

# Parent Guide to Starting ABA Services

The choice to enroll your child in ABA services is an amazing step towards promoting their independence! As beneficial as this choice is, it can also be a scary step to take! Connet-to-Talk is outlining exactly what parents can expect from filling out our Intake Form all the way to their child's first week of services!

From the first day of contact with Connet-to-Talk, you can expect for your child to begin services with us within 3 to 6 weeks! Below are the steps we'll walk you through to get your child ready for the first day of ABA!



## Submit Your Information

The first step is simple! You can either fill out our **Intake Form** or give us a call at **475-289-5336**.

We'll collect some basic information from you, such as your child's name and age, your preferred location and hours, your insurance, and if your child has a qualified autism diagnosis within the past 12 months

Did you know that nearly 1 in 31 children are impacted by Autism Spectrum Disorder? Early Intervention ABA can help!



## Confirm Insurance Coverage

Following your initial submission of information, we'll grab a copy of your child's autism diagnosis and a copy of your insurance card. From here, our Medical Billing team will reach out to your insurance for you and get the green light to cover services for your child!

### What if my child's autism diagnosis is older than 12 months?

No problem! You'll just need a supporting letter from your child's pediatrician attesting to the diagnosis.

### What if my child is not yet diagnosed with autism?

One of the major benefits of ABA is that it is covered by most major insurances. In order to secure insurance coverage, you'll need for your child to have a formal autism diagnosis. If you are seeking a diagnosis, a good place to start is with your child's pediatrician. They will be able to direct you to a specialized clinician!

After we confirm that ABA is a covered benefit on your insurance plan, your child will be assigned to a qualified Board Certified Behavior Analyst (BCBA) by our Director of Clinical Services! Your child's BCBA will reach out and complete a full intake call (approx. 30 minutes). Our Director of Clinical Services will join this call as well to answer all of your questions!

## BCBA Assignment

### What type of questions will we discuss on the intake call?

This is an opportunity for you to share your concerns and hopes for your child! We'll review other diagnoses or therapies your child is receiving, your child's preferences, their strengths, and any major challenges.

### What is a BCBA?

A Board Certified Behavior Analyst, or BCBA, is a graduate level clinician who specializes in the assessment and treatment of individuals with behavioral disorders, such as autism spectrum disorder. BCBA's are the leaders of a treatment team implementing behavioral interventions, and will assess skill deficits and behavioral challenges in order to design an individualized treatment plan to best address concerns.

## Assessment

The next step is an in-person assessment with your child and their BCBA! This will be scheduled during your intake call and will generally take place within 5 days. The assessment typically takes 1-2 hours to complete. These will most often be held in the clinic where your child will receive services. If you are hoping for community based services (daycare for example), the BCBA may complete part of the assessment in the clinic and part in the desired location of services! This will help our BCBA determine the most clinically appropriate setting to ensure your child's desired progress!

The assessment allows our BCBA to view your child's unique skills and challenges in action. They will take these observations, in conjunction with the information from their diagnostic evaluation and the information you provided during the intake call, and use this to draft a treatment plan.

### What is a treatment plan?

A treatment plan is a comprehensive document which details assessment results and outlines goals that will be targeted within the treatment period. This document will contain client background information including diagnosis and relevant medical history, specific measurable goals to be targeted within the treatment period, methods for tracking progress, plans for collaborating with families and other providers, and a recommendation for service hours. Treatment plans are updated periodically, typically every 6 months, to ensure goal areas remain relevant and in order to closely monitor progress.

## Treatment Plan

Your child's BCBA will spend the next week working on your child's treatment plan! Following completion, you will be sent a copy and given a chance to review the plan for your child's goals.

After family review, the BCBA will submit the treatment plan to insurance for final approval. This approval typically takes between 1-3 weeks. **Following final approval, your child is ready to begin ABA Services with Connec-to-Talk!**

## What to Expect During Your Child's First Week of ABA

Our priority during your child's first week is to make them feel safe and to get comfortable with their therapy team (ABA Therapists and BCBA)! Week 1 is all about pairing with your child!

### What is pairing?

Pairing refers to building rapport between a therapist and the child. Pairing is crucial to the success of our interventions, especially Connet-to-Talk's play-based approach to learning. Our goal when pairing with a child is to promote a positive association with the therapist and treatment space to build trust and increase cooperation. We do this by allowing the child to lead the interactions and limiting demands, while enriching the space with all of the child's favorite toys!

### What's the First Day Like?

Your child will receive a tour of the clinic and have the opportunity to meet other children!

The first day focuses on learning about the different rooms and practicing transitioning between activities - i.e. snack time in the lunch room, toileting, visiting the reading room for story time, playtime in the gym.

### Will any treatment take place during my child's first week?

Yes! Although our staff will not yet be digging into some of your child's higher-level goals, we do begin work on high priority skills. We are focused on teaching children, especially non-verbal children, valuable functional communication. Some examples would be pointing to objects to request, responding to their name, and responding to safety directions. Your child's safety is our top priority!

## Practical Information

Your child's BCBA will be present for the first two full days of your child's services. This will allow the BCBA to train every ABA Therapist that will be working on your child's case.

You can expect a full report from your child's BCBA this week on how your child is acclimating to the clinic!



## What to Expect Week 2 and Beyond

Beginning in week 2, you can expect your child's therapy team to begin the work on the goals that were reviewed with you from the treatment plan!

### How often is the BCBA reassessing my child's goals?

Our BCBA's generally do a formal reevaluation of your child's goals every six months to submit to insurance.

The beauty of ABA is that it is a data driven field. Because our therapists are capturing data during every session, our BCBA's have real-time insight into how your child is mastering goals. Goals can be adjusted as needed depending on your child's week to week progress!

### Connet-to-Talk Believes in Transparency!

We grant all parents access to their child's profile on our data collection system, BIP Track. Parents will have a daily review feature where they can view session notes, supervision notes, and any major behaviors observed during their child's sessions!

### What Makes BIPTrack Special?

BIP Track was actually designed by the parent of a former Connet-to-Talk client! We have the unique benefit in the ABA industry of working with a developer who is intimately acquainted with autism and the information that will be most valuable to parents.

We have bi-monthly calls with BIP Track's developer to make recommendations for useful features.



Still Have Questions?

Call us at

475-289-5336

## Benefits of Early Intervention ABA

- ✓ When starting ABA services at an early age, the gaps between your child and their peers will be much smaller, and more quickly closed with intervention.
- ✓ Early ABA can help to teach functional communication skills which can mitigate the chance of your child developing challenging behaviors.
- ✓ It empowers children to self-advocate and later create meaningful relationships with staff and peers.

ConneC-to-Talk has been providing ABA Services since 2003!



## Why Choose ConneC-to-Talk for ABA?

ConneC-to-Talk's model is focused on preparing young children with the skills they need for a successful transition into school. While a tremendous amount of work goes into building those foundational skills, we believe that children learn most effectively through play. Our clinics are designed to nurture children and make a play-based learning approach possible.

- Each clinic is equipped with a sensory gym, providing a safe yet engaging exercise outlet.
- Each clinic has a dedicated craft/art space, encouraging children to participate in hands-on activities.
- ConneC-to-Talk features a new Theme Week each month, ensuring that the children have fresh, yet topical activities to participate in.
- Most importantly, our clinics feature opportunities for group activities, similar to what children will eventually do in schools.



Fill out Our Intake Form to get started today!

