

# Strategies ABA Program

Intensive Outpatient Treatment for Severe Behavior



**ALL AGES**  
6+

**GOAL**  
Expanding access to the community



## ASSESSMENT

### Understanding the Problem

- › Learn about strengths and preferences
- › Hear about past and present concerns
- › Identify the triggers for problem behavior

### Planning the Approach

- › Identify specific behavior change goals
- › Plan specific caregiver role and training
- › Decide on staffing and specific plan



## CLINICAL BASED TREATMENT (3-6 MONTHS)

### Teaching consistent communication

- › Better ways to show wants and needs
- › Strengthening communication with caregivers and others

### Learning new skills

- › Replacing problem behavior
- › Developing listening skills
- › Completing hard tasks
- › Finding new interests

### Teaching patience and tolerance

- › Learning to wait
- › Responding when told “no”

### Preparing for Next Phase

- › Performing well with fewer supports
- › Coaching caregivers



## TRANSITION TO HOME AND COMMUNITY (1-2 MONTHS)

### Growing Independence

- › New settings
- › Less intensive services



## STEP DOWN IN SERVICE (1-2 MONTHS)

### Collaboration and Transition

- › Train and transition to community provider
- › Consultation



## DISCHARGE

### Maintenance of Behavior Change

- › Weekly check in with caregivers
- › Caregiver and community provider maintain treatment gains independently