

Intensive Behavioral Health Services – What are Group Services?

What is the purpose of this resource?

The resource will provide families with information on IBHS and an explanation of Group Services.

What is IBHS?

IBHS provides supports for children, youth or young adults under the age of 21 with mental, emotional or behavioral health needs. To qualify to receive IBHS the child, youth or young adults must have a behavioral health disorder diagnosis. Services can be provided in the home, school or other community setting.

What are Group Services?

- Intensive therapeutic interventions that are provided mostly in a group format.
- They can be provided in a school, community or community like setting. Community like settings mimic an environment a child might typically be in such as a school, daycare or afterschool program.
- Examples of Group Services include:
 1. **Group ABA:** A group of children, youth or young adults that participate in treatment activities, which include ABA interventions. The treatment activities are designed to help the children, youth or young adults develop individual skills.

Center-based services may be delivered through group ABA services in a community-like setting. These services may be delivered in a ratio of staff to child, youth or young adult that reflects individual need.



What are Group Services? (Continued)

2. **School-Based Programs:** Treatment programs that happen while children, youth or young adults are at school. School-based programs use primarily group activities and some individual interventions to target the behavioral health needs of groups of children, youth or young adults. Each child, youth or young adult will have his or her own treatment plan. In addition, all school-based programs will have a family involvement component to ensure families are involved and knowledgeable about their child's program.

3. **After School Programs:** After school programs are used to help groups of children, youth or young adults develop specific skills or address behavioral health needs in the hours after school. The children, youth or young adults may work in a group on activities that will increase their behavioral success in school or focus on a specific therapeutic purpose such as addressing trauma or anxiety.

4. **Summer Therapeutic Activities Program (STAP):** STAP is a behavioral health program that occurs during the summer. Most STAPs are several weeks long and meet for several hours per day. Children, youth or young adults that participate in a STAP work on developing skills and strategies that will help them become more successful in dealing with their behavioral health challenges.

Where can I find more information and resources on IBHS?

- Visit: <http://www.healthchoices.pa.gov/providers/about/behavioral/inbehavioralhs/index.htm>
- Visit ASERT's IBHS resource collection at: paautism.org/IBHS

