

DECEMBER 2020 SERVICE GUIDE



ONTARIO AUTISM PROGRAM

FOUNDATIONAL FAMILY SERVICES

Bethesda is pleased to offer Foundational Family Services for children/youth and their families who are registered with the Ontario Autism Program. All Foundational Family Services are provided at no cost to families and are outlined in this service guide.

RESOURCES AND SERVICE COORDINATION

Bethesda's Service Coordinators can:

- Provide information about service options and assist with program registration
- Answer questions and share resources
- Assist families completing OAP funding applications
- Help families reconcile their OAP funding expense forms

Families can contact a Service Coordinator by calling 905.684.6918 ext. 170, or sending an email to serviceinfo@bethesdaservices.com to book an individual consultation.

FAMILY AND PEER MENTORING AND SOCIAL SUPPORT

Supports inclusive of the whole family are offered in a variety different formats including:

- Parent/Caregiver Support Groups
- Groups
- Social Recreational Groups
- Youth Advisory

WORKSHOPS AND COACHING SESSIONS

Browse this publication for information on available interactive workshops that cover topics related to the early years through to young adulthood.

BRIEF CONSULTATIONS

Brief consultations are single or time limited (1-3) individualized sessions that are focused on specific needs or goals. Parents/caregivers can meet with a clinician to ask questions, review resources and discuss a variety of strategies that relate to their child's social skills, life skills, communication and behaviour. Examples of topics that can be discussed during a clinic appointment include, but are not limited to: behavioural concerns, teaching new skills, increasing independence, completing OAP registration and funding applications and learning about community resources. Brief Consultations focus on proactive strategies. Call 905.684.6918 ext. 170 to request an appointment.

TRANSITION SUPPORTS

Transition supports are offered to support children, youth and their families during different life stages and changes, e.g. starting school, new diagnosis.

NEW AT BETHESDA!

TABLET LENDING LIBRARY

Would your family benefit from the short-term use of a tablet for virtual therapy, workshops or groups?

Thanks to **Government of Canada's Emergency Community Support Fund** and **United Way Niagara**, Bethesda was fortunate to receive a grant that will assist us connecting those we support with their community through the development of a tablet lending library.

Throughout the pandemic, Bethesda responded to the needs in our community by expanding virtual service options that include therapy sessions, workshops, clinics and group programs. With many families and individuals not being equipped with the technology required, we recognized that we needed to find a way to connect everyone virtually.

Tablets will be available for all families accessing Children's Services at Bethesda, including the Ontario Autism Program's Foundational Family Services. If your family would benefit from access to a tablet for virtual services, please contact us to see if the Tablet Lending Library is the right fit for you.

Our deepest thanks go out to the Government of Canada and United Way Niagara for seeing the value in this initiative and helping us to connect our community during such an unprecedented time.

Canada 



**United Way
Niagara**

WORKSHOPS

JOIN US FOR THE FOLLOWING WORKSHOPS OFFERED IN DECEMBER

Navigating the Ontario Autism Program and Funding Options

This workshop will help parents and caregivers understand and complete any necessary funding applications including Ontario Autism Program (OAP) one-time funding, Special Services at Home (SSAH) or Assistance for Children with Severe Disabilities (ACSD).

DATE/TIME Available by individual appointment upon request.

Desensitization: How to Make Difficult Events Easier

Does your child have difficulty visiting new places? Maybe they have a challenging time getting a haircut or being near a family pet. Desensitization is a term we use in Applied Behaviour Analysis (ABA) to describe teaching tolerance to activities or situations the child finds difficult. Join this workshop to learn some practical ways to increase your child's tolerance level to non-preferred items and activities. Two individualized consultations are provided to give you an opportunity to discuss the implementation of strategies in your home.

DATE/TIME Tuesday, December 8
7:00 - 8:30pm

Recharge Your Batteries

The whole family is invited to join this session to discuss the importance of sleep, how much sleep everyone needs, and tips to help you fall (and stay) asleep.

DATE/TIME Monday, December 14
4:00 - 5:00pm

Toilet Training

Is your child showing readiness signs for toilet training? This workshop will help parents and caregivers recognize readiness skills and patterns of current toileting behaviours. Toilet training strategies offered are based on the principles of ABA. The holiday break might be the perfect time to implement the strategies. Two individualized consultations are provided to give you an opportunity to discuss the implementation of strategies in your home. This workshop is best suited for parents of children ages 7 and younger.

DATE/TIME Wednesday, December 16
7:00 - 8:00pm

Mental Health & Self Care

This workshop is designed for parents and caregivers. Participants will explore the importance of mental health and have an opportunity to develop a personal self-care plan.

DATE/TIME Monday December 7
7:00 - 8:00pm

Kids Have Stress Too

This workshop provides education for caregivers on how to proactively support their child's emotional resiliency when they are dysregulated due to stressful situations. Coping strategies discussed in this workshop may be helpful for everyone in the family. Two individualized consultations are provided to give you an opportunity to discuss the implementation of strategies in your home.

DATE/TIME Wednesday, December 9
7:00 - 8:00pm

Make Time for Play

Play isn't something just for kids; it's actually beneficial for the entire family! This session reviews the importance of fun and play and provides opportunities for the whole family to laugh and play together.

DATE/TIME Monday, December 14
7:00 - 8:00pm

Planning Ahead- Proactive Strategies for Successful Experiences

This workshop is designed to assist parents in planning for their child to successfully participate in community outings through the use of proactive strategies. Please be prepared to discuss and plan for one community outing (i.e. extracurricular activity, medical appointment, grocery shopping, etc.). Two individualized consultations are provided to give you an opportunity to discuss the implementation of strategies in your home.

DATE/TIME Thursday, December 17
7:00 - 8:00pm

GROUP SERVICES



WELLNESS WARRIORS ACTIVITIES

Dream Big

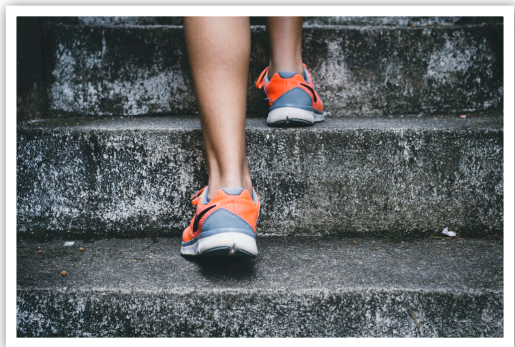
Dream Big provides an opportunity for youth and their siblings to identify their big dreams and get inspired to work toward their goals!

AGES 10 +
DATE/TIME Tuesday, December 1
4:00 - 5:00pm

Lunch Break Yoga

Parents and Caregivers are invited to join our lunch break yoga sessions taught by a certified yoga instructor.

AGES All
DATE/TIME Monday, December 7
Monday, December 14
12:00 - 1:00pm



Mindfulness

Mindfulness is a strategy that helps individuals stay grounded and focused in the present moment. Youth will practice mindfulness activities while learning about the benefits regular mindfulness has for their wellness.

AGES 10 +
DATE/TIME Monday, December 7
4:00 - 5:00pm

Move Your Body

Youth will discuss physical exercise and wellness while engaging in different activities and games to help them move their body!

AGES 10 +
DATE/TIME Tuesday, December 8
4:00 - 5:00pm



RECREATIONAL ACTIVITIES

Roblox

Peer Mentors from Bethesda's Youth Advisory Committee will facilitate an opportunity for youth to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other.

AGES 10 - 14 years
DATE/TIME Tuesday, December 1
7:00 - 8:00pm

Paint with Jenn

Get creative by following along with a guided painting lesson! There will be a new project for each session. You are welcome to join one or all of the sessions. A list of all materials required will be shared with participants in advance.

AGES All
DATE/TIME Wednesday, December 2
Wednesday, December 9
Wednesday, December 16
4:00 - 5:00pm

RECREATIONAL ACTIVITIES

Story and Music Time

Please join us for a morning adventure with songs, interactive stories and homemade instruments. Participants will have an opportunity to creatively transform everyday items into musical instruments.

AGES 2 - 6 years
DATE/TIME Saturday, December 12
9:00 - 9:30am
Monday, December 21
9:30 - 10:30am

Teen Video Game Club – Christmas Edition!

Explore the holiday version of Roblox! Led by members of Bethesda's Youth Advisory Committee, teens will play in different worlds while socializing together.

AGES 13 +
DATE/TIME Saturday, December 12
1:00 - 2:00pm

Youth Snack Club

Youth are invited to grab their favourite snack and join mentors from Bethesda's Youth Advisory Committee for Snack Club! This group is designed as an opportunity for youth to socialize and have a safe space to connect with peer mentors.

AGES 10 - 14 years
DATE/TIME Tuesday, December 15
7:00 - 8:00pm

Kids Fun Zone

Do you like brain teasers, scavenger hunts, drawing, acting things out, or naming that tune? If your answered "Yes", then Fun Zone is for you!

AGES 8 - 13 years
DATE/TIME Monday, December 21
Tuesday, December 22
Wednesday, December 23
Wednesday, December 30
1:00 - 2:00pm

Holiday Teen Trivia

Join members of Bethesda's Youth Advisory Committee to test your knowledge with our Holiday Trivia Games!

AGES All
DATE/TIME Saturday, December 12
11:00 - 12:00pm

Teen Christmas Party

Come prepared with your favourite Christmas drink and snack for a festive party! Members of Bethesda's Youth Advisory Committee will help lead different Christmas games and activities for teens to play in a supported social environment.

AGES 13 +
DATE/TIME Saturday, December 12
3:00 - 4:00pm

Dance off Party

Get on your feet and move to the beat! Join us for a fun-filled hour with interactive dance and movement activities.

AGES 6 - 12 years
DATE/TIME Monday, December 21
Wednesday, December 23
Tuesday, December 29
11:00 - 12:00pm

Roblox 13 +

Teens will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other.

AGES 13 +
DATE/TIME Friday, December 4, 11, & 18
4:00 - 5:00pm
Monday, December 21
2:30 - 3:30pm
Thursday, December 24, & 31
11:00 - 12:00pm



RECREATIONAL ACTIVITIES

Craft Corner

Each session, we will be creating different crafts using a variety of materials. Children will have opportunity to interact with peers and show off their handmade creations! A comprehensive list of crafts for each week along with what materials that will be required will be sent to registered families.

AGES	All
DATE/TIME	Thursday, December 3, 10 & 17 4:30 - 5:30pm Tuesday, December 22 9:30 - 10:30am Tuesday, December 29 1:00 - 2:00pm

Roblox 8 -12 yrs

Children will have the opportunity to play Roblox in a supportive environment where they can engage with their peers to imagine, create, and share experiences with each other.

AGES	8 - 12 years
DATE/TIME	Saturday, December 5, 12, & 19 2:00 - 3:00pm Tuesday, December 22 2:30 - 3:30pm Thursday, December 24, & 31 9:30 - 10:30am

Karaoke -Christmas Edition

Belt it out and Boogie! Join us for a chance to showcase your singing talents. All voices welcome!

AGES	8 - 13 years
DATE/TIME	Wednesday, December 23 2:30 - 3:30pm

Create with PlayDoh

Build and play with Play-Doh online with challenges and creative competitions in a action packed group designed to stretch your child's imagination.

AGES	6 - 12 years
DATE/TIME	Tuesday December 1, 8, & 15 4:30 - 5:30pm Wednesday, December 30 9:30 - 10:30am



Scavenger Hunt

Hone your curiosity, problem-solving, and sportsmanship skills with us on a Virtual Scavenger Hunt! Children can play individually and in teams with peers to seek and find items around their home.

AGES	6 - 12 years
DATE/TIME	Tuesday, December 22 11:00 - 12:00pm Tuesday, December 29 9:30 - 10:30am

Act it Out

Let your inner star shine and have fun joining interactive activities, skits, role plays, vocal exercises and more.

AGES	10 +
DATE/TIME	Wednesday, December 23 9:30 - 10:30am

Teen Trivia

Join us for games including jeopardy, kahoot and more! Trivia topics will vary to ensure everyone has a chance to answer questions they're interested in!

AGES	13 +
DATE/TIME	Tuesday, December 29 2:30 - 3:30pm

Build with Lego

Build and play LEGO online with challenges, free building, and LEGO competitions in a action packed group designed to stretch your child's imagination.

AGES	6 - 12 years
DATE/TIME	Wednesday, December 30 11:00 - 12:00pm



RECREATIONAL ACTIVITIES

Teen Fun Zone

Do you like brain teasers, scavenger hunts, drawing, acting things out, or naming that tune? If your answered “Yes”, then Fun Zone is for you!

AGES 13 +
DATE/TIME Wednesday, December 30
2:30 - 3:30pm

Move and Groove

Join us for a fun 30 minute move and groove session where your child can shake and wiggle all their sillies out!

AGES 2 - 6 years
DATE/TIME Saturday December 5, 12, & 19
1:00 - 1:30pm

FAMILY ACTIVITIES

Holiday Family Fun

Register to receive a Holiday Family Fun Activity Kit designed explore the magic of the season. The kit includes games and activities that promote discussions about kindness and generosity that families can enjoy together. Join one of our virtual sessions to complete a craft and participate in fun, interactive activities!

AGES All
DATE/TIME Saturday, December 12
10:00 - 11:00am, 11:30 - 12:30pm,
1:00 - 1:30pm or 2:00 - 2:30pm

Merry and Bright - Planning Together For the Holidays

The holidays can be a wonderful time spent with family and friends, but we know that busy schedules and COVID changes can present unique challenges. Your whole family is invited to join a discussion about holiday planning that will include tips and strategies for an enjoyable holiday season. Participants will have an opportunity to create their own family activity advent calendar!

AGES All
DATE/TIME Tuesday, December 15
4:00 - 5:00pm



FEE FOR SERVICE OPTIONS



BEHAVIOURAL SERVICES

Applied Behaviour Analysis (ABA) is an intervention based on the science of learning and behaviour. Clinicians work with individuals and their families to identify goals to increase behaviours/skills that are important to them and decrease behaviour that interferes with skill development and day-to-day functioning. ABA therapy can help increase a child/youth's social communication, teach new skills and increase their independence. ABA involves designing, implementing and monitoring interventions that are supervised by a Board Certified Behaviour Analyst (BCBA or BCBA-D).

* To access an individualized behaviour service, a Clinical Treatment Plan is required

Clinical Treatment Plan

All individualized ABA and EIBI services start with a Clinical Treatment Plan. Clinicians will meet with you and your child/youth to assess his/her strengths and areas of need. Together, we will determine goals and develop an individualized service plan that best supports your child/youth and family.

Cost: \$150.00

Early Intensive Behavioural Intervention (EIBI)

The goal of intensive, comprehensive intervention is to increase a child's rate of learning and improve cognitive, language, social and self-help skills. Children in EIBI receive 20-40 hours of therapy a week for a period of at least 6 months up to 2-3 years. EIBI has a three-tiered supervision model with Instructor Therapists providing direct therapy, a Senior Therapist supervising your child and their programming every week, and a BCBA Clinical Supervisor who is an approved provider on the OAP Provider List.

Cost: \$70 per hour*

* Additional costs for mileage and travel time for community sessions

Individualized ABA Services

Individualized ABA Services provide skill building and/or behaviour reduction programming designed to address the goals outlined in the Clinical Treatment Plan. The range in price for service reflects the type of professional that will be needed to best support your child's treatment plan. Psychiatric Consultation is available for children and youth who are actively receiving a Behavioural Service at Bethesda. The consultation can be integrated into the child/youth's Clinical Treatment Plan to assess and treat mental health concerns. All Behavioural Programs are supervised by a BCBA Clinical Supervisor.

Cost: \$55-\$75 per hour*

* Additional costs for mileage and travel time for community sessions

SPECIALIZED SERVICES

Bethesda offers a variety of specialized services that can be accessed individually or as part of an integrated Clinical Treatment Plan.

Psychology Assessments:

A Psychological Assessment provides a comprehensive evaluation of a child/youth's cognitive and adaptive functioning and may include measures of social emotional development and academic achievement. The assessment process may include interviews, observation, testing and consultation with other professionals. The assessment can be used to assess eligibility for developmental services.

Cost: \$2500*

*Services may be eligible for billing to private insurance providers

Occupational Therapy:

Occupational Therapy (OT) is a health profession that works with children/youth and their families to help identify factors that might be impacting a child/youth's ability to participate in activities of daily life e.g. self-care, play, social communication and coping skills. OT assessment and intervention will focus on understanding how motor skill development, sensory responses, and visual-perceptual skill development are linked to the child/youth's participation and provide therapeutic strategies to help enhance these skill areas.

Cost: \$100 per hour

* Services may be eligible for billing to private insurance providers

Speech and Language Therapy:

Speech-Language Pathologists (SLP) work with families who have concerns about their child/youth's communication development. SLP's assess and treat a broad range of speech, language, communication, swallowing and eating concerns.

Cost: \$125 per hour

* Services may be eligible for billing to private insurance providers