



Behavioral Health Services

S.E.E.K. Arizona offers several evidence-based behavioral health services for clients who wish to learn socially acceptable, safe, and positive behavior choices to improve their quality of life and relationship with others. Services include Counseling, Positive Behavior Support, Functional Behavioral Assessments, Behavior Support Plans, Behavior Coaching, Family Support Training, Social Thinking Programs, and intensive evidenced-based classroom 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.

Counseling

Counseling services utilize a behavioral approach to individual and family therapy. Therapists target issues impacting a youth or young adult's functional success and create behavioral interventions that address parenting, sibling, and other family stressors.

Positive Behavior Support (PBS)

Positive Behavior Support services provide individualized, home and community based behavioral support to families with developmental or behavioral health needs through empirically validated interventions. Utilizing function-based assessment, behavior analysts build intensive intervention and skill acquisition programs that target socially important outcomes. This support provides assessment, coaching, and family support training as part of its service delivery.

Functional Behavior Assessment (FBA)

For many clients, a specialized assessment is recommended to determine what the function of their challenging behaviors are, before effective treatment options can be developed. An FBA is conducted by a behavior analyst and can include a variety of tools such as interviews, severity scales, and functional analysis, in addition to observation and data collection, to aid in the determination of the function of a particular behavior and the development of an appropriate behavior support plan.

Behavior Support Plan (BSP)

Behavior Support Plans target socially significant areas that will improve clients' lives and lead to happy, healthy and productive choices. BSPs are developed by our behavior analysts who use observation, interviews with parents, teachers, caregivers, and other professionals, and other applicable evaluations. Behavioral technicians implement the BSP through Behavior Coaching services and provide Family Support Training, employing a family-centered approach to treatment, by encouraging parents and siblings to participate in sessions.

Behavior Coaching

Behavioral technicians support clients and their families in their home, schools, or communities and target behaviors that lead to independence and productive interactions within their community. Behavior coaching targets both behaviors for reduction and acquisition, focusing on decreasing maladaptive behaviors interfering with daily functioning in the home, school, and other community settings; and increasing: self-regulation, organization/planning, executive functioning, interpersonal relationships, and social integration. Daily data and monthly treatment evaluations ensure treatment effectiveness.

Family Support Training

Family support services provide parents and caregivers with training, coaching, and education surrounding their child or young adult's behavioral needs in their home or community settings, with the goal of improving the child's overall functioning. This service is facilitated by behavior coaches and behavior analysts.

Life Skills Learning Academy Programs

We offer various classroom environments for adolescent, teen, and young adults in transition, to provide social skill building and independent living goals in a group context with their peers. 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.

BRIEF Program

BRIEF is an intensive and individualized, direct instruction program, led by behavior analysts, geared towards young learners who have difficulty with inclusive preschool classrooms and who require intensive, individual support. This evidence-based program supports the 0-5 population using functional curricula and treatment plans tailored to each learner's individual needs and is conducted in a clinical, preschool environment.

Social Thinking Programs

S.E.E.K. Arizona uses the Superflex curriculum designed to teach younger learners how to regulate their behaviors and become stronger social problem solvers. Professionals, coaches, and parents alike use this engaging teaching approach to help students learn about their own inner Superflex (their super heroic, flexible social thinking) and the related strategies they can use to outwit and outsmart various social challenges, represented by Unthinkable characters, such as Glassman, Brain Eater, One-Sided Sid, Mean Jean, and others.

In addition to our in-home education, our team provides several classroom-based training opportunities for the families and caregivers supporting the clients we serve.

Developmental Preschool

The S.E.E.K. Early Learning Center is a developmental preschool geared towards supporting at-risk children and those with a developmental or behavioral diagnosis. Our preschool for every child needing this support, there are 3 typical peers enrolled in the program to provide a fully inclusive experience. Our programs utilize lower child to staff ratios to provide a more intimate learning environment, going as low as 1:5 for children needing additional supports. Behavior analysts and master level teachers oversee the program and provide hands on support for all who enroll.

Direct Support Services

S.E.E.K. Arizona provides habilitation, respite, and attendant care services to qualifying clients authorized to receive services through the Division of Developmental Disabilities. Habilitation is a services that teaches clients living and communication skills to increase their independence. Respite and attendant care are support services that are provided to assist the client's family with the task of daily living or providing them with the occasional reprieve.

Professional Therapies

Our Outpatient Therapy Center in Mesa specializes in pediatric therapies and includes speech and language, physical, and occupational therapy services. These services are provided by licensed therapists, specializing in pediatric and young adult populations and are available in both the home and clinic settings.

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