

# Therapeutic Behavioral Services

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



**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

## Your Role as Therapist

- Maintain active therapy with the TBS youth and family
  - Individual or family services to meet the needs of client presenting with high risk (weekly or biweekly)
- 1-2 collateral contacts per month with the TBS Case Manager

## Get Started

For questions about TBS services please contact our Referral Specialist

PHONE  
858-256-2180

EMAIL  
[tbsinfo@newalternatives.org](mailto:tbsinfo@newalternatives.org)

TBS PRIOR AUTHORIZATION REQUEST & REFERRAL FORM: <https://www.optumsandiego.com/>

FAX FORM TO OPTUM  
866-220-4495

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