



## Autism Awareness & Acceptance

Light  
of Hope

Learning Center

### What is Autism Spectrum Disorder (ASD)?

According to the Centers for Disease Control (CDC), Autism Spectrum Disorder (ASD) is a developmental disability caused by differences in the brain.

ASD includes behavioral deficits and behavioral excesses in social communication skills, social interaction skills, restrictive or repetitive patterns of behavior, hyper or hypoactivity to sensory input, abnormal interests in sensory input, deficits in nonverbal behaviors, or deficits developing, understanding, and maintaining friendships.



### Prevalence

- About 1 in 36 children are diagnosed with ASD as of 2023.
- ASD prevalence is not affected by race, religion, or socio-economic status.
- ASD is nearly 4 times more common among boys than among girls.
- There is no cure, but treatment options are available.
- Early diagnoses and treatment are essential for long-term improvement.



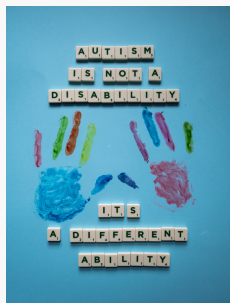
One common treatment option for ASD is Applied Behavior Analysis (ABA) therapy.

# What is ABA?

Applied Behavior Analysis (ABA) is a medical service that includes individualized treatments specific to the behaviors an individual displays. ABA is the science of measuring the contexts in which behaviors occur for the purpose of analysis and individualized treatment to change behavior in meaningful ways. All treatment interventions, protocols, and techniques are grounded in empirically supported treatment procedures within the field of ABA. ABA is a compassionate practice by design, as reinforcement is a primary principle of the field and the most effective way to lead to meaningful and long-term behavior change.

**ABA is comprised of a multi-level, tiered system of individuals who make up a treatment team. Those individuals include:**

- BCBA (Board Certified Behavior Analyst)
- BCaBA (Board Certified Assistant Behavior Analyst)
- RBT (Registered Behavior Technician)
- BT (Behavior Technician)



**There are different types of services that fall under the ABA umbrella. Those include:**

- Direct ABA Session
  - Intensive ABA
    - Comprehensive Treatment: 24-40 hours of 1:1 direct therapy per week
    - Focus Treatment: 10-25 hours of 1:1 direct therapy per week
  - Outpatient ABA
  - Consult ABA
    - Typically a monthly or bi-monthly consultation with a BCBA
- Parent Training
- Group Sessions/Group-Based ABA



<b>Direct 1:1 ABA Therapy</b>	Direct ABA therapy sessions are intensive treatment sessions where your child has a RBT work 1:1 with them. The RBT implements the treatment plan using intervention, techniques, and protocols designed by BCBA.
<b>Individualized Parent Training</b>	Training provided to the parents or caregivers of an individual on interventions, strategies, and protocols utilized during ABA session for the purpose of generalization of skills across environments.
<b>Social Skills Groups</b>	Group sessions that are designed to target the teaching of social skills in a group setting. Group sessions are conducted by a lead instructor and groups may be comprised of 2-8 peers.
<b>Group Parent Training</b>	Group parent training sessions consist of a group of parents/caregivers who attend scheduled topic trainings. Parents and caregivers will then set action plans, implement strategies, and take data in the home setting.

**ABA treatments should be individualized to the patient, but each certified professional may be trained and experienced in different applications of ABA. Ask these questions to help identify what experience the professional has in the field of ABA:**

- What kind of ABA does the agency provide?
- Which ABA Services are provided by the company?
- What kind of care coordination does the clinical staff provide?
- What approach is commonly implemented as company standard?

# Tips for Choosing an ABA Provider

- 1. Make sure they are labeling the type of service being implemented! These could include:**
  - a. Direct ABA Session
  - b. Parent Training
  - c. Group ABA Sessions
- 2. ABA should only be provided by individuals who are:**
  - a. Certified practitioners
  - b. Under the supervision and oversight of certified practitioners
  - c. Practitioners who have experience working with the population, diagnosis, and related behaviors of an individual.
- 3. Beware and know the facts!**
  - a. Beware of individuals without the listed titles who conduct ABA services.
  - b. The BACB is a national credentialing board whose credentials are recognized by insurance carriers and the medical field.
  - c. If an individual does not have these credentials, they are likely not permitted to practice ABA.



## **Important Information: Not all ABA is good ABA!**

In 2022, House Bill HB412 passed, which is a bill to now provide a state agency regulatory board for behavior analysis in Georgia.



## **Light of Hope as an ABA provider:**

At Light of Hope Learning Center, we provide trauma-informed and compassionate care ABA. As part of a treatment plan, the strategies, interventions, and protocols are designed for the purpose of teaching replacement behaviors and increasing motivation to access reinforcing things through natural environment teaching. This leads to patient-specific skills being developed in the contexts in which individuals need to use those skills.

## Contact Us

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