

# Autism Services



Your Guide to Autism  
Services at ROCK  
SUMMER 2019



# TABLE OF CONTENTS

<b>WELCOME TO AUTISM SERVICES AT ROCK!</b>	1
<b>WHAT IS ABA?</b>	3
<b>WHAT DO WE OFFER?</b>	4
Service Planning	4
Assessment	4
Parent Workshops	4
Direct Consultation and Treatment	5
Skill Development Groups	5
Social Drop-Ins (Respite)	6
"Job Ready" e-Modules	7
<b>CONTACT US</b>	8
<b>PAYMENT DETAILS</b>	9
<b>QUESTIONS ABOUT THE NEW CHILDHOOD BUDGET?</b>	9
<b>LINKS/RESOURCES</b>	9



# WELCOME TO AUTISM SERVICES AT ROCK!

**ABA AT ROCK** is committed to offering a flexible, family-centred, and evidence-based service that the community has come to expect from us. We believe in building the capacity of both our clients and their families by teaching the skills needed to live productive, independent lives.



**WE UNDERSTAND** that the recent changes to the Ontario Autism Program have been confusing... but we are here to help! Our service planning process is designed to help you navigate the system and feel confident in your choices. We provide support with:

- Understanding funding
- Choosing the best service for your child
- Answering any questions you may have

**On February 6, 2019**, the Ministry of Children, Community and Social Services announced changes to the Ontario Autism Program.

Up to date information can be found on the Ministry website:  
**[www.ontario.ca/autism](http://www.ontario.ca/autism)**.

**OUR CLINICAL TEAM** will help you with the decision-making process, every step of the way. We begin by completing a thorough assessment of your child's current strengths and needs, after which we will assist you with selecting goals and services most beneficial for your child.

**ASSESSMENT**



Our staff will support you in selecting the goals and service model



**INTERVENTION**

**ROCK** is the Ministry's appointed Lead Agency for children's mental health in Halton and has been providing high quality service in our community for 40 years. As a part of ROCK, our Autism team collaborates with our mental health staff at ROCK to provide a holistic approach for clients that wraps around their needs.

**WE HAVE** locations in **Oakville, Burlington, Milton and Halton Hills**. Depending on the focus of programming, we are able to run sessions in one of **our offices, at home or in the community** and are willing to provide consultation in school, on a case by case basis. All services are available for clients between the ages of 9-21 with a diagnosis of autism.

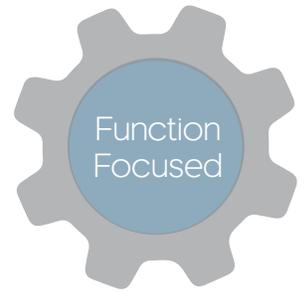
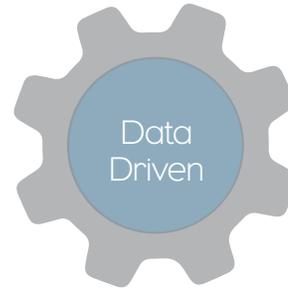
**OUR PROGRAMS** are clinically supervised by a Board Certified Behaviour Analyst (BCBA), and are eligible for purchase with the Provincial Childhood Budget or privately.

**OUR PROGRAMMING** is based on the principles of Applied Behaviour Analysis (ABA) and focuses on increasing the functional skills of our clients, including:



# WHAT IS ABA?

Applied Behaviour Analysis



**ABA** is considered the **"gold standard"** of treatments for **individuals with autism**

**ABA** can produce **meaningful & socially significant**

changes in behaviour



**ABA** can be used to...



**Increase**

functional behaviours through skill building



**Decrease**

problem behaviour

**ABA** interventions are **individualized** and cover a wide variety of



Diagnoses



Behaviours



Needs

# WHAT DO WE OFFER?

With ABA at ROCK, each child's treatment pathway is unique.

Depending on your child's strengths and the identified areas of need, goals may be targeted in a group, individually, or both.

## SERVICE PLANNING - FREE!



We understand that service decisions can be overwhelming. ABA can be used to teach so many different skills. What should be focused on first? What skill is most important? What type of service is most beneficial?

Our service strives to eliminate the guesswork for families.

Our knowledgeable clinicians can assist you with these decisions.

**Call today to schedule your free initial service planning consultation and find out more about our service.**

**Cost: FREE!**

## ASSESSMENT



A strong assessment provides confidence that the right goals are selected at the right time for your child.

All of our services begin with an assessment of your child or youth's individual needs and strengths. The assessment phase includes:

- Interviews with parents and other supports
- Observations in the home or community
- Completion of relevant assessment tools
- An Introduction to ABA workshop for the parent or guardian, conducted one-on-one with a behaviour therapist
- Assessment Report
- 4-5 sessions

**Cost: \$898.00**

## PARENT WORKSHOPS



We believe that you are a crucial part of the treatment team.

Attending our parent training workshops is an excellent way for parents to empower themselves with the knowledge and skills to help support their child.

Topics:

- Introduction to ABA
- Emotional Regulation
- Healthy Sexuality

**Cost: \$100.00**

## DIRECT CONSULTATION AND TREATMENT

Our direct consultation and treatment service focuses on decreasing problem behaviour and/or increasing functional skills, based on the current needs and strengths of your child.



This service includes:

- An individualized behaviour plan focused on 1-2 goals
- Available in your home, our office, or community
- Travel within the Halton region
- Progress Summary Report
- Weekly, two hour sessions for 12 weeks

The number of sessions per week can be customized to fit the needs of your child.

**Cost: \$2590.00**

## NEED A LITTLE EXTRA?

Additional sessions can be purchased and added on to any of our direct service or group options as needed. Includes:

- Five, two hour sessions
- Available in your home, our office, or community
- Travel within the Halton region

**COST: \$879.00**

## SKILL DEVELOPMENT GROUPS - SUMMER SESSIONS

Skill development groups are an important part of your child's treatment pathway. Groups provide the opportunity to learn and practice social, life and communication skills with peers in a group setting.

Our skill development groups include:

- Evidence-based content
- Instruction from skilled and experienced behaviour therapists
- A Progress Summary Report



We believe that creating a well-matched group of participants is essential for a successful group. The age of participants and the level of support they require are taken into account during the group planning process. Please note that our groups are capped at a 1:4 ratio.

**Call us today** to discuss enrolling in one of the following skill development groups:

### Communication Camp

Participants will learn the necessary communication skills needed to navigate their social world. Goals are individualized for each participant, but may include maintaining conversations, turn taking, and problem solving.

**Date:** August 6-9, 2019

**Time:** 9:30-12:30

**Location:** Burlington

**Participants:** 9-13 years old, Intermediate learners

**Cost: \$400**

## SKILL DEVELOPMENT GROUPS - SUMMER SESSIONS

### Healthy Relationships and Dating Camp

Understanding new and potential relationships can be confusing for everyone! Learning about this will increase your adolescents ability to navigate this milestone successfully. Topics will include understanding different types of relationships, boundaries, consent, internet safety and more.

**Date:** July 15-19, 2019

**Time:** 9:30-12:30

**Location:** Oakville

**Participants:** 14-17 years old, Advanced learners

**Cost: \$500**

### Working Towards Independence Camp

Building independence both at home and in the community will increase your child's confidence as well as your own. Leisure and daily living activities will be taught and practiced in the centre or community. Goals are individualized for each participant but may include budgeting, transit, meal planning and preparation.

**Date:** August 19-23, 2019

**Time:** 9:30-12:30

**Location:** Burlington

**Participants:** 14-17 years old, Advanced learners

**Cost: \$500**

**Registration for summer skill development groups is now open!**

**Please register by July 5, 2019!**

## SOCIAL DROP-INS (RESPITE)

Our two-hour social drop ins are an opportunity for graduates of our direct treatment and/or skill development groups to practice their social skills in a relaxed setting. Activities, snacks and fun included.

**Cost: \$58**



## "JOB READY" E-MODULE - COMING SOON! FOR AGES 16 AND UP



Our innovative Job Ready program is a unique combination of four online, e-learning modules and in-classroom sessions.



Your child will complete each module at their own pace at home prior to attending the corresponding group session. In person sessions will include the opportunity to practice and apply key concepts with peers and experienced behaviour therapists.



The Job Ready modules are available for participants to access as many times as they wish for the duration of the 8-session program, to allow you or your child the time and flexibility to review key concepts as needed.



Topics include how to conduct a job search, how to create a resume and cover letter, how to conduct an effective interview and general workplace skills.



# CONTACT US

Call us today to speak to one of our knowledgeable and friendly staff about how **ABA at ROCK** can help you and your child get started!

We serve Oakville, Burlington, Milton and Halton Hills.

## AUTISM SERVICES INTAKE



905-339-3525 ext. 3402



autism@rockonline.ca



Monday to Friday 8:30-4:30



**BURLINGTON**  
**Main Office**  
471 Pearl Street



**OAKVILLE**  
504 Iroquois Shore Rd  
Unit 12A



**MILTON**  
400 Bronte Street S.  
Suite 101



## PAYMENT DETAILS

All services and supports offered are eligible for purchase with the Provincial Childhood Budget or privately. Payment can be made at the time of booking. We accept VISA/MC/Cheque.

## QUESTIONS ABOUT THE NEW CHILDHOOD BUDGET?

If you are not currently registered for the Ontario Autism Program, or are already registered and have questions about the Childhood Budget, please call or email at:

**Toll free number: 1-888-444-4530**

**Email: [oap@ontario.ca](mailto:oap@ontario.ca)**

For additional information regarding the new OAP, please visit the Ministry of Children, Community and Social Services website:

**Government of Ontario - Ontario Autism Program (OAP)**

[www.ontario.ca/autism](http://www.ontario.ca/autism)

## LINKS/RESOURCES

**Autism Ontario - Service Navigation Program and OAP Provider List**

[www.autismontario.com](http://www.autismontario.com)

[www.oaproviderlist.ca](http://www.oaproviderlist.ca)

