



mountetnachildservices.com
[@mountetnachildfamservices](https://www.instagram.com/mountetnachildfamservices)

WELCOME TO OUR CAREGIVER COMPASS

Supporting Your Neurodiverse Family

BEHAVIOUR 101

APPLYING LEARNING THEORY
AT HOME AND IN LIFE



 Mount Etna
child & family services inc.

Why we do what we do!

the 4ish functions of behaviour



- 01 ESCAPE/AVOID SOMETHING OR FEELING
- 02 SEEK ATTENTION
- 03 GAIN ACCESS TO SOMETHING
- 04 SENSORY/FEELINGS

Behaviour is...

An observable and measurable action or response emitted by an individual, which can include both verbal and non-verbal actions, **thoughts, and emotions.**

Basically everything we do (that is not a reflex) can be seen through the lens of ABA!



The ABC's of Bx

Why we do the things we do!
Behaviour 101

Applied Behavior Analysis (ABA) is a scientific approach to **understanding behaviour and how it is affected by the environment**. It involves systematically applying interventions based on learning principles to improve **socially significant behaviors**.

*the internet "rabbit hole" uses an early forms of DTT (discrete trial training a form of teaching method), restitution overcorrection and punishment procedures etc., with ABA synonymously.

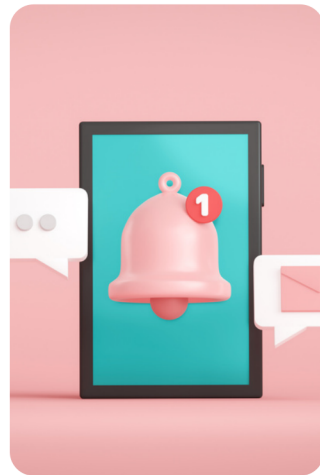
This is incorrect!!!

The field, as with each generation has evolved not all ABA professionals are stuck in using instructor lead DTT with tangible reinforcers as a teaching method (positive reinforcement).



The ABC's of Bx

Why we do the things we do!
Behaviour 101



Antecedent

Events that trigger or proceed a behaviour/reaction.

(*Body) + Behaviour

The action that is exhibited.



Consequence

The outcome or reaction that follow the behaviour.

The ABC's of Bx

Consequences:

What's in it for me to do it?

The ABC's of Bx

Consequences:

What's in it for me to do it?



Positive Reinforcement ADD SOMETHING BX CONTINUES

The parent praises the child for cleaning up their toys promptly and gives them a high-five. The child feels encouraged and satisfied with the positive feedback, making them more likely to tidy up their toys willingly in the future.



NEGATIVE PUNISHMENT TAKE SOMETHING AWAY, BEHAVIOUR STOPS

The parent informs the child does not listen, and that if they don't tidy up their toys, they won't be allowed to play with their favorite toy for the rest of the day. The child feels disappointed about losing the privilege to play with their favorite toy, which serves as a deterrent. *think about emotional safety

Negative Reinforcement REMOVE SOMETHING BX CONTINUES

While the child is tidying up, the parent turns off the loud TV in the living room, which the child finds distracting. With the removal of the aversive stimulus (the noise from the TV), the child feels relieved and continues to tidy up their toys to maintain the quiet environment.



Positive Punishment ADD SOMETHING BX STOPS

The parent brings siblings into the room to play and watch TV. The siblings are added stimulus to the environment, and the behaviour of tidying stops as they, the siblings have become a distraction.

EXTINCTION

If the parent consistently ignores or does not acknowledge the child's efforts to tidy up their toys, the behaviour of cleaning up may decrease over time because there is no reinforcement or consequence provided for doing so. "No follow-through"



CONTINGENCIES NOT BRIBES

Contingencies and bribes involve providing consequences in response to behaviour, contingencies are based on consistent reinforcement or punishment aligned with predetermined criteria, whereas bribes involve offering rewards or incentives outside of established behavioural expectations to achieve short-term compliance.



How to Support at Home

Identifying patterns in behaviour helps caregivers understand triggers and implement effective consequences to teach skills or support behaviour and learning new things.

CONSIDER THE PATTERN TO BE CYCLICAL



Supporting You At Home

Establish Predictable **Patterns**
Provide Sensory Friendly Spaces & Tools
Use positive reinforcement

See behaviour as a form of **communication**
Consider sensitivities and preferences
Focus on strengths and abilities
Reframe and take the diagnosis "out"

Don't Forget Co-Regulation and Self-Care for Everyone!

A hand holding a vintage-style compass is the central focus of the image. The compass face is visible, showing cardinal and intercardinal directions like "ESE", "SE", and "SSE". The background is a warm, golden sunset with soft, out-of-focus light spots (bokeh). A semi-transparent dark green rectangular box is overlaid on the image, containing the text.

INTERVENTION SPECIALISTS

THE (EARLY) INTERVENTION TRIFECTA



Behaviour Analysts (BCBAs)

ABA emphasizes behaviour support and skill acquisition through structured interventions across all learning and developmental domains.



Speech Language Pathologists

Can diagnose and treat speech, language, voice, swallowing disorders, literacy and social communication impairments, promoting effective communication.



Occupational Therapists

Occupational therapists help individuals improve daily living skills, motor functions, and sensory processing abilities to enhance independence and participation in meaningful activities.

A BCBA (Board Certified Behavior Analyst) is a specialized professional who holds masters level certification in behavior analysis, education, psychology or disability studies. They assess, design, and implement behavioural interventions to address a wide range of issues, including developmental disabilities, mental health disorders, and behavioural challenges.

Paraprofessionals/Supervisees:

BTs, ITs, RBTs

Should be supervised for at least 10% of total session/clinical hours.

As of July 1st 2024, will be adopted into the College of Psychologists and Behaviour Analysts of Ontario as regulated health professionals.

***Start now to advocate for Benefits Coverage!!!**



Board Certified Behaviour Analysts

Behaviour Analysts will be a protected title as of July 1st 2024

Speech Language Pathologist S-LP

Speech-Language Pathologists (SLPs) in Ontario play a crucial role in assessing, diagnosing, and treating communication and swallowing disorders across the lifespan. They work in various settings, including hospitals, schools, private clinics, and community health centers. SLPs are governed by the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO), which regulates the profession to ensure ethical practice and high standards of care. They collaborate with clients, families, educators, and other healthcare professionals.

Paraprofessionals/Supervisees:

**Communication Disorders
Assistants (CDA)**

**Speech Language Pathologist
Assistant (SLPA)**



Occupational Therapists

Occupational therapists (OTs) working with children and youth in Ontario focus on enhancing their ability to participate in everyday activities, such as self-care, play, school, and social interactions. They assess and address factors affecting a child's occupational performance, including sensory processing, motor skills, cognitive abilities, and social-emotional development.

In Ontario, occupational therapists are regulated by the College of Occupational Therapists of Ontario (COTO), which sets standards for education, ethics, and practice to ensure quality care and safety for clients.

Paraprofessionals/Supervisees:

Occupational Therapist Assistants



A hand holding a wooden compass against a bokeh background. The compass face is visible, showing cardinal and intercardinal directions. The background is a warm, golden bokeh light.

FUNDING & ACCESSING CARE (PUBLIC & PRIVATE MODELS)

VARIOUS MODELS OF CARE



Public Model

publicly funded
(typically) long waitlists
therapy occurs in cycles or blocks
streamlines into other funded sectors
and services
often in one "hub" with a shared team



Private Model

privately funded (can be costly)
shorter waitlists
therapy is often ongoing
tailored for needs
may have many "cooks" in the
kitchen (not a cohesive team)



School Supports

publicly funded
waitlists
support happens in school
teacher training and overlap
can streamline in to various
assessments and supports

CAREGIVER MEDIATED SUPPORTS



Ontario Autism Program

Caregiver Mediated Intervention through the Ontario Autism Program empowers caregivers with skills to support their child's development and reduce challenging behaviors.



Help Is In Your Hands P-ESDM

"Help Is in Your Hands" P-ESDM coaching modules offer caregivers training in evidence-based strategies to support their child's social communication and development.

www.helpisinyourhands.org



Triple P (Positive Parenting Program)

Triple P (Positive Parenting Program) offers evidence-based strategies to parents for managing child behavior, promoting positive relationships, and fostering healthy development.

www.mountetnachildservices.com

QUESTIONS TO ASK...

Current, or future members in your circle of care.



01

What approach do you use in intervention?
(child vs. instructor lead)

02

How do you involve parents/caregivers/**other service providers** in the intervention process?

03

How do you track progress and adjust interventions accordingly? Is there a time limit on this?

04

What are options for paying for the programming?
(Sliding scale, benefits etc.)

FIND WHAT ALIGNS WITH YOU.

SPOT THE RED FLAGS.



1. Lack of qualifications or credentials.
2. Limited experience or expertise.
3. Poor communication skills.
4. Lack of individualized approach.
5. Resistance to collaboration.
6. Overemphasis on quick fixes.
7. Inadequate progress monitoring.
8. Disregard for family's/child's preferences and comfort.
9. Lack of parent involvement.
10. Unprofessional behavior or boundary violations

Ontario Ministry of Children, Community and Social Services:

- Website: ontario.ca/page/ontario-autism-program
- Information about the Ontario Autism Program and available supports.

Autism Ontario:

- Website: autismontario.com
- Offers information and resources on funding options, programs, and services for individuals with autism and their families.

Easter Seals Ontario:

- Website: easterseals.org/ontario/
- Provides financial assistance and programs for children and youth with physical disabilities, including funding for equipment, therapy, and recreational activities.

Holland Bloorview Kids Rehabilitation Hospital:

- Website: hollandbloorview.ca
- Offers various funding programs and resources for children with disabilities, including autism.

• **Special Services at Home (SSAH) Program:**

- Website: ontario.ca/page/special-services-home
- Information about the SSAH program, which provides funding to families of children with developmental or physical disabilities.

• **Assistance for Children with Severe Disabilities (ACSD) Program:**

- Website: ontario.ca/page/assistance-children-severe-disabilities
- Details about financial assistance available to families with children with severe disabilities, including autism.

• **Ontario Disability Support Program (ODSP):**

- Website: ontario.ca/page/ontario-disability-support-program
- Information about financial assistance and supports available to individuals with disabilities, including children and youth.

- **Disability Tax Credit (DTC):** This non-refundable tax credit is for individuals who have a severe and prolonged impairment in physical or mental functions, including children. To qualify, the child must meet specific criteria outlined by the Canada Revenue Agency (CRA). Eligible individuals can claim the DTC on their tax return to reduce the amount of income tax they owe.

- **Child Disability Benefit (CDB):** This is a tax-free benefit available to families who are eligible for the Canada Child Benefit (CCB) and have a child who is eligible for the DTC. The CDB provides additional financial support to help cover the costs associated with caring for a child with a disability.

- **Medical Expenses Tax Credit:** Families can claim eligible medical expenses, including costs related to caring for a child with a disability, as a tax credit. This credit allows individuals to claim a portion of their medical expenses that exceed a certain threshold.

- **Disability Supports Deduction:** This deduction allows individuals with disabilities to claim eligible disability-related expenses as a deduction on their tax return. This can include expenses related to attendant care, medical aids, therapy, and other supports necessary for the child's care and well-being.

Get Connected With Us

Contact Information



289-943-4185



mountetnachildservices.com



@mountetnachildfamservices



Durham Wide



office@mountetnachildservices.com
servicenavigator@mountetnachildservices.com

Mount Etna Child & Family Services

2024/2025 Fee Schedule

1:1 Behaviour Analyst Parent Consultation or Direct Therapy
\$145/Hour

BA Qualifying Therapist
(ABA Supervised Practice, Weekly Supervision Fee Inclusive)
\$80/Hour

Speech Language Pathologist
\$170/Hour

Communications Disorders Assistant
\$105/Hour

Speech Language Pathologist/Behaviour Analyst
Initial Assessment Fee
\$350

(Includes initial consultation & goal setting, additional hourly rate set if formal written report is requested)

(no additional travel costs in Durham Region)

+\$0.60/per km from area codes L1V (West) or L1A (East)

visit www.mountetnachildservices.com for more information and to meet the team!

VIRTUAL TRIPLE P 8 WEEK PARENT WORKSHOP

+2 BONUS 1:1 COACHING WEEKS!

**\$35
PER
SESSION**

**SSAH & OAP
ELIGIBLE**

***ENROLMENT CONFIRMED WHEN PAID
IN FULL BEFORE START OF PROGRAM**

The Triple P (Positive Parenting Program) equips parents with evidence-based strategies for fostering positive child development. Core principles include creating a safe environment, using assertive discipline, and self-care. Through seminars, workshops, and online resources, Triple P teaches effective communication and problem-solving, reducing parental stress and improving child behaviour.

Research validates its efficacy in enhancing parental confidence and child well-being. By promoting positive reinforcement and realistic expectations, Triple P empowers parents to navigate parenting challenges with competence and resilience.



WEDNESDAYS 7:00-8:30

**VIRTUALLY
MAY 8, 2024**



www.mountetnachildservices.com

Log in Virtually from Anywhere!

Sarah Unterlander, BCBA
Triple P Certified Instructor

289-943-4185