use for continued behavioral success.
- Active Short-term treatment with long-term gains.
- Empowerment of the child, youth, family or caregivers.
- Increase ability to communicate feelings, wants and needs appropriately.
- Child, youth stay in the least restrict level of care.

## HOW DO I GET

# TBS SERVICES?

### YOUTH ARE ELIGIBLE FOR TBS IF

- They are currently receiving Specialty Mental Health services and their primary therapist supports TBS services as a supplement to their care.
- They have or are experiencing one or more of the following:
  - At least one emergency psychiatric hospitalization within the last 24 months.
  - At risk of having, a psychiatric hospitalization.
- They are experiencing behavioral problems that require a higher level group home or behaviors that are hindering them from moving to a lower level of care.
- Previously received TBS as a member of certified class.

### PARTICIPATION REQUIREMENTS

- The parent/caregiver agrees to allow TBS staff into their home environment or community to provide services.
- The parent/caregiver and therapist agree to attend monthly re-authorization meetings and provide feedback and behavioral observations.
- The parent/caregiver agrees to be physically present and attentive when TBS services are being provided to child or youth.
- The youth and parent/caregiver agree to actively participate in the behavioral changes necessary to maintain the current placement or transition to a lower level of care.

### WHO QUALIFIES

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

If you are interested in learning more about TBS or if your child may benefit from TBS, ask your therapist to contact Kings County Behavioral Health (KCBH) to request services and complete a referral form. A family member, caregiver, guardian, doctor, psychiatrist, psychologist counselor or social worker may call and ask for information about TBS or other mental health services. A youth may also call and ask about TBS.

KCBH determines authorization for TBS services. If KCHB doesn't approve TBS, but the youth, family or caregiver disagree, a grievance can be filed to:

### Patients Rights' Advocate

#### Mail/Walk-in:

Kings County Behavioral Health  
460 Kings County Dr. Suite 101  
Hanford, CA. 93230

#### Email:

bhpra@co.kings.ca.us

#### Phone:

(559)852-2324