



CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

March 2022

ABA Clinically Proven Principles

PREVENTION STRATEGIES

APPLIED BEHAVIORAL ANALYSIS (ABA) FOCUSES ON LEARNING TO LEARN BY USING CLINICALLY PROVEN PRINCIPLES AND TEACHING STRATEGIES. THESE TEACHING STRATEGIES FOCUS ON INCREASING SKILLS, SUCH AS PROSOCIAL BEHAVIORS, COPING TOOLS, DAILY LIVING SKILLS, AND COMMUNICATION.

ABA is not designed to “change” an individual, but is designed to bring about engagement through the use of positive, meaningful, and individualized supports.

Prevention strategies, also referred to as antecedent-based interventions, include proactive tactics used to increase the likelihood of engagement and decrease the likelihood of “problem behaviors.”

Prevention strategies are also used extensively with young children. For example, most parents remove breakable objects when they have a toddler in the home, knowing that toddlers explore everything. Similarly, plugs are placed in electric outlets, clasps are placed on cabinet doors that should not be opened, gates are placed in front of stair cases, and so on.

This month we will address three additional common prevention strategies:

Avoid Situations or People

Often, caregivers share that they avoid errands, parks, movies, etc. when such settings seem to result in learners engaging in tantrums. It is important to honor when learners express that certain settings, situations, or people are triggers for frustration, worry, or fear. As we all engage in avoidant behaviors, we should ensure our learners feel the same respect, autonomy, and dignity. When some of these settings, situations, or people are unavoidable, your learner's BCBA can work alongside you to practice gradually shaping your learner in finding the reinforcing aspects of the triggers.

Control the Environment

As shared above, controlling the environment by putting locks on doors to prevent someone from accessing unsafe items is a prevention strategy. We may also control the environment by keeping the TV on Closed Captioning to minimize volume, keeping lights dimmed, visiting the park that is less crowded, using passcodes on electronic devices, and thousands of other alterations to the environment!

Do Things in Small Doses

Errands tend to be difficult for many learners! When we engage in small doses, we set the stage for success. A “small dose” for grocery shopping could be setting the timer for 10 minutes of grocery shopping or showing the learner the list of only five items. Small doses result in a greater likelihood of success and can then be built upon slowly. The following week, could be 12 minutes in the timer or a visual list of only eight items.



IN THIS ISSUE

ABA Clinically Proven Principles:
Prevention Strategies

Meet Our Team: Savana (Sav) Nicholas

Noteworthy: Our Team is Growing!

Monthly Try It: Prevention Strategies

Local Sensory Friendly News

Meet Our Team



SAVANA (SAV) NICHOLAS

Years at Burrell: 2.5

Role at Burrell: Team Lead Registered Behavior Technician

Favorite Quote: "A little progress each day adds up to big results."

Best Part of Your Job: The best part of my job is the relationships and small family that I have built with the children and my coworkers. I love coming to work every day and being a part of a team that comes together and helps each other constantly with paperwork or clients. I love changing the lives of my clients for the better every single day, no matter if it is a good day or a bad day, every moment counts!

Noteworthy

OUR TEAM IS GROWING!

The Burrell ABA department had one Board Certified Behavior Analysts (BCBA) in January 2020. We now have nine BCBA's! Our ninth BCBA, Sydney Worthy, was hired in February 2022. We are so proud to continue growing this department for the community at large!



Monthly Try It

PREVENTION STRATEGIES: SMALL DOSES

This example of "small doses" depicts a quick grocery list. It allows the learner to see right from the start of the errand that only five items will be purchased.

Grocery List

- ☐ Bananas
- ☐ Apples
- ☐ Fish
- ☐ Eggs
- ☐ Milk

This example of "small doses" depicts detailed steps of cleaning. To decrease the dose even smaller, the learner could select any three tasks or assign any two tasks to a parent!

Room Cleaning

- ☐ Put dirty clothes in hamper
- ☐ Put books on shelf
- ☐ Clean up papers
- ☐ Pick up LEGOs
- ☐ Pick up toy cars
- ☐ Pick up stuffed animals
- ☐ Clean up trash
- ☐ Make bed
- ☐ Vacuum

Do you have a sensory friendly activity/event you would like to share? If so, reach out to your learner's supervising BCBA!

Local Sensory Friendly News

ECHO Information for Families: Join a community of families learning to better support their autistic children

From navigating a diagnosis to learning about new therapies, parents and caregivers of children with autism need an immense amount of knowledge and support in order to provide the best care to their loved ones. But often, that information can be difficult to access.

"Family ECHO: Autism" is here to help with a virtual learning program that brings clinical professionals and subject matter experts right to your screen. In this series you will learn, engage, and build skills that will increase your knowledge and confidence. In each session, presenters will share a case study and best practices that will deepen your understanding of autism and help you better advocate for your autistic child. So far, the results have been impactful: 91% of past participants surveyed say the program has improved their knowledge and ability to care for children with developmental disabilities, including autism.

Check it Out: The Alamo Drafthouse "All Ages"

The Alamo Drafthouse Cinema has a program called "All ages," which offers people a sensory-friendly movie experience. During a showing, the rules are a bit more relaxed:

- The lights are on during the movie.
- The volume is turned down a little bit.
- Movie-goers can talk and move around.
- Relaxed late policy.
- Adaptive technology is allowed (i.e. closed caption devices, headphones, hearing aid).

"All Ages" is offered weekly on the first shows of the day on Tuesdays and Wednesdays. For more information, visit: <https://drafthouse.com/springfield>. Do you have a sensory friendly activity/event you would like to share? If so, reach out to your learner's supervising BCBA!

For more information and full schedule, click here: [Family ECHO: Autism](#)