

## Purpose

Behavioral Health Rehabilitation Services (BHRS) provide medically necessary behavioral consultation, therapy and interventions for children ages 18 months-20 years with autism spectrum disorders. BHRS is a short-term service. For this reason, BHRS promotes independence by transferring the skills and expertise of BHRS staff to the family, school, and/or other involved child-serving systems. Likewise, it is equally important to improve the quality of life for the child and family. Some children with more intensive needs may benefit from one-to-one behavioral support provided by a Therapeutic Staff Support (TSS). Children that do not require as much behavioral support or demonstrate less intensive needs may benefit from behavioral consultation or mobile therapy sessions from a Behavior Specialist Consultant (BSC) or Mobile Therapist (MT). The BSC or MT will develop and monitor a treatment plan, individualized for the child and family.

Wesley Spectrum bases autism treatment on the principles of Applied Behavior Analysis (ABA) because we value quality service and evidence-based practices. Our staff utilize data-based decision making, and positive, proactive strategies in treatment. Wesley Spectrum is committed to continuous improvement in the services we provide, and we strive to make therapy enjoyable for every child and learner. We hold ourselves accountable for treatment outcomes, and we support our clients in becoming more independent, responsible, and caring members of their community.

## Admission Criteria

- Child has a current autism spectrum disorder
- Child is between the ages of 18 months and 20 years old
- Child has Medical Assistance (MA)
- Child has a current best practice (BP) psychological evaluation recommending each specific and applicable service (TSS, BSC, MT) including the weekly hourly rate the child is to receive each service (prescription for services)
- Child and family have the ability to be consistently available for weekly

### *Mission*

*Our mission is to provide transformational support for children and families as they strive to become more independent, responsible and caring members of the community.*

To learn more about BHRS or any of the other autism services Wesley Spectrum has to offer, please contact our intake department at 724.443.4888.

### **Wesley Spectrum Services**

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**WESLEY SPECTRUM  
SERVICES**

*Providing high  
quality autism  
services*

**BEHAVIORAL HEALTH  
REHABILITATION  
SERVICES  
(BHRS)**



Call 724.443.4888  
to learn how Wesley  
Spectrum can help your  
child with autism



*Strength to live, to learn, to love*

# Wesley Spectrum Services

## Behavioral Health Rehabilitation Services (BHRS)

### What does BHRS look like?

- Sessions take place in the home, school, or community
- Sessions are typically between 2 to 6 hours in length, depending on the setting, needs and age of the child
- Sessions are scheduled around the family's availability and the child's most constructive time of day (as determined by the family and treatment team)
- Sessions are based on the principles of applied behavior analysis (ABA) and are guided by the child's individualized treatment plan
- TSS provide direct support and behavioral interventions to a child when the behavior without this intervention would require a more restrictive setting.
- BSCs provide specific expertise in behavioral management to parents, teachers, and/or others in the form of observing, teaching, consulting and modeling interventions
- MTs provide child-centered, family-focused, strength-based individual and family psychotherapy

### What to expect...

- A cohesive treatment plan detailing your child's goals will be developed by our staff for the purpose of guiding treatment
- Goals for discharge from BHRS is discussed at the intake meeting. Our staff will help your family identify natural, non-mental health supports which are less intrusive in nature to promote your family's independence.
- Psychological re-evaluations and team meetings will occur approximately every 4-6 months to discuss your child's progress and need BHRS.
- Wesley Spectrum staff will consult with your family on a weekly basis and involve you in treatment by transferring our expertise in the following areas:
  - Behavioral interventions and support techniques
  - Identifying triggers of problematic behaviors
  - Techniques designed to eliminate problematic behaviors
  - Adapting your child's environment to ensure success
  - Appropriate school/community placements that best suit your child's needs

### BHRS can help your child by:

- Transferring staff expertise, knowledge, and interventions to family and school personnel
- Eliminating problematic behaviors
- Enhancing desired behaviors
- Teaching appropriate coping skills and calming techniques
- Improving emotional self-regulation and decreasing tantrum behaviors
- Developing communication skills
- Fostering independent/daily living skills
- Improving attention to tasks and concentration
- Transitioning with flexibility and responding positively to change
- Following multistep directions
- Improving self-efficacy
- Developing age appropriate social skills
- Realizing personal space/other appropriate social boundaries



Wesley Spectrum is accredited through the Council on Accreditation

Wesley Spectrum strives to make therapy enjoyable for every child and learner.