

## BENEFITS FOR TBS

- Improved behaviors and attitudes
- Reduced family stress
- Strength based interventions, skills and education for the child, youth or young adult and for family or caregiver to use for continued behavioral success
- Active, short-term treatment with long-term gains
- Empowerment of the child, youth, young adult, family or caregivers
- Increased ability to communicate feelings, wants and needs appropriately
- Child, youth or young adult stay in the least restrictive level of care



## Therapeutic Behavioral Services

New Alternatives  
Therapeutic Behavioral Services  
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Main: 619-615-0701

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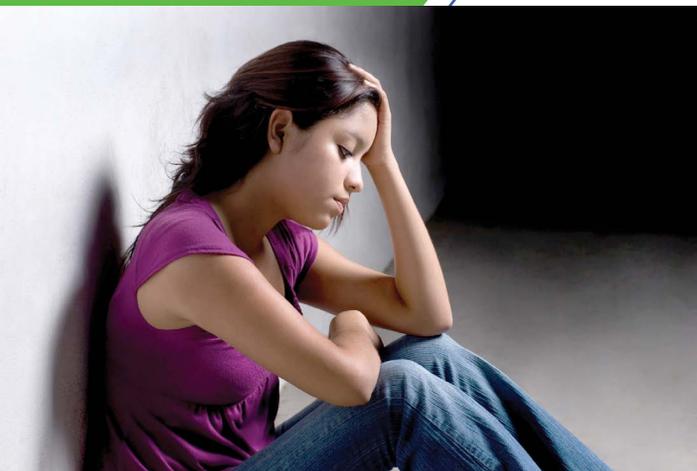
Behavioral Health Information & Referral  
The Access and Crisis Line  
888-724-7240

SAN DIEGO NETWORK OF CARE  
[www.sandiego.networkofcare.org](http://www.sandiego.networkofcare.org)



For Children, Youth,  
and Young Adults with  
Full Scope Medi-Cal

County of San Diego  
Behavioral Health Services



## SERVICES

**TBS** is a short term one-to-one behavioral mental health coaching service for full-scope Medi-Cal (EPSDT) children, youth, and young adults up to age 21 and their families or caregivers with moderate to severe emotional or behavioral challenges.

**TBS** uses a wide variety of behavioral interventions to support ongoing Medi-Cal therapeutic services. **TBS** is only offered if a child, youth or young adult is receiving other mental health treatment services.

Short-term intensive coaching from trained behavioral coaches help achieve short-term treatment goals, stabilize placement and maintain the least restrictive level of care possible by resolving problem behaviors.

Coaching services are provided at agreed upon times - up to seven days a week. Services can occur in home settings, the community and group home placement.



## OUR GOAL

The goal of **TBS** is to focus on those behaviors, attitudes and actions that are putting a child, youth or young adult's living situation at risk, assist them to gain the coping skills necessary to handle life's challenges or to help them be successful with a move from a higher to a lower level of care.



## QUESTIONS

New Alternatives  
Therapeutic Behavioral Services  
Main: 619-615-0701

## FAX REFERRALS

New Alternatives  
Therapeutic Behavioral Services  
Fax: 619-615-0897

To learn more, get referral forms visit:  
[www.newalternatives.org](http://www.newalternatives.org)