

TBS is short-term mental health help for full-scope Medi-Cal clients up to age 21 and their families. It will include a personal coach to help in the home and out in the community.

Coaches can help kids with anger problems. They can help reduce property destruction.

They can also help kids by lowering their chances of running away and harming themselves.

The coach helps kids and their caregivers learn ways to control their actions and teaches them new ways to stay safe, healthy and stay out of trouble. The coach can be with the youth in most places, such as school, home or out in the community.

Benefits of TBS

- Helps with behaviors and attitudes
- Lowers family stress
- Makes families stronger
- Short-term treatment
- Long-term results
- Teaches good communication
- Teaches and reinforces new coping skills
- Keeps families together

Therapeutic Behavioral Services (TBS)



**To contact us
please call:
530-245-6888**



**Shasta County
Health & Human
Services Agency**

This program is a one-on-one mental health learning tool. It can teach children ways to act better so they can succeed in their living situation.

What to expect:

A TBS coach will be matched with your family. This coach will work with everyone until the TBS goals are met.

Your family will learn:

- New ways to communicate
- Appropriate and effective consequences
- How to set the right goals
- How to restore power to the parent and peace to the family
- How to problem solve
- Family strengths
- Family fun

Youth will learn:

- How to notice and talk about emotions and feelings
- House, school, community rules
- How to be heard without acting out
- New ways to have fun and relax

Together, you and your coach will make a plan that is for only you. This plan will meet you and your family's needs. Your coach will stick by your side and help teach you new ways to get along better.

Who can receive TBS?

Someone who is:

- Full-scope Medi-Cal beneficiary AND
- Under 21 AND
- Receiving other specialty mental health services AND

At least one of the following:

- Lives in or is at risk of being in a higher-level group home or is coming out of a higher-level group home
- OR has been in a psychiatric hospital in the past 24 months
- OR might go to a psychiatric hospital
- OR has had TBS before

Frequently Asked Questions:

Is TBS intrusive?

No, TBS will work with your family to decide what best meets your family's needs.

How often will someone be in our home?

Your family and a TBS coach will work out a schedule that works best for you.

Does TBS provide respite care?

No.

How involved are caretakers?

It is important that caretakers are highly involved to support long-term success.

Together the family learns the tools their coach has taught them.

Can TBS be used as child care?

No.