



## Therapeutic Behavioral Services (TBS)

**What is TBS?** TBS is a unique, short-term intensive intervention that may be included as one component of a comprehensive mental health treatment plan. TBS provides one-to-one support in helping children/youth replace inappropriate behavior with more suitable behavior.

**What is the *Emily Q* settlement?** In response to the *Emily Q. v. Bonta* class action lawsuit settlement, the California Department of Mental Health and local county Mental Health Plan agencies are working to increase utilization of TBS and ensure accessible, effective, and sustained TBS for children and their families in the *Emily Q* class in California.

### Who is eligible for TBS under the *Emily Q* settlement?

Children and youth under age 21 receiving EPSDT mental health services who:

- are placed in **or** are being considered for RCL 12 or higher, **or**
- have received psychiatric hospitalization in the past 24 months, **or**
- are being considered for psychiatric hospitalization.

### Where can TBS be provided?

Family homes, foster homes, group homes, schools, day treatment programs, and many other places.

### Who are the key partners in local TBS delivery?

Mental health agencies, child welfare services, juvenile probation, juvenile courts, schools, Court Appointed Special Advocates, service providers, parents, families, foster families —anyone who works with children or youth at risk of high-level placement because of their mental health behavioral needs.

**TBS can reduce the need for costly high-level group home placement, hospitalization, or incarceration.**

### Help increase TBS in your county.

County mental health departments are convening local TBS discussion and planning sessions with an array of agencies and people to discuss four main questions:

1. Are the children and youth in the county who are *Emily Q* class members and who would benefit from TBS, getting TBS?
2. Are the children and youth who get TBS experiencing the intended benefits?
3. What alternatives to TBS are being provided in the county?
4. What can be done to improve the use of TBS and/or alternative behavioral support services in the county?

**CONTACT YOUR COUNTY MENTAL HEALTH DEPARTMENT** for more information about TBS and the TBS planning sessions in your county.

**For Additional Information:** Visit the California Department of Mental Health TBS Web site at: [http://www.dmh.ca.gov/Services and Programs/Children and Youth/EPSDT.asp](http://www.dmh.ca.gov/Services_and_Programs/Children_and_Youth/EPSDT.asp).

# Strategy to Increase Therapeutic Behavioral Services (TBS) utilization in California

**Goal: Accessible, effective, and sustained TBS for children and their families in the Emily Q Class**

By preventing the need for higher level placement, TBS helps to ensure that children/youth are placed in the least restrictive environment.

TBS can help children/youth, families, foster parents, group home staff, and school staff learn new ways of reducing and/or managing challenging behavior as well as strategies and skills to increase positive behavior.

## Local Coordination of Care



## Statewide Coordination of Care



**TBS Nine Point Implementation Plan**