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## S.E.E.K. Arizona

S.E.E.K. Arizona offers several evidence-based behavioral health services for clients who wish to learn appropriate, safe, and positive behavior choices to improve their quality of life and relationship with others. . S.E.E.K. Arizona specializes in working with children and young adults with autism and other intellectual disabilities but offers programming that meets the needs of individuals with varying diagnoses. Services include counseling, intensive behavior coaching, family training, social skills and social thinking programs, and intensive programming through our Life Skills Learning Academy and BRIEF program. All children and adult services are led by specialists who have extensive training or certifications in Applied Behavior Analysis and are experienced with developmental disabilities, behavioral disorders, or autism spectrum disorders. For additional information regarding criteria for our program and to ensure that we help find the right program for you, please contact [Bhservices@seekarizona.org](mailto:Bhservices@seekarizona.org).

During the pandemic S.E.E.K. Arizona is offering limited in-home services and a variety of telemedicine services, both via telecommunication or live video interaction and telehealth via phone. In many situations in-home services are being offered to enhance telemedicine sessions.

**Individual and Family Counseling:** Provides telemedicine counseling services with a focus on family therapy. Therapists target issues impacting a youth or young adult's functional success and create relational or behavioral interventions that address parenting, sibling, and other family stressors. We specialize in working with children and young adults with autism but can work with any person with a behavioral health diagnosis.

**Group Counseling:** A variety of telemedicine group offerings promoting peer interaction through verbal communication to improve interpersonal effectiveness in the here and-now. Participants will explore strengths, values, and interests to develop insight into their identity and promote personal growth. The environment is support-expressive, giving participants an opportunity to learn from each other.

**Parent Processing Group:** This is an open group is offered via telemedicine for parents of special needs children. This is a processing group run by our counseling department. Some topics include navigating the system, building a support system, strategies for going out into the community, grief and loss, self-care, and transitioning your child to the adult system.

**Focused Behavior Coaching for Behavior Reduction:** An individualized treatment beginning with a thorough assessment to determine function(s) of challenging behavior, behavioral technicians support clients and their families in their home and via telemedicine. The assessing staff develops a Behavior Support Plan (BSP) and trains the behavioral technician and families on its implementation. Behavior coaching targets both behaviors for reduction such as: aggression, property destruction, self-injurious behavior and non-compliance while teaching replacement behavior including functional communication, distress tolerance, use of coping skills and following routines. Session data and monthly treatment evaluations ensure treatment effectiveness. Functional Behavioral Assessments will be as clinically indicated after observational period has. Functional Behavioral Assessments are not provided as a standalone service.

**Life Skills Programs:** Life Skills is a social skills group offered via telemedicine to provide independent living and social skill development in a group or individual context. Participants engage in a variety of activities that promote individual independence and the interpersonal skills necessary for success in a variety of home and community settings. Our groups are split based on age: Junior Life Skills group is targeted to clients 8-13 and our Senior group is for ages 14-19 years old. Our Life Skills Program currently offers a parent component to promote generalization. Life Skills Teachers provide parents and caregivers information surrounding their child's progress within the program or community settings, with the goal of improving the child's level of functioning.

**BRIEF Early Intervention Program:** BRIEF is a comprehensive program, running Monday-Friday with in-home and telemedicine support. The program supports young learners who require intensive individualized support. This evidence-based program supports the 3-5 y/o population with functional curricula and treatment plans tailored to each learner's needs and is supervised by a Licensed Board-Certified Behavior Analyst (LBA/BCBA). Parent and community-based training is required to maximize student outcomes and learner success in all settings.

**Remote Parent Training:** A family support training model that allows behavior support specialists and Board-Certified Behavior Analysts to deliver a video-based curriculum and telemedicine tailored consultation to the specific needs of the family. Family commitment is for 60-90 minutes per week for 9 weeks. This program provides a foundational level of training to parents and other caregivers based on the principles of applied behavior analysis (ABA). Materials are only available for English speaking families at this time.

All Participants must have access to a device that can operate telemedicine communications. This may include a computer, a laptop, a tablet, or a smart phone. The device a participant plans to use must have access to the internet or be capable of accessing Wi-Fi. Participants must have a working email address.