

Autism Discovery Institute

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WHAT'S NEW

Intensive Behavioral Therapy & Behavioral Consultation Services at ADI focus on equipping parents/caregivers with the strategies needed to proactively handle challenging behaviors.

- Intensive Behavioral Therapy services are designed for children with severe behavior challenges including aggression, self-injurious behavior, non-compliance, eloping, etc.
- Behavioral Consultation services allow parents/caregivers to meet with a doctoral or master's level behavior support specialist to discuss and apply procedures targeting self-help skills, increasing compliance, achieving independence in toileting, improving appropriate sleep behaviors, etc.

More insurance companies are funding these ABA- based services. Contact 858.966.7453 for more information.



MEET THE STAFF

Sally Sutil and Fara Bowles, both teachers in the Alexa's PLAYC Walrus inclusion classroom, are celebrating their 15 and 5 year anniversaries (respectively) as Rady Children's Hospital employees. Sally earned her child development certification and completed additional training in ASD. "I love being a part of the child's early years and helping them grow and develop. Seeing their sweet smiles every morning truly warms my heart!" Fara has over 25 years of experience teaching preschool. She says her favorite part about teaching is that it keeps her young and on her toes. If you would like more information on the Alexa's PLAYC toddler and preschool inclusion classrooms, please contact Alise at 858.966.8555.



TODAY'S TIP: Provided by Lara Padrigon, Alexa's PLAYC teacher

When a child is resisting a direction, provide two choices that are appropriate and attainable. Giving choices encourages participation in the decision making. This leads to a sense of being in control of the situation that often results in achieving desired behavior from the child. For example: a child is asked to share a toy with his/her friend. If the child resists, give him/her a choice between waiting one more minute or trading toys with the friend.

RESEARCH CORNER

Parent Training Study— Researchers at the Child and Adolescent Services Research Center and University of California, San Diego are conducting a study focused on examining the impact of parent training delivered in the community for families of young children with ASD. Study participation includes three assessments lasting 1-2 hours during which parents complete questionnaires about their child's behavior, their family, as well as play with their child for 10 minutes. After each completed assessment parents receive \$20 and children receive a small gift. Participation in this study may help us learn more about enhancing treatment services for families of children with ASD. For more information or to participate, please contact Nicole at 858.966.7703 x3597 or nstadnick@rchsd.org.

SUCCESS STORIES

Michelle is known and cared for by many at Rady Children's Hospital in San Diego. Despite a complicated health history, Michelle's family has found it imperative to also address the social, behavioral and communication challenges that many children with autism face. Following a developmental evaluation at the Autism Discovery Institute, Michelle began receiving behavioral therapy in collaboration with speech and language services. During treatment, therapists noted a decrease in self-injurious behaviors while parents reported an increased desire for social interaction. While Michelle's parents remind us that the journey continues, their dedication to her continued growth is a stellar example of strength and perseverance.