

FRED FINCH YOUTH & FAMILY SERVICES

# Therapeutic Behavioral Services

For more information, call (510) 482-2244 or  
visit [www.fredfinch.org/therapeutic-behavioral-svcs](http://www.fredfinch.org/therapeutic-behavioral-svcs)



Fred Finch Youth & Family Services is a leading mental health agency that delivers services across systems of care. Our mission is to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

At Fred Finch, we welcome and invite people from all backgrounds to address life challenges in a safe and compassionate environment. We commit ourselves to working together with participants to navigate complex challenges that may include traumatic experience, mental health concerns, drug and alcohol use, or other disabilities. We provide innovative, effective services to support participants and their families to reach their goals.



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# Therapeutic Behavioral Services



The Therapeutic Behavioral Services (TBS) model is an individual behavioral intervention adjunct to mental health services. TBS helps children, youth, care-givers, and other members of a young person's circle of support to eliminate, reduce, and manage challenging behaviors and increase behaviors that will help them to succeed.

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## OVERVIEW

The Therapeutic Behavioral Services (TBS) program provides one-to-one behavioral assistance and interventions to clients under 21 years. TBS is as an adjunct to an existing mental health service. Services are available to children and youth, and inclusive of the caregivers. Participants learn to reduce and manage challenging behaviors and learn strategies and skills to increase the replacement behaviors that will enable children and youth to succeed in their current environment. TBS also helps participants transition to lower levels of care (e.g., move from a group to a family home). TBS is available in San Mateo and Alameda Counties.

TBS behavior coaches work intensively with participants in their home and in other community locations. Each TBS coach works collaboratively and closely with the primary therapist and other team members involved in providing services. TBS coaches are behaviorally trained clinicians. During the first few weeks of service, the TBS coach assesses the needs in order to develop a behavioral plan. The needs of each child/youth guides services and the TBS coach designs, structures, models, and supports one-to-one interventions to modify behaviors of concerns. The TBS coach, child, and caregiver work together intensively for a limited period of time, generally about six months, and until the participant has displayed improvement with behavioral goals and no longer needs TBS. TBS coaches develop transition plans to help each child/youth and their caregivers sustain behavioral gains after TBS concludes. Participants typically continue with their mental health services with their primary therapists after conclusion of TBS.

## REFERRALS

TBS is available to children and youth under age 21 who are currently receiving services for serious behavioral challenges and who are eligible for full scope Medi-Cal. Eligible youth must live in or within a 90-mile radius of Alameda County or in the San Mateo County area and have a recent psychiatric hospitalization or are at risk for a placement change.

For more information or to initiate a referral for TBS in Alameda County, contact [Intake Coordinator Ty Lambert at 510-485-5270](#).

For more information or to initiate a referral for TBS in San Mateo County, contact [Program Director Misha Sky at 650-235-5360](#).

## SERVICES

For Children/youth living at home, our staff works with participants individually to reduce severe behavioral problems to prevent the need for a higher level of care, such as a group home. For children/youth living in a group home environment, the TBS coach works with participants so that they can move to a lower level of care, for example to a foster home or biological relative's home.

TBS services include:

- Coordination with mental health services providers (for diagnosis, assessment, interventions, etc.)
- Participant- and caregiver-driven treatment planning
- Weekly contacts to coach, model, teach, educate, and role play behavior intervention strategies and skills
- Frequent contacts with the primary mental health therapist or other providers

TBS coaches work with participants, biological parents, foster parents, group home staff, school personnel, and other members of the treatment team on an as needed basis. The participation of caregivers and other support people involved with the child/youth is critical to driving and sustaining a child/youth's progress. For example, exercises like role playing teach caregivers how to communicate effectively, use rewards and consequences, set effective limits and boundaries, and maintain realistic expectations.

## PHILOSOPHY

- With useful therapeutic tools, a child/youth can learn to manage their symptoms, gaining success in the home, school, and community.
- Youth who have experienced or are currently experiencing serious emotional distress and behavioral challenges during times of crisis, loss, and transition will stabilize successfully with competent and comprehensive short-term, specific, one-to-one behavioral support.
- It is important to place children/youth in the least restrictive environment with full inclusion in age and developmentally appropriate activities, and education.