



LIFE Grows Clinical Team

We are pleased to announce an expansion in our clinical services. Under the Direction of Robert S. Smith, M.A., M.Ed., Licensed Applied Behavior Analyst, Board Certified Behavior Analyst, LIFE will now be offering a full suite of behavioral services to enhance the lives of the individuals we serve.

LIFE has expanded its clinical services as a result of feedback from the individuals we serve, their families, and our partners including the Department of Developmental Services.

At LIFE we have the unique opportunity to provide these services within the natural everyday environment where the individual lives, works and plays. This allows these services to be provided seamlessly with the other services LIFE provides and allows for better acquisition and maintenance of the learned skills. All LIFE staff that work with the individual will be utilized and leveraged as part of a natural support network to make these services even more meaningful and powerful.

These services will be delivered through and guided by research and evidence-based practices with the goal of developing specific skills that open new opportunities and increase the life satisfaction of the individual.

Clinical Services Now Available (list is not exhaustive):

Cognitive Behavioral Therapy (CBT): *a goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.*

Social Skills Group Training: *a type of group behavioral therapy used to improve social skills through direct instruction, practice and feedback. It is delivered usually once or twice a week, and is often used as one component of a combined treatment program.*

Individual Social Skills Instruction With Naturalistic Coaching: *a type of behavioral therapy used to improve social skills through one-to-one direct instruction, practice and feedback. Treatment is then delivered in the natural environment through exposure and coaching.*

Behavioral Coaching: *a positive based approach that utilizes the principles of learning to help the individual identify values, goals and change behaviors to reach these goals.*



Functional Behavior Assessments (FBA): *an individualized and objective assessment procedure to identify the casual variables for an individual's specific behavior.*

Individualized Behavior Support Plans: *a plan that is based on the results of a functional behavioral assessment (FBA) and, at a minimum, includes a description of the problem behavior, hypotheses as to why the problem behavior occurs and intervention strategies that include positive behavioral supports and services to teach new behaviors.*

Family/Support Staff Training: *individuals that play a significant role in the life of the resident are trained to be part of the treatment team. This includes direct instruction, rehearsal and feedback with the goal of helping to teach and generalize the resident's skills across environments.*

All clinical services will utilize written plans with goals, procedures and data methodologies. All treatments will include the training, support and active involvement of support staff and families.

ALL SERVICES WILL BE TAILORED TO THE SPECIFIC NEEDS AND GOALS OF EACH INDIVIDUAL

Levels of Clinical Services

Tier 1 Clinical Services (included in most current services)

- LIFE Staff Team and the family complete a written summary of the areas of concern and complete a questionnaire to provide to the Board-Certified Behavior Analyst (BCBA).
- LIFE Staff Team receives a consult from BCBA including but not limited to an interview and an observation.
- LIFE Staff Team and family receive a follow up consult from BCBA with written recommendations for basic interventions.
- If BCBA recommends Functional Behavior Assessment, other assessment (ex. functional/adaptive skills assessment), further evaluative measures, development of a behavior support plan, development of skill acquisition plan and/or other clinical services then these could be accessed through Tier 2 services.
- Tier 1 services will be provided up to 5 hours.



Tier 2 Clinical Services (fees apply)

These services can be initiated directly by the parent/guardian or as a result of recommendations made through Tier 1 Clinical Services.

Parent/Guardian Initiated

To initiate services, contact Cheryl Evans at 508-418-5666.

- LIFE will review the specific concerns of/with the parent/guardian and discuss the clinical service provision process.
- Parent/guardian will provide consent for individualized comprehensive assessment.
- Based on the individualized assessment, a written service plan overview and funding plan will be provided to and reviewed with the parent/guardian.
- Parent/guardian consent for specific clinical services.
- Implementation of individualized treatment plan.
- Regular review of plan and progress with parent/guardian.

Assessment

An individualized comprehensive assessment is initially completed for all individuals receiving Tier 2 Clinical Services. The BCBA will recommend to the family and staff which assessments will be the most appropriate to the specific needs of the individual. A combination of 1:1 direct assessment, direct observations, data collection, and interview-based assessments will be administered. As part of this process, the individuals short- and long-term goals and values are identified and used to guide treatment targets and treatment procedures. Assessments will be reviewed with the families and as part of this review family values, goals and intervention ideas will be discussed to aid in the individualization of the treatment plan.

Treatment Plans

Based on the assessment and family input, an individualized treatment plan is developed that can take many forms. Examples include Behavior Support Plan, Skill Acquisition Plan or Social Skill Development Plan. Treatment plans will include assessment results, treatment goals, treatment/teaching procedures and a recommended schedule for therapy including BCBA and ABA therapist hours. Following the creation of the treatment plan a meeting with the BCBA, LIFE staff and the family/guardian(s) will be set up to review the treatment plan.

All services provided utilize research and evidenced based practices that are individually guided by data from the natural environment of the individual. This allows for more expedient learning of skills and better skill retention. For treatment plans/procedures that utilize direct



support staff (ABA therapists/Registered Behavior Technicians) weekly supervision and consultation will be provided by the BCBA. All treatment plans will be monitored, and progress will be reviewed weekly. Treatment decisions/modifications will be made based on data and input from the individual. All treatment plans will be reviewed with the individual, families/guardians, wraparound service providers, and LIFE stakeholders at least every 3 months.

Treatment plans will be developed by the BCBA and supervised by the BCBA. ABA therapists/RBTs will implement the treatment within the natural environment under the supervision of the BCBA.

Team Coordination/Training

The goal of therapy is to generalize skills across all settings and people. To this end, the BCBA will set up meetings to implement training with LIFE staff. This may include team meetings with family, direct care staff, ABA/RBT therapist and any other appropriate providers; modeling techniques; observing and providing in the moment feedback to the other therapists/caregivers; training on new strategies or reviewing previously taught strategies; and/or conducting an overall check-in to review progress and discuss upcoming goals.

Funding Options for Clinical Services

Insurance Services

Individuals with a diagnosis on the autism spectrum may be eligible to use health insurance toward payment of some of the services. Coverage varies by insurance. Mass Health does not cover ABA therapy for adults. For a full list of insurances LIFE is currently accepting, contact Cheryl Evans at 508-418-5666.

Private Pay Services

Fees will vary based on individual needs and service plans. Fees will be reviewed during initial Tier2 parent/guardian conversation.

Service providers include:

BCBA, LMHC, ABA Therapist/RBT

Fees vary per service, ranging from approximately \$55 - \$145 / hr.

Charges apply and will be reviewed before any Tier 2 services are initiated.



More Information

For more information on the Clinical Services now available at LIFE please contact Cheryl Evans at 508-418-5666.

Meet the Clinical Team:



Robert S. Smith, M.A., M.Ed., LABA, BCBA

Robert S. Smith is a licensed applied behavior analyst, a board-certified behavior analyst, a licensed special educator, and consultant to organizations serving individuals with disabilities and mental health conditions across the lifespan. He has over 15 years of experience implementing positive behavior supports within organizations and providing educational and clinical support to individuals with developmental disabilities and mental health diagnoses. Robert serves as a senior level therapist for the Massachusetts' Department of Developmental Services' Autism Waiver Program and has served as a certified trainer for Non-Violent Crisis Intervention. He also provides post graduate practicum supervision to those seeking board certification as a behavior analyst throughout the United States. Robert is a contributing writer and subject matter expert for the Council on Autism Service Providers (CASP) "Organizational Guidelines and Standards," a set of standards, guidelines, and resources designed specifically to address autism services at the organizational level. Robert specializes in assessing and treating individuals with explosive and unsafe behavior, conducting functional analyses, teaching social skills, designing individualized skill acquisition plans, developing coping skills, training staff and providing programmatic development consultation to organizations.

Christine O'Gara, M.A., LMHC

Christine O'Gara has over 20 years of experience in the field of Human Services. She is a Licensed Mental Health Clinician who specializes in providing Cognitive Behavioral Therapy (CBT) to individuals and families in the home and clinic setting. Christine has extensive experience facilitating social skills groups in educational settings, group homes and for young adults. Her professional employment has included managing a high intensity residential program for adults with chronic mental illness. During her role as Program Director, Christine was responsible for all aspects of program development, staff supervision and collaboration with regulatory contract agencies (DDS and DMH). Special interests and strengths include the teaching of individual/group social skills, the development of coping strategies and a focus on extending therapeutic targets and procedures into the client's natural environment.

ABA/RBT Therapists

Applied Behavior Analysis (ABA) Therapists or Registered Behavior Therapists (RBT) on the LIFE staff who have trained under the BCBA will support the clinical plan and assist in the implementation of the plan.



In addition to training and supervision from the BCBA, the ABA/RBT will have specific training regarding each individual being supported and will implement the plan in the consumer's natural setting.

Glossary of Terms

Anacronym	Term	Definition
ABA	<i>Applied Behavior Analysis</i>	Applied Behavior Analysis is a science and therapy in which the principles and procedures of learning and behavior are applied systematically to improve socially significant behavior and increase the individual's life satisfaction.
BCBA	<i>Board Certified Behavior Analyst</i>	A Board-Certified Behavior Analyst® (BCBA®) is a graduate-level international certification from the Behavior Analyst Certification Board in behavior analysis. Professionals certified at the BCBA level are independent practitioners who provide behavior analytic services and provide supervision to lower credentialed professionals carrying out ABA therapy.
LABA	<i>Licensed Applied Behavior Analyst</i>	A Licensed Applied Behavior Analyst is a Master's or Doctoral level state licensed independent behavioral health clinician who provides behavior analytic supervision, assessment and treatment services.
LMHC	<i>Licensed Mental Health Counselor</i>	A Licensed Mental Health Counselor is a Master's level state licensed independent behavioral health clinician who evaluates and treats mental and behavioral disorders utilizing a variety of <u>psychotherapy</u> methods.
RBT	<i>Registered Behavior Therapist</i>	A Registered Behavior Technician™ (RBT®) is an international certification from the Behavior Analyst Certification Board. It denotes a specific level of training in applied behavior analysis.



		The RBT is a paraprofessional who practices under the close, <u>ongoing supervision</u> of a BCBA.
ABA Therapist	<i>Applied Behavior Analysis Therapist</i>	An Applied Behavior Analysis Therapist is a paraprofessional that has training in applied behavior analysis and practices under the close, <u>ongoing supervision</u> of a BCBA.