

Dr. Nicole Walton-Allen
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 Psychologists



Providing Solutions for Human Development

December 17, 2011

Parents:

Re: Free ABA Service

Enclosed, please find an announcement of a new service for children with ASD that **Behaviour Institute**, funded by *Toronto Autism ABA Services* to deliver from January 1 to March 31, 2012, at **no cost to families**. This service is only available to children who have a Toronto address, a diagnosis of ASD, and are under 18 years.

We have about 10 possible programs that we can offer such as teaching children to improve their communication or teaching children how to play with peers, etc. If there is sufficient interest, we can also customize the content of groups to fit the needs of individual children. Each program must be delivered to a group of children and their parents for about 10 sessions, three-hours each session. We can offer these programs at Toronto office from 3:30 – 6:30 pm, or on weekends. If there is sufficient interest, we may be able to offer a group in other locations such as in the basement of someone’s house or in a church gym. All of the programs include helping parents learn how to have their child generalize skills to their home. Which programs we shall deliver depends on the response from parents. Groups will be held once a week for 10 weeks, starting in January to March. We strongly encourage you to receive this free service which will not be available in three months.

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 This is how it works:

1. Of the possible groups that we can offer for your child (see list on page 2), pick up to 3 letter codes associated with any groups that may be of interest and list them in order of priority:

1. _____, 2. _____ 3. _____. Is there an area not on the list of groups that you would like us to try to customize for your child? If so, what? _____

2. If the group was to be held in our Toronto office, what time slots would work for you. Circle all of those which apply.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:30 – 6:30 pm	3:30 – 6:30 pm	3:30 – 6:30 pm	3:30 – 6:30 pm	3:30 – 6:30 pm	9:00 – 12:00 pm	9:00 – 12:00 pm
					1:00 – 4:00 pm	1:00 – 4:00 pm

3. Would you be interested in having a group run at your house or do you wish to try to arrange an alternative location near you? (Yes, No) If so, we shall call you to talk about times and location.

4. Write your name _____, child’s name _____
 address _____
 _____, email _____, telephone _____.

and return as soon as possible to Jean Hyszka by email (416) 251-9277; fax (416) 251-4688 or from December 23rd to January 6, please email (behaviourinstitute@cogeco.ca), fax (905-570-0778) your response to Karen at the Hamilton office.

Letter Code	Name	Goals
A	Beginning Communication	<ul style="list-style-type: none"> • Increase the amount of times a child tries to communicate spontaneously • Increase the complexity of the communicative response
B	Conversational Skills	<ul style="list-style-type: none"> • Improve the initiation of conversations with adults and peers. • Improve the appropriateness of the content of conversation • Keep the conversation going
C	Playing With Peers	<ul style="list-style-type: none"> • Improve the amount and quality of interactive play • Learn how to start and end play with peers
D	Following Direction	<ul style="list-style-type: none"> • Parents will learn how to have their child follow their instruction and reduce problem behaviours • Children will become calmer and follow adult direction
E	Self Care Skills	<ul style="list-style-type: none"> • Parents will learn how to have their child dress, and complete other self-care skills independently • Children will be able complete self-care tasks more independently
F	Toileting Skills	<ul style="list-style-type: none"> • Parents will learn how to toilet train their child • Children will become toilet-trained
G	Anxiety-Reduction	<ul style="list-style-type: none"> • Children will learn how to relax and cope with anxious situations • Parents will learn how to promote relaxation in actual situations
H	Self-regulation	<ul style="list-style-type: none"> • Children will learn how to self-regulate • Parents will learn how to promote their child's self-regulation in actual situations

An Example Of A Play Group Held on Saturday Mornings

Goals:

- For every child, we shall increase the amount of interactive play that occurs in a free play situation
- For every child, we shall increase the amount or quality of spontaneous language. Objectives will be individualized
- For every child we shall work on one other objective which can be in any area (e.g., eye contact)

Time	Activity
9:00	Meet and greet
9:15	Opening song in circle
9:30	Calendar and buddy of the day
9:45	Bathroom

9:55	Play
10:30	Snack
10:45	Play
11:45	Clean-up
12:00	Leave

How Peer Interaction Is Taught

The children are brought together as a group, and individual skills of play (e.g., asking to play, keep on playing, complimenting, ending play) would be broken into small steps and one would be modeled. Each of the children would practice the skill and receive feedback. This continues for about 10 minutes. Next a play situation is set up when children ask each other to play. Correct interactive play behaviours are reinforced and lack of play or incorrect play responses are corrected. Tokens are used for reinforcement and later exchanged for a group reward (e.g., watching a brief video, special snack). Individual goals are set for each child. Children's skills in interactive play are measured at the beginning and again at the end of the group. Parents are invited to assist in running the group about every third session and are given information how to set up "play dates" at home.



Toronto Autism
ABA SERVICES



New Service for Children and Youth with an Autism Spectrum Disorder

The Ministry of Children and Youth Services has launched a new province wide Applied Behaviour Analysis (ABA) service to assist children and youth to build skills in four areas:

1. Communication,
2. Behaviour management/emotional regulation,
3. Social/interpersonal, and
4. Daily living.

Children and youth will receive group-based ABA instruction in their highest priority area of need. Treatment groups will be structured to provide appropriate intervention based on their learner levels. Each group will typically be provided 2 to 4 hours per week, for 10 to 12 weeks. Parents and caregivers will also receive training in a group setting.

ABA is an approach based on the scientific principles of learning, which is used to teach new adaptive behaviours and replace problem behaviours.

Children and youth up to their 18th birthday can receive services if they have a confirmed Autism Spectrum diagnosis including Autism/Autistic Disorder, Pervasive Developmental Disorder-Not Specified (PDD-NOS), and Asperger's Disorder.

The BEHAVIOUR INSTITUTE is pleased to offer the following ABA groups to your child **at no cost**, funded by Toronto Autism ABA Services:

We are offering a series of groups on such topics as:

- Increasing beginning communication
- Teaching conversational skills
- Teaching how to play with peers
- Getting your child to listen to you and reduce problem behaviours
- Toilet-training your child
- Teaching self-regulation

The particular groups that will be offered and their locations in Toronto will depend on parent interest.

In order to receive this service through BEHAVIOUR INSTITUTE, your child must live in Toronto, and **must not** have been registered with, have received, or be waiting for service from Toronto Autism ABA Services. To ensure that the most children are able to receive services, parents already registered with Toronto Autism ABA Services **will not** be able to receive ABA services through BEHAVIOUR INSTITUTE.

To get more information or if you are interested in having your child receive this service, please contact Jean Hyska: (416) 251-9277; jeanatbi@rogers.com and ask to discuss ABA group registration.