Supporting Children with Autism

A PRACTICAL GUIDE FOR CAREGIVERS
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Why Behavioral Innovations?

For over two decades, Behavioral Innovations has been a beacon of hope and a haven of care for families with children who have autism. We’ve earned a reputation for providing the best possible care through our family-focused care. With over 20 years of experience combined with highly trained clinicians and therapists, we provide valuable guidance and support to both children and caregivers throughout their ABA journey.

Our team of highly trained and educated Board Certified Behavior Analysts (BCBAs) design and oversee treatment programs that are tailored to your child’s unique needs. With a guiding philosophy that centers on the use of positive reinforcement procedures, we help your child acquire new skills and expand their overall repertoire of abilities.

At Behavioral Innovations, we understand that every child is different. That’s why our interventions are focused on functional skill development, based on the specific needs of your child and family. We prioritize your child’s development above all else and strive to provide the best possible therapy for your child.

We have earned the trust of many families over the many years that we have served local communities, and we treat our responsibility with the utmost care and importance. We are committed to clinical excellence and compassionate care at Behavioral Innovations.

“Behavioral Innovations has been nothing short of a miracle for my sweet boy. The child that started there in December is not the same child that I have now. He is happy and he is thriving. We’re so glad we found BI! The center is wonderful, the staff is amazing- this was the best decision we could have made for our child.

- A. Starr, Parent
Our Vision

We envision a community in which all children achieve their full potential.

We Are

Caring
Seeking first to listen and then to understand.

Accountable
Demonstrating an ownership mindset, regardless of role.

Collaborative
Together, everyone achieves more.

Family-Focused
Driving toward a common purpose with integrity and mutual respect.

Our Clinical Commitment

We are a company founded by BCBAs, so clinical excellence has been a founding philosophy of Behavioral Innovations for over 20 years. Behavioral Innovations is dedicated to clinical excellence. We train our BCBAs continuously and organize company-wide events where they learn innovations in the behavior therapy space and use this knowledge to provide high-quality treatment to your child at every stage of his or her development. This allows us to provide unmatched ABA services that meet your family’s unique needs and helps set your child up for success in their future.
Our Team

Our team is dedicated to providing our clients with the support they need to function in their everyday lives. Our employees are screened very carefully—we only hire those who have an interest, aptitude, and skills for working with children with autism.

The continuity of our team is another factor in the quality of care we provide—no one wants to feel like the person who works with them isn’t there on a consistent basis, so our commitment to retaining a core group of clinicians and therapists helps us maintain that stability for our clients.

Our clinicians are highly qualified professionals who have received extensive training in ABA. They are dedicated and compassionate professionals who go above and beyond to provide the highest quality of care possible to each child served.

When you choose Behavioral Innovations for your child, you can be confident that you’re working with a team of nurturing and dedicated professionals who have a passion for helping families achieve their goals.
What is **Autism Spectrum Disorder (ASD)** or Autism?

Autism is a developmental disorder that affects the way a person communicates, socializes, and interacts with others. People with autism may have difficulty understanding social cues and nonverbal communication, such as facial expressions and body language, and may struggle to express their own thoughts and feelings.

While the exact cause of autism is still not fully understood, researchers believe that a combination of genetic and environmental factors may play a role. Studies have shown that early intervention and therapy can help individuals with autism learn valuable skills and improve their quality of life.

- 1 in 44 children in U.S.A have an autism diagnosis
- 1 in 27 boys with autism
- 1 in 116 girls with autism
- 31% of children with autism will have an intellectual disability
- 40% children with autism spend little to no time with peers
- 4X boys are impacted by autism compared to girls
Common Signs of Autism

- Avoiding Eye Contact
- Lack of Language Skills
- Repetitive Behaviors
- Specialized Interests
- Non Responsive to Name
- Aversion to textures
- Social Anxiety
- Preference for Solitude
- Trouble with Transitions
- Language Delays
WHAT CAUSES AUTISM OR ASD?

The cause of autism or ASD is unknown. People of all races, nationalities and socioeconomic statuses can experience autism. Some factors make it more likely for someone to have the condition. Science suggests that genetics and environmental factors play a role in the development of autism spectrum disorder.

CAN AUTISM OR ASD BE CURED?

It’s rare, but some children with autism spectrum disorder lose their symptoms, according to American Psychological Association. Research also suggests that interventions, especially those given early and intensively, can make a major difference in reducing or eliminating symptoms.

HOW IS AUTISM OR ASD DIAGNOSED?

Most children are screened for autism by their primary care physician. If the doctor suspects signs of ASD, they will likely make a referral to a specialist who can evaluate for and diagnose ASD. An assessment for autism may include evaluating the individual’s communication and language skills, social skills, daily living skills, behavioral issues, and sensory processing issues.

HOW SOON SHOULD TREATMENT BEGIN?

Treatment for autism should begin as soon as possible. Treatment for ASD can help reduce the challenges the individual experiences in their current and future life. Clinical psychologist Dr. Ivar Lovaas proved that early intervention and intensive behavioral therapy enabled children with Autism to achieve success. He concluded that 90% of children make substantial gains through ABA therapy (Lovaas, O. I. 55: 3–9).
What is ABA

Applied Behavior Analysis (ABA) therapy has been found to be an effective treatment for individuals with autism spectrum disorder. ABA uses evidence-based strategies and techniques to teach new skills and modify challenging behaviors in a structured and supportive environment. ABA therapy can help children with autism improve their communication, socialization, and independence, which are essential for their development and well-being. This therapy is personalized to the individual’s needs, and progress is continually monitored and adjusted to ensure that the treatment is effective. With its emphasis on positive reinforcement and behavior modification, ABA has become a widely recognized and recommended approach for helping individuals with autism achieve their full potential.

Importance of Early Intervention

Developmental regression, or loss of skills such as language and social interests, affects around 1 in 5 children who will go on to be diagnosed with autism. This typically occurs between the ages of one and three. Early intervention services help children from birth to three years of age learn important skills. Research has shown that children who receive early and appropriate intervention have better outcomes in areas such as communication, socialization, and behavior. Early intervention can also help to prevent or reduce the severity of challenging behaviors, improve cognitive and adaptive functioning, and increase the likelihood of success in school and beyond.
Children who receive treatment in a center usually experience expedited improvements compared to children treated at home. Several contributing factors elevate the quality of treatment and the responses to them across all locations.

<table>
<thead>
<tr>
<th>Home-Based Therapy</th>
<th>vs</th>
<th>Center-Based Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Provides a great way for children to learn skills required to function in the home.</td>
<td>✓ Helps children learn a wide range of skills by engaging in more forms of social interaction.</td>
<td></td>
</tr>
<tr>
<td>✓ More likely to include participation from parents.</td>
<td>✓ Allows goals to be targeted in a highly structured environment.</td>
<td></td>
</tr>
<tr>
<td>✓ Allows children to feel more secure in the surroundings they are used to.</td>
<td>✓ Children typically have fewer distractions.</td>
<td></td>
</tr>
<tr>
<td>✓ Allows them to become more familiar with the outside world.</td>
<td></td>
<td></td>
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<tr>
<td>Part-Time ABA Therapy</td>
<td>Full-Time ABA Therapy</td>
<td></td>
</tr>
<tr>
<td>-----------------------</td>
<td>-----------------------</td>
<td></td>
</tr>
<tr>
<td>Typically a few hours per week</td>
<td>Typically 25-40 hours per week</td>
<td></td>
</tr>
<tr>
<td>Less consistent with longer gaps between sessions</td>
<td>More consistent with fewer gaps between sessions</td>
<td></td>
</tr>
<tr>
<td>May see slower progress due to limited therapy time</td>
<td>More progress due to intensive and consistent therapy</td>
<td></td>
</tr>
<tr>
<td>Requires more parent involvement to generalize skills</td>
<td>Less parent involvement necessary as skills are reinforced throughout the day</td>
<td></td>
</tr>
<tr>
<td>May be limited to certain skills or behaviors</td>
<td>Can address a wider range of skills and behaviors</td>
<td></td>
</tr>
<tr>
<td>May have fewer opportunities for socialization</td>
<td>More opportunities for socialization with peers and therapists</td>
<td></td>
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</table>
A Typical Day in ABA

1. Welcome

You will meet your designated therapist at a dedicated drop-off area, where they will escort your child into the center.

2. Daily Session Schedule

The therapist will then accompany your child to a designated therapy room, where they will work on the treatment goals for your child for the session. Therapists will collect data so you can stay updated on your child’s progress daily.

3. Mix It Up

Depending on your child’s goals, the therapist will contact other therapists if the clients participate in activities together, such as group time.

Your child will receive regular breaks where they can snack, watch a preferred show, or indulge in free play. ABA therapy can be intensive and it’s important for your child to be well-rested to get the most out of each session.

4. Refresh and Renew

At the end of the day, authorized parents/caregivers can pick up their child at a designated time.

5. Ready to go?

What is ABA Therapy

Behavioral Innovations
The average cost of caring for a child with autism during their childhood is around $60,000 per year, with most of the expenses being attributed to specialized services and reduced income due to the added responsibilities on one or both parents. The presence of intellectual disability further escalates the expenses.

How can ABA therapy be funded and how does it work?

- Most insurance companies cover ABA therapy to some degree as these services are considered medically necessary.
- State-funded health insurance often covers the full amount of ABA therapy costs.
- In addition to a child’s health insurance, many private insurances offer benefits to their members which could cover a portion of ABA therapy services.
- Parents might also find scholarships available that are designed to help families who have a child with autism spectrum disorder.
ABA Therapy at Behavioral Innovations

Crafted by Expert BCBAs
When receiving ABA services, our experienced BCBAs (Board-Certified Behavior Analysts) will systematically assess the behaviors and functioning of your child.

Implemented by Skilled Therapists
A therapist at Behavioral Innovations will work meticulously and compassionately with your child at one of our centers, to help them achieve goals that are essential to their quality of life, while accepting and encouraging them to seek help.

Supported by Caregivers
Regular meetings and parent communication will help your child meet the goals that you and the BCBA developed for your child. The exact number of times you meet with a behavior analyst will be decided during the assessment and treatment planning process.
Our Enrollment Process
Whatever stage of the enrollment process you are in, you can trust our dedicated and knowledgeable intake team to guide you through it.

1. Call us or submit a short form on our website
2. The intake team will walk you through the process
3. Take a tour of our state-of-the-art facility
4. BCBA conducts assessment to create a treatment plan
5. We’ll create a plan that meets the child’s needs.
6. Start services
When you participate in parent training services at Behavioral Innovations, you help ensure your child’s success - their ability to achieve their treatment goals, their ability to learn new skills that enhance their quality of life, and their ability to reduce challenging behaviors that interfere with their wellbeing.

Our parent training program can help your child improve their communication abilities and social behaviors, among other things. With the help of our care team, we can assess your child’s needs and challenges and develop effective recommendations that you can use with your child to assist them.

Parent Training in ABA: Why Parent Involvement is Critical for Success

The importance of parent training cannot be overstated in the context of quality ABA (applied behavior analysis) services. Families, children, and parents all benefit from parent training. In addition to supporting the growth and development of your child, we can help you learn how to improve your child’s skills and manage challenging behaviors.

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I feel my child is safe and happy at this center. He has progressed so much since he has started and runs to the door upon arrival. It makes me feel reassured as a parent of a nonverbal child being able to see how much the therapists truly enjoy being with my child and helping him. They push his limits and it has been nothing but great for him. I highly recommend this center.

- Elizabeth, Parent
Our Center Features

Our network boasts over 70 ABA centers spanning three states, each offering safe, secure, and inviting treatment facilities. Every center adheres to our rigorous standards and is customized to cater to your child’s individual needs and treatment protocols. With vigilant Board-Certified Behavior Analysts® (BCBA®) and Registered Behavior Technicians™ overseeing your child’s care, you can have peace of mind about their safety and development.

- Client Lockers
- BACB-certified Clinicians
- Parent Drop-off Zone
- Direct Suite Access
- Gross Motor Sensory Room
- Kitchen & Dining Area
- Outdoor Play Space
- Parent Observation Room
- Secure Child Treatment Area
- Spacious Therapy Rooms
Navigating the insurance process can be frustrating and complicated. At Behavioral Innovations, our team of specialists will collaborate with your insurance company to secure all required authorizations, making the procedure stress-free for you.

We Accept Most Major Insurance Plans

In-Network Insurance Plans

Texas, Oklahoma, & Colorado

Exclusive to Texas

Exclusive to Oklahoma

Exclusive to Colorado

I feel my child is safe and happy at this center. He has progressed so much since he has started and runs to the door upon arrival. It makes me feel reassured as a parent of a nonverbal child being able to see how much the therapists truly enjoy being with my child and helping him. They push his limits and it has been nothing but great for him. I highly recommend this center.

- A. Myers, Parent
Behavioral Innovations

Q&A

Q What age range of children does Behavioral Innovations work with?
Our programs are designed to meet the individual needs of children between 18 months to 10 years of age.

A

Q How experienced and qualified is the team?
We hire qualified and experienced professionals, such as Board Certified Behavior Analysts (BCBAs) and Registered Behavior Technicians (RBTs), to provide ABA therapy services. The team members undergo extensive training and are required to stay up-to-date with the latest research and best practices.

A

Q What is the success rate of Behavioral Innovations’ interventions?
We have reported positive outcomes and high success rates for our ABA therapy programs. However, the success of the therapy depends on many factors, including the severity of the child’s diagnosis, their response to therapy, and the consistency of therapy.

A

Q What is the cost of services?
The cost of services may vary based on the specific program and services needed by the child. We accept most major insurance plans and will work with you to make sure the process is hassle-free.

A

Q Do you offer 1-on-1 or group therapy?
We provide 1-on-1 ABA services. When social skills are targeted, your child might be introduced to other clients in the center. The individual therapist for your child continues to monitor these interactions.

A
## Dallas-Fort Worth Autism Resource & Groups

### Organizations

- The Autism Society of Texas
- Texas Project FIRST
- EasterSeals
- Texas Autism Research & Resource Center
- Families for Effective Autism Treatment (FEAT)
- ATC (Autism Treatment Center)
- DFW ASD Resources
- Child and Family Resource Clinic
- Denton County MHMR
- Tarrant County MHMR
- Masonic Children & Family Services of Texas
- Canine Companions South Central Region

### Facebook Groups

- Autism Parents Support: Texas Chapter
- Autism Support for Texas
- Navigating a New Autism Diagnosis – An Autism Speaks Community
- Texas Autism Insurance Discussion Group
- Autism Speaks Denton, TX
- Dallas/ Ft. Worth – Autism Society of Texas Group
- Autism Support Group!!!!!! Dallas/Fort Worth
- DFW Autism Support Group
- Fort Worth Autism Caregivers Community
- Autism Speaks Dallas/Fort Worth
- Autism Mamas DFW
- Local Dallas Autism Group
- Autism Moms of East Texas
AUTISM RESOURCE & GROUPS

LINKEDIN GROUPS

- Autism Awareness
- Autism Researchers Link
- Disability Advocates
- Parents with Patience – A Networking Group for Parents of Children with Autism
- Parents of Special Kids
- Special Needs Community Group
- Supporting Children with Special Needs Forum
- Autism Parenting Magazine
- Autism & Science
- Autism Spectrum News

RECREATIONAL & ENTERTAINMENT ACTIVITIES

- We Rock the Spectrum: was founded to provide a place for children of all ability levels to play and grow together. Area locations: Dallas
- Amon Carter Museum of American Art (Fort Worth) Sensory Explorations is a free program for families with children of all ages who are on the autism spectrum.
- ASI Gymnastics – Gymmie Kids (multiple locations): A program for students ages 3-18 with special needs.
- Skyzone (Irving): Enjoy the freedom of jumping. Sensory hours provide a quieter, toned-down jumping experience for those with special needs.
- Chuck E. Cheese: Offering a sensory-friendly experience on the first Sunday of every month.
- Urban Air Adventure Park – An event specifically designed for children with Autism and special needs to enjoy time at the park without loud music, flashing lights- and to have a lot of fun!
# Houston Autism Resource & Groups

## Organizations
- The Autism Society of Texas
- Texas Project FIRST
- Hope for Three
- Families for Effective Autism Treatment (FEAT)
- Easter Seals – Greater Houston
- Texas Autism Research & Resource Center
- Everything Autism
- The Arc Fort Bend County

## Facebook Groups
- Greater Houston Autism Resources
- Houston Area Autism Community
- Houston-Autism Society of Texas
- Autism Support Group – Katy, Tx
- Autism Support for Texas
- Katy Autism Support Discussion
- Texas Autism Insurance Discussion Group
- Navigating a New Autism Diagnosis – An Autism Speaks Community
- Autism Moms of Houston
- Autism Speaks Houston
- Houston Area Autism Resource Support Group
- Autism Resources Spring/The Woodlands
- Autism Parents Support & Discussion Group
- Fort Bend, Texas Autism Support Group
- Special Needs Parents of Humble/Kingwood & Northeast Houston
- Special Needs in ACTION and support in NE Houston Suburbs
- Steel Magnolia Moms – Houston
- Baytown Autism Spectrum Support Group
AUTISM RESOURCE & GROUPS

LINKEDIN GROUPS
- Autism Awareness
- Parents with Patience – A Networking Group for Parents of Children with Autism
- Disability Advocates
- Parents of Special Kids
- Supporting Children with Special Needs Forum
- Autism Researchers Link
- Special Needs Community Group

RECREATIONAL & ENTERTAINMENT ACTIVITIES
- We Rock the Spectrum: was founded to provide a place for children of all ability levels to play and grow together.
- En Avant Studio (Ballet) Katy: Almost 40 years of experience working with children with disabilities.
- Bouncing Bears Spring/Champions Area: Special needs children enter for free every third Tuesday of the month after 4 pm on Special Needs Family Night.
- Soaring Kidz: Soaring Kidz is an organization serving children and teens with varying abilities in the Greater Houston area.
- Jump Street Indoor Trampoline Park – Special Needs days are the first Saturday of the month. They turn down/off the music and they will make an exception to allow outside food if needed.
- George Ranch Historical Park, Richmond: A local attraction with a customized and welcoming environment. The GRHP Sensory Friendly Guide shows the locations of the Quiet Corners, which can be used as needed. Sensory kits are available at each site.
# Autism Resource & Groups

## Austin

### Organizations
- The Autism Society of Texas
- Revolutionary Wellness
- Autism Response Team (ART)
- ACEing Autism
- Harmonic Speech Therapy
- Joshua’s Stage
- Special Needs Improv

### Facebook Groups
- Pflugerville/RR/North Austin Families of Autism Spectrum Disorder
- Texas Parent to Parent Advocacy Group
- Autism Speaks San Antonio/Austin
- Greater Austin Area – Autism Society of Texas
- Special Needs Parents of North Texas
- Autism Support for Texas
- Autism Parents Support: Texas Chapter
- South Austin Special Needs Support Group

### LinkedIn Groups
- Autism Awareness
- Parents with Patience – A Networking Group for Parents of Children with Autism
- Disability Advocates
- Parents of Special Kids
- Supporting Children with Special Needs Forum
- Autism Researchers Link
- Special Needs Community Group
## SAN ANTONIO

### AUTISM RESOURCE & GROUPS

**ORGANIZATIONS**

- The Autism Society of Texas
- The Arc of San Antonio
- disABILITYsa
- Autism Lifeline Links
- Psychology Today
ORGANIZATIONS
- Autism Society of Texas
- Texas Project FIRST
- Families for Effective Autism Treatment – North Texas (FEAT-NT)
- Texas Autism Research & Resource Center
- Canine Companions South Central Region
- Masonic Children & Family Services of Texas

FACEBOOK GROUPS
- LBK Support for Children with Disabilities
- Lubbock East Side Autism Support

LINKEDIN GROUPS
- Autism Awareness
- Parents with Patience – A Networking Group for Parents of Children with Autism
- Disability Advocates
- Parents of Special Kids
- Supporting Children with Special Needs Forum
- Autism Researchers Link
- Special Needs Community Group

RECREATIONAL & ENTERTAINMENT ACTIVITIES
- We Rock the Spectrum: was founded to provide a place for children of all ability levels to play and grow together.
- Burkhart Center for Autism Education and Research: Family & Community Services including Burkhart Walk for Autism, Camp Burkhart, and others.
- Lubbock Challenger Little League – Baseball Teams are set up according to abilities, rather than age, and can include as many as 15-20 players.
OKLAHOMA

AUTISM RESOURCE & GROUPS

ORGANIZATIONS
- Autism Oklahoma
- The ARC of Oklahoma
- Sooner Success
- Autism Foundation of Oklahoma
- Easter Seals of Oklahoma

FACEBOOK GROUPS
- Oklahoma Autism Parents Support Group
- AutismOKC.org
- Tulsa Parents of children with Autism spectrum disorders
- Tulsa Parents and Caregivers of Kids with Autism
- AutismNorman.org
- AutismTulsa.org
- AutismEdmond.org
- Oklahoma pieces that Matter (Autism)

LINKEDIN GROUPS
- Autism Awareness
- Parents with Patience – A Networking Group for Parents of Children with Autism
- Disability Advocates
- Parents of Special Kids
- Supporting Children with Special Needs Forum
- Autism Researchers Link
- Special Needs Community Group
OKLAHOMA

AUTISM RESOURCE & GROUPS

RECREATIONAL & ENTERTAINMENT ACTIVITIES

- We Rock the Spectrum – OKC: was founded to provide a place for children of all ability levels to play and grow together.
- Special Olympics Oklahoma: The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.
- Moore Youth Baseball Courage League: Courage League will be a league designed for our special needs community. This league will be for ages 4 through 99, and divisions will be set based on the interest and number of signups we receive. League duration will consist of each team playing 1 game per week for 6 weeks.
- Baseball Miracle League of Edmond: The Miracle League serves children and adults who suffer from any physical or mental disabilities, which cause them to be excluded, whether intentionally or not, from conventional Baseball leagues.
- All-Star Bowling – Bronco Bowl: Meets Saturdays at 11 AM at Bronco Bowl in Mustang; at 133 N. Mustang Rd, Mustang, OK. Three games and shoes for just $8. Bumpers and ramps are available.
- AMC Theatres Sensory Sensitive Films: partners with the Autism Society to bring unique movie showings that may appeal to individuals on the autism spectrum.
- Oklahoma City Museum of Art: offers sensory booster pack options for visitors with autism or sensory differences. These items are free of charge and include a wiggle seat, fun and twisty brain noodles, and noise-canceling headphones.
# Colorado Autism Resource & Groups

## Organizations
- The Autism Society of Colorado
- Autism Society of Boulder County
- Autism Community Store
- Autism Vision of Colorado
- The Arc of Colorado
- Autism Speaks Colorado
- Colorado Community Centered Boards
- Solace Pediatric Home Healthcare
- KidsCare Home Health

## Other Resources
- Hearts & Horses Therapeutic Riding Center
- Temple Grandin Equine Center
- Cookie Cutters Haircuts
- Health Promotion Partners – Readiness to Drive
- DuMyon Martial Arts
- Team Select: Family CNA Program