



Autism Spectrum Therapies

Applied Behavior Analysis (ABA) Therapy Service Provider



Autism Spectrum Therapies (AST)

- AST provides Applied Behavior Analysis (ABA) therapy services across 15 states
- The AST New Mexico office serves the greater Albuquerque area, including Bernalillo, Los Lunas, North Valley, Rio Rancho, South Valley, and Tijeras
- Mission Statement: To find success in every child
- Passionate about providing therapy services within naturalistic environments (e.g., teaching within daily routines, across settings such as at a store or park)
- Aim to provide services that are flexible and parent-friendly
 - Parent-involvement in setting and adjusting goals
 - Aligning goals with parents' priorities
 - Focusing on goals that improve quality of life for the individual and family



What is ABA Therapy?

Applied Behavior Analysis therapy is a research-based methodology for bringing meaningful, positive change for individuals with autism and other developmental disabilities. ABA therapy applies our understanding of how behavior works to real situations. The goal is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning. Goals areas can include developing communication, social and self-help skills. Data collection is used consistently to ensure that interventions are effective and goals are being met.

Services Available

Learning center: Northeast Albuquerque

- Ages birth to 5 years of age
- Preschool model (circle time, center rotations, outside time, crafts)
- Goal areas include: group learning skills, social skills, school readiness

In-Home services

- Goal areas typically more focused on activities of daily living and parent home training
- Available for ages birth to 21 years

Community based programs

- Services provided in daycares or after-school programs
- Available for ages birth to 21 years

School-Based

- Services provided in private schools (currently not in public schools due to Medicaid and insurance guidelines)
- Contract-services with schools
- Available for ages birth to 21 years

Tele-ABA

- Available for ages birth to 21 years

Three Options:

- 1) Direct intervention with parent proxy: parents implement services under direction of the technician
- 2) Tele-health direct: for clients that can attend and interact for longer periods of times
- 3) Parent consultation only

Spanish Services

- Spanish-speaking Board Certified Behavior Analyst (BCBA)
- Spanish-speaking technicians

Eligibility Requirements

- Medical diagnosis of Autism Spectrum Disorder (ASD)
- OR if on waitlist for diagnostic evaluation or considered at risk AND on Medicaid
- Private pay options also available for individuals birth to 21 years that don't meet the above criteria

Disciplines Providing Services

- Board Certified Behavior Analysts (BCBA) conduct assessments and provide supervision
- Direct care is provided by Behavior Technicians
- AST also collaborates with other agencies and disciplines for goal writing, monitoring skill level and generalization across settings, and problem-solving related to behavioral challenges

COVID-19 Considerations

- Lowered capacity and separated pods of children at learning center
- Only half-day (not full-day) programs available at the learning center
- Increased tele-ABA services

Current Payment/Billing Options

- Insurances: Aetna, Humana/Lifesynch, Cigna, Magellan Presbyterian, Blue Cross Blue Shield of New Mexico
- Medicaid Centennial Plans (BCBS, Presbyterian, & Western Sky)
- Private pay

Program Evaluation

- The broad AST Company has a research section that is currently involved in longitudinal outcome studies
- For each family, social validity measure are given periodically to caregivers, related to the goal meaningfulness, progress, and if services are positively impacting the day to day functioning of the individual and their family

AST Contact Information

- Website: <https://autismtherapies.com/locations/albuquerque/>
- Phone: (505)569-7003
- Mailing Address: 6004 Academy Rd NE, Albuquerque, NM 87109
- Hours: Monday-Saturday 8 am-8 pm
- Spanish-speaking intake personnel are available

Interview

Laura Charin, M.Ed., BCBA, Clinic Director was interviewed by Ann Branscum on November 12, 2020. Ms. Charin has been working in the field of Applied Behavior Analysis with children with developmental disabilities since 2005. She received her bachelor's degree in psychology from College of Charleston and her master's degree in special education for severe and multiple disabilities from the University of South Carolina and is a Board Certified Behavior Analyst. She is passionate about delivering research based interventions in natural environment settings and providing supervision and training for future behavior analysts.