

# A PARENT'S GUIDE

## Choosing the Right ABA Therapy Provider for Your Child





## WHAT IS ABA THERAPY?

Applied Behavior Analysis (ABA) is a science-based therapy that improves social behavior and communication. The American Academy of Pediatrics, American Psychological Association, Autism Society of America, the US Surgeon General, and other medical experts all endorse ABA as the most effective, evidence-based treatment for Autism Spectrum Disorder (ASD). Research shows that the earlier ABA treatment begins, the better the long-term outcomes.

Using a scientific assessment that compares a child to his or her peers, a Board Certified Behavior Analyst (BCBA) can identify a child's social deficits. In addition, BCBAs seek out the input of parents, teachers, and other caregivers in order to form a complete evaluation. Subsequently, they create individualized programs that address those deficits and help the child reach toward those missing milestones.

Under the supervision of the BCBA, a Behavior Technician will work one-on-one with the child and teach new skills by breaking them down into small steps. The child is given instructions and prompts to encourage successful performance. The technician will slowly fade those prompts until the child can complete the task independently. Any achievement that the child makes is immediately reinforced, increasing the likelihood that the child will engage in that skill again. The Behavior Technician constantly records data as demands and responses are given. The BCBA regularly reviews the data to determine if the current method of instruction is effective.



## CHOOSE A HIGH-QUALITY CLINIC

It's important that you choose a provider that trains their staff properly. There is no regulating agency that monitors the quality of ABA treatment. Many ABA companies under-train their employees or bring on candidates with red flags in order to satisfy staffing demands. Without proper training, people can be injured, the work can be unproductive, and a child's performance can regress.

As the top ABA franchise in the country, Success On The Spectrum (SOS) is establishing a standard of excellence that is unmatched in the ABA industry. The corporate company, SOS Franchising, provides each

location owner, BCBA, and Office Manager with regulation, training, and oversight to ensure that our clients get access to the quality care they deserve. Our quarterly audit program allows SOS Franchising to directly observe the technicians with the children, monitor employee education levels, turnover, and pay rates.

The centers that meet these standards of science-based, high-quality ABA are given a badge of High Quality Accreditation. As such, parents can be confident that these clinics have been thoroughly investigated and have been determined to be providing the highest-quality services.





## CHOOSE A CLINIC THAT INVOLVES PARENTS

There is extensive research proving that parent involvement increases a child's rate of progress. High quality ABA providers value parent input and encourage them to participate in their child's treatment.

Success On The Spectrum has mandatory weekly parent training meetings. The BCBA will teach caregivers how to provide ABA to their own child at home.

SOS is proud to offer full transparency. Each center is equipped with state-of-the-art video surveillance. Parents have unrestricted access to Viewing Rooms, where parents can watch their child and technicians working together.



## CHOOSE A TRAUMA-INFORMED CLINIC

One criticism of ABA is that the earliest version of it used punishments as well as rewards. When incorrect techniques are used, a forceful method can be emotionally traumatizing to a child.

Reinforcing (rewarding) a desired behavior has been scientifically proven to be a more effective method of behavior modification than punishing an undesirable behavior. An ABA clinic should never put a child in isolation, spank them, withhold food, or yell at them. Punishment programs should be a last resort for stopping an undesirable behavior.

Success On The Spectrum uses a trauma-informed approach to ABA. SOS programs focus on client assent, adapting methods to avoid potential triggers, increasing opportunities for children to make their own choices, and monitoring emotional responses to services.





## CHOOSE THE RIGHT ENVIRONMENT FOR YOUR CHILD

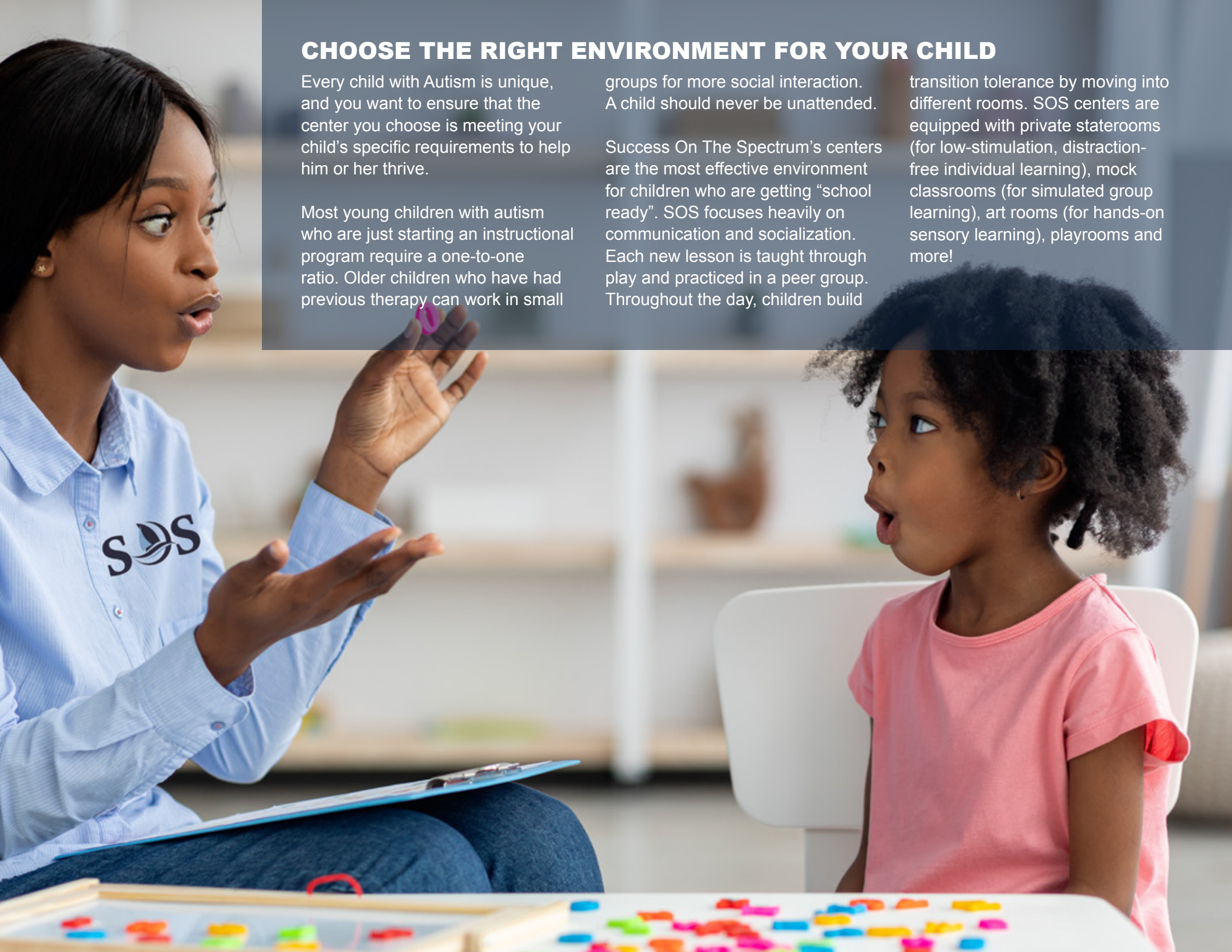
Every child with Autism is unique, and you want to ensure that the center you choose is meeting your child's specific requirements to help him or her thrive.

Most young children with autism who are just starting an instructional program require a one-to-one ratio. Older children who have had previous therapy can work in small

groups for more social interaction. A child should never be unattended.

Success On The Spectrum's centers are the most effective environment for children who are getting "school ready". SOS focuses heavily on communication and socialization. Each new lesson is taught through play and practiced in a peer group. Throughout the day, children build

transition tolerance by moving into different rooms. SOS centers are equipped with private staterooms (for low-stimulation, distraction-free individual learning), mock classrooms (for simulated group learning), art rooms (for hands-on sensory learning), playrooms and more!





## ABOUT SUCCESS ON THE SPECTRUM

Success On The Spectrum's ABA program gives specialized instruction to children who are not currently learning like their peers. We teach children HOW to learn, then gradually reduce or eliminate the individualized support.

Our goal is to teach valuable life skills that help our clients become productive and fulfilled adults in mainstream society. For example,

early learners practice language skills, establish a daily routine, and learn to follow directions. We also offer potty training and food programs. Advanced children practice compliance, independence skills, and social skills that will allow them to be included with their future school peers. Children with aggression or emotional outbursts are taught self-calming strategies.

Our nautical centers are open Monday – Friday from 8:00am to 4:00pm. We are open year-round (no summer break) with only 10 holiday closures per year. Select centers have Before/After Care available. Select centers also have weekend sessions available.



Find a location near you by visiting  
**[www.SuccessOnTheSpectrum.com](http://www.SuccessOnTheSpectrum.com)**