



GRANT A GIFT. **AUTISM** FOUNDATION
ACKERMAN CENTER
In Alliance with **UNLV Health**

FASD and ABA

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Plan for today

Overview of Fetal Alcohol Syndrome Disorder (FASD)

- What it is

Overview of Applied Behavior Analysis (ABA)

- What it is
- What we focus on
- Who is Involved

What does ABA look like in different Settings

- Factors to consider

Overview of FASD

Fetal Alcohol Spectrum Disorders

- Fetal Alcohol Spectrum Disorders (FASD) – refers to the prenatal effects of alcohol from Fetal Alcohol Syndrome, Partial Fetal Alcohol Syndrome, Alcohol Related Neurodevelopmental Disorder
 - “Teratogen” – an environmental exposure to a harmful substance to the developing fetus – ALCOHOL
 - Polysubstance Exposure is very common and often includes nicotine and illicit drugs as well as alcohol
 - Harm is determined by: Amount Used, Timing, Frequency, polysubstance use, individual maternal genetic make-up, maternal environment (substance history, prenatal care, health, stress)
 - Approximately 5% of children have a FASD, Alcohol causes brain damage and lasts a lifetime
 - Effects: Intellectual Disability, Attention, Memory, Hyperactivity, Developmental Delays, Poor Social Reasoning, Problem-Solving, Judgement, Learning Disabilities, Coordination Disorders, Social-Emotional Disorders, Behavioral Disorders (majority have one or more secondary diagnoses with FASD)

Fetal Alcohol Spectrum Disorder: What Do Our Kids Need?

Early Diagnosis

- Early Intervention Services
- Recognition that FASD is often “invisible” and not “just bad behavior”

Stable Homes of Good Quality

- Support and Training for Caregivers, On-Going support for these children and their families
- Do NOT remove supports when children and teens are doing well

When with Biological Parents

- Parents need Substance Abuse Treatment, Ongoing Education and Training, Supports for their children and themselves

Fetal Alcohol Spectrum Disorder: What Do Our Kids Need?

A **Recognition** that the Developmental levels differ from their chronological ages

- Often act younger than their age
- Modify expectations, the environment and experiences

Identify and build on the Strengths of the Child

- Decrease “chronic failure” by building accurate expectations of abilities
- Increase Adaptive Functioning

Identify Negative Patterns, Parenting Frustrations

- Disengage, de-escalate and create new approaches for challenging behaviors

“**Illusion of Competence**” in children with FASD

- Executive Functioning Skills
- Our Children require much “re-teaching and repetition” beyond their same-aged peers

Fetal Alcohol Spectrum Disorder: What Do Our Kids Need?

Establish Routines with Small, Specific Steps

- Use Visual Cues, Visual Schedules, Demonstrations and Re-Teaching
- Remember the Impact of Impulsivity, Working Memory deficits, “Spotty Learning”

Recognize Information Processing Deficits

- Challenging to transfer Information into Action
- Difficulties with Generalization from one environment to another
- While they are “faster” in their behavior, they are often “slower” in their processing

Identify and Treat “Secondary” deficits and challenges

- Learning disabilities, ADHD, Anxiety, Depression, Disruptive Behavior Disorders

What is ABA?

What is Applied Behavior Analysis?



- Scientific approach to understanding behavior and how it is affected by the environment
- The use of behavior analytic methods and research findings to change socially important behaviors in meaningful ways
- Consumer confusion...not a "one size fits all" approach
- Techniques can be used in structured situations (classroom instruction) as well as in "everyday" situations (family mealtime)



ABA Program Features

- Skills are broken down into a series of manageable steps
 - Comprehensive or specific programs
- Blend of teaching strategies (DTT and naturalistic)
- Individualized
- Intensive
 - Repeated practice
 - Embedded learning opportunities
- Data-driven decisions
- Builds on the child's interests and actively engages the child
- Use of reinforcement to teach new behaviors and increases motivation
- Generalization of skills targeted

National Research Council (2001). *Educating Children with Autism*.

What ABA will focus on?

Behavior Modification



A-B-C’s of Behavior Modification Example:

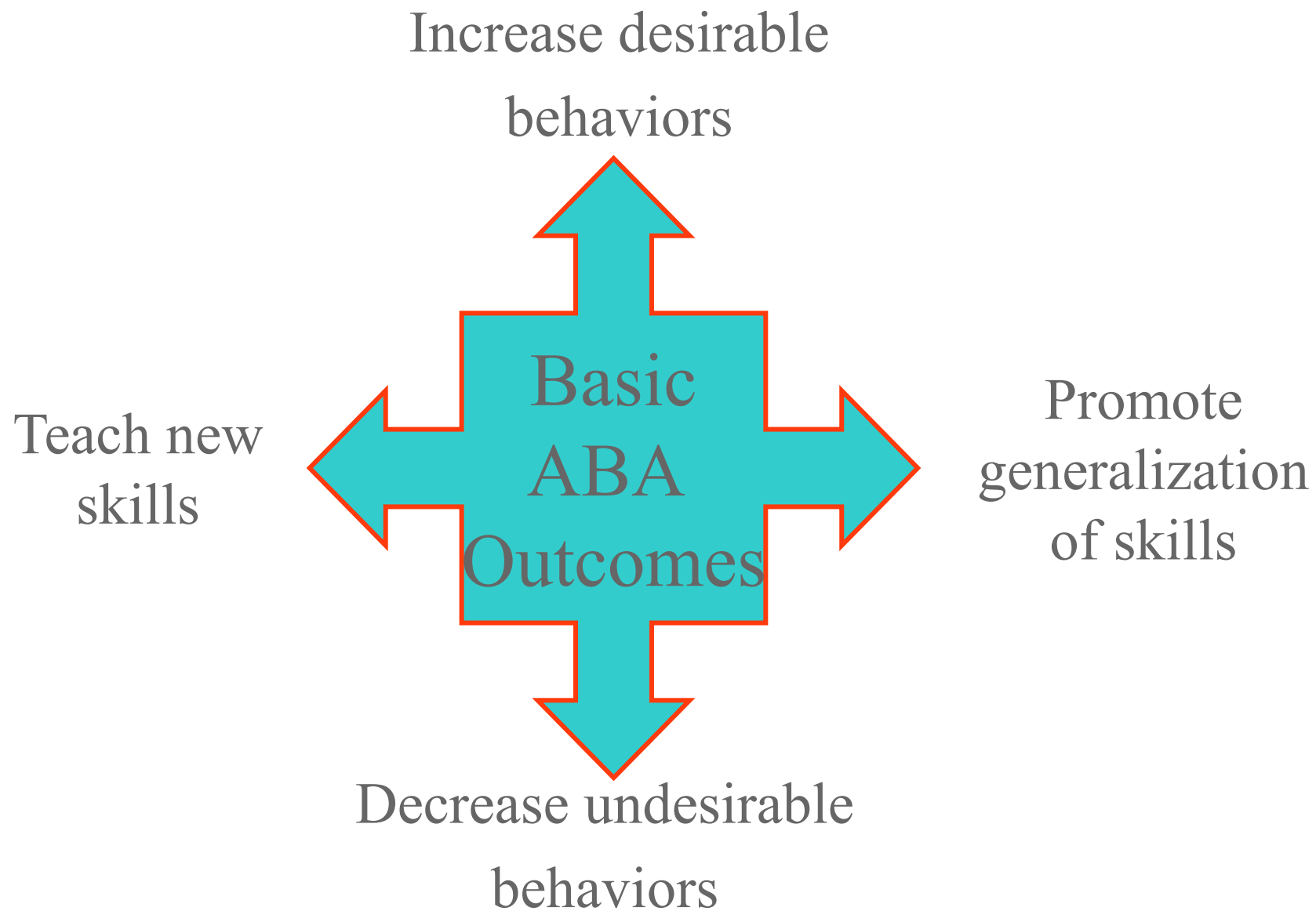
Situation: Child wants a candy bar in grocery store line

Antecedent: parent says no

Behavior: child throws fit

Consequence: parent gives in and buys the candy bar

This Consequence is positive reinforcement.



Skills to Target

Increase
Independent
Functioning

Remediate
Specific Deficits

Increase
Communication

Utilize More
Adaptive
Problem Solving

Addressing
Challenging
Behaviors

Who's Involved

What does ABA look like?

The Players



Board Certified Behavior Analyst (BCBA)



Board Certified assistant Behavior Analyst (BCaBA)



Registered Behavior Technician (RBT)



Patient Navigator/Scheduler



Parents/Caregivers

What does ABA look like?

Treatment Approaches

1:1 Home or Clinic Program

Parent Coaching

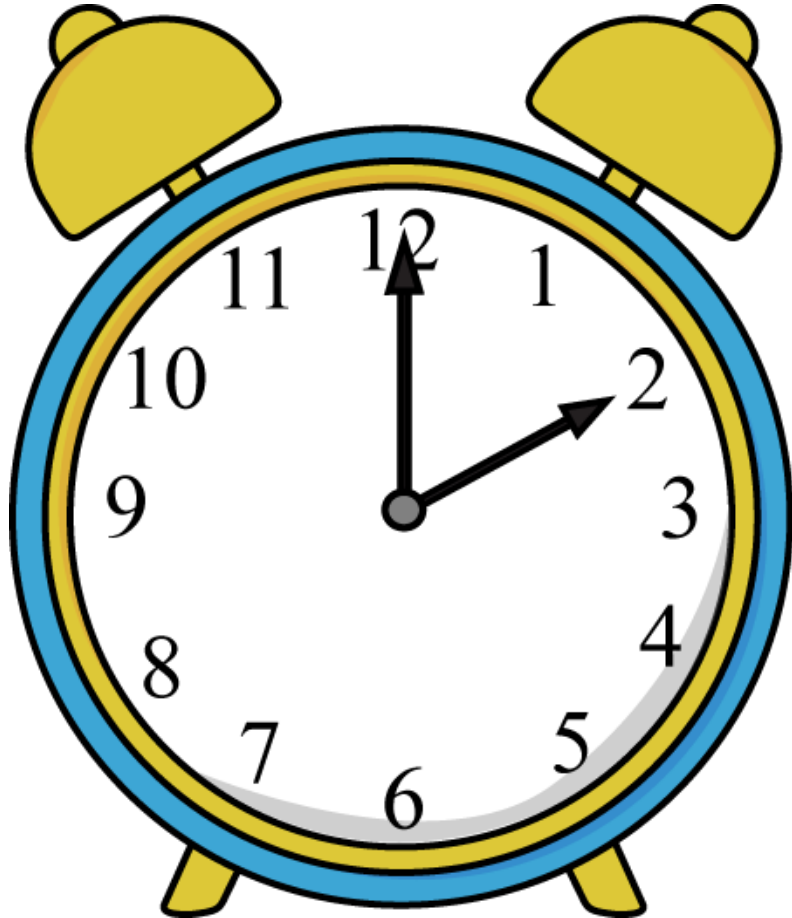
Group Program

Dyad Sessions

Community Intervention

What does ABA look like?

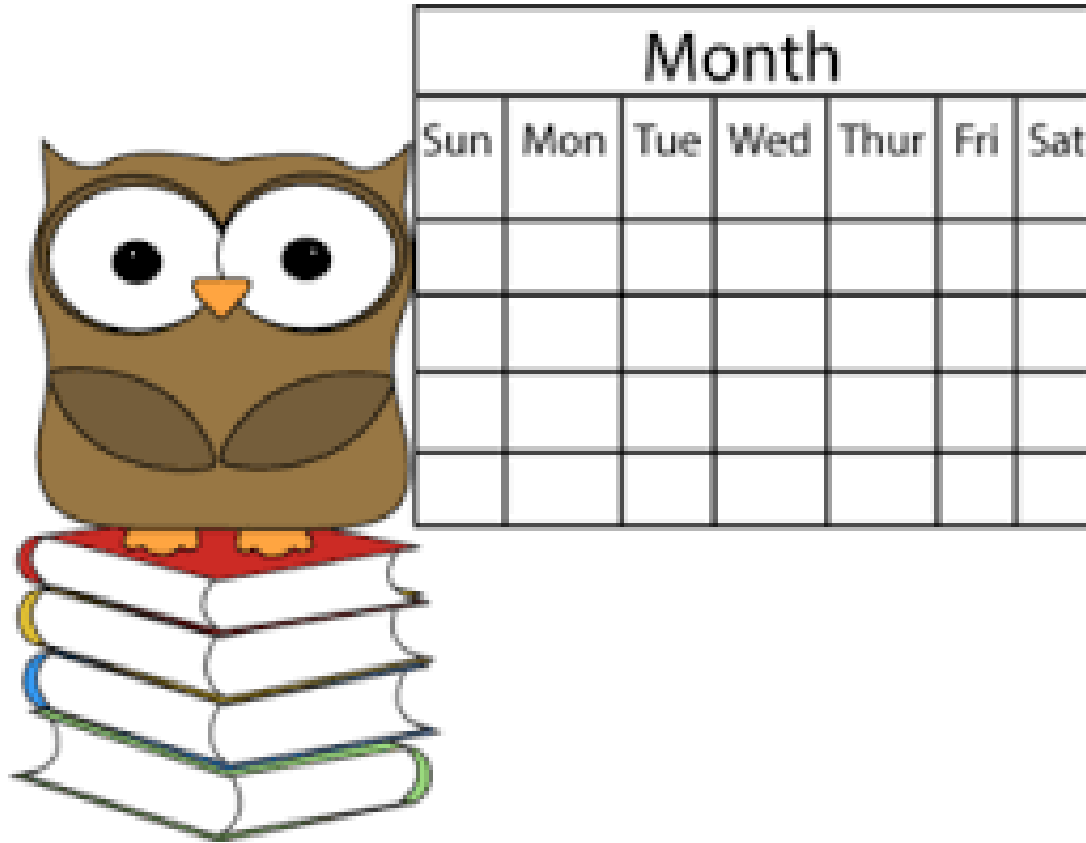
Hours



- The number of hours for each individual's ABA program will be different
- Determined by the BCBA after assessment
- Recommendations are not requirements
- Factors to consider:
 - Time in school
 - Other therapies (SLP, OT, PT, social groups)
 - Location of service
 - Tolerance/Developmental Level
 - Family balance

What does ABA look like?

Schedule and Location



- Possible locations for ABA therapy
 - Home
 - Clinic
 - School
 - Community
- Typical ABA schedule
 - 2-5 sessions per week
 - 2-4 hours per session

What does ABA look like?

Parent Involvement



- Home based services
 - Observation during session
 - Participation in activities
 - Parent coaching
- Clinic based services
 - Typically is a drop off
 - If you ask, you should be able to observe clinic based services
 - Parent coaching
- School based services
 - Depends on school and provider
 - Parent coaching
 - ABA team likely included in IEP meetings

What does that look like in other Settings

Child Welfare System

Foster Care

Adoption

Group Homes

Factors to Consider

Environment to hold sessions

Caregiver involvement

Materials needed for success

Others...

Questions

