

What is TBS?

- Intensive one-to one, short term treatment intervention
- For children and youth with serious emotional problems or mental illness:
 - Who are experiencing a stressful transition or life crisis **AND**
 - Are currently placed in a Level 12 (or higher) group home/STRTP placement; **OR**
 - Who may be placed in a Level 12 (or higher) group home/STRTP **AND**
 - Who need additional short-term support EITHER to prevent placement in a Level 12 – 14 group home/STRTP, 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/STRTP 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?

- Under 21 years of age
- 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:
 - Hospitalized for psychiatric reasons within the past 24 months, **or**
 - Currently residing in a Level 12 or 14 group home/STRTP, **or**
 - In danger of being placed in a Level 12 or 14 group home/STRTP, **or**
 - 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 Plan Coordinator for the case (i.e., therapist or case manager) makes a referral for TBS.
- For County programs and contractors without a TBS program, referrals are made to the TBS Oversight Office where the case is reviewed and authorization is provided to initiate TBS services.
- Referrals for TBS to the TBS Oversight office are submitted via fax or [secure] email. Referrals are then outsourced to our contracted TBS provider agencies.
- For contract programs with TBS, the primary therapist at the agency makes the referral through the agency's TBS coordinator who then reviews the case and authorizes the start of TBS services.

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)
- No TBS case can 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.

