

What is Rehabilitative Behavioral Health Services?

Definition:

School centered, goal-directed, family-supportive counseling services provided to students who have emotional or behavioral needs to help stabilize or strengthen the child's placement and improve student academic and social performances.

Goals of RBHS:

- Help students understand the meaning of their behavior so they may begin to address their emotional needs and responses.
- Teach students to channel anxiety and aggression appropriately and constructively.
- Educate caregivers on the effects of their attitudes and behaviors on their children.
- Support families in finding successful ways to interact with their emotionally/behaviorally challenged children.

RBHS services are appropriate when:

- The student has specific emotional and behavioral needs.
- The services will stabilize or strengthen the student's placement in the home or school.
- The student may be in jeopardy of placement disruption or movement to a more intensive and costly setting or service.

Services Provided

Screening/Assessment:

The process whereby the staff identifies, assesses, provides a diagnosis, and develops recommendations for treatment or services needs.

Behavior Modification:

A service that provides a child the opportunity to alter existing behaviors, acquires new behaviors, and function more effectively within his/her environment through behavioral shaping, modeling and redirection.

Therapy (Group-Individual-Family):

These include goal-oriented interventions which are responsive to the needs of the client for the purposes of assisting the child in solving problems related to emotional and/or behavioral issues through cognitive and affective modes.

Family Support:

A service that enables the caregiver to be a member of the treatment team and to develop and/or improve abilities of the caregiver.

Psychosocial Rehabilitative Services:

A teaching process that involves identifying the importance of interpersonal skill, the components of the skill, practicing the skill, providing feedback on how well student displays skill and testing the skill.

Crisis Management:

Techniques used to help reduce the intensity of reactions to a crisis and helps return student to a normal level of functioning. Staff offers immediate, short-term help to individuals who experience an event that produces emotional, mental, physical and/or behavioral distress or problems.

*Appropriate services will be determined upon completion of the Diagnostic Assessment and creation of the Individualize Plan of Care.

