



December 2011 Newsletter

## Company News

-Thank you everyone for your availability for the new semester! Schedules will be out soon!

-The spring semester will start Monday January 9<sup>th</sup>.

-Evals and potential raises are coming! Each Senior you have will be going over one with you by January. You will also be asked to fill out an eval on each of your Seniors. Be honest- they are anonymous!

-Christmas Eve and New Year's Eve after 3 p.m. are optional to work as well as Christmas Day and New Years Day. If you are missing any other time over the holiday it is mandatory for you to make it up. *Enjoy your holiday!*

-As of January 1<sup>st</sup>, per the state, no one implementing ABA therapy will be called a therapist. You will now be called "line staff" and "senior staff." Instead of using the initials "th" circled for therapist, switch to using "ls" circled for line staff.

-Don't forget to "Like" us on facebook!

## Happy Birthday!



12/15

Becky Walker



Get a Free Quote and Allstate Will Give \$10!

Now you can help support Autism Speaks just by getting an insurance quote. Right now, Allstate will give \$10 to Autism Speaks for every quote - up to \$500,000! Through December 15, 2011, every free Allstate quote will generate a \$10 donation to Autism Speaks. Every quote counts - so help get us closer to our goal of \$500,000!

Visit

<http://www.autismspeaks.org/Allstate?cid=BAC-2011-Quotes-for-Autism-Display-111115&att=AS-marketplace>

Support Autism Research just through purchasing online through stores you already use such as Amazon and Ebay! Download the EZ Shopper App onto your computer!

**How does this work?**

Shop.autismspeaks.org is a unique online shopping mall where you can shop for the things you would normally buy, from the brands you would normally choose, and at the prices you would normally pay. Here's the best part - when you shop through this site, you're also helping Autism Speaks benefit from all your purchases. Autism Speaks has licensed its name to nonprofitshoppingmall, LLC (NPSM), the developer of this unique website, which uses this online shopping site to drive a new revenue stream of unrestricted funds into Autism Speaks's annual budget -- and here's how that works

For more information visit

<http://shop.autismspeaks.org/shop>

## Research Confirms Benefit of Behavioral Interventions



A review of recent studies confirms the benefit of five types of behavioral therapies for children and adolescents with autism spectrum disorder (ASD).

The authors reviewed scientific reports published since January 2010 and found that a wide range of behavioral interventions improved outcomes of people with ASD. Such scientific confirmation is crucial for securing health insurance coverage for bona fide ASD treatments.

The report appears in the December issue of the scientific journal *Current Opinion in Pediatrics*. It is co-authored by Autism Speaks Chief Science Officer Geraldine Dawson, Ph.D., who is also a professor of psychiatry at the University of North Carolina, in Chapel Hill; and psychologist Karen Burner, Ph.D., of the University of Washington, in Seattle.

Dawson and Burner focused on five types of behavioral therapies and found evidence of the following benefits:

- Early intensive behavioral intervention for toddlers can produce significant gains in language and mental abilities. "Intensive" is defined as 25 to 40 hours a week of therapy over at least 2 years.
- Briefer, targeted behavioral interventions can improve social communication in toddlers and young children. Here, benefits can be seen when interventions are delivered for at least 6 months.
- Parent-delivered early interventions can improve parent-child interactions. However,

research in this area is relatively new. More studies are needed to determine whether parent-led therapies improve children's overall outcomes.

- Group programs designed to enhance social skills clearly benefit grade-schoolers and adolescents with ASD
- Behavioral therapies can also reduce anxiety and aggression in children and adolescents with ASD. Cognitive behavioral therapy combined with social skills training is most effective for high functioning individuals, while systematic desensitization is more effective for those with significant intellectual challenges.

The authors recommend that future research build on these results by comparing treatments, determining the common "ingredients" to successful programs and better identifying which individuals will benefit from which type of therapy. Also still needed are follow-up studies that can determine how best to maintain benefits, as well as studies on how best to train therapists, teachers and parents to deliver these therapies in various community settings.

"It is gratifying to see the accumulating evidence that supports the benefits of a wide range of behavioral interventions for improving outcomes of people with autism," Dawson says. "It is crucial that families have access to these interventions, which can improve quality of life for not only children and adults with autism, but also their families."

Autism Speaks continues to work for state-mandated medical coverage for autism interventions. To date, its advocacy efforts have helped secure autism insurance reform laws in 29 states. To learn more about Autism Speaks advocacy efforts, please visit <http://www.autismvotes.org>.

(<http://www.autismspeaks.org/science/science-news/research-confirms-benefit-behavioral-interventions>)