

# ABA SERVICES

## What is ABA?

ABA (Applied Behavior Analysis) is a therapeutic teaching method to help people learn socially important behaviors. It is **data-based** and **scientifically proven to be effective**. In ABA therapy, we teach children communication / language skills, social skills, independent living skills and safety skills. When children engage in interfering behaviors, we use ABA techniques to decrease the interfering behaviors and increase appropriate behaviors.



## How does my child receive ABA?

We work with major insurance companies and Managed MediCal. Commercial insurance companies currently only cover services for children diagnosed with Autism Spectrum Disorder. Managed MediCal will accept children with a referral from their doctor and a related diagnosis. A Comprehensive Diagnostic Evaluation (CDE) determines your child's diagnosis. You can speak with your doctor and insurance company about obtaining proper supports and ABA coverage.

## When will ABA start?



1. When you reach us for ABA services, we will contact your insurance company to confirm ABA benefits and coverage. We will then share that information with you.



➔ 2. With your insurance company's approval, we will begin a functional behavioral assessment (FBA). While conducting the FBA, our clinical supervisor will visit your home several times to assess your child's history, current skill levels and his/her behavior.



➔ 3. Once the FBA report is completed, we send it to the insurance company with our recommended number of hours of ABA per week along with the plan for proactive and reactive strategies and goals to target.



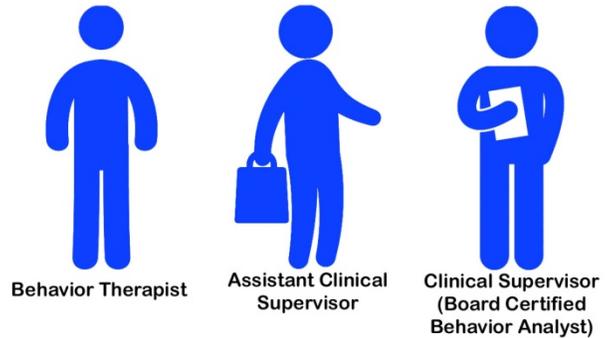
4. When your insurance company approves the plan and the hours, your clinical team will coordinate a schedule with you and come to your home to begin ABA therapy.



5. The clinical supervisor will assess your child's progress and submit a new report to your insurance company with newly recommended goals and hours on an average of every 6 months.

## Who is coming to my home?

We have highly trained behavior therapists. The assigned behavior therapists will regularly come to your home to work with you and your child. To provide a high quality of services, a BCBA (Board Certified Behavior Analyst) and possibly an ACS (Assistant Clinical Supervisor) will work together with you and the therapists. They will observe therapy, model strategies, conduct caregiver training and discuss your child's progress, goals and behavior plans.



## What does the session look like?



Each session is typically 2-3 hours.



When therapists arrive, please discuss anything that they should know (e.g., your child didn't sleep well at night, whether he/she is hungry, how he/she did at school, etc.) as it may affect the session.



Therapists will run programs that the clinical supervisor creates. It is important that parents participate, know what we are targeting, how to run the programs and how to implement the behavior plans. Please feel free to ask any questions about the programs and the behavior plans. Research shows caregiver participation and consistency across the day has the most significant positive effect on a child's progress.

At the end of the session, therapists may spend 10-15 minutes to gather data and write the session summary.





### Phase 1: Rapport Building

If it is the first time for your child to see the therapist, they will work on rapport building to make sure that your child feels comfortable with the therapist. During this phase, therapists will not give your child high demands but rather engage in a lot of fun activities that your child enjoys.



### Phase 2: Structured Session

When your child and therapists establish rapport, therapists will gradually and systematically introduce programs under the clinical supervisor's guidance. The clinical supervisor will discuss the programs and the behavior plan with you and the team.

## My child's behavior got worse after ABA! Why?

When a behavior plan is implemented, we may stop responding to the child's request if it is in an inappropriate way. We will teach him/her appropriate ways to request what he/she wants but because the old way (inappropriate way) is no longer working, he/she may become agitated and display more interfering behaviors. In ABA, it is called an **extinction burst**. When *extinction burst* occurs, please be patient and continue implementing the behavior plan. Once your child learns that the new way (appropriate way) works and the old way does not, he/she will start using the new way more often and decrease the interfering behaviors.



## Who should be involved in ABA?



As consistent behavior intervention is important, all family members should be involved in ABA. If one family member allows your child to have snack before dinner time while others do not, there is no consistency and your child will become confused. It is important that the team works together and has good communication.

## Can I leave the house while they are having a session?

The session time is a great opportunity for you to learn how to manage your child's behavior. When your child is having a session, please stay in the area where you can observe and study how the therapist is using various strategies to prevent and control your child's behavior. Our goal is for family members to continue targeting the skills goals and implementing the behavior plans after we leave. If you have to leave the house during the session time, someone over 18 years of age must be present in the house.

## Can we have a session outside?

We first want to have therapy sessions in a controlled environment so having a session at home is ideal but as the child learns skills, we can start working on those skills in other environments such as a park or a mall upon the clinical supervisor's approval.

## How much is it going to cost?

Most major insurance companies cover ABA services, however, how much they cover varies. Please contact your insurance company and ask for details. You may also share your insurance information with our administrative team and we can check your eligibility for ABA coverage.

## How long can we receive ABA services?

This depends on your child's progress. Our goal is for your child to meet **age-appropriate levels** and **become independent** on learning skills on his/her own. Some children graduate from ABA within a couple years and some receive ABA for more than 5 years. Please discuss the transition/fade-out plan with your clinical supervisor.



## Ideal Transition/fade-out plan

Intensive in-home ABA services (3-7 days per week based on clinical recommendations)



Combination of in-home ABA and Group ABA services  
(When your child acquires basic skills and his/her behavior is maintained at a low level)



Group ABA services and after school activities such as art class, karate, gymnastics, soccer, etc.



Graduating from ABA services

## I'm changing my insurance company/plan. What is going to happen?

Please contact your insurance company and discuss if your new plan is going to cover ABA services and if there will be a copay or coinsurance. When you switch to a different insurance company, there may be a lapse of services (a few weeks to several months). If you are switching the insurance company, please contact your clinical supervisor as soon as possible to minimize the interruption.

## Who do I contact if I have questions?



We are here for you! If it is a clinical question, please talk to your clinical supervisor. For any other questions, feel free to contact us at (866) 351-8887.