

GROW Autism Program

Growth. Relationships. Opportunities for Learning. Wins for Children & Families!



10417 - 106th Ave | Ph. 250.785.3200 | Fax. 250.785.3202
www.cdcfsj.ca

Table of Contents

GROW Autism Program

3. Introduction to the *GROW* Autism Program

3. Program Values

3. Goals of the *GROW* Autism Program

4. What the Program Provides

5. Your Child's Team

8. How to Access the *GROW* Autism Program

8-9. Scheduling and Service

10. Funding

11. Guidelines to Successful Sessions

12. Health and Safety

14. Other guidelines

15. Contact Information

GROW Autism Program

Introduction to the GROW Autism Program

The GROW Autism Program provides Early Behavioural Intervention for children up to age six that have a diagnosis of autism spectrum disorder (ASD). The GROW autism program follows the principles of evidence-based interventions in a naturalistic context. We provide individualized skill acquisition programming and activities designed to develop self-regulation, social referencing and joint attention, communication skills, and learning skills. We provide individual and small group-based sessions. Behaviour Interventionists are overseen by a Behaviour Consultant, Speech and Language Pathologist and an Occupational Therapist. Speech & Language Pathology (SLP) and Occupational Therapy (OT) are offered to children under 5 years of age only.

Program Values

- Your child is the same child he/she was before receiving a diagnosis
- Your child's learning needs and strengths will guide our intervention program
- Your child will be provided with repeated opportunities to practice new skills that you can continue to practice during your family's everyday routines and activities.

Goals of the GROW Autism Program

The goal of the GROW Autism Program is to help your child to:

- Communicate, socialize, develop play skills
- Interact and engage with family and friends
- Strive to achieve a calm, alert state optimal for learning
- Solve problems and understand concept

What the Program Provides

The GROW Autism Program provides a multidisciplinary child and family centered program that identifies your child's unique strengths, abilities and needs. The program builds upon your child's skills and competencies in a positive and play-based way. The goals of the program are to enable your child to achieve maximum independence and to enjoy the highest possible quality of life within family and community.

- We serve families in Fort St. John and surrounding region.
- We operate under the direction of professionals listed on the Registry of Autism Services Providers (RASP) - Behaviour Consultant, Speech and Language Pathologist, and Occupational Therapist.
- We provide on-site supervision—all programs are closely monitored by clinical advisor(s).
- The program allows access to specialized therapy equipment, a gymnasium, playground, and opportunities for peer interaction and relationships.
- We provide regular family contact with team members through meetings and consultation.
- Multi-disciplinary Team meetings
- Services designed specifically to meet the needs of your child in relation to:
 - Your child's level of development
 - What he or she likes
 - Your family's priorities
- Services will focus on the areas in which your child has difficulty.
- We will provide Coaching opportunities to teach you how to teach your child through daily life activities. Consistent teaching and guidance in all environmental settings benefit all children.
- Interventions are evidence-based and will include ongoing data collection and evaluation.
- Support with transitions to school, preschool, or daycare.

We follow the same Policies and Procedures stated in the Child Development Centre Family Handbook

Your Child's Team

Your child's team is very important for successful behaviour intervention, and everyone plays a role. The people who make up your child's team include:

- Your child, you, and your family.
- Behaviour Interventionists (Interventionist) (BI's)
- Behaviour Consultant (BC)
- Occupational Therapist (OT)
- Speech-Language Pathologist (SLP)

Your Child and your family's thoughts, feelings and observations are important.

Please keep the following in mind:

- Feel free to share changes in your child's life that may influence your child's ability to participate in the program and learning.
- Give us feedback on what is working and what is not
- If you do not understand something, please ask us
- If you have difficulty fitting everything in, talk to us so that we can brainstorm other arrangements
- Share beliefs/culture and values that are important to you and your family and how they might impact your child's services

Behaviour Consultant: The Behaviour Consultant is responsible for developing your child's behaviour plan and is responsible for overseeing aspects of your child's program and participates in the development, implementation, and monitoring of your child's program.

- The Behaviour Consultant will consult with the team about ways to best support your child

- Design individual educational plans, set program goals, train interventionist/s, and evaluate goals
- Problem-solve specific issues with the team
- Organize and participate in your child's team meetings
- Provide direct supervision and feedback of goal implementation
- Share information with the multi-disciplinary team members

Behaviour Interventionist: The Behaviour Interventionist is responsible for the implementation of behaviour programs as instructed by the Behaviour Consultant, Speech and Language Pathologist and the Occupational Therapist. Sessions maybe 1:1, or in small groups (2-3 children).

- Consult with the Behaviour Consultant and other team members as needed to make sure sessions are running as effectively and safely as possible.
- Prepare learning materials
- Implement program goals
- Record data
- Keep the learning space safe and conducive to learning
- Attend team meetings
- Participate in program training

Speech-Language Pathologist: The Speech-Language Pathologist is responsible for consulting with the Behaviour Consultant, Behaviour Interventionist, and child/family to develop and support objectives related to:

- The understanding and use of language including gesture
- Development of the social use of language and referencing to interact with others,
- Problem solving,
- The development of play with toys, familiar adults, and children,
- Implementing augmentative communication systems as necessary.

The S-LP uses a consultative model. This means that once the S-LP assesses your child, she will outline goals and strategies that the Behaviour Interventionist will implement during his/her session. The S-LP may not do direct therapy with your child. The S-LP monitors your child's progress and decides when it is appropriate to introduce and change a new goal in your child's session. S-LP is available until your child is eligible to enter kindergarten.

Occupational Therapist: The Occupational Therapist works with children and caregivers to help support independence in day-to-day skills. They work to build skills or provide adaptations to help kids meet their goals across their environments.

Areas of development that OT can support include:

- Fine Motor Skills (Use his/her hands)
- Gross Motor Skills (Use his/her body)
- Activities of Daily Living (sleep, toileting, dressing, grooming)
- Sensory-Motor Processing Skills (hyper or hypo sensitivity, sensations of movement, motor planning)
- Social-Emotional Skills (emotional regulation, learning and attention)
- *The OT uses a consultative model. This means that once the OT assesses your child, she will outline goals and strategies that the Behaviour Interventionist will implement during his/her session. The OT will not provide direct therapy to your child. The OT monitors your child's progress and decides when it is appropriate to introduce and change a new goal in your child's session. OT is available until your child is eligible to enter kindergarten.*

Team Meetings

Team meetings are to update your child's Behaviour Intervention Plan as well as to share information and problem solve together. Your child's team meets every 2-3 months or sooner if necessary.

Team meetings last one hour and will consist of discussion and review of your child's progress, including:

- Parent's thoughts on progress, questions, or concerns
- Speech Language Pathologist comments/program updates.
- Occupational Therapist comments/program updates.
- Behaviour Intervention progress updates.
- Skill areas that your child is ready for.
- Skills that can be moved to *Generalization and Maintenance*.

Notes will be taken during the meeting, and you will receive a copy. A team meeting counts as one intervention session during that week.

How to Access the Autism Program

To access the Autism Program your child must be assessed by a qualified professional and diagnosed with Autism Spectrum Disorder (ASD). You may set up an initial meeting with the Behaviour Consultant to determine if the program is suitable for your family. An intake meeting will then be scheduled to begin the process of your child attending the program.

Scheduling and Service

- Our hours of operation are from 8:30am - 4:30pm, Monday to Friday
- Children below 5 years currently attend set days - 2 sessions per week for 2.25 hour sessions (+0.50 hrs prep and clean up) with the possibility to add more days at a cost and availability.

- School-Aged children are scheduled in the afternoons and currently attend set days- 2 sessions per week for 2.25 hrs (+0.50 hrs prep and clean up) with the possibility to add more days at a cost and availability
GROW intervention is completed by the end of August of the year that the child is eligible to go to kindergarten.
- When GROW has reached full capacity of 2.25-hour sessions, new children will be offered 2 sessions per week for 1.5 hrs (+0.50 hrs prep and clean up) with the possibility to add more days at a cost and availability
 - Session times will vary and will be discussed with you prior to beginning programming. You will be notified in advance if there is a change in the schedule.
 - The program runs yearly except for statutory holidays and centre closures which are two weeks at Christmas and two weeks in the summer.
 - In case of illness, we request you to keep your child safe & secure at home until he/she is well enough to learn.

A Word About Video Recording

Sometimes we will video record your child's session (with your consent). Videos are a great way to monitor your child's progress, as well as looking back and reflecting in order to program plan efficiently. Video Review is also an effective tool to train staff.

Funding

The Fort St. John Child Development Centre invoices the Ministry for Children and Family Development Autism Funding Unit under your child's individualized funding program at the following recommended rates:

- \$150/hr for Speech Language Pathologist and Occupational Therapist.
- \$125/hr Behaviour Consultant
- \$50/hr for Behaviour Intervention.

Direct Time: 1:1 Sessions - Occupational Therapy consultation, Speech-Language Pathology consultation, Behaviour Consultation, Behaviour Intervention - with you or your child either in person or via phone/zoom

Indirect:

- Paperwork, notes, report writing and program planning
- Communication/consultation with other team members
- Travel time
- 15 minutes Program Preparation before each session
- 15 minutes clean up after each session billed per/session

Your child's funding also goes towards making sure that your child has access to:

- Safe, developmentally appropriate toys
- Visual supports
- Regularly trained staff
- Appropriate assessment tools

Sessions will be billed for any unforeseen absences as staff will use the time to plan, prep etc. for the child. Two weeks' notice of any planned absences will be required.

Guidelines for Successful Sessions

- Before your child's schedule start time, the Behaviour Interventionist will spend 15 minutes getting ready for the session. This is to ensure your child's time in the GROW Autism Program is used solely for intervention.
- Hand over your child to the Interventionist **on time** so your child gets to enjoy the activities planned for him/her. Do let your Behaviour Interventionist know how your child's day has gone so far. (Sleep and/or meal disruptions, or any other unusual event that may require us to alter the session to meet your child's learning state)
- Pick up your child **on time** at the scheduled end time. If you need to pick up your child early please inform your child's Behaviour Interventionist during drop off so that she can prepare your child in time.
- When you pick up your child, the Behaviour Interventionist will give you a brief update on the session and answer any questions you may have. Time is limited as staff have to prepare for the next child.

In addition

- Please phone and cancel your child's session right away if he/she is sick.
- The Child Development Centre may offer training to the GROW program staff at times throughout the year which may result in your child's session being cancelled, you will be given plenty of advanced notice.

Health and Safety Guidelines

Illness - please follow universal precautions set out by the CDC

The staff work with many families, some with very medically fragile children. We do not want the germs to spread so please cancel your child's session or keep your child home from group if:

- Your child has had a fever in the last 24 hours.
- Your child has vomited in the last 24 hours.
- Your child has had diarrhea in the last 24 hours.
- Your child is unusually tired or irritable—this is often the first stage of a cold or flu and is the time when your child is most contagious.
- Your child has a persistent or frequent cough and/or is coughing up phlegm or mucous.
- Your child has a very runny nose (e.g., needs to be wiped every 3-5 minutes - green/yellow in colour).
- Your child is diagnosed with a known communicable or contagious disease (e.g., PINK EYE, FIFTH DISEASE etc). Please follow the instructions of your doctor regarding the period of time to wait before your child is no longer contagious.

The Behaviour Interventionists are expected to cut a session short or cancel a session if they arrive and your child has any of the above symptoms. The Behaviour Interventionists follow these guidelines as well.

Release of Your Child

We need to know the names of caregivers that look after your child in the event that you are not available. This includes who can pick up your child from groups and/or community outings.

In the event that your child cannot be released to the person who arrives to pick him/her up (e.g., custody issues, safety concerns), staff will keep your child with them and call the child's emergency contact person.

Children will only be released to an "authorized adult" as per the admission form and Initial Meeting Contract. Staff will not release a child prior to confirming that their name is on the "authorization to release" portion of the child's admission form. Parents/Guardians may add/remove names at any time.

Staff will ask for photo ID to confirm the adult's identification if they have not met them before.

The adult picking up the child from the Autism Program will complete the sign in/out form with the designated staff. The staff member and adult will print their name and the time of pick up on the form.

Late Pick-Up

Please be punctual when picking up your child. Late fees are \$10.00 after the first warning.

First time:	Verbal warning by attending staff member
Any time thereafter:	\$10.00 charge will be applied

We understand that there can be circumstances beyond our control (traffic, household emergencies); however, it is important to be on time to pick up your child after each session. If a parent or guardian informs staff of being late in advance by a phone call, it will be documented. If this occurs 3 consecutive times, a late fee will be charged.

When a parent/guardian is 10 minutes late picking up their child, a warning will be given by an attending staff member. The staff member will document the date and time the child was picked up and by whom. After the first warning a \$10.00 charge will be applied. An emergency contact form will also be required and updated yearly to alleviate any safety concerns and in the event that we are unable to contact you.

Other Guidelines

Indoor Shoes

Please ensure your child has indoor shoes.

Please ensure that your child has clothing suitable for the season and changing weather.

Snack

We will be having snack time during session times so please pack your child a healthy snack that is "nut free." Some suggestions for snacks include yogurt, fruit, veggies, cheese, and crackers.

Contact

How to get a hold of us

Tana Millner

Executive Director

785-3200 ext. 1005

tana.millner@cdcfsj.ca

Reception

Ph: 785-3200

Email: info@cdcfsj.ca

Telephone: 785-3200, *GROW* autism room is extension 1045.

Contact Person: Shiante Pereira will be the contact person for program and scheduling information.

Website: Visit our website for more information regarding services, policies, calendar of events, fundraisers, events, and much more: www.cdcfsj.ca

Other Important Contacts

Name	Business	Phone

Notes:
