

Referral Information

Services at River Oak
can be initiated by calling the
Sacramento County
Child & Family ACCESS team :

(916) 875-9980
(916) 876-8892 TTY/TDD
(916) 875-9970 (fax)

(888) 881-4881 Toll Free

For more information, please contact:

John Holmes
Vice-President —

Intensive Community-based Services Division

Phone: (916) 609-5100

Email: jholmes@riveroak.org



River Oak
Center for Children

SHARED CORE VALUES

- Children's Needs Come First
 - Team Work
- Integrity and Commitment
 - Responsibility and Accountability

Established in 1966. Awarded Gold Seal of Approval™ by the
Joint Commission on Accreditation of Healthcare Organizations.

Administrative Offices

5030 El Camino Avenue
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www.riveroak.org

*In collaboration with Sacramento County Department of
Behavioral Health Services, Division of Mental Health*

A Place for Children and
Families to Grow

**Therapeutic Behavioral
Services (TBS)**

Feel like your family is in crisis?

More than you can manage on your own?

Don't really want your child to leave home but you just can't take it anymore?

We want to help you out!

There's a program called Therapeutic Behavioral Services (TBS) that's for families just like yours. If your child has full scope Medi-Cal and meets the criteria below, your family may be eligible.

What's TBS, you ask?

TBS is a one to one service program that comes to you and your child. No having to figure out transportation or waiting in crowded counseling offices.

But I don't want another endless commitment, that's too much for my family. Besides, we already have services!

It's great that you already have services. In fact, you have to have those in order to qualify for TBS. That's because TBS is a short-term program that blends in with the services you already have. Think of it as a booster program to work on some very specific issues where you and your child might feel stuck.

How do I know if my child is eligible?

If your child is:

- Under 21
- **And**
- Has full scope Medi-Cal
- **And** (at least one of the following)
- Lives in a level 12-14 group home **or** is being considered for a level 12-14 group home **or** is stepping down from a level 12-14 group home
- **Or** has been to MERT (Minor Emergency Response Team) at the Sacramento Mental Health Treatment Center (SCMHTC) in the past 6 months
- **Or** has been in a psychiatric hospital in the past 24 months
- **Or** is being considered for a psychiatric hospital
- **And**
- Is currently receiving Medi-Cal outpatient (mental health) services

Then your child may be eligible.

How has TBS been helpful to other families?

TBS has helped many kids stay at home with their families, out of the hospital, juvenile hall and group home care.

Ok, so it works, but what does TBS do?

The TBS team is a service that looks at your child's challenges. Using an effective process called a "Functional Behavioral Analysis, a TBS service team member helps you and your child understand the trigger and pay-off to a problem behavior that is placing them at risk of group home placement or hospitalization. Then they will work with you to develop a very specific and unique plan to help your child get his or her needs met in a healthy way. Before they leave, they teach you, your family or caregiver and your River Oak clinician how to keep the plan going so you'll keep on seeing results long after the TBS team is gone.

That sounds like something I'd like, how can I learn more?

Services are initiated by contacting the Access Team, the county service that arranges TBS to families. They'll get you to the next step. You can also call them at (916) 875-9980 if you have questions or want to learn more.

Can I call the TBS team directly for services?

You can contact your child's current River Oak clinician/team to make the referral for TBS.