

## The Institute for Behavior Change

We have been delivering BHRS to children throughout Southeastern Pennsylvania since 1992 and have successfully helped more than 500 children with challenging behavior.

We currently employ more than 60 staff. Six Licensed Psychologists & 3 Certified School Psychologists provide professional oversight to all staff and direct supervision weekly.

The Institute is a training site for aspiring Board Certified Behavior Analysts, Psychologists, Licensed Clinical Social Workers, Licensed Professional Counselors, and other mental health professionals.

Employee career development is one of our highest priorities. Our staff receive healthcare benefits, paid supervision and training time, and competitive pay as *employees*.

We are **behavioral scientists**. We use evidence-based practices, monitor treatment outcomes on an ongoing basis, and we conduct research to develop new and highly effective behavioral interventions.



*...building hope and courage for children and their families*



Behavioral Health Rehabilitation Services (BHRS) can be delivered to children enrolled in Medicaid in all 50 states. Services are funded by Medicaid's EPSDT mandate under the Rehabilitation Option. When these services are delivered under the close supervision of licensed mental health professionals, parents report their child's progress in treatment every week, and when treatment is adjusted based on these reports, children get the most successful and cost-effective mental health treatment services that can possibly be delivered in homes & schools.

We have been doing this since 1992.

We are showing others how to do it, too:  
visit [TreatmentPlansThatWorked.com](http://TreatmentPlansThatWorked.com)

#1 Google search for "Treatment Plans for Children"



## Our Values

**Tell the Truth  
Be Thankful  
Help Others  
Share Fairly  
Move Forward**

*We Help Kids!*

# Behavioral Health Rehabilitation Services

Expert behavior support for disabled children in their homes and schools is available in every state using the most cost-effective treatment model developed for the Medicaid EPSDT mandate.

The Institute for Behavior Change

Phone/Fax: 610-383-1432

[www.ibr-pa.org](http://www.ibr-pa.org)

## Our Evaluations

- Firmly establish the child's eligibility for Medicaid benefits and
- prescribe Behavioral Health Rehabilitation Services (BHRS) if necessary and create an initial treatment plan with clearly measurable goals and built-in progress monitoring tools and
- can be absolutely free, *regardless of family income*, if the child lives in one of at least 37 states where Medicaid eligibility can be based on the *child's* income & the existence of a disability (Pennsylvania, for example).

### In addition, our evaluation reports can:

- Establish eligibility for Early Intervention services if the child is under 5 and has significant developmental delays.
- Determine the child's entitlement to special education services in school (a certified school psychologist takes part in our evaluations whenever necessary).

Our distinctive Treatment Outcome Measurement process collects data on a weekly basis from parents that documents the progress of treatment and enables ongoing fine-tuning of the plan to maximize treatment efficiency and maintain necessary funding. A child's treatment program needs to be funded until it is *finished*, and our staff regularly achieve that goal in a heavily regulated and publicly funded Managed Care environment.

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848 West King's Hwy.  
Coatesville, PA 19320-1714

Secure phone/fax 610-383-1432  
[www.ibc-pa.org](http://www.ibc-pa.org)



## Our Model for BHRS

### BHRS providers

Licensed Psychologist

Social Workers and Counselors can have this role in many states

Behavior Specialist Consultant (BSC)

Mobile Therapist (MT)

Therapeutic Staff Support (TSS)

### Service Descriptions

The Licensed Psychologist provides professional oversight for the delivery of BHRS by employees of the Institute for Behavior Change. The licensed psychologist is *fully* involved in the evaluation, planning, and ongoing monitoring of each child's treatment program, and is an essential resource for all BHRS providers.

A mental health professional with a Masters degree who is experienced in the use of behavioral treatment programs with children. They receive face-to-face supervision from a licensed psychologist at IBC, and work closely with parents and teachers to design & monitor the child's Treatment Plan. They participate in the evaluation process, closely supervise TSS providers, and like exceptional Case Managers, they help to improve communication between home and school like no other professionals or advocates can.

Like "psychotherapists who make house calls," these mental health professionals have Masters degrees and work under the direct supervision of IBC licensed psychologists, providing in-home and in-school counseling to the child. They help parents, teachers and other involved adults to understand the child's situation and help the child develop a healthier self-image, learn more mature social skills, and improve interpersonal relationship skills. They can also help achieve more harmonious relationships with siblings.

These mental health treatment professionals have Bachelors degrees and deliver 1:1 support to children according to a written Treatment Plan. They remain with the child for several hours at a time (typically between 10 and 25 or more hours per week). They give good advice to the child, correct misbehavior therapeutically, and prevent the child from making bad behavioral choices. They work closely with parents and teachers to teach more effective ways to approach the child's challenging behavior and help the child to be more successful and independent at home, at school and in the community. They receive direct supervision every week from a Behavior Specialist Consultant and at least 20 hours of training every year.

### Are these services effective?

— **Yes!** *We have the data to prove it.*

Our treatment outcome data, collected from more than 500 treatment records between 2002 and 2007 and studied by independent researchers at UNC-Chapel Hill, shows success rates between 74% and 82% addressing physical aggression, safety issues, noncompliance with adult prompts, communication deficits, and socialization deficits in children from 2 to 19 years of age, *based on parent assessment of progress.*

### How can we get these services in our state? — Contact us. We can help.

Visit [www.OurCaseManager.pro](http://www.OurCaseManager.pro) to learn more about how to access our skills and resources. *Bring our BHRS model to life in your state!*