

VOL. 2 ISSUE 9 • SEPTEMBER 2024

MOSAIC MINDS

Official Newsletter of Midwest Autism & Therapy Centers



A MIDWEST MINUTE

NOW ENROLLING NEW CLIENTS

Summer was “Turtle-y Awesome” but we are excited for new clients to begin the school year with us! In Minnesota we have immediate availability for clients with commercial insurance. To learn more or submit a referral, please visit us online at midwestautismservices.com



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Read this issue
and more online!



NEUROPOSITIVITY IN ABA THERAPY

Applied Behavior Analysis (ABA), is an evidence-based therapy method endorsed by:

- [The National Institute of Mental Health](#)
- [The American Academy of Pediatrics](#)
- [The American Psychological Association](#)

Considered the “gold standard” for Autism therapy, especially when started early, ABA uses positive reinforcement to help increase behaviors like safe play and communication, while decreasing challenging or unsafe behaviors like self-harm and elopement. Similar to other types of Autism therapy, ABA is a collaborative process. Your family will be an active part of your child’s care team.

ABA can help your child build:

- Adaptive behavioral skills
- Cooperation & listening skills
- Communication & language skills
- Fine & gross motor skills Play & leisure skills
- Pre-academic skills

Since the development of [ABA therapy](#) in the 1970s, the approach has transformed from trying to make individuals with [ASD](#) “indistinguishable from their neurotypical peers” to one of acceptance, celebration, and empowerment. This style of therapy, referred to as “Neuropositivity” highlights the need for diversity and the development of positive self-esteem, celebrating the differences associated with neurodiversity and those found within the individuals on the [Autism Spectrum](#) and other neurodevelopmental conditions.

According to the [National Institutes of Health \(NIH\)](#), a positive approach like this “activates brain systems associated with self-related processing and reward and is reinforced by future orientation.”

The Role of Caregivers and Therapists

Caregivers, therapists, and family members play an important role in the success of each child’s Autism journey. It is important to surround your child with a support team that will help him/her run towards their goals, not hide away from the world because they are “different.” Whether this means uniting a comprehensive care team (get your Speech Therapist on board with your BCBA, the Preschool teacher, and Neurologist!) or simply recruiting the neighbors to help be on the look out for elopement or other risk factors. It takes a village! Don’t be afraid to recruit yours and rely on those around you.

Practical Strategies for Fostering Neuropositivity

Integrating positivity and affirmations into daily routines and therapy sessions can help make this approach your new “normal”. Surround yourself with those who understand. Maybe that’s a social media group of other moms with neurodiverse children. Maybe it’s a play session at a local coffee shop. Maybe it’s simply locating the resources as you start your journey. The world is your oyster, as they say, and we want each child on the Autism Spectrum, and each family associated, to live life to the absolute fullest, regardless of diagnosis.



“We encourage individualism and uniqueness in everything we do with the kiddos, creating confidence in themselves through that independence and by having fun in the ways that they enjoy having fun, rather than the ways others might expect the kids to have fun.”

-Shawna Johnson, BCBA, LBA, MS



TEAM HIGHLIGHTS



TIMOTHY LARSON, M.S., BCBA, LBA (HE/HIM)
Woodbury Campus

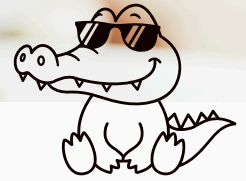
- M.S. in Psychology with a specialization in Applied Behavior Analysis from Capella University
- B.A. in Music and Creative Writing from Wheaton College (MASS)

Tim Larson is a dedicated Behavior Analyst who enjoys celebrating all the accomplishments of his client, big and small. He takes pride knowing his chosen career helps improve the lives of children on the Spectrum, as well as the lives of their families and loved ones. Tim has even used Roblox to generate tools that teach kiddos with Autism critical safety skills. During his supervision program, he was able to observe these tools in action and demonstrate increased learning in his clients.

CONGRATULATIONS!
CAMERON GULBRONSON, RBT
West Des Moines Campus

Cameron was recently promoted to a Tier III Registered Behavior Technician. This great achievement recognizes her commitment to our WDM clients, her teammates, and the Midwest mission. Congratulations Cameron, and thank you for everything you do!

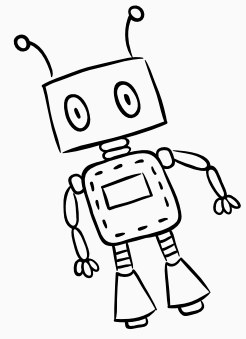




Autism Word Find



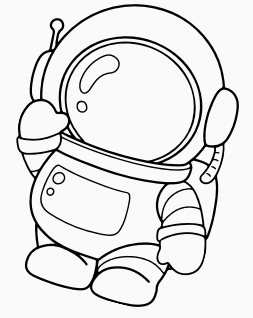
N M E C H O L A L I A T S D C
 O N I Z O X B E H A V I O R E
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 T I N A O Z S E N S O R Y U O
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 V S T I M M I N G U U K R M M
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ABA THERAPY
 ANTECEDENT
 BEHAVIOR
 CONSEQUENCE
 ECHOLALIA

ELOPEMENT
 INTERVENTION
 MASKING
 NEURODIVERGENT
 REINFORCEMENT

SCRIPTNG
 SENSORY
 STIMMING
 STIMULUS
 TRANSITION





CONGRATULATIONS!

- Ethan S. - *Waukee Campus*
- Raven S. - *Waukee Campus*
- Indigo O. - *Waukee Campus*
- Angela F. - *Waukee Campus*
- Diego S. - *Waukee Campus*
- Kameryn D. - *West Des Moines Campus*

Congratulations to these Behavior Technicians on recently passing their RBT exams! Thank you for your dedication to our clients and our team!





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



HAPPY BIRTHDAY

- ALYSSA S., ADMIN ASSISTANT - WOODBURY CAMPUS
- SARAH H., RBT - WEST DES MOINES CAMPUS
- GABI G., RBT - HOME-BASED CLIENTS
- CELINA L., RBT - HOME-BASED CLIENTS
- DANIELLE B., BCBA - EDINA CAMPUS
- ETHAN S., RBT - WAUKEE CAMPUS
- AMBER C., RBT - WAUKEE CAMPUS

SEPTEMBER

Get Connected

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