

THE CENTER FOR
Integrated Adult Autism Services



COMMUNITY.



CONNECTION.



POSSIBILITY.

A May Institute program in collaboration with WORK Inc.

**Clinical, Employment, and Housing Services
for Adults with Autism Spectrum Disorder**

MayInstitute
Shaping Futures. Changing Lives.



COMMUNITY.

Today, we face an overwhelming number of individuals with autism moving into and through adulthood. These adults are often confronted with daunting challenges as they grapple with transitioning into adulthood, finding appropriate housing and services, securing meaningful employment opportunities, and building a life integrated into the broader community.

May Institute and WORK Inc. are committed to providing the resources necessary to bring about real and meaningful change in the lives of the individuals we serve.

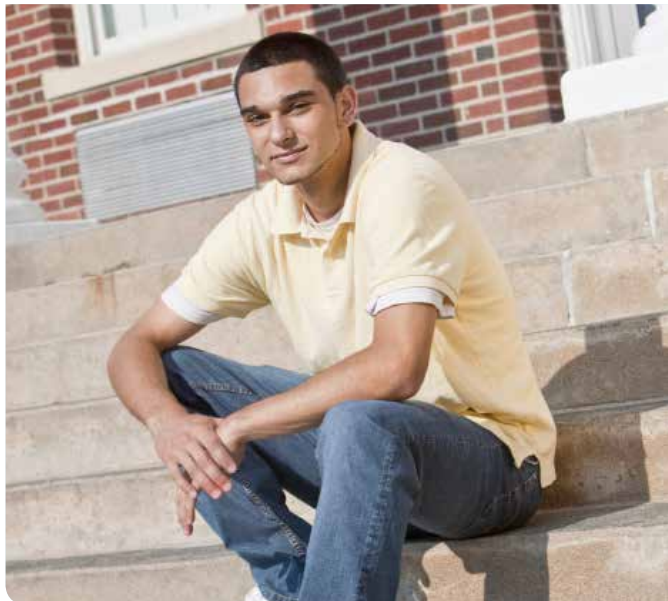
The Autism Omnibus Act is landmark legislation addressing unmet needs of people with autism spectrum disorder (ASD). This act reflects the state legislature's commitment to address the needs of the growing number of people with ASD in the Commonwealth. It was signed into law in 2014.

The legislation is also a response to the following issues:

- **Increasing incidence rates of ASD in children and adolescents with ASD who will move into Adult Services in the next two decades**
- **The ongoing problem of underemployment and employment for individuals with disabilities**
- **Lack of coordination and integration of services for adults with ASD, as well as with ASD and co-occurring conditions**

The Center for Integrated Adult Autism Services is a collaboration between May Institute and WORK Inc., two leaders in the field of serving individuals with disabilities. Together, these organizations offer:

- **A full continuum of supports**
- **A focus on quality of life**
- **An individualized, person-centered approach**
- **Data-based decision making**
- **The support and expertise of the National Autism Center at May Institute and the National Technical Assistance Center for Positive Behavioral Interventions and Supports (PBIS)**



CONNECTION.

The Center for Integrated Adult Autism Services offers a continuum of critical services and supports to men and women with a diagnosis of ASD. We also have the expertise to successfully respond to the needs of individuals with a dual diagnosis of ASD and a co-occurring disorder.

Service plans are tailored to meet the specific needs, goals, and strengths of each individual served, and may include a combination of clinical and therapeutic supports, employment services, and housing opportunities. An evaluation and assessment process will help identify the optimal supports recommended for each individual.

Our person-centered approach is based on the principles of Positive Behavioral Interventions and Supports. PBIS provides a logical and efficient framework to help deliver effective services to adults with autism and other

developmental disabilities that can help reduce problem behavior, enhance skills, and improve quality of life.

The goal of our services is to equip individuals with the skills, resources, and supports they need to live and work successfully in their communities. This is best achieved through a combination of stable and appropriate housing, productive employment, and the emotional and practical supports to engage successfully with the world.

The Center's services are offered by May Institute in collaboration WORK Inc. It is funded through the Department of Developmental Services in Massachusetts and insurance.

POSSIBILITY.

TRAINING SERVICES

At the Center for Integrated Adult Autism Services, we have the capacity to provide training to staff from the Department of Developmental Services (DDS), service providers, and family members.

Training topics can include Key Symptoms of Autism Spectrum Disorder and Measurement of Adaptive Functioning. In addition, we will collaborate with family members/ caregivers to determine the targeted needs of the individuals being served and provide training accordingly.

KEY SYMPTOMS OF ASD

ASD is a neurodevelopmental disorder characterized by deficits in social interactions and social communication and by restricted, repetitive patterns of behavior. ASD is diagnosed when these symptoms are present to some degree. The criteria are described by the American Psychological Association in its *Diagnostic & Statistical Manual of Mental Disorders (DSM-V)*. A diagnosis also includes a specification of severity. Information gathered during an assessment is used to indicate the level of support an individual with ASD requires: Level 1, Requiring Support; Level 2, Requiring Substantial Support; Level 3, Requiring Very Substantial Support.

ASSESSMENT SERVICES

We collaborate with DDS to assess the needs of individuals served and to match them to appropriate services.

Assessments will identify skills to increase (academic, employment, communication, interpersonal, learning readiness, motor skills, personal responsibility, activities of daily living and self-regulation) and behaviors to decrease (problem behaviors, restricted or repetitive nonfunctional patterns of behavior, and sensory or emotional regulation). Assessments will also identify existing co-occurring mental health issues (anxiety, depression, attention deficit hyperactivity disorder [ADHD], bipolar disorder, obsessive-compulsive disorder [OCD], sleep disorders, etc.).



CLINICAL/THERAPEUTIC SERVICES

The Center for Integrated Adult Autism Services provides both clinic-based and in-home effective, state-of-the-art behavioral health services throughout Massachusetts.

Our broad range of therapeutic and psychological services include:

- Outpatient therapy to treat a broad range of emotional and psychological concerns including anxiety, depression, ADHD, and sleep disorders
- Social skills training and groups
- Applied behavior analysis (ABA)
- Cognitive and dialectical behavior therapies
- Psychological and neuropsychological testing
- Behavioral consultation for families and caregivers

All treatment is provided by highly trained, multi-disciplinary teams of psychiatrists, psychologists, clinical social workers, nurses, and interns.





Mental health issues can impact a person's ability to function or cope. They can affect mood, thinking, and behavior. They range from mild to severe disorders, and can affect individuals of all ages, races, and genders.

Our clinicians have expertise in evidence-based treatment in a number of areas including cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT). Examples of the interventions used include prompting, extinction, differential reinforcement of incompatible behavior, choice, functional communication training, and preference assessments. In addition to addressing the symptoms of ASD, we have the capacity to treat co-occurring diagnoses such as anxiety, depression, and OCD as well we behavioral issues.

About CBT

For the last 20 years, Cognitive Behavior Therapy (CBT)—a form of treatment that explores relationships among a person's thoughts, feelings, and behaviors—has become the treatment of choice for anxiety, depression, and attention deficit hyperactivity disorder (ADHD), as well as other mental health disorders.

CBT teaches people to label and modify dysfunctional thinking patterns and helps them identify ways to change their everyday actions. This seemingly simple combination has resulted in major improvements for many struggling adults and children.



Coverage

We are able to leverage third-party billing to complete assessments and provide in-home support.

Services in the DDS Support Services Qualifying (SSQUAL) list include:

- **Adult Companion Services (3707)**
- **Individualized Home Supports (3703)**
- **Behavioral Supports and Consultation (3710)**
- **Residential/Community Living Peer Support Services (3716)**
- **Residential/Community Family Training (3709)**
- **Family Navigation (3700)**

We accept the following third-party insurance:

- **Blue Cross Blue Shield of Massachusetts**
- **Boston Medical Center (BMC) HealthNet Plan–Beacon**
- **Commonwealth Care Alliance**
- **Group Insurance Commission–Beacon**
- **Health New England (HNE)**
- **MassHealth**
- **Massachusetts Behavioral Health Partnership (MBHP)**
- **Neighborhood Health Plan (NHP)–Beacon**
- **Medicare**
- **Network Health**
- **TRICARE Autism Care Demonstration**
- **Tufts Health Plan**

EMPLOYMENT AND SUPPORTED EDUCATION SERVICES

We offer a suite of employment and education services with varying levels of support based on the individualized needs and interests of the job seeker.



Individual Supported Employment

services are based on individualized planning, job development, and ongoing follow-along supports customized to the needs of the job seeker. Individuals with some job history, internship, or volunteer experience who have identified their career interests and want rapid placement are excellent candidates for this service. The critical stages are engagement, career planning, job development, job coaching, fading, and long-term supports.

Customized Employment uses

Discovery, a strengths-based process that begins by gathering information through observations of the job seeker as well as interviews with the job seeker's support team—typically those family members,

friends, colleagues, and professionals that know the job seeker the best. These 20-30 hours of observations and interviews help pinpoint the job seeker's interests, contributions, and conditions for success, and to identify prospective job duties and potential employers. Based on a national systems change model, services—including job development—are highly customized.

Soft Skills Training is designed for job seekers who are already employed but require navigation in the areas of communication, social interaction, and managing conflict, as well as on-the-job support to help acclimate to the demands of the workplace.

Employment through AbilityOne

Through 14 Federal AbilityOne contracts, employment opportunities for individuals with disabilities are available in the areas of complete facility management, fleet management, administrative services, contract close-out, food service, custodial services, snow removal and landscaping—all in integrated community settings, with competitive wages and full benefits.

Supported Education assists individuals interested in pursuing their higher education goals by helping them to identify course work, assist with registration, financial aid application and advocacy with schools disabilities services.

We offer the following certificate training programs:

- **Culinary Certificate:** 48 hours of classroom instruction and an on-the-job training internship with paid wages for 150 hours that prepares job seekers for jobs in the food industry.
- **Custodial Certificate:** Six weeks of training based on green cleaning requirements using state-of-the-art equipment and instructional training that prepares job seekers to enter the competitive cleaning industry.
- **Administrative Services:** Six weeks of training in administrative support skills including a paid internship.



HOUSING SERVICES

Various housing options for adults with ASD are available through the Center for Integrated Adult Autism Services. These include independent and shared living.

Independent Living provides as-needed support to individuals who live on their own.

Shared Living provides a housing option for adults with autism, intellectual disabilities, or acquired brain injury. In shared living, clients live in a home with a host family. With ongoing support and guidance, the household becomes a family—one in which all members are integral to the wellbeing of the family. Shared Living offers:

- **Community.** We strive to create opportunities for individuals to live rich and meaningful lives as contributing members of their communities. The program is grounded in the concepts of connection, community, and possibility.
- **Expertise.** We are leaders in applied behavior analysis (ABA), Positive Behavioral Interventions and Supports (PBIS), and family support services.
- **Individualized Support.** The program is flexible, supported, and tailored to the individuals and the host families. Our families receive the backing and support of program staff, case management, program oversight by doctoral-level clinicians, and a robust on-call system.



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ABOUT MAY INSTITUTE

May Institute is an award-winning nonprofit organization that provides educational, rehabilitative, and behavioral healthcare services to individuals with autism spectrum disorder and other developmental disabilities, brain injury, and behavioral health needs. May also provides training and consultation services to professionals, organizations, and public school systems.

The organization is one of the largest and most well-respected providers of services and special education schools for children and adults with autism and other special needs in Massachusetts and in the U.S.

Since its founding 60 years ago, May Institute has evolved into a national network that serves thousands of individuals and their families annually. With corporate headquarters in Randolph, Mass., the Institute operates more than 150 service locations in more than a dozen states across the country.

ABOUT WORK INC.

Nationally recognized as an innovator in developing community based programs for individuals with disabilities, WORK Inc. is New England's leading agency providing the skills and supportive services that help people achieve their career goals. The organization's expertise in the employment industry has been achieved through a long and rich, history of producing high quality employment outcomes through its customized supported employment programs and business development in the commercial and Federal sectors.

WORK Inc.'s dedicated staff and managers continue its mission to close the opportunity gap through best in class employment and placement services that make the lives of individuals with disabilities better and more independent.

**CENTER FOR INTEGRATED
ADULT AUTISM SERVICES**

LEARN MORE AT:
www.mayinstitute.org

FOR MORE INFORMATION,
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