



# CHEO

**AUTISM PROGRAM**

**2019** **SPRING AND  
SUMMER GUIDE**

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## The best life for every child and youth

CHEO is a global leader in pediatric health with a vision to help every child and youth live their best life. At CHEO, we provide care where, when and how it's needed.

For children and youth with autism and their families this means making it easy to access service at conveniently located sites in Eastern Ontario. It means having access to highly-trained clinical staff, board certified behaviour analysts, and CHEO's entire network of health-care professionals including our dentistry, psychology, speech language pathology, audiology teams and more.

Most importantly, it means we take a families first approach. We actively seek input from parents and guardians as we develop individualized service plans.

### Changes to the Ontario Autism Program

In February, the government announced a new autism program. Here is more information:

<http://www.children.gov.on.ca/htdocs/English/specialneeds/autism/ontario-autism-program.aspx>

In the next 18 months, families coming off the Ontario Autism Program (OAP) waitlist will get money from the government to buy autism services. By April 1, 2020, the Ministry's goal is for all children to obtain service in this way.

CHEO's spring and summer guide includes options to meet different needs and budgets. We can help you to make a decision for your family, if you request help.

Those already in service under the OAP have been extended to summer and fall and do not need to buy autism services until the end of their current plan.

“CHEO has a very special team and our experience has been amazing. I love the goal setting and how we work together to make sure Omar is getting the specific help he needs.”

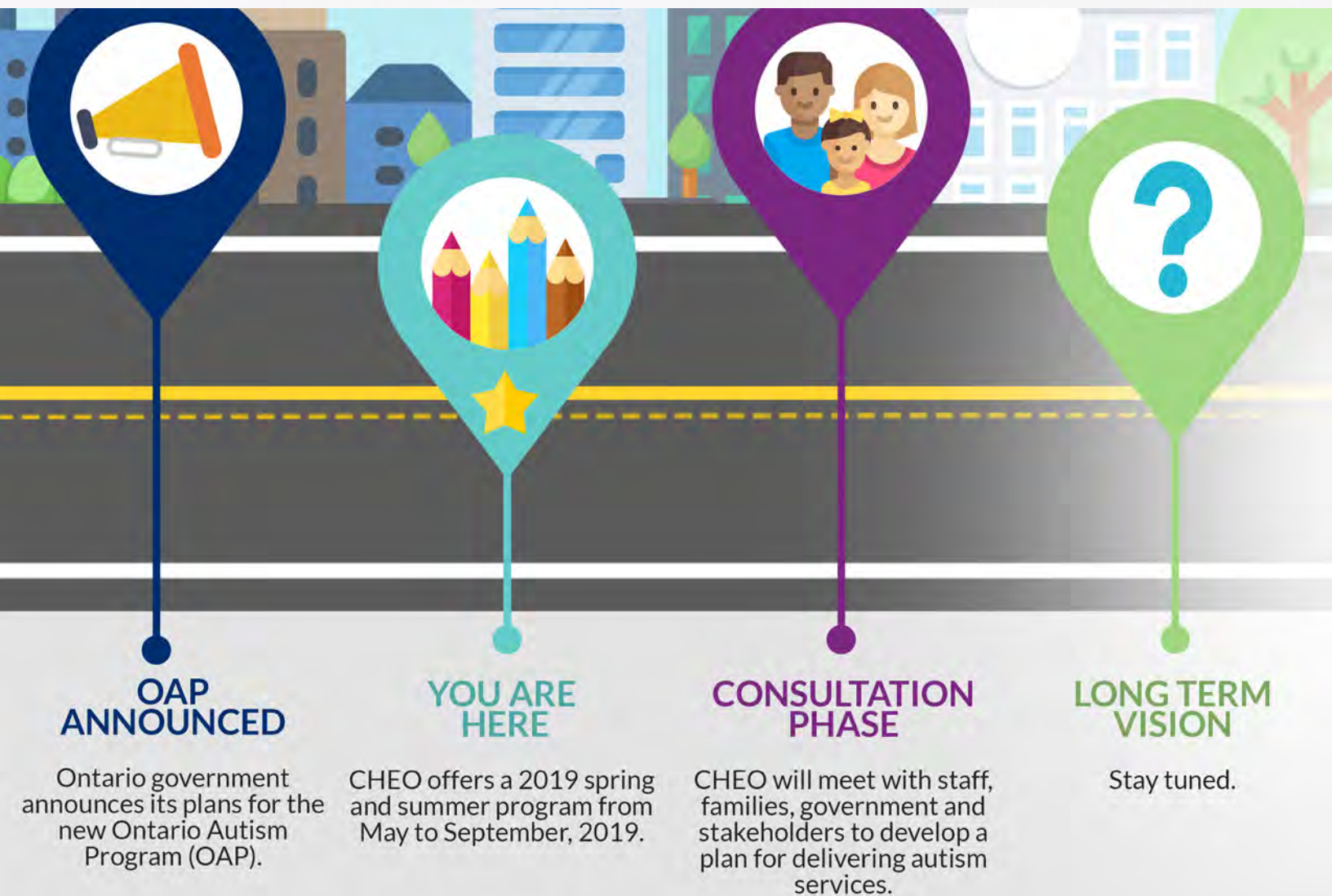
- Aseel, Omar's mom



**The road ahead**

Since changes to the Ontario Autism Program were announced earlier this year, CHEO has been working to navigate an uncertain future. We have launched our spring and summer program offerings as a temporary solution.

During this time, we ask that you visit [www.cheo.on.ca/en/autism](http://www.cheo.on.ca/en/autism) for the latest news and updates to our programs.



## Services

### Evidence-based behaviour services (EBBS)

Evidence-based behaviour services are provided by highly-trained clinical staff at CHEO's autism centres. CHEO clinicians use applied behaviour analysis (ABA) principles in full-time intensive behavioural intervention (comprehensive IBI) or part-time ABA-based services (focused ABA) programs, depending on your family's goals and your child or youth's specific needs.


### What does EBBS include?

Both our full-time (comprehensive IBI) and part-time (focused ABA) EBBS packages include the following:

- individualized assessment, service plan and service summary
- supervision from one of our board certified behaviour analysts
- instruction from our highly-trained clinical staff in individual and group settings
- parent/guardian education and resources to support skill transfer at home and in the community
- school collaboration

### How do I get started with EBBS?

1. Call 613-249-9355 ext. 444 to set up your free phone consultation. You'll speak to a CHEO representative who can help your family navigate which EBBS options are most suited for your child or youth.
2. Establish a start date and meet the team at your service location.
3. Bring your child and youth for their individualized assessment. The assessment will be overseen by a board certified behaviour analyst who will help identify individualized goals.
4. Receive your individualized behaviour service plan outlining the plan to support your child. Please note that space for EBBS programs is limited.



**Please note that space for EBBS programs is limited.**  
Start date options are available in May, June and July 2019.

## Family Night

Welcome to parents, guardians, siblings and their children and/or youth with autism! You don't have to be registered with CHEO to join a family night. This meet-up offers crafts and games for kids to enjoy, and an opportunity for adults to socialize with each other and CHEO staff.

Registration for family night is required. Please email us ([autismemail@cheo.on.ca](mailto:autismemail@cheo.on.ca)) to confirm your attendance and group size.

### Dates/ locations

**When:** May 29 from 6:30p.m. – 8:30 p.m.

**Where:** 1002 Beaverbrook Road

**When:** June 12 from 6:30 p.m. – 8:30 p.m.

**Where:** 2280 St Laurent Blvd

### Cost

**No charge**, parking and snacks included.





“As the parent, CHEO works with you to develop and achieve goals for your child. They offer a cooperative plan and right from the beginning. That’s why I was glad I chose CHEO, because they explain everything clearly and the parents are part of the action plan.”

- Tiffany, James and Griffin's mom

### Services: age 2-5

For children with autism under six years old, early intervention is the key to success. During your child's early years, CHEO's programs help develop communication skills, self-help skills and support your child as they prepare to enter the classroom.

Service	Description	When	Price
Communicate and play	<p>This eight week program is designed for young, newly diagnosed children and their families. You and your child will come twice per week for eight weeks to develop communication, cooperation and play skills.</p> <p>This program is delivered by trained ABA therapists and includes:</p> <ul style="list-style-type: none"> <li>• handouts to help develop skills at home</li> <li>• option to attend a workshop with a speech language pathologist</li> <li>• one individualized session at the end of the program</li> </ul>	<p>Tuesday &amp; Thursday (East)</p> <p><b>July-August</b> (9:30-11:00 a.m.)</p>	<p>\$700 / session</p>
Momentum education sessions	<p>Every education session includes <b>two consultations</b> with our trained clinicians to meet your individualized needs.</p> <p>Our sessions cover a variety of topics including toileting, picky eating, sleep training and more! See the full list of workshop descriptions on page 11.</p>	<p>May-September (evenings)</p> <p>See momentum calendar for dates</p>	<p>\$300/ session</p> <p>\$400/ two- part session</p>

<p>Comprehensive IBI (EBBS)</p>	<p>CHEO's trained clinicians provide four-day or two-day ABA programming over a minimum of 12 weeks. This program helps your child meet individualized goals like language, independence, and reduction of problem behaviours.</p> <p>What does EBBS include? See page 5 for a full description.</p>	<p><b>Space is limited.</b></p> <p>Start date options in May, June and July 2019</p> <p>Four day option = 25 hours/week <b>Minimum purchase 12 weeks</b></p> <p>Two day option = 12.5 hours/week <b>Minimum purchase 12 weeks</b></p>	<p>4 day option: \$1900/week</p> <p>2 day option: \$950 / week</p>
<p>School readiness</p>	<p>This is a twelve week program with the option to attend a minimum of six weeks. In July/August/September your child will spend six hours per week (two afternoons per week) in CHEO's unique classroom setting. In September, they will begin to transition to school and be ready for full-time school in October.</p> <p>This program is delivered by trained ABA therapists and includes:</p> <ul style="list-style-type: none"> <li>• individualized assessment</li> <li>• custom behaviour service plan</li> <li>• parent/guardian support</li> <li>• service summary</li> <li>• consultation with schools</li> </ul>	<p><b>Space is limited. Registration deadline is June 15, 2019</b></p> <p>Tues./Thurs. (East) Mon./Wed. (West)</p>	<p>\$300/week (Minimum six week purchase)</p>
<p>Focused ABA (EBBS)</p>	<p>CHEO clinicians use ABA principles over 12 weeks to create an individualized assessment and service plan to meet your child's needs.</p> <p>What does EBBS include? See page 5 for full description.</p>	<p><b>Space is limited.</b></p> <p>Start date options in May, June and July 2019</p>	<p>20 hours \$1680</p> <p>40 hours \$3360</p>





“Max has improved so much. He’s talking and using more words and if a friend tells him something he will ask questions if he doesn’t understand.”

- Yen, Maxwell's mom

### Services: age 6-11

Intervention utilizing the principles of ABA is the key to the success of children with Autism Spectrum disorder. At CHEO our focus for school age children includes supporting functional communication, age appropriate self-help and school readiness skills that support successful participation at home and in the community.

Service	Description	When	Price
Momentum education sessions	<p>Every education session includes <b>two consultations</b> with our trained clinicians to meet your individualized needs.</p> <p>Our sessions cover a variety of topics including school prep, life skills, coping with anxiety and more! See the full list of session descriptions on page 11.</p>	<p>May-September (evenings)</p> <p>See momentum calendar for dates</p>	<p>\$300/ session</p> <p>\$400 / two- part session</p>
School readiness	<p>This is a twelve week program with the option to attend a minimum of six weeks. In July/August/September your child will spend six hours per week (two afternoons per week) in CHEO's unique classroom setting. In September, they will begin to transition to school and be ready for full-time school in October.</p> <p>This program is delivered by trained ABA therapists and includes:</p> <ul style="list-style-type: none"> <li>• individualized assessment</li> <li>• custom behaviour service plan</li> <li>• parent/guardian support</li> <li>• service summary</li> <li>• consultation with schools</li> </ul>	<p><b>Space is limited. Registration deadline is June 15, 2019</b></p> <p>Tues./Thurs. (East) Mon./Wed. (West)</p>	<p>\$300/week (Minimum six week purchase)</p>

<p>Comprehensive IBI (EBBS)</p>	<p>CHEO's trained clinicians provide four-day or two-day ABA programming over a minimum of 12 weeks. This program helps your child or youth meet individualized goals like language, independence, and reduction of problem behaviours.</p> <p>What does EBBS include? See page 5 for a full description.</p>	<p><b>Space is limited.</b></p> <p>Start date options in May, June and July 2019</p> <p>Four day option = 25 hours/week <b>Minimum purchase 12 weeks</b></p> <p>Two day option = 12.5 hours/week <b>Minimum purchase 12 weeks</b></p>	<p>4 day option: \$1900/ week</p> <p>2 day option: \$950 / week</p>
<p>Focused ABA (EBBS)</p>	<p>CHEO clinicians use ABA principles over 12 weeks to create an individualized assessment and service plan to meet your child's needs.</p> <p>What does EBBS include? See page 5 for full description.</p>	<p><b>Space is limited.</b></p> <p>Start date options in May, June and July 2019</p>	<p>20 hours \$1680</p> <p>40 hours \$3360</p>



## REGISTER OR LEARN MORE

**613-249-9355 ext. 444**

You can also email us at [autismemail@cheo.on.ca](mailto:autismemail@cheo.on.ca)  
Be sure to include your child's name, date of birth and the best way to reach you.



"CHEO's program has given me such peace of mind. I see that [Daniel's] able to make choices for himself, and fend for himself and I feel so fortunate to have the support of his team."

- France, Daniel's mom

**Services: age 12+**

Intervention utilizing the principles of ABA is the key to the success of youth with autism spectrum disorder. At CHEO our focus for youth includes supporting functional communication, age appropriate self-help and school readiness skills that support successful participation at home and in the community.

Service	Description	When	Price
Momentum education sessions	Every education session includes <b>two consultations</b> with our trained clinicians to meet your individualized needs.  Our sessions cover a variety of topics including job search, high school prep, life skills and more! See the full list of session descriptions on page 11.	May-September (evenings)  See momentum calendar for dates	\$300/ session  \$400 / two- part session
Focused ABA (EBBS)	CHEO clinicians use ABA principles over 12 weeks to create an individualized assessment and service plan to meet your youth's needs.  What does EBBS include? See page 5 for full description.	<b>Space is limited.</b>  Start date options in May, June and July 2019  See summer calendar for dates	20 hours \$1680  40 hours \$3360



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## Momentum education sessions

### Before you begin

Before you attend a session, we ask parents and guardians to get familiar with the basic principles of applied behaviour analysis (ABA). This includes proactive behaviour strategies, prompting and reinforcement. Learning these strategies in advance will make sure you get the most out of your session.

**Pricing**

Single part session = \$300  
Two-part session = \$400

Teen nights  
4 night package = \$100  
8 night package = \$200

Complete the *Introduction to autism: free online series* course from the Geneva Centre for Autism at [www.elearning.autism.net](http://www.elearning.autism.net)

### Session descriptions

Our sessions are designed to give parents and guardians the skills they need to support their child's communication, independence and build the skills required to be successful in the home and community.

Each session includes space for up to two parents or guardians and **two consultations** with a clinician to discuss the skills and strategies learned.

Session name	Age group	Who can attend	Description
Introduction to communication	2-5 years	Parents and guardians	Learn how speech, language and social communication skills develop in children with autism and how to help develop your child's communications skills with the support of a speech language pathologist.
Using visual supports	3-5 years	Parents and guardians	During this <b>two-part session</b> you will explore the many ways that visual supports can help areas such as transition management, communication, and daily living skills.  Make and take: after attending the visual supports workshop, visit our Ottawa centre and create visuals to support you and your child.
Let's potty	3-5 years	Parents and guardians	Learn the steps involved in toilet training.
Picky eating	3-5 years	Parents and guardians	Learn some take-home strategies for increasing your child's food repertoire and willingness to try new foods.

Sleep training	3-5 years	Parents and guardians	Discuss healthy sleep patterns, common sleep problems, and learn how to improve your child's sleep routine.
Learning to listen	3-5 years	Parents and guardians	This <b>two-part session</b> will improve co-operation with day-to-day instructions and routines. Topics include setting up for success, effective instruction, prompting, and reinforcement.
School prep	3-5 years	Parents and guardians	Learn how to support your child's first school experience. Topics include managing routines, major transitions, and expected behaviours.
School prep	6-8 years	Parents and guardians	Learn how to support your child's early school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on children either entering the school environment for the first time or continuing at their school.
School prep	9-11 years	Parents and guardians	Learn how to support your child's school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on children returning to the school environment.
Sexuality	9-11 years	Parents and guardians	Explore the stages of sexuality with a focus on how to introduce sexuality to your child. Topics include the changing body, social pressures, personal boundaries, and developing healthy relationships.
Life skills	9-11 years	Parents and guardians	Learn how to increase your child's skills and independence through self-help and daily living skills. Topics include personal hygiene, daily routines, chores, and more.
Anxiety and ASD	9-11 years	Parents and guardians	Learn how to help your child identify when they are feeling anxious and develop coping strategies. Recommended for parents of children who can identify and express different states of emotions.
School prep	12-17 years	Parents and guardians	Learn how to support your youth's school experience. Topics include managing routines, major transitions, and expected behaviours. This session is focused on youth enrolled in a high school environment.

Sexuality	12-17 years	Parents and guardians	Explore the stages of sexuality with a special focus on how to talk to your youth. Topics include the changing body, social pressures, boundaries, and developing healthy sexual relationships.
Teen life skills	12-17 years	Parents and guardians	Learn how to improve your youth's skills and independence through self-help and daily living skills like personal hygiene, daily routines, chores, and more!
Anxiety and ASD	12-17 years	Parents/Caregivers (Teens may attend if interested)	Learn how to help your youth identify when they are feeling anxious and develop coping strategies. Recommended for youth who can identify and express different states of emotions.
Teen job search	12-17 years	Teens	A <b>two-part session</b> for youth to help them in their search for meaningful employment. Topics include searching and applying for jobs, resume development, and mock interviews.
Teen night	12-17 years	Teens only	For youth that have previously completed Program for the Education and Enrichment of Relational Skills (PEERS) or are motivated and looking for an opportunity to socialize.



## Momentum education session calendar May-September

May 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
13	14 Let's Potty! Kanata 2-5 years 6:30 - 8:00 p.m.	15 1/2 Visuals Kanata 2-5 years 6:30 - 8:00 p.m.	16 *FRANÇAIS* Picky eating St. Laurent 2-5 years 6:30 - 8:00 p.m.	17	18
20	21 Teen job search 1/2 Kanata 12+ years 6:30 - 8:00 p.m.	22	23 Teen job search 2/2 Kanata 12+ years 6:30 - 8:00 p.m.	24	25
27	28 *FRANÇAIS* Sleep St. Laurent 2-5 years 6:30 - 8:00 p.m.	29	30 2/2 Visuals make and take Kanata 2-5 years 6:30 - 8:00 p.m.	31	1

June 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Communication St. Laurent 2-5 years 6:30 - 8:00 p.m.	5 Sleep training Kanata 2-5 years 6:30- 8:00 p.m.	6 Learning to listen 1/2 Kanata 2-5 years 6:30 - 8:00 p.m.	7	8
10	11 Anxiety St. Laurent 12+ years 6:30 - 8:00 p.m.	12	13 Learning to listen 2/2 Kanata 2-5 years 6:30 - 8:00 p.m.	14	15
17	18 *FRANÇAIS* Let's potty St. Laurent 2-5 years 6:30 - 8:00 p.m.	19 Picky eating St. Laurent 2-5 years 6:30 - 8:00 p.m.	20	21	22
24	25	26	27	28	29
July 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	4	5	6
8	9	10 Teen night Kanata 12+ years 6:00 - 8:00 p.m.	11	12	13



15 Sexuality Kanata 9-11 years 6:30 - 8:00 p.m.	16	17 Teen life skills St. Laurent 12+ years 6:30 - 8:00 p.m.  Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	18	19	20
22 *FRANÇAIS* Sexuality St. Laurent 12+years 6:30 - 8:00 p.m.	23	24 Life skills St. Laurent 9-11 years 6:30 - 8:00 p.m.  Teen night Kanata 12+ years 6:00 - 8:00 p.m.	25	26	27
29	30	31 Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	1	2	3

**August 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10
August 5-9 - offices closed for CHEO summer slowdown period.					

12 Anxiety Kanata 9-11 years 6:30 - 8:00 p.m.	13	14 School prep Kanata (4-5 years) 6:30 - 8:00 p.m.  *FRANÇAIS* School prep St. Laurent (4-7 years) 6:30 - 8:00 p.m.  Teen night Kanata 12+ years 6:00 - 8:00 p.m.	15	16	17
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19 School prep Kanata 6-8 years 6:30 - 8:00 p.m.  School prep St. Laurent 9-11 years 6:30 - 8:00 p.m.	20	21 School prep St. Laurent 12+ years 6:30 - 8:00 p.m.  Teen night St. Laurent 12+ years 6:00 - 8:00 p.m.	22	23	24
26 1/2 Visuals St. Laurent 2-5 years 6:30 - 8:00 p.m.	27	28 2/2 Visuals make and take St. Laurent 2-5 years 6:00 - 8:00 p.m.  Teen night Kanata 12+ years 6:00 - 8:00 p.m.	29	30	31

**September 2019**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
2	3	4 Learning to listen 1/2 Kanata 2-5 years 6:30 - 8:00 p.m.	5	6	7
9	10	11	12	13	14
16 Sexuality St. Laurent 12+ years 6:30 - 8:00 p.m.	17 Let's potty St. Laurent 2-5 years 6:30 - 8:00 p.m.	18 Learning to listen 2/2 Kanata 2-5 years 6:30 - 8:00 p.m.	19	20	21
23	24	25	26	27	28

## Spring and summer Q&A

### What kind of skills can my child learn at CHEO?

CHEO will work with your family to develop goals that are meaningful based on your child's current skills and needs. They may learn self-help skills, communication skills, play skills, or job readiness skills. The number of skills your child learns depends on the complexity of the skill and the amount of time your family has to work towards the goal.

### Can CHEO help my child get ready for school?

CHEO's school readiness program, comprehensive IBI and focused ABA programs will support your child in developing skills critical for a successful transition to school.

### What if my child is not in the indicated age range?

Please contact us and we would be happy to discuss how we can best meet your family's needs.

### Where can I learn more about ABA principles?

Some CHEO- approved resources on ABA principles are:

[www.autismontario.com](http://www.autismontario.com)

[www.ontaba.org](http://www.ontaba.org)



# CHEO

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Please include your child's name, date of birth and the best way to reach you.