



Arizona Autism United
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Early Intensive Behavioral Intervention: The “Hab-M” Program

What is Early Intensive Behavioral Intervention?

Early Intensive Behavioral Intervention (EIBI) is considered the most effective treatment program available today for children with autism. EIBI consists of about 20 to 40 hours per week of one-to-one individualized instruction and engagement activities, using the learning principles and teaching techniques from the scientific field of Applied Behavior Analysis (ABA). EIBI programs are typically provided in the child’s home with parents as active participants and address a wide range of functional skills and challenging behaviors.



- **Early:** We begin as early as possible to maximize progress.
- **Intensive:** Treatment includes a high number of hours.
- **Behavioral:** Teaching strategies are behavior analytic.



What is Hab-M?

The “Hab-M” program (Specialized Habilitation, Behavior – Masters) funded by the Arizona Division of Developmental Disabilities (DDD) is comparable to EIBI. To qualify, children must be ALTCS eligible, approved for Hab-M before age 4, and have a diagnosis of autism or at-risk. Once started, the Hab-M program lasts for 2 years.



What services are included with Hab-M?

A “Hab-M” program includes a program supervisor who is a licensed Behavior Analyst to develop and regularly update the child’s individualized program, a team of ABA habilitation therapists to provide daily teaching sessions, and an assistant supervisor to help train the team on an ongoing basis and provide regular support in partnership with the supervisor. AZA United also includes monthly parent education classes at no extra cost for Hab-M families.

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Applied Behavior Analysis

ABA is a scientific approach to changing behavior and teaching skills and is internationally recommended for children with autism. With ABA, skills are taught in small steps with many opportunities to practice, and positive reinforcement is used contingently to motivate the child to improve skills and reduce problem behaviors. ABA programs include high levels of data collection to demonstrate progress. Each child's program is custom-designed to meet the needs of the family and learning style of the child.



Skill Domains in your ABA Program



A Team Approach

ABA treatment teams are led by parents and program supervisors that decide together which skills and behaviors are most important to work on at any given time. The ABA therapists work with your child each day to carry out the teaching strategies and behavior plans designed by the supervisors. Team meetings are held regularly to develop consistency and discuss any new concerns to address or ideas to include in the program.

Learn more about ABA from these websites:

Autism Speaks

<http://www.autismspeaks.org/what-autism/treatment/applied-behavior-analysis-aba>

Center for Autism & Related Disorders

<http://www.centerforautism.com/what-is-aba.php>

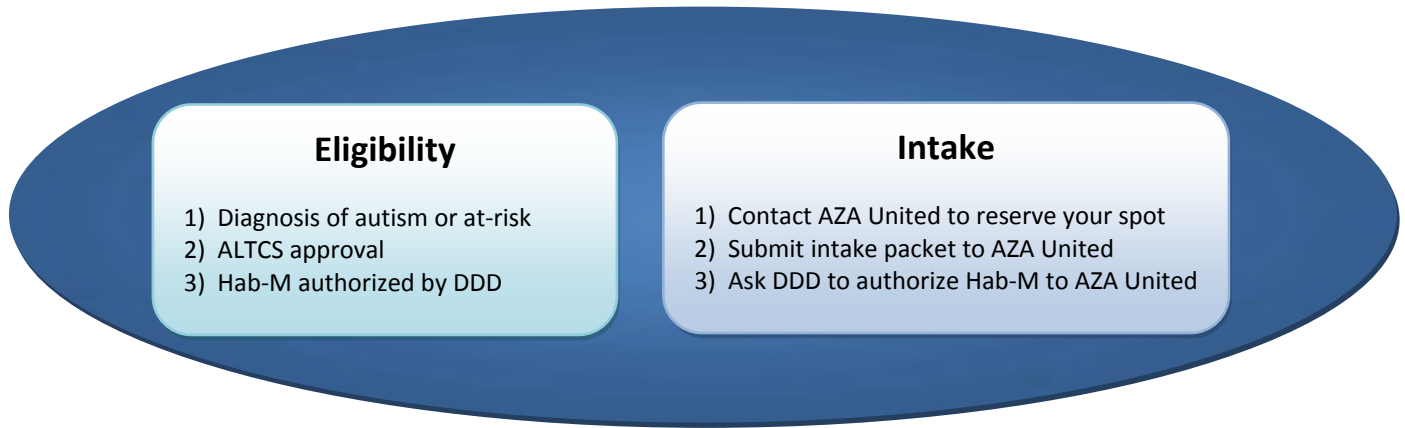
Rethink Autism

<http://www.rethinkautism.com/AboutAutism/ABAOverview/>

Your ABA Treatment Team



Steps to Getting Started with Hab-M



Phase 1: Preparation

To prepare for a successful ABA program, families will first attend the Hab-M Parent Orientation class. The next step will be to initiate the *Habilitation Therapy Startup Program*. This program includes establishing the child's team of habilitation therapists, providing initial training on ABA methods for parents & habilitation therapists, and starting habilitation services to develop instructional motivation and foundational skills.



Phase 2: Assessment & Program Development

The Hab-M program supervisor, a Behavior Analyst, will conduct a comprehensive child assessment of current skills & behaviors, through parent interviews and home visits that include child observation and interaction. The assessment will help identify the family's highest priorities and the child's greatest areas of needs, so that an individualized ABA program can be developed that teaches critical skills and improves challenging behaviors. When completed, an assessment report with program recommendations will be provided to the family, habilitation team, and DDD.



Phase 3: ABA Program Implementation

The implementation phase continues for 2 years. Families can choose between an *Intensive ABA Model* or a *Consultative Support Model*. Both models include ongoing in-home ABA therapy and regular consultations with a Behavior Analyst. See the next page for more details about each model.

The AZA United *Hab-M* Program

When DDD approves a child for Hab-M, the family will be eligible for three services: **Habilitation, Hab-M, and Hab-B**. These services all work together to create your child's ABA program. Habilitation provides the daily ABA therapy sessions, while Hab-M and Hab-B provide program supervision and training for parents and habilitation therapists. The Hab-M provider is the program supervisor and a Behavior Analyst, and the Hab-B provider is the assistant supervisor on the team.

Breakdown of Hab-M Hours

DDD will authorize a total of **150 hours of supervision** (from the Behavior Analyst and assistant supervisor) to be used over two years. The breakdown of services and estimated hours is listed below:

Program Supervision & Training (99 hours)

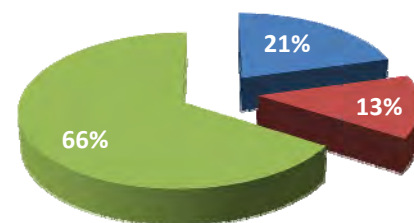
- Monthly phone consultations with Behavior Analyst (30 minutes/month)
- Monthly home visits with assistant supervisors (2 hours/month)
- Quarterly home visits or monthly clinic visits with Behavior Analyst (12 hours/year)
- Quarterly team meetings (8 hours/year)

Assessments (31 hours)

- Initial assessment and program development (15 hours at start of program)
- Mid-year reassessments (3 hours/year)
- Annual reassessments (5 hours/year)

Reports (20 hours)

- Quarterly progress reports for team, family and DDD (3 hours/year)
- Annual progress reports (2 hours/year)
- Annual ISP participation (5 hours/year)



AZA United offers two models of Hab-M. You can decide which model is a better fit for your family:

Intensive ABA Model

AZA United manages the ABA program and assumes responsibility for the performance of all habilitation therapists to properly implement all strategies. This model is designed for families who are looking for AZA United to lead their child's early intensive treatment.

- Family commits to using all recommended habilitation hours and all habilitation therapists work for AZA United
- AZA United provides additional assistance with recruiting habilitation therapists for the team
- One habilitation therapist is trained as a Team Lead
- Goals from other therapies can be integrated
- Teaching strategies are detailed and comprehensive
- Data is monitored monthly for progress and any necessary teaching strategy adjustments
- Regular supervision visits are scheduled in advance

Consultative Support Model

The family manages the ABA program and AZA United provides consultation and recommendations. The family assumes responsibility for the performance of non-AZA habilitation therapists. This model is designed for families who prefer to manage their own home program and may be working with other organizations or consultants at the same time.

- Family decides how many habilitation hours to use
- At least one habilitation therapist is an employee of AZA United
- Teaching strategies are more broad and flexible
- Data is reviewed quarterly for progress and general recommendations
- Consultation visits are scheduled on as needed basis, depending on supervisor availability