



# Behavior Counts!

Erin Ganier, M.Ed., BCBA

HOPE Group, LLC

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# Objectives

- Understand the basic principles of Applied Behavior Analysis
- Have tools for increasing desired behaviors, decreasing undesired behaviors, or maintaining current skills
- Understand the basic facts of Steven's Law



# Applied Behavior Analysis

- Science of Behavior
- Helps to explain why we do some of our own behaviors
- Use principles to either increase, decrease, or maintain behavior



# Decrease Behavior

- Extinction
  - Stop reinforcing the behavior
- Differential Reinforcement
  - Reinforce the other behaviors!



# Increase Behavior (teaching new skills)

- Chaining
  - Used when multiple steps are involved
  - Example: Washing hands, learning a phone number, tying shoes, brushing teeth
- Shaping
  - Used when the ultimate desired behavior is too difficult
  - Example: Full sentences, Writing name



# Increasing Behavior

- Prompting
  - Prompt, Prompt, Prompt!!!!
  - Don't be afraid to give a little help
  - Use it when a child does not know what to do and when he knows the answer!
    - Why? Prompting teaches the child the correct response AND that you expect him to respond to EVERY instruction



# Increase Behavior

- Reinforcement
  - Most non-compliance is a reinforcer issue!!!
  - Reinforcement is what the child likes, NOT what you think he would like
    - Pay attention to what your child is interested in and use it to work on communication, social skills, self-help, etc...



# Maintain Behavior

- Reinforcement
  - Example: Gambling and slot machines
  - Do not reinforce every time, but provide lots of mini reinforcement and occasionally big reinforcement



# Steven's Law

- **Purpose:** Requires certain health insurers/carriers to provide coverage for the diagnosis and treatment of behavioral therapy services for Autism Spectrum Disorder –also know as ASD, including the diagnosis of: Autism, Asperger's Syndrome and Pervasive Developmental Disorder not otherwise specified - also know as PDD-NOS.
- **Effective Date of the law:** July 1, 2009.
  - **\*\*However,** each insurance plan's coverage of Steven's Law will typically start on the specific date of your insurance enrollment or plan renewal date **after** the July 1, 2009 Steven's Law implementation date. So if your plan's renewal date is September 1, 2009, your benefits would typically not be effective until that renewal date regardless of the July 1, 2009 effective date of Steven's Law.
- **Eligibility Information:** Children ages 0-9 can receive up to a maximum of \$50,000.00 per year of insurance benefits, children 10-16 can receive up to a maximum of \$25,000.00 per year of insurance benefits. Services are not subject to any limits on the number of visits per year.



# Steven's Law

- **Coverage:** The covered benefits are behavioral therapy, psychiatric care and psychological care. For purposes of this law – “Behavioral Therapy” includes interactive therapies derived from evidence based research including Applied Behavior Analysis (ABA) also known as Lovaas, discrete trial, pivotal response trainings, intensive intervention and early intensive behavioral intervention.
- **Exemptions:** Small businesses-employers with 50 or less employees. Limited Benefit coverage (policies designed to supplement major medical policies). Self Insured plans (typically larger companies who pay for their own claims). Plans underwritten in states other than Arizona are also exempt.
- **You can find out if your insurance company offers this coverage and if you are eligible for this coverage by calling your insurance company and asking about the benefits for autism coverage and those benefits effective date.**



Questions?





# Contact Information

- HOPE Group, LLC  
4530 E Muirwood Ste 103  
Phoenix, AZ 85048
- 480-610-6981
- [eganiemier@hopegroupaz.com](mailto:eganiemier@hopegroupaz.com)