MAY CENTER FOR ABA SERVICES
Applied Behavior Analytic Services for Children With Autism Spectrum Disorder

65 years of helping children reach their highest potential

GREATER RICHMOND AREA AND THE HAMPTON ROADS REGION
ABA: Effective and Individualized

Over the past several decades, ABA interventions have been used to help children and adults struggling with developmental disabilities, learning disabilities, and mental health concerns in many different settings including homes, schools, offices, and other community and residential settings.

ABA interventions have been found to be effective for increasing important skills such as communication, problem solving, and making and keeping friends as well as for reducing problem behavior such as tantrums and aggression.

Many applied behavior analysts work with individuals with autism spectrum disorder. In fact, behavior analytic interventions are the only treatment approach with a significant body of empirical support documenting its effectiveness (National Standards Project, Phase 2, 2015).

We use the principles of ABA to support individuals with autism and their families to:

- learn to communicate with and interact with others
- develop self-control and self-management skills
- learn skills of daily living such as dressing and using the bathroom
- learn to play independently and with others
- increase academic skills such as reading and math
- decrease challenging behavior such as self-injury or aggression
- build independence
THE MAY CENTER FOR ABA SERVICES in Virginia provides best practice intensive applied behavior analytic interventions to children and adolescents with autism spectrum disorder (ASD) and other special needs.

Through research we know that intensive intervention during the early years has the best prognosis and fosters success for children with ASD and other developmental disabilities. Our May Centers specialize in home- and center-based therapy for these children.

For school systems seeking to enhance services for students with learning, cognitive, and behavioral challenges, we also provide on-site consultation and professional development.

We offer three distinct programs based on the principles of applied behavior analysis (ABA).

<table>
<thead>
<tr>
<th>Home-based Services</th>
<th>Center-based Services</th>
<th>School Consultation Services</th>
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<tbody>
<tr>
<td><strong>Description</strong></td>
<td>Provide social skills groups and early childhood ABA therapy in our center to help children build critical skills and reduce problem behaviors</td>
<td>Provide ABA training and consultation services to administrators, teachers, and students to increase expertise and enhance student outcomes</td>
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<tr>
<td><strong>Ages served</strong></td>
<td>2 – 6</td>
<td>3 – 22</td>
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<tr>
<td><strong>Our Staff</strong></td>
<td>Doctoral-level Board Certified Behavior Analysts (BCBA-Ds), Board Certified Behavior Analysts (BCBAs), or Board Certified Assistant Behavior Analysts (BCaBAs) Behavior therapists with training in ABA Ongoing access to top national experts at May Institute who provide consultation, peer review, and guidance</td>
<td>Master’s-level BCBAs, BCaBAs, and psychologists trained in early childhood education, special education, and ABA Behavior therapists with training in ABA Clinical oversight by senior leaders</td>
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<tr>
<td><strong>Funding</strong></td>
<td>Through families’ insurance plans and private pay. Our BCBAs are licensed under the Virginia Board of Medicine.</td>
<td>Through state and federal grants, and district funding.</td>
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ABA THERAPY IN THE HOME TO HELP CHILDREN BUILD SKILLS AND REDUCE PROBLEM BEHAVIORS

Our services are based on universally recognized, developmentally appropriate teaching methods, and help to improve the lives of children and adolescents with ASD and other developmental disabilities, as well as those with neurobehavioral disorders.

Providing evidenced-based services

- An initial comprehensive assessment to determine the strengths and challenges of the child/adolescent
- Collaboration with the family to develop an individualized treatment plan
- Development of a behavior support plan to address challenging behaviors
- Direct instruction in the natural environment, including home and community settings
- Parent training and consultation to foster generalization of skills
- Real-time data collection in each session to evaluate the effectiveness of the interventions
- Semi-annual assessment to monitor progress toward goals
- Coordination with school, medical professionals, and related service providers
- Oversight of all services by a Board Certified Behavior Analyst

Working together with families

Parents/caregivers are active members of their child’s treatment team. We encourage participation in services so parents/caregivers can become “co-teachers” during their child's sessions. Active family participation encourages the child to use newly learned skills outside of sessions. We can also arrange for services to be provided in a childcare setting to accommodate working parents.

Through our home-based therapy, we offer parent and family training, based on individualized ABA treatment planning, to help families develop essential skills that enable them to provide support for their children and to effectively manage complicated lives.

“The staff are so professional and organized. And the ABA therapy they provide is so scientific, so data-driven. The minute our first therapist walked in the door, I knew this was going to work.”

–Lisa, May Center parent
Building skills through home- and center-based therapy

Home- and center-based therapy provides meaningful learning opportunities that enable children with ASD to master critical skills and reduce problem behavior in their home or other familiar environments.

When a child is diagnosed with ASD, the entire family is affected. That is why our therapists provide parent education and training to ensure that the skills children learn during their therapy sessions are maintained and refined at home.

Our staff work closely with families to identify goals for treatment that improve communication as well as social, leisure, and independence (self-help) skills. We also work to reduce challenging behaviors which may impact the child’s ability to be successful at home and in the community.

Communication/Language
Our therapists work on encouraging verbal language as well as teaching children non-verbal ways to communicate their needs. This can include activities such as teaching a child to use eye contact or point to share experiences (joint attention). It can also include teaching a child complex skills like mastering language to express thoughts and feelings.

Imaginative Play/Social Interaction
Play skills create a natural bridge to more advanced forms of sharing and relationships. We typically teach these skills by using interactive toys, role-playing, or peer and sibling modeling. Our therapists specifically target foundational skills that lead to a child’s ability to engage interactively with others.

Reducing Problem Behaviors
Our therapists carefully assess the environmental triggers that lead to challenging behavior, including outbursts, tantrums, self-injury, or aggression. They also spend significant time learning exactly what motivates and is most rewarding for each child, whether it is a hug, verbal praise, or a favorite toy. Modifying the environment and providing positive feedback or rewards for appropriate behaviors are extremely effective strategies for reducing challenging behaviors.

Our ABA services help children improve communication, social, and behavior skills. They are individually designed for each child and family.
EARLY CHILDHOOD ABA SERVICES IN OUR CENTER TO HELP CHILDREN BUILD SKILLS AND REDUCE PROBLEM BEHAVIORS

These services target the core characteristics of ASD through interventions that focus on communication, social, play, and daily living skills.

We tailor instruction to be developmentally appropriate for early learners and use materials, toys, and activities that are preferred by the child and family.

Providing evidenced-based services

- An initial comprehensive assessment to determine the strengths and challenges of the child
- Collaboration with the family to develop an individualized treatment plan
- Development of a behavior support plan to address challenging behaviors
- Individualized instruction based on the child’s assessment and treatment objectives
- A daily schedule that includes developmental play and group activities, circle time, one-on-one instruction, and snacks and lunch
- Discrete trial instruction and focus on teaching social and adaptive behavior skills as well as toileting, eating, and dressing skills
- Real-time data collection in each session to evaluate the effectiveness of the interventions
- A learning environment to help prepare the child for the transition to a typical school day
- Oversight of all services by a Board Certified Behavior Analyst

Working together with families

Parents whose children attend the center can receive parent training and consultation at the center or in their home. Parent consultation focuses on teaching parents to work with their children to reduce problematic behavior and generalize, or transfer, skills they learn at the center to their home setting.

“Within the first year after starting ABA, we had a much happier child. My dream for Michael— independence. We’re trying to give him all the skills he’ll need to succeed and be happy.”

– Tracy, May Center parent
A UNIQUE AND COMPREHENSIVE CONTINUUM OF SERVICES TO PUBLIC AND PRIVATE SCHOOLS, AND FAMILIES

Our services are carefully matched to help address specific concerns and needs. We collaborate with school/agency staff and families to assess and enhance educational programs for children and adolescents with diverse diagnoses and special needs. These include ASD, developmental disabilities, behavior disorders, attention-deficit hyperactivity disorder (ADHD), neurological disorders, and multiple disabilities.

All services utilize the methodology of applied behavior analysis (ABA).

Providing evidenced-based services

- Functional Behavioral Assessment (FBA)
- Behavior Support Plan (BSP) development and implementation
- Collaboration with Individualized Education Program (IEP) team
- Educational and behavioral program design
- Progress monitoring, data collection, analysis, and data-based decision making
- Psycho-educational, social skills, behavioral, and developmental assessments
- Response to Intervention (RTI) consultation
- Classroom and high-risk case consultation
- Intensive home-based services, including in-home assessments, teaching/intervention, and parent training
- Collaboration between home, school, and community providers
- Program evaluations
- System-wide consultation
- Staff training and professional development

Our workshops and in-service presentations can be tailored for the specific audiences and training needs of each school or district, including special and regular education teachers, classroom aides, student support personnel, administrators, and parents.

May Institute works with more than 200 school systems each year, providing training and consultation services to administrators, teachers, and students.
May Institute is a national leader in the field of applied behavior analysis, proudly serving individuals with autism spectrum disorder and other developmental disabilities, brain injury and neurobehavioral disorders, and other special needs.

Founded 65 years ago, we are a nonprofit organization that provides educational and rehabilitative services across the lifespan. We also provide consultation services to professionals, organizations, and public school systems.

The organization is one of the largest and most well-respected providers of autism services in Massachusetts and in the U.S. With corporate headquarters in Randolph, Mass., May Institute serves thousands of individuals and their families annually through more than 140 service locations.

“Our values and vision drive us to understand each person’s unique needs and find the most effective means to help each individual reach his or her potential.”

– Lauren C. Solotar, Ph.D., ABPP, May Institute President and CEO

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