



UnuHELPING  
CHILDREN WITH AUTISM  
FIND THE KEY TO  
A BRIGHTER FUTURE

# UNLOCKING THE S P E C T R U M

## ABA for CHILDREN of ALL AGES



855-INFO-UTS

[www.UnlockingTheSpectrum.com](http://www.UnlockingTheSpectrum.com)

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Disclaimer: This information is being distributed as a community service. Spring Independent School District is not a sponsoring organization for this activity

# What is ABA?

Applied Behavior Analysis (ABA) is the gold standard in autism therapy. ABA is used to teach new skills, address behavioral challenges, and equip children with the tools they need to reach their maximum potential in different social situations and environments.

We achieve this by paying attention to what is influencing a child's behavior, tracking data, and setting goals that are personalized for each unique child. We created individualized programs for every child we work with because we understand that no two children are the same.

Everything we do is based on the science of learning theory, with a focus on making it fun! We believe that in order to learn, a child needs to be interested and feel cared for and safe.

## How do I know if ABA is right for my child?



The focus of ABA is to improve socially significant behaviors. This includes reading, academics, social skills, communication, and adaptive living skills. Adaptive living skills include gross and fine motor skills, eating and food preparation, toileting, dressing, personal self-care, domestic skills, time and punctuality, money and value, home and community orientation, and work skills.

If your child needs support developing these skills, ABA is an amazing tool. It breaks these skills down into small parts and builds them systematically using positive reinforcement and data-driven programs. ABA has been proven to be the most effective way of fostering growth and progress for a child with autism, as well as helping to understand and decrease challenging behaviors.

## How will starting ABA affect my family?

We understand that ABA is a big commitment and at Unlocking The Spectrum we support and build a relationship with the whole family. We know that a child's success is tied to their family's well-being so we focus on creating an ABA therapy program that works not only for your child, but for the entire family.

We provide personalized parent training that is built around the specific needs of your family. How often we meet, where we meet, and what we do together is all done in response to what your unique family needs.

Parent training has been proven to increase success, and we want to empower caregivers with the tools and resources they need. We know that we are all in this together, with a shared goal of helping your child thrive!

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The thing that is special about ABA is seeing the difference it can make in the lives of children and their families. It is special when children begin communicating, when a child stops engaging in aggressive or self-injurious behaviors, when a family can engage in activities outside the home without worry. I love being able to help make breakthroughs for children and families that can help impact their lives in a meaningful way.

-Andrew Capezera, UTS Director of Texas

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## What do you do during an ABA session?

What a child does during an ABA session is responsive to the particular needs and goals of that child. We always take the time to get to know our clients and their families and work collaboratively to set those goals.

We continuously assess and adapt the program as needed to ensure we are doing all that we can to help every child reach their maximum potential.

At Unlocking The Spectrum, we create programs that incorporate a variety of different research-backed techniques and approaches, including techniques that involve active play and time spent in different environments. Our therapists are great at finding and creating opportunities for learning and skill acquisition during child-led play. We want every child to ENJOY their time with us!



A common ABA session may include:

- ♦ One-on-one time with an ABA therapist
- ♦ Play that is tailored to the interests of the child and focused on building social and communication skills.
- ♦ Time for targeted skills, such as potty training or academic preparation.



# What comes after ABA?

The long-term of an ABA program is to help every child with autism become as independent as possible at school, at home, and in the community. ABA draws on years of research and study to ensure that the skills we work on during ABA Therapy are generalized and maintained in other settings. As an example, if your child is working on behaviors during mealtime with their ABA therapist, there will be a focus on those skills improving at home and at school as well.

At Unlocking The Spectrum we understand that ABA is just one step on your child's journey and, when the time comes, we do everything we can to make the transition out of ABA as seamless as possible.

We have years of experience developing programs that address academic and social skills. When it is right for your child to transition out of ABA we work closely with the next setting on your child's journey. We'll do everything we can to ensure that it's as smooth of a transition as possible and that your child's learning continues.

Until that moment though, we promise to never age a child out of our services. From toddler to teen, as long as ABA can help your child reach their maximum potential we are here to help them do that!



## Choosing a Provider

When choosing an ABA provider, you want to find a team of people who will listen to you and with whom you are excited to collaborate. Here are a few things to look out for:



- There should be a BCBA (Board Certified Behavior Analyst) supervising your child's program. They should have both an educational and experiential background in programming and behavior support.
- The program should be personalized, reviewed and updated continuously to ensure progress is being made.
- Parent input and involvement should be supported and encouraged.

At Unlocking The Spectrum, we meet and exceed these standards. BCBAs consult with clients, families, and the child's therapist throughout the week. All of our clients receive a minimum of 2-4 hours of one-on-one time with our BCBAs, on top of the time they have with their ABA therapists.

In addition, all of OUR BCBAs are supported by our regional directors, who are also certified BCBAs, to ensure that the best program is being created and put into place for your unique child. Because, as we all know, two brains are better than one!

And throughout it all, we take a whole-family approach, doing everything we can to be responsive and supportive of your family.

# How Do I Get Started?

1

Contact Unlocking The Spectrum to schedule a free initial consultation to meet with our staff and learn more about what we can do for you and your child.

2

Complete intake paperwork and return all necessary documents, including insurance information, to Unlocking The Spectrum.

3

Schedule an initial assessment so we can learn more about your child, their needs, and the needs of your family. This is covered by most insurance companies.

4

Schedule a start date for your child's regularly scheduled ABA therapy sessions. We're so excited to be a part of your team!

We aim to make our services as accessible as possible. We accept most insurances and work with children of all ages. From the time we meet until your child no longer needs our support, we are there every step of the way for you and your child!

**We currently have no waitlist!**



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