



QRTips

December 2014

THERAPEUTIC BEHAVIORAL SERVICES (TBS)

What is TBS?

TBS is intensive one-to one, **short term treatment intervention for children and youth** suffering from serious emotional problems or mental illness and:

- Who are experiencing a **stressful transition or life crisis**
- AND are **currently placed in a Level 12 (or higher) placement;**
- OR who **may be placed in a Level 12 (or higher) group home**
- AND **who need additional short-term support EITHER to prevent placement in a Level 12 – 14 group home, or in a locked mental health facility, or to facilitate a transition to a lower level of residential care** including return to a home

✚ **Note:** Consideration of placement into a Level 12 (or higher) group home may be only one possibility among many for the child's placement.

What does TBS do?

- ◆ Helps **create specific coping skills** (squeezing stress balls, taking space, sports, wrapping in a blanket, creating safety area, writing in journal, listening to music, exercising, drawing, reading)
- ◆ Teaches **relaxation exercises** (deep breathing, progressive relaxation, meditation) Assists the client and/or caregiver in praising/reinforcing for the absence of behaviors and/or progress
- ◆ Promotes **positive communication skills**
- ◆ **Increases client knowledge** and use of community resources.
- ◆ Teaches clients how to **set and organize priorities**
- ◆ **Develops token economies to reward for behavioral changes** and use of coping skills
- ◆ Teaches client/caregiver to **recognize trigger events that promote problem behaviors** and how to intervene early to prevent problem behaviors.
- ◆ Teaches client and caregiver to **recognize client's strengths**
- ◆ Teaches client and caregiver to **maintain consistency and follow through**
- ◆ Especially for TAY (Transition-Aged Youth, ages 18-21): **teaches clients how to assess their own needs and access resources** to increase their independence such as vocational training and job placement
- ◆ Assists clients to **access positive social environments:** clubs, NAMI, churches, YMCA, etc.

Who is eligible for TBS?

- ◆ The client **must be under the age of 21**

- ♦ The client must have **Full Scope Medi-Cal** or **be eligible** for these benefits
- ♦ **meets medical necessity** for EPSDT services
- ♦ be a **member of the class that is eligible** for this benefit:
- ♦ Has been hospitalized for psychiatric reasons within the past 24 months.
- ♦ Currently residing in a Level 12 or 14 group home, or in danger of being placed in a Level 12 or 14 group home.
- ♦ Has previously received TBS while they met at least one of the three conditions mentioned above
- ♦ Must not be currently residing in a psychiatric hospital, juvenile hall or comparable facilities.

How are TBS services requested?

- ♦ To apply for TBS, the mental health coordinator for the case (i.e., therapist or case manager) makes a referral for TBS. (SSA Social Workers can also apply for TBS)
- ♦ **For County programs and contractors** without a TBS program, referrals are made to the TBS Oversight Office
- ♦ Referrals for TBS to the TBS Oversight office can be submitted via mail, fax or PHI-protected email.
- ♦ Referrals are then outsourced to our TBS provider agencies
- ♦ For contract programs with TBS, the primary therapist at the agency makes the referral through the agency's TBS coordinator.

What are the requirements for overview and clinical consultation in regards to TBS?

- ♦ The primary therapist on the **case provides regular and active clinical direction to the TBS coach.**
- ♦ Weekly face-to-face meetings are preferred.
- ♦ TBS is **not a stand-alone service**; so there must be other services being provided (i.e., individual therapy, medication or case management)
- ♦ A TBS case **cannot be opened unless a county or contract clinic has an open case** for the client

Special note:

The following situation requires TBS Oversight Office consultation and approval:

- ♦ When the coach is providing **more than 20 hours of TBS per week** and/or cases that are expected to **exceed 4 months duration.**

Billing reminder:

- ♦ Billings for TBS assessment, plan development and mental health services with family or other is billed under TBS Service Function Code 58.
- ♦ Case Management and Consultations continue to be billed to Service Function Code 01.

Other reminders:

- ♦ **Contractors bear full responsibility for determining TBS class membership**, service need and documentation of medical necessity.