

## Behavioral Assessments

The Arc's masters level clinicians utilize a systematic approach to identify problem behaviors as well as what is driving and maintaining them. The input of family members and/or others who live with the individual is important to this process. Strategies are formulated based on the findings, which may include the following:

- teaching appropriate replacement behaviors
- addressing the problem behaviors in a consistent, non-reactive manner
- making environmental changes to reduce the potential of the behaviors occurring
- setting up motivational/reward systems to encourage appropriate behaviors



## Community Involvement

Are you having a difficult time with your family member or child when out in the community? Or, are you a caregiver who needs help supporting someone who is having difficulty in the community? Are trips to the store, the park or a doctor's office dreaded events?

We can help.



Through the methods of shaping and desensitization training, our specialists can assist with the following: safety, making transitions, modeling and rewarding acceptable behaviors, etc.

Let us help you enhance the experiences of the ones you care for, and provide everyone involved with a higher quality of life.

## Therapy using Applied Behavioral Analysis (ABA)

The ability to innately learn new, developmentally appropriate skills can be difficult for many people with the diagnosis of Autism. By utilizing the systematic instructional procedures of ABA including discrete trial teaching and verbal behavior training, our therapists work on increasing skills in the following areas:

- communication
- self-care
- social skills
- play/leisure skills

These effective teaching methods paired with reinforcement practices have been shown to be greatly effective in safe, rapid and maintainable skill acquisition.



## Family/Staff Training on:

### Principles of Positive Behavior Support

and

### Applied Behavior Analysis (ABA)

Having professional guidance and input is important for setting up an effective treatment plan. We include in the plan strategies to help assure that progress is maintained beyond the time of our involvement. For this reason, we share our knowledge and experience with your family and/or staff members by offering a variety of on-site or in-home trainings, such as:

- principles of ABA
- positive behavioral strategies
- social scripts and stories

These trainings provide the caregivers with knowledge and useful tools for everyday life.

## Who does The Arc of Monmouth serve?

The Arc serves over 1,400 individuals with Autism, Down syndrome and other intellectual and developmental disabilities and their families.

The Arc provides comprehensive healthcare, residential services, employment and vocational services, self-directed options, recreation, adult services, individual and family supports and advocacy.

## Contact Us

If you have any questions or are interested in any of the Positive Behavior Support Services provided by The Arc of Monmouth, please contact the Director of Health Services:

Kristen Creed, LPC  
(732) 493-1919 ext. 800  
kcreed@arcofmonmouth.org  
www.arcofmonmouth.org/health

## Learn More

If you would like to learn more about The Arc of Monmouth please visit our website at [www.arcofmonmouth.org](http://www.arcofmonmouth.org), like us on Facebook or give us a call at (732) 493-1919.



## Positive Behavior Support Services

For individuals with a broad spectrum of intellectual and developmental disabilities



*How can we help?*