

THERAPEUTIC BEHAVIORAL SERVICES (TBS)

PROVIDING YOUTH AND FAMILIES WITH TOOLS TO SOLVE CHALLENGES TOGETHER



Stanford Sierra Youth & Families' Therapeutic Behavioral Services (TBS) provides community-based, one-on-one, short-term, support to youth who are at risk of being moved to a higher, more restrictive living environment (i.e. psychiatric hospitalization or group home) or need support transitioning to a less restrictive living environment (i.e. family or resource (foster) family home). TBS is an adjunct program, meaning youth must be enrolled in a primary mental health service to be eligible. Services address specific target behaviors in order to prevent unnecessary residential placements, psychiatric hospitalizations, and discharges to higher levels of care. We partner with youth, their caregivers, their treatment team, and other natural support persons in their lives to help facilitate lasting behavior change. The goal is for youth to retain their current placement or move to a lower level of care.

PROGRAM FACTS

- Our Behavior Analysts are specially trained to help provide individualized, flexible, short-term services to target specific behaviors that put youth at risk. Together, we create and implement a plan to minimize risky behaviors while increasing coping skills and replacement behaviors.
- We partner with the primary mental health provider, whether an external organization or Stanford Sierra Youth & Families' to help streamline services for the families we serve.
- Services are strengths-based, trauma-informed, and culturally competent.

CASE MANAGEMENT SERVICES

TBS operates within its scope of adding critical support to help youth stay in their current residences, in conjunction with primary mental health services. As such, case management services can include:

- Attendance and advocacy at Child & Family Team (CFT) meetings with various system partners.
- Attendance and advocacy at Student Study Team (SST) and Individualized Education Plan (IEP) meetings
- Linking to community-based resources to meet youth and family's needs.

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WHAT SERVICES LOOK LIKE

- Together, staff and families create and implement a short-term plan, to help the youth reduce risky behaviors while increasing coping skills and replacement behaviors.
- Our Behavior Analysts provide one-on-one, flexible, conveniently scheduled home or community visits at the times in which challenging behaviors occur.
- In addition we work with caregivers to implement de-escalation skills, increase positive communication to help behaviors become more manageable and allow for continued success when transitioning out of TBS services.

FOR MORE INFORMATION OR TO MAKE A REFERRAL

For more information on our TBS Program, please contact our TBS Program Director at (916) 344-0199.

You may request Stanford Sierra Youth & Families' TBS services by contacting Sacramento County's Access Team at (916) 875-1055 or toll-free at (888) 881-4881.

Access Team members provide information, assess service needs and eligibility criteria, authorize mental health services, and make referrals to contracted Stanford Sierra Youth & Families' mental health programs.

