

Therapeutic Behavioral Services (TBS) Commences Tracking Outcomes

A number of SBHG programs provide *Therapeutic Behavioral Services* (TBS) which is a sophisticated and highly regulated type of behavioral coaching to youth receiving mental health treatment. Eligible youth are at risk of hospitalization, out-of-home placement, loss of a current placement, or inability to step-down to a lower level placement because of serious behavioral problems. “At-risk” means they experienced one or more of these events in the months immediately prior to TBS. The behaviors can be helped by 1:1 coaching in which the youth learns replacement behaviors and alternative coping skills, and the caregiver learns how to reinforce positive behaviors.

As part of developing specialty evaluations of specific services and evidence-based practices, TBS teams put in place a tracking protocol that includes data regarding TBS service utilization, treatment goals, and outcomes. Before, the data were only kept in the client chart and reviewed for individual client progress. Some preliminary aggregated data were compiled on three out of our four programs that offer TBS: *Starlight Community Treatment Facility* (SL-CTF), *Starlight Community Services* (SL-CS), and *Star View Children and Family Services* (SV-CFS). Tracking began mid-year and does not reflect all FY 05-06 discharges. An example of the data (shown below) include whether youth avoid hospitalizations, remain stably with family or in placement, and/or are able to move to a lower level of care by discharge (e.g., group home to foster home).

TBS Outcomes (FY 05-06 Discharges)			
	SL-CTF* N=9 Avg Length of Service = 111 days	SL-CS N=12 Avg Length of Service = 161 days	SV-CFS N=7 Avg Length of Service = 143 days
Hospitalizations During TBS	None	None	None
Stability of Living Situation During TBS	67% No Changes Avg Settings = 1.33 Max Settings = 2	83% No Changes Avg Settings = 1.17 Max Settings = 2	57% No Changes Avg Settings = 1.57 Max Settings = 3
Discharge Setting	22.2% Family Home 11.1% Foster Home 11.1% L10-11 Group Home 55.6% Juvenile Detention	33.3% Family Home 58.3% Foster Home 8.4% L10-11 Group Home 0.0% Juvenile Detention	57.1% Family Home 14.3% L10-11 Group Home 14.3% L12-14 Group Home 14.3% Juvenile Detention
Decreased Level of Care**	Four youth stepped-down from CTF to community setting.	One youth went from group home to family home; another went from group home to foster home.	One youth went from higher to lower level group home.
* Discharges are of clients receiving TBS while in the CTF, upon discharge from the CTF. ** For outpatient programs this is in addition to those maintained in community setting.			