



Therapeutic Behavioral Services - Sacramento ANNUAL OUTCOMES REPORT

July 2023 – June 2024

Our Mission

TBS is committed to providing quality services, support, and advocacy to children and families experiencing mental health challenges.

WHO WE ARE

Therapeutic Behavioral Services (TBS) is a short-term intensive program designed to reduce challenging behaviors that are placing youth at risk of psychiatric hospitalizations or group home placement, or services may support the youth stepping down from group home placement to ensure success in the home environment. The goal of TBS is to reduce challenging behaviors while emphasizing the youth's and family's strengths and abilities. Services are provided at the time and place the behaviors occur, and when the youth and caregivers will most benefit. Services are provided in a manner that is complementary to the cultural and linguistic needs for the youth and family. Each behavior plan is specific to the needs of the youth and family and will be taught in a way that can be continued after services end.



Behavioral analyses,
individualized
treatment planning,
caregiver coaching

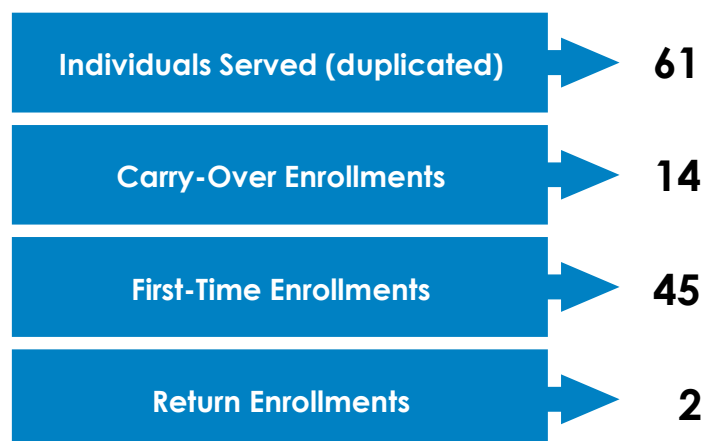
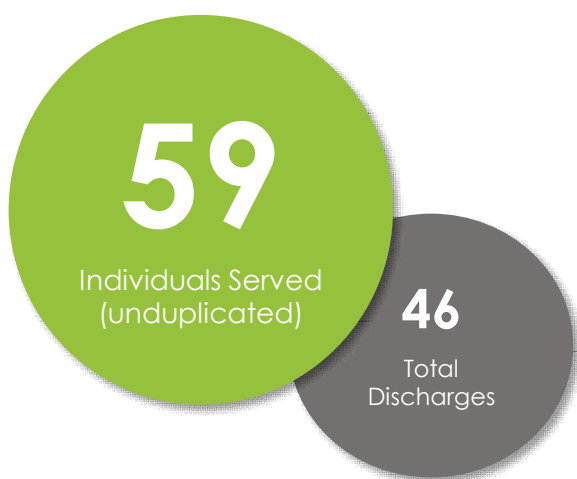


Direct interventions,
support outside of
normal business
hours



In-home, school,
and community
support, and skill
building

CENSUS



"I liked that I felt heard and validated."

-TBS Client

DEMOGRAPHICS

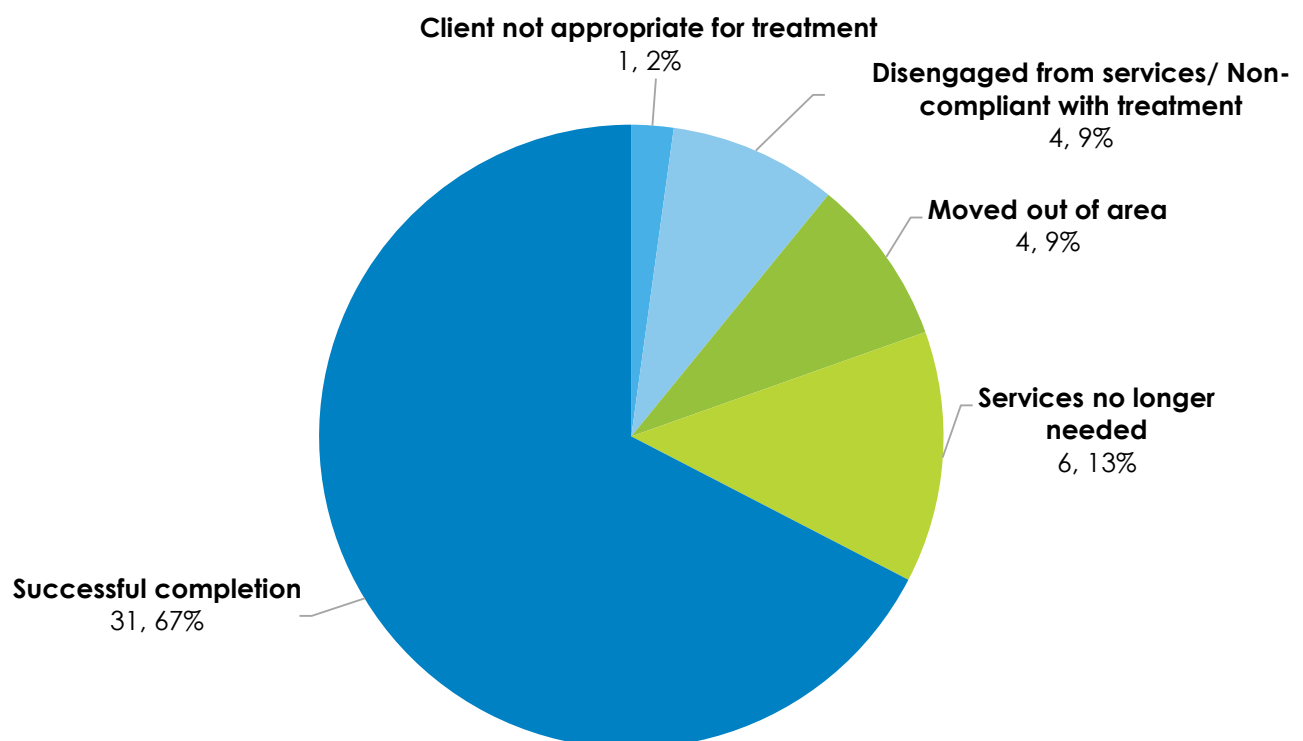
	#
Age Group	
0 – 15 years (Child/Youth)	41
16 – 25 years (TAY)	18
Gender	
Female	34
Male	24
Other	1
Primary Language	
English	55
Spanish	4

	#
Race	
Asian/Pacific Islander	1
Black/African-American	14
Multi-Racial	3
Other Race	13
White/Caucasian	28
Ethnicity	
Hispanic/Latino	20
Not Hispanic	39

"It has not only helped [my child] but has helped me to understand how some ways I handle situations wasn't the best. It helped make the experience & household more positive for everyone."

- TBS Client Caregiver

DISCHARGES



TOM-T

Due to no measure being in existence that effectively assessed the unique population served through TBS; the TOM-T was developed through the original Turning Point Community Programs' TBS program located in Sacramento. The tool is given both at intake and discharge to youth as well as caregivers served through the TBS portion of the program whenever possible.

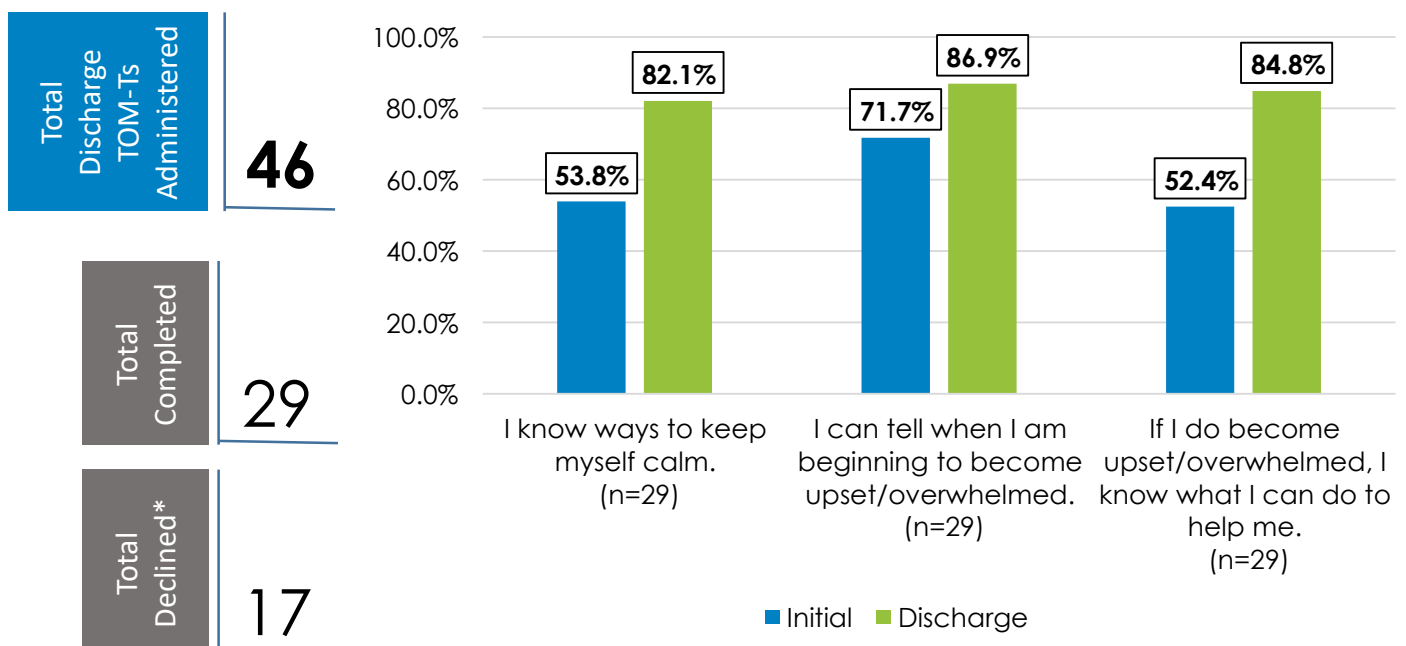
Three items in the youth version and four in the caregiver are measured as a pre/post comparison between intake and discharge. Participants answer the following items using a 5-point Likert scale (Strongly Agree to Strongly Disagree):

Youth Intake	Caregiver Intake
I know ways to keep myself calm	I feel confident that youth will be able to continue living with me
I can tell when I am beginning to become upset/overwhelmed	I know what to do to keep behaviors from happening
If I do become upset/overwhelmed, I know what I can do to help myself	I can identify triggers to my child's behaviors
	I know how to respond to behaviors if they occur

The remaining 5 items in the youth and caregiver Tom-T given at discharge are statements regarding satisfaction with services and outcomes and are presented in Section IV: Consumer Satisfaction Survey of this report.

In order to complete a pre/post analysis of the TOM-T data, **the following outcomes are out of the total discharged clients within the reporting period who had both an intake and discharge client/caregiver TOM-T assessment completed.** Additionally, due to some clients being admitted and discharged multiple times within the reporting period, and because the outcomes can change with each episode of service, each TOM-T in which both the intake and discharge were completed have been included in the following analysis.

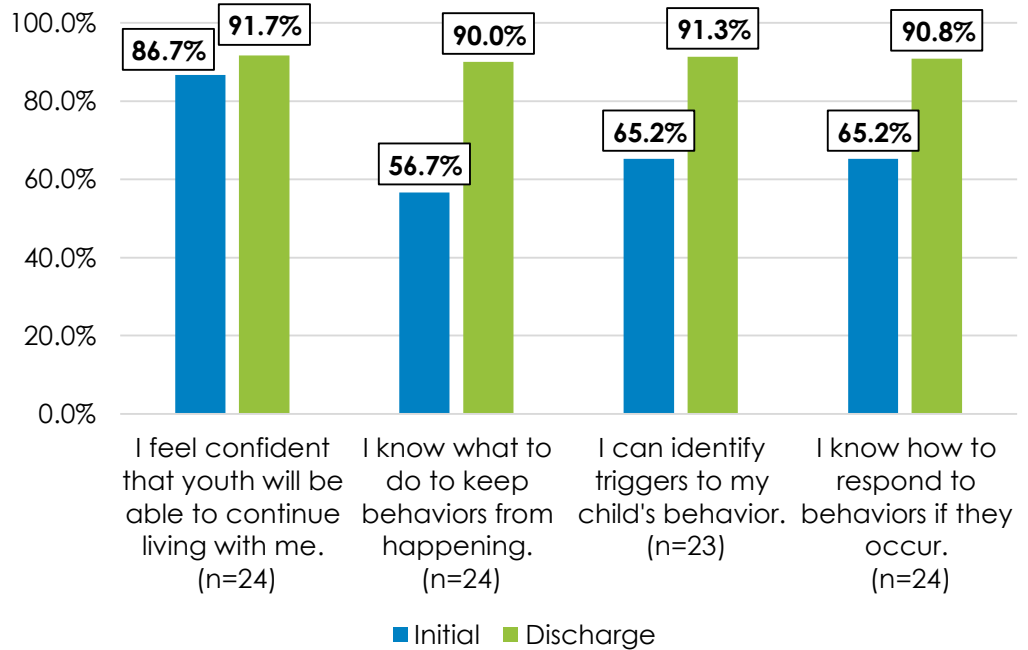
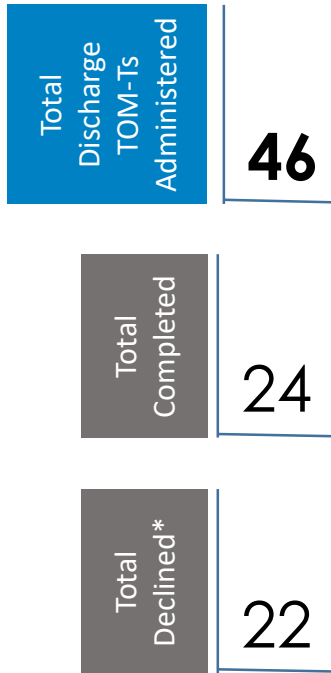
Youth Outcomes



*Declined includes declined to participate, unavailable, or clients considered too young for participation

TOM-T (continued)

Caregiver Outcomes

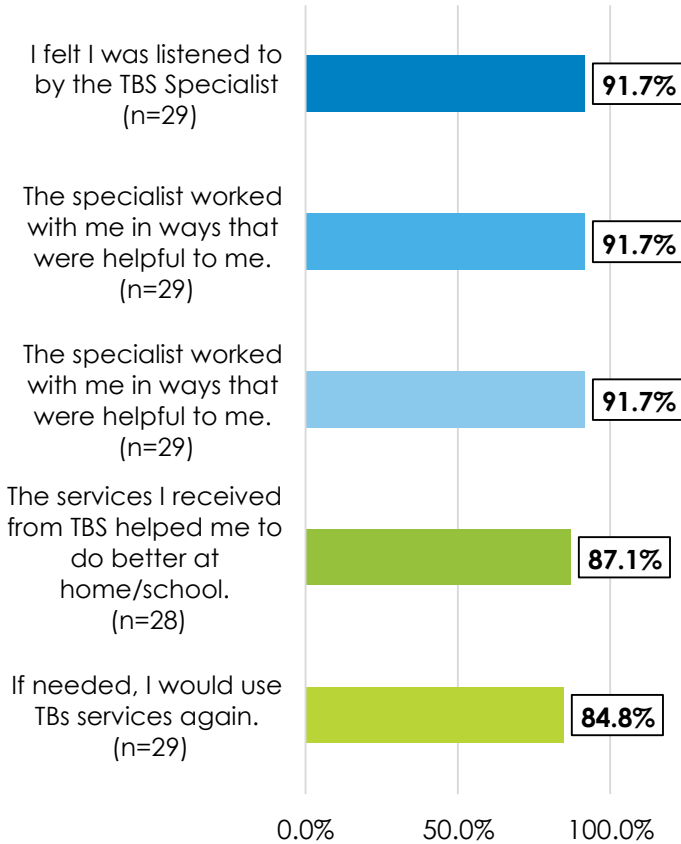


*Declined includes declined to participate and those unavailable to participate.

CLIENT SATISFACTION

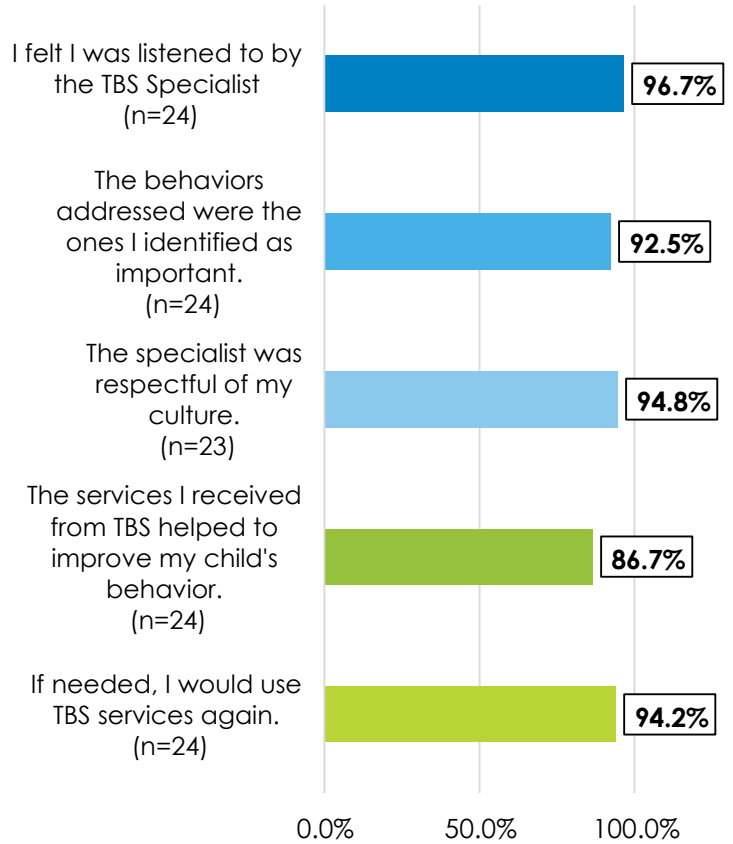
Youth Satisfaction

Overall Satisfaction Rate **89.4 %**



Caregiver Satisfaction

Overall Satisfaction Rate **92.9 %**



This report was developed and distributed by
Turning Point Community Program's
Outcomes & Evaluation Department



A: 10850 Gold Center Drive, Suite 325, Rancho Cordova, CA 95670 P: (916) 364-8395 www.TPCP.org

 /TurningPointCP  @TurningPointCP