



American
Behavioral
Solutions



**WELCOME
TO ABA
WORLD!**

TAILORED TO YOUR
CHILD'S NEEDS

Thank you for contacting **American Behavioral Solutions LLC**, an agency dedicated to providing **Applied Behavior Analysis (ABA) Therapy**.

ABA is an evidence-based approach that focuses on improving your child's behavior, communication, social skills, and independence. Our approach has proven to be a highly effective therapeutic tool in the treatment and care of individuals with Autism Spectrum Disorder.

WHAT TO EXPECT THROUGHOUT THE PROCESS:

• Initial Assessment

We will conduct a thorough assessment (including caregiver interviews, record reviews, and direct observations) to understand strengths, needs, and desired goals. This will guide the development of a customized ABA intervention plan tailored to your child's individual needs.

• Individualized treatment plan

Based on the initial assessment, we will design a treatment plan around your child's unique learning profile that will address specific areas of concern. This plan is flexible, dynamic, and will be adjusted based on your child's progress.

• Therapy sessions

ABA therapy initially starts with one-on-one sessions between your child and a qualified therapist, with case supervision by an analyst. Sessions may take place in our therapy centers, your home, or the community. (Please note that the team of professionals assigned may change during the process, and we have processes in place to ensure the transition does not impact the effectiveness of services).

Depending on your child's progress, it is recommended that he/she join ABA group sessions, to enhance the development of social and communication skills, fostered by the interaction with peers and adults.

- **Data collection**

Our therapists will collect data during sessions to monitor progress and make decisions (supported by the use of mobile devices or paper and pencil). Data-based decision making is a key component of ABA therapy.

- **Family involvement**

We encourage the active participation of the family in the therapeutic process. They are an integral part of your child's therapy team! We will provide training and support through training sessions, both individual and group, to generalize the skills your child has learned in therapy into their natural environment.

- **Collaboration and communication**

Regular communication between our team and your family is critical. We will provide updates on your child's progress, discuss any concerns, and collaborate to adjust the treatment plan as needed.

- **Positive reinforcement**

ABA therapy utilizes positive reinforcement to motivate and reinforce desired behaviors. Rewards and praise play a crucial role in the learning process.

- **Gradual progress**

Progress may be gradual, and every child is unique. Celebrate small victories along the way, and remember that positive changes take time.

- **Extinction burst**

At the beginning of interventions, you may notice an increase in the frequency and magnitude of certain behaviors, known as an extinction burst. This temporary increase is part of the learning process and indicates that your child is making adjustments in response to the intervention.

- **Alignment with treatment**

Consistency in the application of ABA programs by everyone involved in the child's care is vital to reduce the risk of inadvertently reinforcing maladaptive behaviors. When caregivers align with the strategies instructed by the analyst, the child's learning is enhanced, and generalization of behaviors and skills is promoted.

- **Duration of therapy**

Based on your child's progress, intervention hours will be gradually reduced until full completion. This transition will be planned in collaboration with other professionals and community resources. Remember that the goal is for your child to develop functional skills that will enable him/her to be independent.

STEPS FOR STARTING ABA WITH ABS:

- **Verify insurance benefits** with your provider to understand ABA coverage and benefits (most insurances cover our services).
- **Access the client intake form** available in this [link](#). Fill it in and click on the blue "Submit Form" button to securely submit it to our system.
- Activate your user profile on our clinical platform (Central Reach) to manage client information confidentially. **Make sure to also activate SMS and email notifications**, which facilitate immediacy of communication.
- Upload the necessary documents in your Central Reach profile, **including diagnostic evaluation, referral for ABA therapy, and insurance card**. You may also submit any other relevant records, such as previous treatment plans or an IEP (Individualized Education Plan).
- Complete the required forms issued by ABS, including the environmental safety checklist (for in-home services) and the initial **consent to participate**.
- Schedule the **initial assessment** with the ABA provider and attend the assessment session.
- **Review, confirm, or request modifications** to both the treatment plan and the analyst's proposed schedule. With the treatment team, establish clear start and end times so that the therapist can provide the recommended hours of therapy per week.
- **Start ABA therapy** with your assigned treatment team once services are authorized by your insurance provider. Establish communication channels with your team and be sure to follow our policies for both communication and support.
- Take an active role in therapy and coordinate with your analyst to schedule **weekly parent training sessions**. Don't forget: your participation is valuable too!
- **Monitor progress, provide feedback to the team, and follow up on recommendations**.

ONCE THE PROCESS HAS BEGUN, PLEASE NOTE THAT:

- Your child must be available for at least 80% of the recommended weekly hours.
- If the sessions are in the home, ensure that an organized and clean space is available for the implementation of therapeutic activities.
- You must annually renew your consent for both disclosure of information and participation in ABA therapy. Relevant forms will be sent to you for this purpose.
- You must annually renew your physician referral for ABA therapy. The Case Coordinator will notify you in a timely manner.
- You must contact the ABS office immediately in the event of a change of insurance or addition of a new policy to avoid billing conflicts with the payer.

CANCELLATION OF SERVICES:

- In the event you wish to refuse or discontinue a specific intervention practice or all services, please speak to the analyst in order to immediately discontinue intervention.
- In the event that the procedures and policies described above are not followed, the company reserves the right to terminate services.



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