



Therapeutic Behavioral Services

For Children, Youth, and Young Adults with Full Scope Medi-Cal

About Us

TBS provides intensive, in-home, behavioral coaching services for youth up to age 21. TBS uses a strength-based, individualized approach to help youth and their families achieve goals, reduce risk, and thrive. TBS strives to help stabilize youth to prevent psychiatric hospitalization and/or needing a higher level of care. TBS can also help a youth maintain their placement in a lower level of care.

What We Do

- Short-term intensive behavioral coaching
- Collaboration with youth, families, and treatment team
- Strength-based, trauma-informed treatment
- Assist youth and families to utilize safe ways to cope with stressors
- Help caregivers understand and manage child's needs and behaviors
- Daytime, evening, and weekend hours available
- Services offered in home, community, and residential care settings
- In addition to Coaching, Parent Partner services also available

How We Help

- Improved behaviors and attitudes
- Increased safety and prevent mental health crisis
- Increase use of coping skills to handle life's challenges
- Empowerment of youth and family
- Better social skills
- Stronger family connections and communication

Who We Help

Eligibility Requirements:

- Children, youth and young adults up to age 21
- Full-scope Medi-Cal insurance required
- Youth must be receiving mental health treatment from a Medi-Cal provider
- Child is at-risk of psychiatric hospitalization or higher level of care, or is transitioning to lower level of care

Get Started

For questions about TBS services please contact our Referral Specialist:

- Phone: 858-256-2180
- Email: tbsinfo@newalternatives.org
- Authorization Request & Referral Form: www.optumsandiego.com/
- Fax to Optum: 866-220-4495

Contact Info

- Address: 8755 Aero Drive, Ste 230 San Diego, CA 92123
- Phone: 858-256-2180
- Fax: 858-256-2186
- Website: newalternatives.org

TBS is a contracted program through the County of San Diego

County Website: sandiegocounty.gov/hhsa/programs/bhs



San Diego Access & Crisis Line: 888-724-7240

