

Lifeways

AUTISM

Welcome Packet







WELCOME TO **LIFEWAYS**

LifeWays is your local community mental health services program and a member of Mid-State Health Network (MSHN), a family of community mental health and substance abuse disorder providers across the state.

We provide specialty mental health services to individuals living in Jackson and Hillsdale counties. LifeWays provides a comprehensive set of services used to increase access to care, support people in crisis, and provide treatment for those with mild, moderate, and severe behavioral health concerns regardless of their insurance coverage.

This booklet will guide you through the process of our autism program. It provides information about the application process, the flow of the autism program, who will be working with your child, and answers some frequently asked questions.

Thank you for reaching out to LifeWays, we look forward to working with you and your child!



Maribeth Leonard, CEO
LifeWays



MEDICAID BEHAVIORAL HEALTH TREATMENT PROGRAM APPLIED BEHAVIOR ANALYSIS (ABA) PROGRAM

TREATMENT TIMELINE

START OF SERVICES

Additional cognitive testing is completed if not done before start of services. An **Individual Plan of Service (IPOS) Meeting** occurs prior to the start of the treatment plan date and **Behavioral Outcomes: AFLS, VB-MAPP or ABLLS-R** are completed.

EVERY 3 MONTHS

IPOS Review

EVERY 6-9 MONTHS

Behavioral Outcomes: AFLS, VB-MAPP or ABLLS-R are re-completed.

EVERY 9-12 MONTHS

Annual Assessment

EVERY 12 MONTHS

Annual IPOS Meeting will occur around the time of start of service anniversary.

EVERY 3 YEARS

An Autism Diagnostic Observation Schedule (ADOS) evaluation and Global Assessment Scale-DD with Autism Spectrum Disorder (ASD) Access staff is completed.

AGING OUT

Your child's last day in the program will be the **day before their 21st birthday**. To help you transition out of the program, you will have a transition meeting with your team to talk about what steps will be taken next and what services your child will have after the program. You will also have **an exit ADOS with LifeWays' Access Center within 14 days** of your child's 21st birthday.



INDIVIDUALIZED TREATMENT

ABA Therapy is not a pre-set guide that is applied the same way to each individual. Every individual is treated as such, since different people respond to the exact same instruction and stimuli differently.

Factors that play a role in determining a treatment plan include but are not limited to **current skill set, needs, interests/preferences, and family situation.**

ELIGIBILITY

The Behavioral Health Treatment program is available to children who:

- **Have been diagnosed** with Autism Spectrum Disorder by LifeWays' Autism Spectrum Disorder Staff,
- Are **ages 18 months to 20 years old** (benefit ends on 21st birthday),
- Live in **Jackson or Hillsdale counties**, and
- Are **enrolled in Medicaid, Healthy Michigan Plan, or MICHild.**

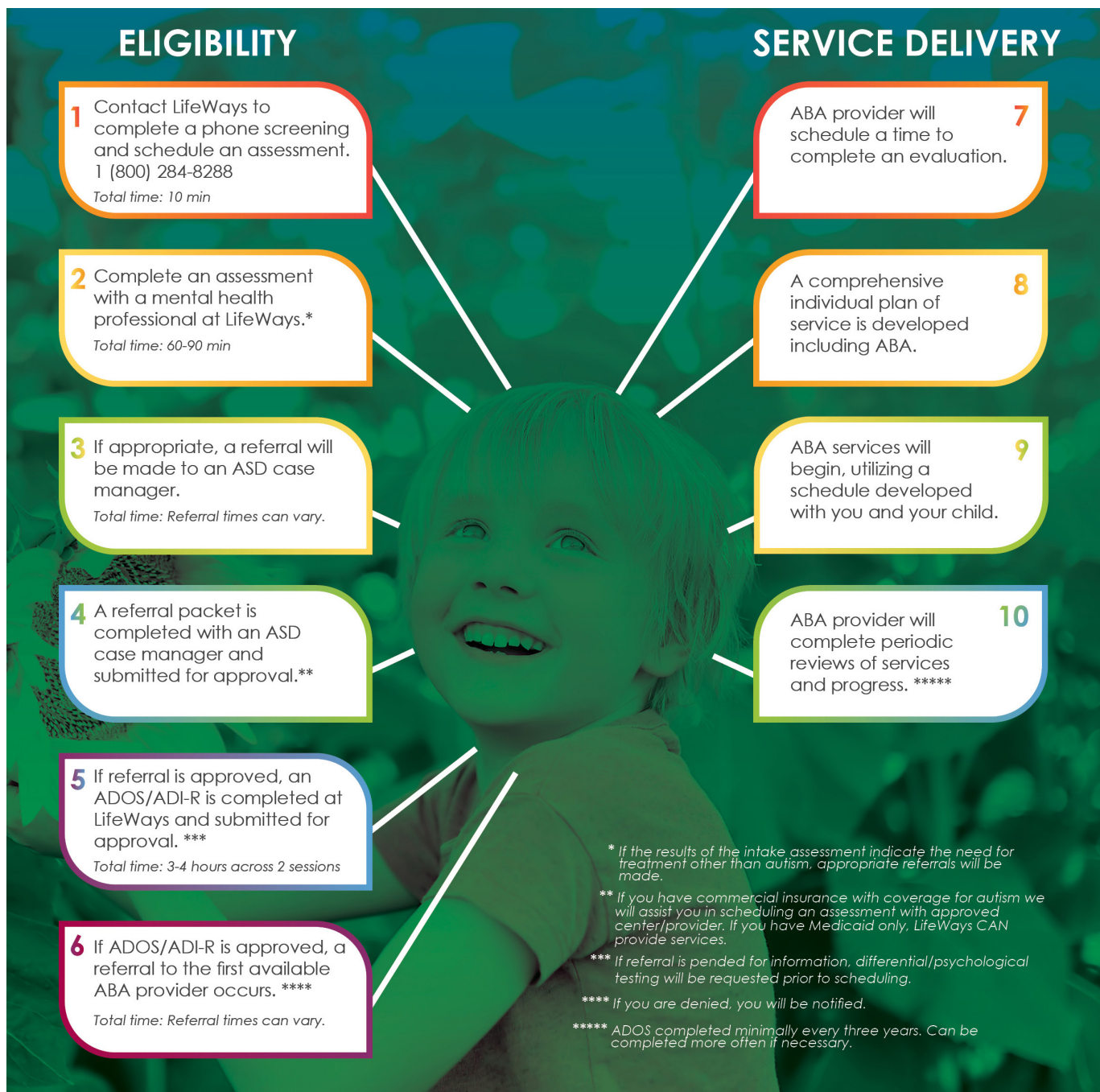
APPLICATION PROCESS

Applied Behavior Analysis (ABA)

The ABA Program is a results-based program which uses a multitude of tests and assessments to track the progress your child is making while they are in the program.

ADOS/ADI-R Evaluation

The Autism Diagnostic Observation Schedule (ADOS) and the Autism Diagnostic Interview – Revised (ADI-R) are considered to be the 'gold standard' in diagnostic evaluations for autism.



PERSON-CENTERED PLANNING

COMMITMENT TO PERSON-CENTERED CARE

When possible, LifeWays uses “person-centered planning” (PCP) to ensure your dependent’s desires and needs are taken into consideration during the care planning process. While in the Autism Program at LifeWays, your child will go through a Person Centered Planning process with the members of their service team to help determine what will best suit their needs.

PERSON-CENTERED PLANNING

Person-Centered Planning (PCP) is a process for planning and supporting the individuals receiving services that builds upon the individual's capacity to engage in activities that promote community life and that honors the individual's preferences, choices and abilities.¹

For children, the concepts of person-centered planning are incorporated into a family driven, youth-guided approach. This approach recognizes the importance of family in the lives of children and that supports and services impact the entire family.¹

Person-centered planning focuses on what you CAN do versus focusing on what you cannot do.²

Person-centered planning is a highly individualized process designed to respond to the expressed needs/desires of the individual.¹

PRE-PLANNING MEETING

Prior to the PCP meeting, there will be a pre-planning meeting to prepare for the PCP process. The pre-plan is where it is decided who will be involved in the PCP process, what will be discussed and where the meeting will be held.²

The results of the PCP will be developed into a Individual Plan of Service (IPOS). The IPOS is a plan that includes the vision of what your child would like to be and do. The services and supports included in the plan are intended to support:²

- Achieving the individual's goals
- Meeting the individual's needs
- Assisting the individual to connect with people in the community
- Helping to participate in activities the individual chooses
- Supporting the individual in taking on a valued role in the community

¹ (Michigan Department of Health and Human Services, 2011)

² (Michigan Department of Health and Human Services, 2011)

AUTISM PROGRAM PROVIDERS

BLUE LAKES BEHAVIORAL HEALTH

1 (800) 653-4077
hello@bluelakesaba.com

CENTRIA AUTISM SERVICES

1 (855) 77-AUTISM
41521 W.11 Mile Rd.
Novi, MI 48375

COMPREHENSIVE SPEECH & THERAPY CENTER

(517) 750-4777
1001 Laurence Ave., Ste E
Jackson, MI 49202

ILLUMINATE ABA THERAPY

(248) 846-8700
info@illumtherapy.com

ROI LEARNING CENTER

Jackson Location
(517) 513-3297
1220 Parnall Rd.
Jackson, MI 49201

Okemos Location
(517) 253-7901
2400 Science Pkwy.
Okemos, MI 48864



A LETTER FROM A PARENT



Dear Fellow Parent,

We've likely never met, yet we already have several things in common. You love someone with autism and you want to do whatever you can to help them reach their full potential. This journey is certainly not the easiest one, but there are many of us walking this path together. While it can be lonely at times, know that you are part of a community. We stay busy with therapy, doctors appointments, evaluations, and assessments, but when our paths cross we speak the same language and we know some things can only truly be understood by another autism parent. We recognize similarities in our kids and we've got lots of ideas and questions for one another. So when you see one of us waiting in a lobby, don't be afraid to reach out!

Aside from welcoming you to our community, I also want to share with you a bit of encouragement. The autism program through LifeWays has resulted in gains for many of our children. I often hear teachers and therapists talking about the tangible improvements they see in the children they serve. I notice the growth in kids we run into at therapy, but foremost I can see it with my own son. This therapy is quite a big commitment. The schedule can be intensive and many new people will enter your lives. It will likely feel overwhelming at times and when it is, I encourage you to share it with your child's team. This is not a sprint, it's a marathon and it evolves with you and your child. It is individualized to meet your needs and as a parent, you are an important part of the team. The therapists we work with are a wealth of knowledge and have many creative ideas so give them feedback!

LifeWays and parents collaborated to put these materials together with the hope that it would help you navigate this program. You can find lots of resources and support in here as well as answers to questions about the program. We hope that as you start down this new path, you feel welcomed and know that there are lots of reasons to be hopeful!

With all my best wishes,
Colleen Sullivan

LifeWays

GLOSSARY OF TERMS

* - indicates tests/assessments

AAC

Assistive Augmentative Communication or Alternative Augmentative Communication

Includes all forms of communication (other than oral speech) that are used to express thoughts, needs, wants, and ideas.

ABA

Applied Behavior Analysis

Focuses on the principles that explain how learning takes place.

***ABLLS-R**

Assessment of Basic Language and Learning Skills

An assessment tool, curriculum guide and skills-tracking system used to help guide the instructions of language and critical learner skills (completed by a BCBA, LP, LLP, or CMHP every 6 months).

ABC

Antecedent, Behavior, Consequence

An observation tool that can be used to collect information about the events that are occurring within a student's environment.

ABI

Applied Behavioral Intervention

Variety of ABA established treatments to increase functional communication, independent self-care tasks, receptive language, expressive language, play behaviors, social skills, imitation, and/or any additional behaviors that will enable the child to more readily integrate with typically developing peers.

ADA

Americans with Disabilities Act

Wide ranging civil rights law that prohibits discrimination based on disability.

ADD/ADHD

Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder

A chronic condition including attention difficulty, hyperactivity, and impulsiveness.

***ADI-R**

Autism Diagnostic Interview

A structured interview that can be used for diagnostic purposes in measuring behavior in the areas of reciprocal social interaction, communication and language and patterns of behavior.

ADL

Activities of Daily Living

Basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring.

***ADOS**

Autism Diagnostic Observation Scale

An assessment of communication, social interaction, and play (or imaginative use of materials) for individuals suspected of having autism or other pervasive developmental disorders.

***AFLS**

Assessment of Functional Living Skills

An assessment of basic living skills, home skills and community participation skills, school skills,

independent living skills and vocational skills (completed by a BCBA, LP, LLP, or CMHP every 6 months).

ASD

Autism Spectrum Disorder

A serious developmental disorder that impairs the ability to communicate and interact.

ASL

American Sign Language

The predominant sign language of deaf communities in the United States.

AT

Assistive Technology

An umbrella term that includes assistive, adaptive, and rehabilitative devices for people with disabilities and also includes the process used in selecting, locating, and using them.

BCBA

Board Certified Behavior Analyst

Individuals with a Doctoral or Master's degree in Behavior Analysis, Education, Psychology, and other related fields. They have extensive training and experience in designing, developing, implementing, and evaluating a wide range of ABA programs for individuals with autism and other developmental disabilities.

BIP

Behavior Intervention Plan

Detailed plans that include data gathering during the Functional Behavior Assessment such as function, frequency, severity, consequence, etc.

CMHSP (CMH)

Community Mental Health Service Program (also known as Community Mental Health)

How mental health services are coordinated through in Michigan. LifeWays is a CMHSP.

CSHC

Children's Special Health Care

A program within the MDHHS for children and some adults with special health care needs and their families.

***DAS**

Differential Ability Scales

An evaluation tool for the cognitive ability and achievement of children to provide insight into the manner in which a child processes information.

***DAS-II**

Differential Ability Skills - Second Edition

Provides a psychologist with insight into how a child processes information, enabling appropriate interventions and/or recommendations for the classroom and at home.

DC

Discontinue

Abbreviation for discontinue or discharge.

DHHS

Department of Health and Human Services

The U.S. federal government agency responsible for protecting the public's health and providing important services, especially for people in need.

DSM

Diagnostic and Statistical Manual of Mental Disorders

The standard classification of mental disorders used by mental health professionals.

DX

Diagnosis

The identification of the nature of an illness or other problem by examination of the symptoms.

EI

Early Intervention

A system of coordinated services that promotes the child's age-appropriate growth and development and supports families during the critical early years.

EIBI

Early Intensive Behavioral Intervention

Services that use behavioral treatment methods to change socially important behaviors in measurable and meaningful ways in the child's daily life.

***FBA**

Functional Behavioral Assessment

A variation on procedures originally developed to ascertain the purpose or reason for behaviors displayed by individuals with severe cognitive or communication disabilities.

IPOS

Individualized Plan of Service

Also known as a treatment plan; a personalized treatment plan specific to your child developed using a person-centered planning process and reflects the supports and services that will be used to help the consumer achieve their goals.

ITP

Individualized Transition Plan

The template for mapping out long-term outcomes from which annual goals and objectives are defined.

LRE

Least Restrictive Environment

Someone who has a disability should have the opportunity to be educated with non-disabled peers to the greatest extent appropriate.

***M-CHAT**

Modified Checklist for Autism in Toddlers

A screening tool for children that assesses risk for autism spectrum disorder.

MIChild

A health insurance program for uninsured children of Michigan's working families.

MDHHS

Michigan Department of Health and Human Services

A principal department of the State of Michigan that provides public assistance, child and family welfare services combined with services to promote better health outcomes, reduce health risks, and support stable and safe families while encouraging self-sufficiency.

MSHN

Mid State Health Network

The Medicaid managed care organization for a portion of Michigan's behavioral health services for twenty-one (21) counties through contracts with twelve (12) Community Mental Health Services Programs.

***Mullens**

Mullens Scale of Early Learning

A developmentally integrated system that assesses language, motor, and perceptual abilities, measures cognitive ability and motor development quickly and reliability.

OT

Occupational Therapy

A form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life.

PBIS

Positive Behavioral Intervention and Supports

A proactive approach to establishing the behavioral supports and social culture and needed for all students in a school to achieve social, emotional, and academic success.

PCP

Person-Centered Planning (can also mean Primary Care Provider)

A process for planning and supporting an individual consumer receiving services. It builds upon the individual consumer's capacity to engage in activities that promote community life and that honor the individual consumer's preferences, choices, and abilities.

PECS

Picture Exchange Communication System

A form of augmentative and alternative communication.

PT

Physical Therapy

The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery.

***SCQ**

Social Communication Questionnaire

An assessment tool to screen for autism spectrum disorder in children with a mental age of four years and older.

SI

Sensory Integration

The brain's ability to organize and process information received from the environment through the senses.

SLP

Speech and Language Pathologist

A highly trained professional who evaluates and treats children and adults who have difficulty with speech or language.

SSI

Supplemental Security Income

A United States government program that provides stipends to low-income people who are either aged (65 or older), blind, or disabled.

ST

Speech Therapy

Training to help people with speech and language problems to speak more clearly

Stimming/Stim

Self-Stimulating Behaviors

The repetition of physical movements, sounds, or repetitive movement of objects common in individuals with developmental disabilities, but most prevalent in people with autistic spectrum disorders.

TX

Treatment

A session of medical care or the administration of a dose of medicine.

***VABS**

Vineland Adaptive Behavioral Scale

An assessment of adaptive behaviors in four domains: communication, daily living skills, socialization, and motor skills.

***VABS-II**

Vineland Adaptive Behavior Scale - Second Edition

Adaptive Behavior Assessment completed by a Psychologist at his/her office initially and annually, changing in intensity.

***VB-MAPP**

Verbal Behavior Milestones Assessment & Placement Program

A skills-tracking system to assess the language, learning and social skills of children with autism or other developmental disabilities (completed by a BCBA, LP, LLP, or CMHP every 6 months).

***WPPSI**

Wechsler Preschool and Primary Scale of Intelligence

A standardized intelligence test for assessing preschool children.

***WPPSI-III**

Wechsler Preschool and Primary Scale of Intelligence - Third Edition

An assessment of cognitive development for preschool and young children.

***WPPSI-IV**

Wechsler Preschool and Primary Scale of Intelligence - Fourth Edition

An innovative measure of cognitive development for preschoolers and young children, rooted in contemporary theory and research.



A person wearing a white raincoat and holding a blue umbrella stands on a wet, paved surface. Their arms are outstretched to the sides, and the raincoat is blowing in the wind. The background shows a blurred landscape with trees and a fence. The entire image has a green and blue color overlay.

Lifeways

Hope and help begin here.

www.lifewaysmi.org