

T H E R A P Y
S P O T



Autism Services
Handbook



Introduction

Therapy Spot offers services to individuals with Autism Spectrum Disorder from infancy to 18 years of age. We offer one on one service with a Speech-Language Pathologist, BCBA, Instructor Therapist, and Communicative Disorders Assistants, as well as group programs. At Therapy Spot, services for individuals with Autism all fall under the name GABA. GABA (Gestalt Applied Behavioural Analysis) is the unique brand of treatment offered at Therapy Spot, developed by a team of specialized professionals in the fields of Speech-Language Pathology and Behaviour Analysis. Therapy Spot offers a number of GABA services depending on developmental level, and cognitive and social profile of your child. These services include:

- GABA First Steps
- GABA Social
- GABA Academy
- GABA Kinder
- GABA Junior
- GABA Senior
- GABA With Friends

Once you receive an assessment at Therapy Spot, our clinicians will analyze the data and recommend the types of services most appropriate for your child.

This handbook will provide you with information on each of these programs and the steps and procedures for getting care at Therapy Spot.

Please take time to read each page and if you have any additional questions do not hesitate to get in touch with us at: 416-546-3044

Thank you for considering us. We continue to make incredible gains with the



children we treat and we know that with your support we can produce the same results with your child.

What is GABA?

GABA (Gestalt Applied Behavioural Analysis) is the unique brand of treatment offered at Therapy Spot, developed by a team of specialized professionals in the fields of Speech-Language Pathology and Behaviour Analysis.

Our multidisciplinary team includes Speech-Language Pathologists, a Board Certified Behaviour Analyst (certified in the Early Start Denver Model), Communication Disorders Assistants and Instructor Therapists.

With years of combined knowledge, we have created a comprehensive program, designed to target all areas of development including: receptive and expressive communication, joint attention, play skills, cognitive skills, fine and gross motor, imitation, social skills, personal independence and behaviour.

The GABA program uses a number of evidence-based treatment approaches including, but not limited to, the Early Start Denver Model, ABLLS-R, and VB-MAPP. We combine a number of best practice approaches for treating children diagnosed with ASD and/or other developmental language delays.



Why choose GABA?

Therapy Spot therapists are trained in the Early Start Denver Model, a naturalistic intervention for young children with Autism derived from the principles of ABA and Speech-Language Pathology. Our team uses a multidisciplinary approach taken from the schools of:

- ESDM (EARLY START DENVER MODEL)
- PROMPT (PROMPTS FOR RESTRUCTURING OF ORAL MOTOR PHONETIC TARGETS)
- PECS (PICTURE EXCHANGE)
- SOCIAL STORIES
- HANEN MORE THAN WORDS
- ASL (AMERICAN SIGN LANGUAGE)
- SOS (SEQUENTIAL ORAL SENSORY FEEDING)
- ZONES OF REGULATION
- TEACCH



Features of GABA:

1. Transdisciplinary model (SLP, BCBA, Certified ESDM Specialist)
2. Includes specific programs related to speech (since 65% of children with autism have apraxia)
3. Incorporates a social program with other children their age
4. Incorporates behaviour programs and tracking
5. Incorporates sensory integration programming
6. Incorporates sensory profile assessment
7. Incorporates sensory diet programming
8. We ensure concurrent generalization (with multiple therapists and multiple environments)

GABA for ESDM Levels 1-2

GABA First Steps

GABA First Steps is your child's first exposure to structured programming where their developmental skills will be targeted. Treatment options include individual 1-on-1 sessions with an Instructor Therapist and one or more sessions per week with a Speech-Language Pathologist and/or BCBA to focus on early communication, cognitive, motor and behaviour skills.

GABA Social

GABA Social is a small group program that uses the Early Start Denver Model (ESDM) therapy approach, and is offered weekday mornings for a duration of 1.5 hours per session. The program is suited to learners who have successfully completed or are progressing adequately in GABA First Steps (level 1-2 ESDM) and thus are showing emerging social and group readiness skills. Run by our Clinical Director of Autism Services, and a Speech-Language Pathologist, GABA Social has a ratio of 2 children to 1 therapist and is capped at a capacity of 4 children per session.

Goals of GABA Social:

- Follow daily routines and learning transitions independently
- Participate independently in small group activities
- Communicate intentionally with peers and adults in a group environment
- Engage in purposeful play and appropriate use of objects
- Develop personal independence in managing belongings, daily living, and safety skills (e.g., put away coats and backpacks, clear cup and plate after meal, put away toys, dressing, handwashing, toileting, eating)
- Interact spontaneously with peers and adults
- Expand developmental skills in all areas
- Acquire the needed skills to participate in the next learning environment, GABA Early Years



GABA Academy

GABA Academy focuses on both social and cognitive skill development in a small group environment. The program is suited to learners who are in level 1-2 ESDM but have graduated from GABA Social and are ready to build onto their social learning with academic skills.

GABA for ESDM Levels 3-4

GABA Kinder

Children will be entered into GABA Kinder once they have reached level 3 of the ESDM developmental assessment. Treatment options include individual 1-on-1 sessions with an Instructor Therapist, Speech-Language Pathologist, or BCBA, as well as small group intervention. The focus of intervention will be on all areas of development (i.e., receptive and expressive communication, fine and gross motor, social skills, cognitive skills, personal independence and behaviour). Our small group intervention includes:

- GABA Kinder: with its ratio of 1 therapist to 2 children, is offered weekday mornings for a duration of 4 hours per session.
- GABA Kinder Express: with its ratio of 1 therapist to 2 children, is offered weekday afternoons for a duration of 2 hours per session.
- GABA Play: offered weekday afternoons following GABA Kinder. A 1 hour group facilitating unstructured play.

GABA for Graduates of ESDM Level 4

GABA Junior

GABA Junior is a transition program designed for children who have completed level 4 ESDM goals and/or are of school age, but may not be ready for a 7 hour structured school program. The program runs for 4 hours from 9am-1pm and focuses on developing behavioural readiness for structured desk-based tasks. This program uses ABLLS-R (Assessment of Basic Learning and Language Skills), and incorporates aspects from your child's IEP to develop an individualized program. The program is delivered in a small group setting with a ratio of 1 therapist to 2 children and transitions children from play-based activities to structured desk-based tasks.

GABA Senior

Our GABA Senior program is designed for children who have graduated from GABA Junior or have graduated from GABA Kinder and are behaviourally ready for a 6.5 hour day. The program focusses on developing a strong foundation for academic and social success as your child transitions into school. This program uses ABLLS-R, the Assessment of Basic Language and Learning Skills, and incorporates aspects from your child's school IEP to develop an individualized program delivered in a small group setting. This is a 6.5 hour structured program that focusses on cognitive and social development and runs from 9am-3:30pm with a ratio of 1 therapist to 3 children.

GABA With Friends

GABA With Friends includes a number of small social skills groups offered at Therapy Spot for varying ages. Groups meet once per week for 1.5 hours, and are typically social-communication and everyday activities of daily living skills.

Level 1: Age 6-8

This small group works on learning to control emotions and interact with other children in a friendly manner by understanding feelings and using sensory strategies to stay calm. The program uses the award winning social

thinking programs: The Incredible Flexible You and the Zones of Regulation, which utilize social stories, songs, charts and games in learning exercises.

Level 2: Ages 8-12

Social communication goes beyond talking and words. It involves using nonverbal behaviour (eye gaze, facial expression, gestures and body language) to tell others what you want and how you feel, and to understand what others want and feel. By gaining understanding of the unspoken rules of conversation, participants will work on becoming successful communicators in this small group.

GABA Costing

ASSESSMENT	
DIRECT ASSESSMENT	\$462
REVIEW OF FINDINGS	\$231
PROGRAM CREATION	\$385
TREATMENT AND CONSULTATION	
1:1 BCBA OR SLP CLINICAL DIRECTOR	\$154/HR
1:1 SENIOR SLP	\$139/HR
1:1 INSTRUCTOR THERAPIST	\$67/HR
FIXED 12 WEEK COSTS	
PROGRAM SUPERVISION BY BCBA	\$77/WEEK
GROUPS	
GABA SOCIAL AND GABA ACADEMY	\$200/DAY
GABA KINDER AND GABA JUNIOR	\$220/DAY
GABA KINDER EXPRESS	\$110/DAY
GABA PLAY	\$55/DAY
GABA SENIOR	\$357.50/DAY
GABA WITH FRIENDS	\$125/DAY
ADDITIONAL COSTS	
GROUP PROGRAM PLANNING	\$27.50/WEEK
RE-ASSESSMENT FOR NEXT BLOCK	
BCBA RE-ASSESSMENT	\$470.50
TRAVEL	
TRAVEL CHARGED AT HOURLY RATE PER THERAPIST PLUS \$0.60/KM	



Scheduling your child for GABA

To schedule your child for GABA please contact our office to request the days you would like and we will endeavour to meet your needs. If the group has not reached its minimum registration requirements of two children or is full, your child will be placed on a wait-list for the days requested and when a spot becomes available, we will contact you.

Attending GABA Groups

What to bring to GABA:

- Change of Clothes (shoes, socks, underwear, shirt, pants, etc.)
- Diapers and wipes (if your child is not toilet trained)
- Weather dependent items (Summer - sunscreen, sun hat etc. / Winter - mittens, hat, snowpants, winter jacket, boots etc.).
- Morning Snack
- Lunch (for full day programs)
- Water Bottle

Pick Up Policy:

Pick up is promptly at 12:50pm for GABA Early Years group, and 3:50pm for School Age. Charges for late child pick up will be billed at the therapist's hourly rate (\$67/hr) to account for their time.

GABA Policies and Procedures

Cancellation Policies:

SERVICE	CONDITIONS	POLCY OUTCOME
ONE ON ONE SESSIONS WITH S-LP OR BCBA	COMMIT FOR 12 WEEK GABA BLOCK. PROVIDE 24 HOURS NOTICE FOR CANCELATIONS IN ORDER TO RECEIVE A CREDIT THAT MUST BE USED WITHIN THAT 12 WEEK PERIOD.	PAYMENT REQUIRED WEEKLY FOR 12 WEEK PROGRAM. THIS IS TO MAKE SURE RESCHEDULING OCCURS TO ENSURE FIDELITY OF SERVICE FOR YOUR CHILD.
ONE ON ONE SESSIONS WITH INSTRUCTOR THERAPIST	COMMIT FOR 12 WEEK GABA BLOCK. PROVIDE 24 HOURS NOTICE FOR CANCELATIONS IN ORDER TO RECEIVE A CREDIT THAT MUST BE USED WITHIN THAT 12 WEEK PERIOD.	PAYMENT REQUIRED WEEKLY FOR 12 WEEK PROGRAM. THIS IS TO MAKE SURE RESCHEDULING OCCURS TO ENSURE FIDELITY OF SERVICE FOR YOUR CHILD.
GABA EARLY YEARS	COMMIT TO 12 WEEK PROGRAM	PAYMENT REQUIRED FOR 12 WEEK PROGRAM
GABA SCHOOL AGE	COMMIT TO 12 WEEK PROGRAM	PAYMENT REQUIRED FOR 12 WEEK PROGRAM
GABA WITH FRIENDS	COMMIT TO 12 WEEK PROGRAM	PAYMENT REQUIRED FOR 12 WEEK PROGRAM





Payment Policy:

We are sure you understand how important it is as a small business that you pay the invoices that we send you promptly. In order to maintain a positive working relationship and keep therapy services moving forward, you agree to the following payment terms:

- Clients are responsible for completing the necessary forms and submitting Therapy Spot receipts to third party payors in order to be reimbursed for payments made to Therapy Spot.
- Clients are personally responsible to ensure all payments are made to Therapy Spot promptly following each therapy session.
- If the service is provided in the community, the payor agrees to provide their credit card information to be used by Therapy Spot to process payment following the completion of services rendered.
- Accepted methods of payment include cash, debit, credit, cheque, and E-Transfer sent to simone@therapyspot.ca.
- In the event payment is not made within 30 days of services rendered, Therapy Spot will charge a late payment fee of 2% per month on any overdue and unpaid balance, to cover the staffing, interest, and other costs Therapy Spot incurs carrying overdue invoices from the client. In addition, Therapy Spot reserves the right to discontinue treatment until payment is received.

Client Health Policy:

In the interest of protecting the health of our clients and therapists, it is Therapy Spot policy that therapists are not permitted to work with clients if they have experienced:

- Diarrhea or vomiting within the previous 24hrs
- Fever within the previous 24hrs

If you cancel 24 hours prior to your session time, we will do our best to reschedule the session as soon as possible. If a therapist arrives at your home or daycare and your child is deemed by the therapist to be ill, the session will be cancelled and a charge will be incurred.

We take the health of our clients seriously and we have taken these measures to minimize the spread of illness both outside and within our clinic.

More About ESDM...

What is ESDM?

The Early Start Denver Model (ESDM) is an intervention model that incorporates ABA principles, Intensive Behavioural Intervention (IBI) and naturalistic teaching. It uses a comprehensive developmental and behavioural intervention framework for the assessment and treatment of young children with ASD.

Goals are derived from assessing the child's developmental skills and treatment is provided using the principles of ABA, Pivotal Response Training (PRT), Hanen "More Than Words", PECS, Prompt, Direct Floortime, and more.

ESDM views ASD as a complex disorder affecting all areas of functioning and therefore believes it requires an interdisciplinary approach (Psychology, Speech-Language Pathology, BCBA, Occupational Therapy, etc). Teaching can occur inside typical family routines to target all areas of development, such as meals, bathing, playtime, chores, community outings, etc.

How much ESDM is required?

Based on research findings, ideally 4-5 hours of intensive ESDM x 5 days per week (i.e., 20- 25 hours per week) over a two year period can produce improvements in:

- IQ
- Language
- Adaptive Behaviours
- Normalized Brain Activity on EEG

The Research...

A randomized controlled clinical trial of ESDM was conducted by Dawson and Colleagues out of the University of Washington and published in the Journal of Paediatrics in 2009. Dawson, Rogers and colleagues recruited 48 children with autism aged between 18 and 30 months old, and divided them into two groups.

One group received 25 hours a week of intervention following the Early Start Denver Model(ESDM) for two years (comprising 20 hours per week delivered by specialists from the university, plus 5 hours per week of parent-delivered therapy). The other group of children underwent therapy in community-based programs.

At the start of the study period there was no substantial difference in functioning between the groups. Both groups were similar in their severity of autism symptoms, gender, IQ, and socioeconomic status.

The results showed that:

- Compared to the children who participated in community-based intervention, the children in the ESDM group showed significant improvements in IQ, adaptive behaviour and autism diagnosis
- Two years after starting the intervention, the ESDM children on average improved 17.6 standard score points compared with 7.0 points in the community-intervention group, relative to their baseline scores
- The ESDM group also showed significant improvement in receptive language (listening and understanding) compared to the community-based group
- Seven of the children in the ESDM group had enough improvement in overall skill to warrant a change in diagnosis from autism to the milder condition known as “pervasive developmental disorder, not otherwise

specified”.

The researchers concluded that the findings underscored “the importance of early detection of and intervention in autism”, emphasizing the importance of a relationship-based approach to learning with many learning opportunities embedded into play (Rogers, 2010). Parental involvement and use of learning strategies at home during routine and daily activities are also important ingredients of the success of the program (Dawson, 2010). In a 2012 follow up study, Dawson and colleagues showed that this same ESDM group showed normalized EEG brain activity, demonstrating that early intervention using the ESDM model alters the trajectory of brain development.

References:

Dawson, G., & Rogers, S., et al., (2010). Randomized, Controlled Trial of an Intervention for Toddlers With Autism: The Early Start Denver Model. *American Academy of Pediatrics*, 125(1), 17-23.

Dawson, G., et al., (2012). Early Behavioral Intervention Is Associated With Normalized Brain Activity in Young Children With Autism. *Journal of the American Academy of Child & Adolescent Psychiatry*, 51(11), 1150-1159.

Contact us today!

We hope you found this handbook helpful. If you would like to schedule an assessment to join our GABA program please contact our office at

416-546-3044 or email office@therapyspot.ca

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