

Therapeutic Behavioral Services

What is Therapeutic Behavioral Services (TBS)?

TBS is a short-term, intensive mental health service for severe behavioral and emotional problems. It provides individualized, one-to-one behavioral assistance to children/youth and their family, caregiver or guardian in the settings where the behaviors are most problematic (e.g. home, group home, school, and other areas in the community). TBS will help develop behavioral and coping strategies to manage and reduce problem behaviors. It also increases positive and adaptive behaviors that allow the child/youth to be successful.

TBS is supplemental to other mental health services and is one component of a comprehensive mental health treatment plan. It is not a stand alone service. A trained Therapeutic Behavioral Coach will work closely with the child/youth, family, caregiver or guardian, and the youth's therapist or case manager to reduce problem behaviors that place the child/youth at risk of losing their placement and going to a higher level of care, or that prevent the child/youth from transitioning to a lower level of care.

Who is Eligible?

In order to be eligible for TBS, child or youth must meet the following criteria:

- full-scope Medi-cal beneficiary under the age of 21
- currently receiving specialty mental health services
- experiencing serious behavioral problems

The child/youth must also meet one of the following criteria:

- be considered for placement in a group home facility of RCL 12 or above, and/or a locked treatment facility
- be currently placed in a group home facility of RCL 12 or above, and/or a locked treatment facility
- had one emergency psychiatric hospitalization within the preceding 24 months
- previously received TBS services

The child/youth must need the additional support of TBS to maintain current placement, to prevent placement in a higher level of residential care/hospitalization, or to transition to a lower level of care.

TBS cannot be provided while the child/youth is in a mental health hospital or a locked juvenile setting.

How do I get TBS?

- Referrals for TBS can be initiated by anyone including: a mental health professional (e.g. therapist, psychiatrist, case manager), a parent or caregiver, family member, doctor, a social worker, or a probation officer.
- If you think the child or youth may need TBS, you can ask their therapist or mental health case manager to contact San Mateo County's TBS Coordinator (at the contact information below) to request services and complete a referral form.
- A referral packet which includes required mental health documents must be submitted to the TBS Coordinator, at which time eligibility is determined. You are welcome to call and ask for more information about TBS.

San Mateo County Behavioral Health and Recovery Services TBS Coordinator:

Phone: 650.583.1260 ext. 226
Fax: 650.872.3626

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Questions about
Therapeutic Behavioral
Services?

Contact the TBS Coordinator at:
Phone: 650.583.1260 ext. 226
FAX: 650.872.3626



Behavioral Health and Recovery Services
TBS Coordinator
1290 Commodore West Drive
San Bruno, CA 94066
Phone: 650.583.1260 ext. 226
FAX: 650.872.3626
www.smhealth.org/BHRS

SAN MATEO COUNTY
BEHAVIORAL HEALTH AND RECOVERY SERVICES

Therapeutic Behavioral Services



TBS Coordinator
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