





## WOMEN IN BEHAVIORAL HEALTH:

A WOMEN'S HISTORY MONTH CELEBRATION, MARCH 2024

Women have played a pivotal role in shaping our understanding of mental and behavioral health. Through groundbreaking research and advocacy, women have advanced our field and ensured that it remains inclusive and accessible. In this post, we'll celebrate some remarkable women leaders who have made significant contributions to psychology and behavioral health care.

### Mary Whiton Calkins (1863 – 1930)

Calkins was a trailblazer in overcoming obstacles for women in psychology. Back in 1903, women were not considered qualified to earn degrees and they certainly weren't allowed into Harvard. For that reason, one of the most important first-generation American psychologists, Mary Whiton Calkins secretly earned her Ph.D. at the Ivy League college under the pseudonym "William James".

Throughout her career, Dr. Whiton Calkins published four books and more than 100 academic research papers. She even established one of the first psychology labs in the country at Wellesley College! In 1905 she became the first female President of the American Psychological Association (APA).

### Marian Breland Bailey (1920 – 2001)

In the 1930s, when B.F. Skinner built the foundation of Behavior Analysis, and women were still openly discriminated against in the field of psychology, Marian Bailey broke the glass ceiling. She collaborated closely with Skinner and Keller Breland at the University of Minnesota in the late 1930s and early 1940s. Bailey helped pioneer positive reinforcement as a tactic for teaching skill development. A monumental achievement for the world of ABA!

### Patricia J. Krantz (1941 – 2020)

Patricia Krantz and Lynn McClannahan pioneered new techniques for teaching social and communication skills to children on the Spectrum. Their development of script fading procedures has been widely adopted within ABA therapy practices, including those at Midwest Autism & Therapy Centers. Patricia Krantz was an Iowa native and earned her Bachelor's Degree from Drake University right here in Des Moines, Iowa!

In 1975, she and her colleague Lynn McClannahan were appointed the Co-Executive Directors of the Princeton Child Development Institute, a research and intervention program for children and adults with Autism. The duo's research has been recognized by the New Jersey State Senate and the New Jersey Association For Behavior Analysis, the American Psychological Association, and the Department of Applied Behavioral Science at the University of Kansas, to name but a few.



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# NEW CLINICIANS



## SHAYNA LANDSBERRY, M.S., BCBA, LBA

*Altoona Center*

**Master of Science in Applied Behavior Analysis from Capella University  
Bachelor's Degree in Psychology from University of Nevada, Reno**

Shayna enjoys shaping and using differential reinforcement, as well as teaching verbal behavior. She strives to promote a healthy but efficient work place for all staff members while also providing effective therapy for our clients.

## ROWAN LANGBEHN, M.S., BCBA

*Hybrid - All Centers*

**Master of Science in Applied Behavior Analysis from Simmons College  
Bachelor of Arts in Psychology from the University of Aberdeen**

Rowan started a school age program based on the Essential for Living curriculum for students with high support needs who were unable to attend school due to severity of behavior and limited functional communication skills.



## SHANE OLSON, M.S., BCBA, LBA

*West Des Moines Center*

**Master of Science in Applied Behavior Analysis from Chicago School of Professional Psychology**

**Bachelor of Arts in Criminal Justice and Psychology from Trinity Christian College**

Shane started in the field working as a paraprofessional in the school setting, being introduced to the principles of ABA. He has been a BCBA since 2017 working with clients and families in both clinic and home-based settings. Shane enjoys collaborating with families based on their journey to a set curriculum.

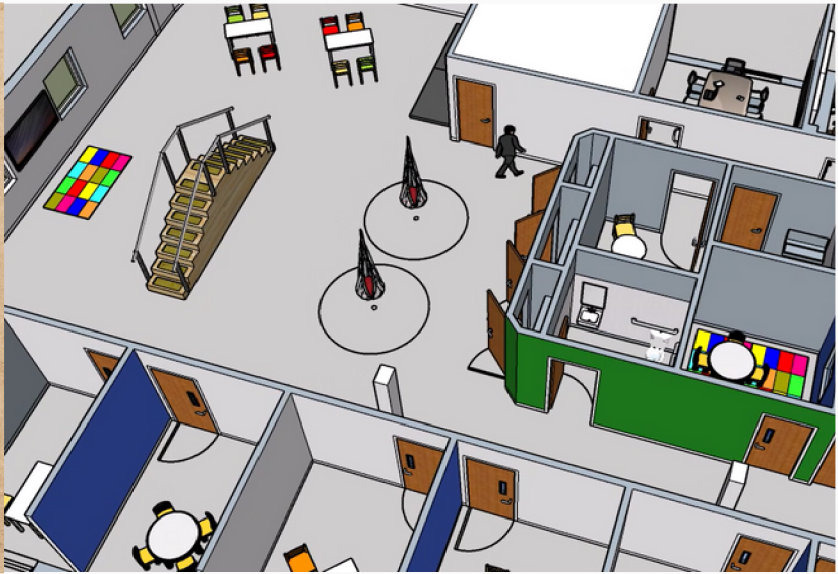




On March 27th, BCBA's Melanie and Alison attended the Disability Advocacy Rally at the Minnesota Capitol. This was an opportunity for people with disabilities, their allies and supporters, to come together and advocate for policy change.



Our monthly Family Appreciation Events are off and running! We are enjoying celebrating our amazing clients and their families on the second Tuesday of each month!





## EDINA SENSORY ROOM



The sensory room is used to develop and enhance our client's senses by having thoughtfully curated stimuli available (weighted blankets, swings, weighted blankets/vests, noise cancelling headphones, light projectors, etc.) Our clients use their time in the sensory room to "wind down" and recharge throughout their therapy day.





## UNDERSTANDING AN ASD DIAGNOSIS

### FUNCTIONAL LEVELS OF AUTISM

Autism Spectrum Disorder (ASD) is a developmental disability that can cause challenges in childhood development, behavior, communication, and social skills. Recent data from the National Institute of Mental Health shows 1 in 36 children are on the Autism Spectrum. And while there is no single cause, or cure, there is evidence backing both the genetic link and the success behind Applied Behavior Analysis.

The American Academy of Pediatrics recommends all children receive screening for Autism at their 18- and 24-month well-child checkups. Most children will start showing early signs of their developmental delays, allowing parents the opportunity to present their findings to their medical provider. After a sometimes lengthy interview with family and direct observation of the child by a psychologist, an official diagnosis can be made. An Autism Spectrum Disorder diagnosis is accompanied by levels based on the severity of symptoms.

#### LEVEL 1: REQUIRING SUPPORT

Level 1 identifies those who require the least amount of therapeutic support. There may be some challenges with social interactions, or transitioning from one activity to the next. Common traits among this group include social anxiety and “masking” when they feel the need to fit into a neurotypical group.

#### LEVEL 2: REQUIRING SUBSTANTIAL SUPPORT

Level 2 is marked by more severe challenges and requires greater amounts of care and support. Often times verbal and nonverbal communication can be limited or impacted. Stimming is more pronounced with Level 2, and frustration with transitions and overstimulation can often occur, requiring the child to have a care plan in place to prevent or help mediate stress, frustration, physical discomfort, and any harmful behaviors that may occur.

#### LEVEL 3: REQUIRING VERY SUBSTANTIAL SUPPORT

Level 3 is considered the highest level on the Autism Spectrum. Children diagnosed in Level 3 often have the greatest challenges with day-to-day functions and therefore require the greatest level of support. Level 3 typically describes those with severe difficulty in verbal and nonverbal communication, extreme difficulty in navigating changes (in schedule or routine), and very restricted or repetitive behaviors that can interfere with daily tasks. Often those with a Level 3 diagnosis will require intensive therapeutic services (35-40 hours per week) and may need multiple areas of support (i.e. ABA Therapy, Speech and Language Therapy (SLP), Occupational Therapy (OT), etc.)

Understanding your child's Autism diagnosis is an essential part of connecting them with the right support and services. Contact our enrollment team at (515) 513-9649 or fill out our online form to get started on your journey with Midwest Autism & Therapy Centers!





## FIND MIDWEST AT THESE UPCOMING EVENTS

### Fi & Friends

#### Autism Resource Fair

Saturday, April 13th, 2024

10:00 a.m. to 3:00 p.m.

A safe and inclusive space for all abilities to gain support and community resources.

*Horizon Events Center  
2100 NW 100th St Clive, IA 50325*

### MN Autism Conference

April 17th-19th, 2024

This three-day conference will feature keynote speakers, breakout sessions, and a resource fair with in-person sponsors.

*Doubletree by Hilton Minneapolis Airport  
2020 American Blvd. E. Bloomington, MN  
55425*

### Striding 4 Awareness

Saturday, April 20th, 2024

10:00 a.m. to 2:00 p.m.

Resource Fair 10:00-11:00 a.m.  
4th Annual Walk to Include 10:30 a.m.  
Lunch and Silent Auction 11:00-2:00 p.m.

*Resource Fair & Walk @ Carlisle HS Track  
Lunch & Silent Auction @ Carlisle Elementary  
Multi-Purpose Room (430 School St Carlisle)*

### Steps for Autism in MN

Sunday, May 19th, 2024

An inclusive event for all abilities with a resource fair featuring in-person sponsors and activities. The walk will be at the pace and distance choice of each participant.

*ROC at the St. Louis Park Rec Center*

## Upcoming Zoom Lunch & Learn Series with the Autism Society of Iowa

April 3rd, 12:00-1:00 p.m. - IA Vocational Rehabilitation Services

April 10th, 12:00-1:00 p.m. - Internet Safety and Awareness on the Spectrum

April 17th, 12:00-1:00 p.m. - Common Interventions for ASD

April 24th, 12:00-1:00 p.m. - Supporting Siblings

These sessions are held via Zoom by the Autism Society of Iowa, and are **free** to register for, simply provide your contact information for the link!

Visit [autismia.com/events](https://autismia.com/events) for more information.



Sign up to receive email updates from Midwest Autism & Therapy Centers!  
Email updates include monthly newsletters, new blog posts, center updates, announcements and more.



## Get Connected

### ALTOONA CAMPUS:

950 28TH AVE SW, STE 2 ALTOONA, IA 50009 | 515-446-2075

### ANKENY CAMPUS:

2405 N ANKENY RD ANKENY, IA 50023 | 515-446-2080

### EDINA CAMPUS:

7550 FRANCE AVE S, STE 200 EDINA, MN 55435 | 952-955-4057

### WAUKEE CAMPUS:

287 SE WESTOWN PKWY WAUKEE, IA 50263 | 515-446-3420

### WEST DES MOINES CAMPUS:

1280 OFFICE PLAZA DR WEST DES MOINES, IA 50266 | 515-446-3420

### WOODBURY CAMPUS:

748 BIELENBERG DR WOODBURY, MN 55125 | 651-796-2306

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