



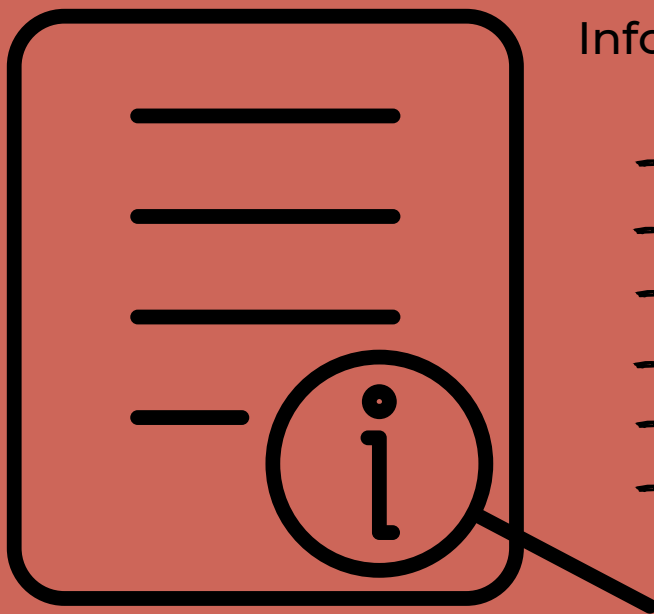
AUTISM SPECTRUM
DISORDERS
&
APPLIED BEHAVIOR ANALYTIC
THERAPY

Informational Packet

WELCOME,

Caregivers

We know that navigating a new diagnosis and determining next steps can be challenging. We hope this packet provides you with the information you need to more fully understand your child's diagnosis and helps you find the best supports available for your child and your family.



Information you will find in this packet:

- What is Autism?
- What treatment options are available?
- What is ABA therapy?
- Local ABA provider list
- Questions to ask your ABA provider
- Other resources in the area to check out

Frequently Asked Questions

What is Autism?

Autism Spectrum Disorder (ASD) is a neurological and developmental disability that impacts social, communication, and behavioral development. Each individual diagnosed with ASD has a unique set of strengths and weaknesses but typically struggle with some degree of social deficits, restricted interests, and repetitive behavior.

What are common characteristics of Autism?

Social Communication Deficits

- Limited social responding
- Poor eye contact when others are speaking
- Lack of interest in social interactions or social play
- Avoidance of physical contact (e.g., tickles, cuddles, etc.)
- Difficulty with perspective taking and emotional understanding

Restricted Interests

- Lack of interest in peers
- Deficits in functional play skills
- Unusual or perseverative interests
- Strict adherence to routines

Repetitive Behavior

- Obsessing over certain patterns or arranging things a certain way
- Patterns of repetitive motor behavior
- Echolalia or scripting

Common signs

Motor & speech delays

Sensory aversions

Scripted speech

Food selectivity

Difficulty accepting change

Trouble with abstract concepts

Challenges acquiring new skills

Frequently Asked Questions

What treatments are available?

Although there is no "cure" for autism, there are several different treatment options that may benefit your child, including:

- Applied Behavior Analysis (ABA Therapy)
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Special Education
- Behavioral Health
- Social Skills Training
- Medication management

What is ABA?

Applied Behavior Analysis (ABA) utilizes the principles of learning and behavior to increase skills to improve an individual's quality of life. By uniting parents, caregivers, and individuals, ABA therapy utilizes the functions of behavior, data, and reinforcement to systematically teach a variety of skills. With over 30 years of scientific data to support it, ABA is the only evidence-based practice endorsed by the Surgeon General for the treatment of autism.

Goals of ABA:

Improve communication skills

Increase pre-academic skills

Improve social and play skills

Reduce problematic behaviors

Increase group skills

Teach daily living skills

ABA Providers

- ✔ **Spectra Behavioral Health**
 - Clinic-based, Consultative Services, Functional Assessment, Parent Training
- ✔ **Above and Beyond Therapy**
 - Home-based, Comprehensive Assessment, Parent Training, School-based
- ✔ **Answers for Autism**
 - Home-based ABA, Functional Assessment, School-Support, Parent Training
- ✔ **Autism Learning Collaborative**
 - Clinic- based, home-based, Telehealth, School Consultation, Social Skills
- ✔ **Behaven**
 - Home-based ABA, Telehealth, School Consultation, Social Skills
- ✔ **Behavior Matters**
 - Home-based, Consultation, Social Skills Groups, Therapeutic Preschool
- ✔ **BlueGems ABA**
 - Home-based, Functional Assessment, Parent Training, School-support
- ✔ **Childhood Autism Services (CAS)**
 - Home-based, Clinic-based, Assessment, Parent Training, SchoolSupport
- ✔ **Golden Steps ABA**
 - Home-based, Functional Assessment, Parent Training, School-support
- ✔ **Nebraska Behavior Supports**
 - Home-based, Social Skills Group, Parent Training, Behavioral Intervention
- ✔ **Radical Minds**
 - Functional Assessment, Parent Training, Clinic- based, Social Skills Program
- ✔ **Step Ahead ABA**
 - Home-based, Community-based, Parent Training
- ✔ **Stride Autism Center**
 - Clinic-based, Therapuetic Pre-School Program, Parent Training
- ✔ **UNMC Monroe Meyer Institute: Center for Autism Spectrum Disorder (CASD)**
 - Functional Assessment, Parent Training, Clinic- based, Social Skills Program

Questions to ask your ABA Provider

VALUES & APPROACH

- What are the values of the organization and how are they exemplified?
- Does the organization value dignity and autonomy in their clinical approach?
- Does the organization support and appreciate neurodiversity?

STAFFING

- How many RBTs will be working with my child in a given week?
- What happens with our appointment if my child's trained RBTs are out?
- How often will I be able to see my child's supervisor?
- What is your staff turnover like?
- How experienced is your staff?

SAFETY

- How do you manage challenging behavior?
- Will I be notified in a timely manner if there is a safety issue or incident with my child?
- What measures are in place to prevent safety issues and abuse?

Questions to ask your ABA Provider (cont.)

INVOLVEMENT

- How often can I be part of sessions or observe my child?
- How much training to caregivers receive?
- How often will I be able to see and discuss with my child's supervisor?
- If I don't like the procedure or way a goal is being worked on, how do I address these issues?

GOALS

- How are goals identified and assessed?
- How often do caregivers receive updates on progress?
- How do you ensure generalization across people and environments?
- What happens if my child is not making progress on their goals?
- How often do you assess for new goals?
- What is your supervisor's success rate with completion of goals/outcomes?

DISCHARGE

- How do you decide when it is clinically appropriate for a child to discharge from services?
- What information do you provide in a Discharge Report?
- Do you provide recommendations for next steps or different types of appropriate services?

Resources



- [ACCESSNebraska](#)
 - Program run by the Department of Health and Human Services that administers and manages eligibility for Medicaid and Economic Assistance programs
- [The Arc of Nebraska](#)
 - Advocacy group for people with intellectual and developmental disabilities and their families.
- [Autism Action Partnership](#)
 - Advocacy group seeking to improve the quality of life of persons on the Autism Spectrum and their families through education, advocacy and support.
- [Autism Center of Nebraska \(ACN\)](#)
 - Organization providing residential services, vocational and day services, community inclusion, transition services, employment services, and respite services for all ages.
- [Autism Family Network](#)
 - Advocacy group for individuals on the autism spectrum and their families dedicated to providing social opportunities, recreational experiences, and community inclusion.
- [Autism Society Nebraska](#)
 - Organization working locally and regionally throughout Nebraska to directly impact individuals with autism, their family, their educators and the entire community surrounding them.
- [Center for the Child and Community](#)
 - Advocacy network through Children's Hospital that empowers communities to value and support the health, safety, and well-being of every child.

Resources, cont.



- [CRCC](#)
 - Therapy center offering a full continuum of comprehensive care, programs and services for special populations.
- [Milo's Connection](#)
 - Library of resources, services, and events in the Nebraska and Iowa region.
- [Project Harmony](#)
 - Child advocacy group working to collaborate with professionals and engage the community to end child abuse and neglect.
- [Project Lifesaver](#)
 - Community based, public safety organization that provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering.
- [PTI Nebraska](#)
 - Statewide organization that provides training, information and support to Nebraska parents and professionals who have an interest in children who receive or should receive special education or special health related services.
- [Boystown Autism Clinic](#)
 - Comprehensive clinic designed to provide diagnosis, management and care for children of all ages with autism spectrum disorder.
- [Family Care Enhancement Program \(UNMC\)](#)
 - Parent resource group providing information and support to families that have children with disabilities and special health care needs.
- [Nebraska ASD Network](#)
 - Organization that works with Nebraska schools and families in supporting children with ASD and provide training and technical assistance to Nebraska educators.

Resources, cont.



- [Metropolitan Community College-College for Kids](#)
 - Program for children ages 3-18 offering classes for art, technology, science and more.
- [Angel Guardian's VSP Program](#)
 - Program that provides a safe environment where individuals can come enjoy leisure activities while giving their parents or caregivers some respite time.
- [Family Fun in Omaha](#)
 - Calendar of family-friendly activities and events in Omaha area
- [Nebraska Transition College](#)
 - Educational organization serving individuals who have an Autism Spectrum Disorder or other learning difference and empowering them to live interdependently through employment and community support systems.
- [Early Development Network](#)
 - Organization providing early intervention services for families with children with developmental delays and/or health care needs and connects families to needed services.
- [iCanShine Network](#)
 - Group providing quality learning opportunities in recreational activities for individuals with disabilities.
- [ELS for Autism](#)
 - Organization that delivers and facilitates programs that are available to people with autism spectrum disorder (ASD)
- [The Rose Theater](#)
 - Theater group that offers child-friendly performing arts classes.
- [Autism Assistant](#)
 - Search engine designed to help find autism services, related therapies, and providers in area