Children’s Specialized Hospital (CSH) understands that the COVID-19 pandemic has made it difficult for many children with Autism Spectrum Disorder (ASD) to get the services they need. This may cause some children to exhibit their stress in a multitude of ways including problems with feeding, sleeping, or toileting as well as new or worsened behavior problems.

The CSH team wants to help these children and their families during this challenging time by offering short-term Applied Behavior Analysis (ABA) services via our telehealth platforms. ABA services, which are scientifically proven to assist many children with ASD, will be provided by a board-certified behavior analyst who will ensure the services are data based and outcome oriented.

**Short-Term Services Include**

**Quick-start ASD Evaluation:** The therapist will do an assessment to find out what the child and family need most right now. This assessment will last at least two hours and the therapist will speak with the family and ask them to fill out some rating scales, ask the family to participate in activities that have been a problem for the child and family, and use the results of the assessment to recommend services for the child and family.

**Behavior Stabilization and Safety Program:** This program is for children with ASD and severe behavior problems that are potentially dangerous to the child, others, or property. The therapist will help the family identify triggers from the child’s severe behavior problems and evaluate the safety of the home and the child’s need for protective equipment. The goals will be to reduce triggers, to improve the home’s safety, and to recommend protective equipment if appropriate. The therapist will see the child and family in two, 1.5 hour appointments.

**Quick-start Behavior Management Program:** This program is for children with ASD who have mild to moderate behavior problems that are not dangerous to the child, others, or property. The child and caregiver will have eight, one-hour weekly appointments. The therapist will teach the caregiver basic behavior-management procedures and will watch the caregiver use the procedures with their child. The goal will be to teach the caregiver to use procedures that will increase the child’s appropriate behavior and decrease the child’s problem behavior.

**Quick-start Behavior Management Group:** This group is for caregivers and children with ASD and mild behavior problems. Two to eight caregivers and their children will come to the group for eight, one-hour appointments. The therapist will teach the caregivers basic behavior-management procedures, which they will practice with their child. The goal will be to teach the caregiver to use procedures that will increase the child’s appropriate behavior and decrease the child's problem behavior. The caregivers can share tips and tricks they have used during the pandemic.

For more information or to schedule an ABA telehealth appointment during the COVID-19 pandemic, call 908-301-2519.