

Helping children
and their families.

ASPIRAnet
Strengthening Children, Youth, Families and Communities

ASPIRAnet

Therapeutic Behavioral Services

Ventura
County



Aspiranet strengthens children, youth, families and communities through seven core programs including: Foster Care, Adoption, Residential, Transition Age Youth, Behavioral Health, Intensive Home Based Services and Family and Community Services

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Aspiranet's Therapeutic Behavioral Services targets specific behaviors in order to improve the stability of children and young adults

Therapeutic Behavioral Services (TBS)

What is TBS?

Therapeutic Behavioral Services (TBS) is a Medi-Cal mental health service that provides one-to-one behavioral intervention for children and young adults up to 21 years of age. In providing treatment, our collaborative team first identifies interfering and/or high-risk behaviors, then develops and implements a targeted plan to improve the behaviors of the child/youth.

Behaviors addressed in the program are those that pose extreme risk to the children or youth themselves and/or to their primary care givers. Such behaviors include but are not limited to:

- Aggression
- Non-compliance
- Suicidal ideation
- Poor social skills
- Self-harm

This service is provided for up to 2 hours per day as needed to address the targeted behaviors. TBS offers support to the child/youth and caregivers to develop improved emotional and behavioral control skills. A transition plan to help phase out treatment is included in the program development.

Eligibility

Children and young adults who are experiencing a stressful transition or life crisis are eligible for TBS if they:

- A. Are full-scope Medi-Cal beneficiaries under the age of 21, and meet criteria for medical necessity;
- B. Meet any one of these requirements:

1. Are placed in a Residential Treatment Facility (RCL) 12 or above, or an eligible locked treatment facility.
2. Are at risk of above requirement.
3. Have undergone at least one emergency psychiatric hospitalization related to current presenting disability within the past 24 months.
4. Have previously received TBS services through this system.

and;

C. Meet both of these requirements:

1. Are currently receiving other mental health services.
2. TBS is needed to prevent a higher level of residential care or to support transition to a lower level of care.

The Program

Aspiranet provides Therapeutic Behavioral Services by developing an individualized plan to address targeted behaviors that are interfering with the stability of the child or young adult. This plan is developed in collaboration with the child/youth, involved mental health providers, probation professionals, the family and/or current care providers, and the Aspiranet TBS Team. The team includes a Clinical Case Manager and assigned Support Counselor (SC).

The SC is the Aspiranet team member who implements the behavioral plan with the child/youth on a one-to-one basis. The SC offers behavioral support in a variety of settings (home, school, community, etc.), and works with the child/youth to help him/her develop improved emotional and behavioral control skills. In addition, the SC helps the family or care provider by providing him/her with behavioral modification skills to deal with the child/youth in a positive and appropriate manner.

Other Mental Health Services

Other interventions and services are usually provided prior to considering Therapeutic Behavioral Services. TBS is not a “stand alone” service. Therefore, a child being considered for TBS needs to be receiving other county mental health services from an associated private agency.

TBS is NOT intended:

For the convenience of the family or caregivers of the child;

To provide supervision or assure compliance with conditions of probation;

As a form of “babysitting” or respite services for a child that will always require full-time supervision;

To address conditions that are not part of the child’s mental health condition;

For a child placed in a hospital, psychiatric hospital facility, or crisis residential program; or

To provide on-going transportation services.

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