



# *In-Home Behavioral Services*

*Providing training and support to families with children who engage in challenging behaviors*

**MayInstitute**  
*Shaping Futures. Changing Lives.*

## HOME AND SCHOOL CONSULTATION SERVICES

This community-based program provides support to families with children who engage in challenging behaviors that interfere with everyday life. In order for families to qualify for services, their youth must be under the age of 21 and enrolled in MassHealth Standard and Common Health.

### *Program Overview*

Through May Institute's In-Home Behavioral Services program, families are provided with individualized interventions designed to manage their youth's behavior. They also receive coaching and support on how to implement these interventions.

In-Home Behavioral Services include:

- A Functional Behavior Assessment (FBA) for the youth
- An individualized Behavior Support Plan (BSP)
- Coaching and support for the youth's family to implement the BSP
- Monitoring of the BSP to determine its effectiveness
- Coordination with other providers

Services are based on applied behavior analysis (ABA) and provided by May Institute therapists skilled in understanding and treating challenging behaviors.

### *Program Structure*

The goal of In-Home Behavioral Services is to train parents, caregivers, and family members to implement strategies that will help them prevent and manage their youth's problem behaviors at home and in the community.

*See reverse for answers to frequently asked questions about In-Home Behavioral Services.*

## **SUPPORTING CHILDREN AND FAMILIES**

*May Institute offers a wide variety of services designed to meet the needs of children and their families with autism and other special needs. From early intervention and specialty services, to home-based programs, to support for students in the classroom, our services and programs can make a profound difference in your child's life.*

# frequently asked questions

## What is Applied Behavior Analysis?

Applied behavior analysis (ABA) is a methodology that involves the application of basic behavioral practices (positive reinforcement, repetition, and prompting) to facilitate the development of adaptive skills and pro-social behavior. ABA also helps reduce everyday social problems and serious problem behaviors. A key component of ABA is the collection and analysis of data to inform treatment decisions.

## How are In-Home Behavioral Services different from Discrete Trial Training?

Both In-Home Behavioral Services (IHBS) and Discrete Trial Training (DTT) involve the use of ABA principles. DTT is an application of ABA used to teach young people with developmental disabilities basic skills, including communication and academic skills. In a DTT program, a therapist works directly, 1:1, with the youth to teach skills. With IHBS, a behavioral therapist works with a youth's parents or caregivers to develop strategies to decrease problem behaviors in the home. The therapist will then teach the child's parent or caregiver how to use these strategies, through modeling and coaching. With IHBS, the focus is on training parents to use effective behavior support strategies.

## What can a family expect from these services?

During the assessment period, clinicians will spend time talking with family members and other people who know the youth well. During these interviews, the clinician will ask questions about the youth's strengths, family history, behaviors, and interventions that have been tried in the past. Clinicians will also spend some time observing the youth and collecting data about behaviors. The clinician will develop a written report and a behavior plan within 28 days. The clinician works with each individual family to develop strategies that will be effective at reducing challenging behavior and be a good fit for that family.

## How can a family prepare for services?

Families should consider the intensity of In-Home Behavioral Services and prepare to have individuals in their home frequently during the initial assessment and implementation of the plan. Families are expected to be active participants and implement the plan with support from the behavioral therapist. Families will be asked to collect data so the success of the plan can be monitored and evaluated.



*Serving Boston Metro, North Shore, South Shore, and Fall River communities*

### **FOR MORE INFORMATION OR TO MAKE A REFERRAL:**

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