

**S.E.E.K Arizona's  
Behavioral Health Service Guide**

For additional information or to submit a referral, visit [www.seekarizona.org](http://www.seekarizona.org) or call 480.902.0771

Service	Functional Behavior Assessment	Behavior Coaching	Counseling	B.R.I.E.F. Early Intervention Program	Life Skills Academies
<p><b>What is it?</b></p>	<p>A Functional Behavior Assessment (FBA) is a tool used by Behavior Analysts to identify why problem behavior is occurring and how to address these problems.</p>	<p>Behavior coaching is an intensive service designed to train parents or caregivers how to modify their environment to reduce problem behavior and increase appropriate behavior. An informal assessment is used to identify why problem behavior is occurring and how to address it.</p> <p><b>Note: the minimum requirement for service is 10 hours per week.</b></p>	<p>Counseling is designed to assist individuals with expressing their thoughts and feelings, address self-control, learn different coping skills, increase communication skills, and/or building self-confidence. Family counseling assists with finding solutions and new and/or different ways of interacting with the individual receiving counseling. Counseling can be provided to the member and/or their family, in their home, community/school, or at our outpatient therapy clinic.</p>	<p>The B.R.I.E.F. Early Intervention Program is a clinic-based program aimed to increase verbal behavior and reduce the undesirable behavior of participants in preparation for a traditional learning setting. Assessment is conducted throughout the academic year to measure progress and individualize instruction and goals for all participants. A combination of interventions based in Applied Behavior Analysis are implemented to remove barriers to instruction, increase socialization and group participation, and maximize learning.</p>	<p>The Life Skills Learning Academy promotes acquisition of skills that learners need for success at home, in school, and in their community in a peer based, classroom setting. Junior Life Skills participants engage in activities that promote basic acquisition of living skills, including individual independence, as well as interpersonal skills. The Senior Life Skills Academy encourages participants to refine and maintain their skill set that will empower and enable them to earn more trust and independence at home, in school, and in their community.</p>

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<b>Matching the service to the family</b>	<p>An FBA is a good fit for members who meet most of the following criteria:</p> <ol style="list-style-type: none"> <li>1. The problem behavior is dangerous and can harm the member or their families.</li> <li>2. The problem behavior is intense or happens really often (multiple times daily).</li> <li>3. The problem behavior is complicated and many other services have been ineffective.</li> </ol>	<p>Behavior coaching is a good fit for members who meet only one of the FBA criteria or whose problem behavior doesn't fit easily into any of these criteria.</p> <p><b>Note: Behavior coaching is not designed to address deficits in social skills or activities of daily living.</b></p>	<p>Counseling is a good fit for members who meet the following criteria:</p> <ol style="list-style-type: none"> <li>1. His/her issues are not solely behaviorally-based.</li> <li>2. S/he show some insight into their thoughts and feeling and how they affect his/her behavior.</li> <li>3. The member has a primary and/or secondary mental health diagnosis (e.g. ASD or mood disorder) and a cognitive, learning, or behavioral disorder.</li> </ol>	<p>The B.R.I.E.F. Early Intervention Program is a good fit for members 3-5 years of age whom are not able to learn effectively in a typical pre-school or early learning center. These individuals are likely diagnosed with Autism Spectrum Disorders or a similar developmental disability.</p>	<p>The Life Skills Program is a good fit for members with moderate to high functioning autism who are successful in group or classroom environments. The Jr. Life Skills Academy is for members' ages 8-12 years old. The Sr. Life Skills Academy is for members' ages 13-18 years old.</p>
<b>Timeline</b>	<p>An FBA takes up to 45 days to complete from the time the referral is accepted by S.E.E.K. Arizona. These 45 days will be spent gathering data primarily through</p>	<p>Behavior coaching is a short-term service designed to last approximately 8-12 months. The first 30-90 days will be spent gathering data primarily</p>	<p>Counseling is meant to be a short-term intervention, typically lasting 4-9 months. The focus is to empower the member and his/her family to utilize the skills learned in</p>	<p>The B.R.I.E.F. Early Intervention Program runs according to a scholastic calendar from September – June. Additionally, Summer Semester is available from June - August. Classes are</p>	<p>An assessment will be completed with the child's guardian prior to the participant beginning the program. The Junior Life Skills Academy runs on Mondays and Wednesdays from 4pm-6:30pm. The Senior Life</p>

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	observation, assessments, and interviews.	through observation and assessments.	<p>counseling on his/her own.</p> <p>For adolescents transitioning to adult services, we request referrals be made at least 6-8 months prior to the member's 18th birthday.</p>	<p>run Monday – Friday from 8:30-11:30 am.</p> <p>The classroom is located in Mesa at SEEK Arizona's Clinic (1830 S Alma School Rd. #130, Mesa, AZ 85210).</p>	<p>Skills Academy meets on Tuesdays and Thursdays from 5:45pm-8:15pm.</p> <p>Classes are held at our Therapy House location in East Mesa.</p>
<p><b>Expectations of Parents and Guardians</b></p>	<p>During the FBA process, parents are expected to:</p> <ol style="list-style-type: none"> <li>1. Be present and involved in their typical family routine at all times.</li> <li>2. Be open to having at least one observer in their home multiple days a week.</li> <li>3. Limit time spent on electronics, video games, or other preferred activities</li> <li>4. Answer questions regarding their behavior and the member's behavior.</li> </ol>	<p>During the behavior coaching process, parents are expected to meet all of the criteria of the FBA. In addition to these, parents should expect to:</p> <ol style="list-style-type: none"> <li>1. Be actively participating in programming at least 50% of the time the coach is in the home.</li> <li>2. Be actively participating in programming 100% of the time the Behavior Analyst is in the home.</li> <li>3. Make a consistent weekly schedule with the coach for sessions.</li> </ol>	<p>The member needs assistance with self-control, expressing thoughts and feelings, learn different coping skills, communication skills, and/or building self-confidence. Parents may also be requested to attend family sessions with or without the member present.</p>	<p>Parents are required to drop off and pick up the member at the specified start and end time of the class. The teacher will update the parent on the member's progress at pick up each day.</p>	<p>Parents are required to drop off and pick up the member at the specified start and end time of the class. The teacher will update the parent on the member's progress at pick up each day.</p>

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		<ol style="list-style-type: none"> <li>4. Respond promptly via email or phone to correspondence from the clinical or administrative team.</li> <li>5. Provide or identify a setting that establishes opportunities for learning appropriate behavior.</li> <li>6. Implement the strategies that are agreed upon even when coaches aren't present.</li> </ol>			
<b>What to expect in return?</b>	An in-depth analysis of problem behavior, strategies for changing that behavior, and a recommendation for service – possibly Behavior Coaching.	An intense but supportive service that can drastically improve problem behavior. The clinical team will implement strategies and teach others to do the same so we can create a functional environment for the family.	Engaging in the counseling process can result in a less anxious child/adolescent with more self-esteem and skills to manage day-to-day frustrations and emotions. It can also lead to a child/adolescent more capable of using his/her words to verbalize his/her thoughts and feelings.	Participation in the B.R.I.E.F. Early Learning Program will prepare learners for traditional educational settings. This includes increases in communication, social, and group learning skills in addition to reducing problem behavior and other barriers for learning.	Participation in the Life Skills Academies leads to healthy development and positive interactions with peers. In a safe and controlled environment, participants quickly become peers, and peers become friends.