

# Therapeutic Behavioral Services (TBS)

## What is Therapeutic Behavioral Services?

Therapeutic Behavioral Services (TBS) is a short-term program that focuses on helping children, youth, parents and caregivers manage challenging behaviors utilizing short-term interventions to achieve measurable goals based on the needs of the child or teen and the family.

### REFERRALS

Individuals can be referred for TBS by their therapist, parents, caregivers, foster parents, social workers, and mental health providers. These services are available for eligible individuals, up to the age of 21, who are diagnosed with a mental illness and/or a developmental disability. Services can be provided at home and in the community, and includes an initial assessment, the development of a behavior plan, and an ongoing individual one-to-one supports.

### DESCRIPTION

TBS differs from family therapy in that it addresses specific behaviors, actively working with the child and caregiver to develop new behavioral strategies and patterns of behavior.

The services are designed to support children who are at risk for a higher level of care without the intervention. TBS can assist a child during a transition home from hospitalization or an out-of-home placement. TBS can also help individuals at risk of placement in a more restrictive environment or those returning from such a placement.

Caregivers **must** be actively involved with all interventions. TBS is a rehabilitative service, not habilitative: this means the service cannot be used to teach Activities of Daily Living (ADLs), such as teeth brushing or toileting.

TBS is a behavioral treatment requiring supervision from a licensed behavioral health provider. Direct services can be provided by a non-licensed individual who is supervised by a licensed professional.

## ELIGIBILITY REQUIREMENTS:

- The individual must be under the age of 21
- Participants must possess a Public Behavioral Health System mental health DSM 5-covered diagnosis and/or an Intellectual Disability Diagnosis
- Individuals must have active Medicaid coverage
- Caregiver(s), over the age of 18, must be available and willing to participate in all TBS services

## WHERE ARE SERVICES PROVIDED?

Humanim provides Therapeutic Behavioral Services in the following counties in Maryland:

- ▶ Anne Arundel County
- ▶ Baltimore City
- ▶ Baltimore County
- ▶ Howard County
- ▶ Harford County

## More Information

To make a referral or get more information on TBS, please contact:

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