



MILHOUS CHILDREN'S SERVICES

Residential treatment centers for children and adolescents

A non-profit corporation

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THERAPEUTIC BEHAVIORAL SERVICES (TBS)

Milhou's has added a new mental health program to our array of services in order to provide additional support to children who are at risk of losing their placement or are transitioning to a lower level placement.

TBS provides short-term one-to-one assistance to address target behaviors that are critical to maintain safety and stability. The TBS Coach provides behavior modeling and support as well as immediate, frequent behavior interventions that assist the child to successfully participate in school, day treatment and milieu activities, reduce impulsivity, and increase social and community skills.

The TBS Coach also serves as a positive role model for child, staff and family. TBS can help children, parents and staff learn new ways of reducing and managing challenging behaviors as well as increase positive behaviors that promote success here and at home.

Who can get TBS?

Clients are eligible for TBS support if they have full scope Medi-Cal, are under 21 years old, have serious emotional problems and:

- are at risk for a higher level of placement
or
- have been hospitalized within the past two years
or
- have had TBS previously and need it again
or
- need support in transitioning to a lower level of placement.

What other criteria apply?

Clients must be receiving other mental health services. TBS adds to services but does not take the place of other services. TBS is a short term intervention and other mental health services are necessary to maintain stability once TBS has ended.

TBS is not provided solely:

- For the convenience of the caretaker
- To provide supervision or assure compliance with probation
- To ensure the child/youth's physical safety or the safety of others
- To address problems not part of the child/youth's mental health condition

Other criteria include:

- Child/youth cannot sustain non-impulsive self-directed behavior; cannot handle him/herself appropriately in social situations with peers and is unable to handle transitions during the day.
- Child/youth has the capacity to develop skills in order to be able to sustain non-impulsive self-directed behavior and engage in appropriate community activities without full-time supervision.
- Child/youth is not an in-patient in a hospital, psychiatric health facility, IMD or crisis residential program.

What is the TBS referral process?

Referral: The Milhous Treatment Team (consisting of licensed/waived Therapist, House Administrator and Teacher) refers a child to the Milhous TBS department when the team determines that the child is at risk of losing his/her placement due to severe emotional and behavioral problems or will need support transitioning to a lower level placement. TBS Clinical Supervisor contacts County worker to complete County referral process.

TBS Team: The TBS Clinical Supervisor schedules a meeting with the Milhous Treatment Team, County workers, and family (if appropriate) to begin the planning process. During this initial meeting, members discuss the target behavior, identify strengths, and collaborate on service description.

Assessment: The TBS Clinical Supervisor observes and assesses the child's behavior in preparation for completing the Functional Behavior Assessment and Treatment Plan. The assessment process includes interviews with child, team members, consulting psychiatrist and other adjunct workers, and family (if appropriate), as well as observation during school, day treatment and milieu activities. The target behavior is functionally defined in terms of antecedents, consequences and purpose of behavior. Relevant family history, physical health, and mental health issues are identified and evaluated.

TBS Plan: After the observation and assessment phase is completed, the TBS FBA/Treatment Plan is shared with the team members for review and consensus. Including in the plan are specific therapeutic behavioral interventions and strategies to coach the child in replacement behaviors, including impulse control, coping skills, communication skills, social behavior, and anger management. Milhous TBS trains TBS coaches in interventions using evidenced-based modalities such as:

- Therapeutic Behavioral Services Training (CIMH)
- Aggression Replacement Training (A. Goldstein, B. Glick, J. Gibbs)
- Skillstreaming (A. Goldstein, E. McGinnis)
- STOP (Dr. Joseph Crabtree)
- Collaborative Problem Solving (Dr. Ross Greene)
- Non-violent Crisis Intervention (Crisis Prevention Institute)
- Non-violent Physical Crisis Intervention (Crisis Prevention Institute)
- Behavior Intervention Training (H. Johnson, School Psychologist)
- Orientation to SED Treatment (Milhous Training Team)

Crisis Plan: Throughout TBS, a crisis plan is in effect to maintain safety. TBS Coaches are not on-call for crisis intervention, therefore the team develops a crisis plan to ensure safety and assign responsibility for crisis behaviors outside of the TBS program.

Staff and family support: An important role for TBS is training and educating family and staff in behavioral interventions and support directly related to the goals and needs of the child as identified on the TBS Treatment Plan.

Fading and Transition: TBS is a time-limited service, therefore planning for fading and transitioning occurs at the onset of services. Once identified goals have been reached, the TBS team focuses on internalizing and generalizing the positive changes, preparing the child to accept responsibility for prosocial behavior as supported by the Milhous team, the County support workers, and the child's family.

TBS roles:

TBS Clinical Supervisor – licensed clinician responsible for the oversight and coordination of the Milhous TBS program. The TBS Clinical Supervisor completes the observation and assessment analysis, develops the Functional Behavior Assessment and Treatment Plan and supervises implementation. The TBS Clinical Supervisor is in daily contact with TBS Coaches, conducts weekly group supervision, and participates in house treatment team and staff meetings.

TBS Coach – responsible for implementation of one-on-one therapeutic behavioral interventions and replacement skill building strategies. The TBS Coach is available during the times and activities where the child needs help most. The TBS Coach partners with child and team to achieve and maintain the goals as defined in the TBS Treatment Plan, training staff and family on effective interventions. Support and education are provided through daily and weekly sessions, and the TBS Coach is responsible for daily progress notes.