



“Shaping Minds, Changing Lives”

Applied Behavior Analysis (ABA)

Enhancing Lives Through Science-Based Interventions



About Us:

American Behavioral Solutions (ABS) is dedicated to providing high quality ABA services. Our team of providers is committed to helping individuals achieve their full potential through evidence-based practices.

- ABA services are offered **in home, in community settings, in schools** (with approval), as well as at our **therapy centers** located in Glendale, Mesa, and Phoenix.
- ABA services at ABS are available in **English and Spanish**, ensuring that clients and their families receive support in their preferred language.

What is ABA?

Applied Behavior Analysis (ABA) is a scientific approach to **understanding behavior and its relationship with the environment**. It involves applying evidence-based interventions to improve socially significant behaviors and enhance an individual's quality of life. ABA is data-driven, individualized, and focused on teaching new skills while reducing challenging behaviors.

Key Principles:

- Reinforcement
- Behavioral shaping
- Individualized interventions
- Data-driven decision making
- Skill development and generalization
- Ethical considerations
- Collaborative approach

Who Can Benefit from ABA?

- Individuals with Autism Spectrum Disorder (ASD)
- Children with developmental delays or disabilities
- Adults with behavioral challenges
- Parent and caregivers

Benefits of ABA:

- Improve communication skills
- Enhance social interactions
- Promote functional independence
- Reduce challenging behaviors
- Enhance learning and adaptation
- Data-driven outcomes

What does an ABA program involve?

- **Assessment:** A comprehensive evaluation to identify the individual's strengths, needs, and specific behavior goals
- **Individualized Treatment Plan:** A customized plan that outlines specific behavioral goals, interventions, and strategies tailored to the individual's needs
- **Behavioral Interventions:** Evidence-based techniques such as reinforcement, prompting, and modeling to teach new skills and modify behaviors
- **Ongoing Data Collection:** Regular collection and analysis on the individual's progress to ensure effectiveness and make necessary adjustments
- **Family and Caregiver Involvement:** Participation of family members and caregivers to ensure consistency and support in applying strategies

Getting Started with ABA

1. Initial consultation
2. Intake and assessment
3. Functional behavior assessment
4. Development of personalized treatment plan
5. Consistent therapy implementation
6. Regular supervision and plan adjustments
7. Parent training and involvement
8. Periodic re-assessment and program review

ABA therapy is covered by all AHCCCS plans for adults and children with a qualifying diagnosis and by most commercial insurance plans for children diagnosed with Autism Spectrum Disorder.



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