

Intensive Behavioral Health Services – What are Individual Services?

What is the purpose of this resource?

The resource will provide families with information on IBHS and an explanation of Individual 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 Individual Services?

- Therapeutic interventions and supports used to reduce and manage a child's, youth's, or young adult's needs that are identified in the individual treatment plan.
- Help to increase coping strategies and support skill development, which promotes positive behaviors.



What are Individual Services? (Continued)

- Individual Services includes:

1. Behavior Consultation (BC) Services, formerly known as Behavioral Specialist Consultation through BHRS

– Includes assessment of a child’s, youth’s, or young adult’s needs and development of an ITP that includes interventions that will be used to meet the identified needs. Also, BC includes coordination and consultation with service providers regarding behavior plans and interventions with the individual’s treatment team. BC services can be used to address behaviors in school, home, or any other place where an individual needs support strategies for success.

2. Mobile Therapy (MT) Services – Used to provide therapy to a child, youth, young adult, or family member to work on identified goals for the individual. This service can be provided in the home or another community setting. MT services include assessments of the individual’s needs and the development of an ITP that includes the interventions that will be used to meet the identified needs. This type of service can be used to help a person process emotional and behavioral health challenges or trauma.

3. Behavior Health Technician (BHT) Services, formerly known as Therapeutic Support Services through BHRS – BHT services are used to implement a child’s, youth’s, or young adult’s ITP.

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: pautism.org/IBHS

