



How to Pursue Intensive Behavioral Health Services (IBHS)

What if my child is on a waitlist?

There can be long waitlists to obtain IBHS services. Dr. Santamaria is always available to provide continued therapy services for you and your child while you wait. You can schedule an appointment with Dr. Santamaria by calling 412-692-7963.



What is IBHS?

- Intensive Behavioral Health Services (IBHS; aka wraparound) is a type of behavioral health service that includes treatment sessions in the home, community, and possibly the school environment. They can also be center-based.
- IBHS is considered to be more intensive than outpatient therapy services, which would occur in an office, once per week for 45 minutes. IBHS is also more intensive because it often occurs for longer sessions, and sometimes more than once per week. The service targets behavioral needs, emotional symptoms, social skills, and adaptive skills.



What are the first steps to getting services?

- In order to obtain IBHS, a written order form or psychological evaluation must have been completed.
- During Dr. Santamaria's psychological evaluation through the DSC, she will discuss recommended treatment services, which may include IBHS.
- If IBHS is recommended, the "prescription" for IBHS will be listed in the "Recommendations" section of the evaluation report.
- The evaluation report is available through the myCHP portal and will also be mailed to your home.
- The recommendations for IBHS are typically numbered 1 - 4 in the Recommendations section and are written a specific way to satisfy insurance and IBHS requirements.



What's next?

- Once you receive the psychological evaluation report with the recommendation for IBHS, you will need to provide a copy of the report to your supports coordinator or caseworker. They can assist you with finding an IBHS provider.
- You will need to reach out to IBHS providers and share a copy of the report in order to initiate services. Please check the evaluation report from Dr. Santamaria to see if other county-specific resources were listed for you.
- The evaluation done by Dr. Santamaria is good for 1 year before it will “expire.” IBHS services can continue for 1 year before you will need an updated psychological evaluation/written order in order to continue IBHS services.



Resources

- **How do we obtain a Supports Coordinator?** Contact the Office of Developmental Programs for your county to start the intake process to obtain a Supports Coordinator.
- **IBHS:** <https://members.ccbh.com/health-topics/resources/intensive-behavioral-health-services-ibhs>
- **Video: Introduction to IBHS:**
<https://ccbhmeeting.webex.com/recording/service/sites/ccbhmeeting/recording/playback/6f42dce962b6103b8dbf00505681a659>
- **Video: Is IBHS Right for my Child?**
<https://ccbhmeeting.webex.com/recording/service/sites/ccbhmeeting/recording/1f246adf5fb4103bbf2d005056810898/playback>
- **Dr. Vellody & Dr. Santamaria podcast:** <https://downsyndromecenter.libsyn.com/183-behavioral-support-services-with-dr-santamaria>

