



**LINCOLN  
FAMILIES**  
CHANGING LIVES | STRENGTHENING COMMUNITIES



## **FAMILY: THERAPEUTIC BEHAVIORAL SERVICES (TBS)**

### **Program Summary**

- Purpose: Providing supports for youth, who are at risk of losing their home placement due to their behaviors, so they can thrive.
- Serves approximately 45 children and youth, ages 3-21, and their families in Alameda County annually.
- Provides culturally responsive, trauma-informed, relationally-based intensive supports, working with the entire family to find solutions to ensure stability, and reduce and manage challenging behaviors through a variety of ways:
  1. Comprehensive Assessment – Assessing what’s the function of challenging behaviors;
  2. Plan Development -- Working together to develop an individualized family-focused plan to modify target behaviors, achieve measurable goals, and sustain improvements and gains long term;
  3. Implementation & Coaching – Utilizing culturally responsive interventions, working with children and families to learn new behaviors and coping skills;
  4. Coordination of Care – Collaborating with primary mental health providers, school personnel, and others to strengthen stability and permanence.
- Budget: \$1,265,064; Government Contract – Alameda County Behavioral Health Care Services (ACBHCS)

### **The Need/Gaps We’re Addressing**

Life with a child struggling with severe emotional and behavioral issues can become overwhelmingly stressful for the whole family, and jeopardize the child’s ability to remain at home. To ensure stability and success, the entire family must be involved in finding solutions for reducing and managing challenging behaviors long-term. A collaborative approach is critical, working with children, youth, parents, caregivers, foster parents, group home staff, and school personnel to learn strategies and skills to increase the kinds of behaviors for children to succeed and stay at home.

### **Outcomes/Impact**

- 100% of children and youth stayed in their homes or placement

## TBS Program Director

**Dynell Garron**, Program Director  
Community Based Services  
dynellgarron@lincolnfamilies.org

## The Leadership Team

**Michelle Thompson**, CBS Clinical Director  
michellethompson@lincolnfamilies.org

**Brian Lau**, Program Manager  
BrianLau@lincolnfamilies.org

**Hilda Benevides**, Clinical Supervisor  
hildabenavides@lincolnfamilies.org

**Carmel Ross**, Clinical Supervisor  
carmelross@lincolnfamilies.org

## TBS Webpage

<http://lincolnfamilies.org/programs-services/family/therapeutic-behavioral-services>

**For more information please call**  
510.273.4700



## How You Can Help!

- \$500 provides therapy tools for 5 children learning to develop positive coping skills.
- \$1,500 provides recreational experiences for 15 youth, providing opportunities for positive interactions with their families and feelings of belonging and acceptance.
- \$100,000 in funding supports a Clinician being available to students who are uninsured or not Medi-Cal eligible.

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## TJ's Story:

TJ, age 8, was dropped off at the home of his aunt and uncle by another family member. His aunt and uncle had no children and were completely unaware of the child's existence and thrust into a world they were unprepared for and had no experience with. Because of his mother's and grandmother's drug addiction issues, they were not in a place where they could care for TJ. He displayed violence towards family pets, stealing, and sexual acting out. His aunt and uncle were at their wit's end and communicated that TBS was their last hope, and if they did not see changes in TJ's behavior, they would surrender him to county social services. Upon initial meeting, TJ displayed significant anxiety but also made a commitment to his Clinician to work on his behavior. Over the course of a year, the Clinician was able to meet with TJ and his family at school and at their home. TJ eventually graduated from the program having ceased all sexual acting out, stealing, and violence towards animals. Stopping all problem behaviors is very rare, especially considering the multiple stressors that occurred. This included visitation with his mother, uncle experiencing health issues, and a sudden relocation out of the county. TJ's Clinician was able to assist throughout and helped him transition into a new school. TJ and his Clinician designed a special family scavenger hunt for his aunt and uncle to enjoy during the holidays while becoming familiar with their new community. In the end, through working with TBS, both TJ and his family gained the tools and knowledge to grow and foster a healthy relationship.