

Cultivate Behavioral Health & Education ABA Clinical Philosophy

What is Applied Behavior Analysis?

Applied Behavior Analysis (ABA) is the process of systematically applying interventions based upon the principles of behavior analysis to address meaningful and socially significant behaviors and to demonstrate that the interventions are responsible for the improvement in behavior (Baer, Wolf, & Risley, 1968). Put simply, ABA is the application of behavioral principles to everyday situations to increase independence and enhance the quality of life (Heward & Wood, 2003). ABA is an evidence-based approach resulting in significant behavior change and demonstrated effectiveness across the lifespan with a variety of abilities (Cooper, Heron, Heward, 2019). ABA therapy consists of the following: assessing behaviors; determining the behavior's purpose; implementing evidence-based interventions; and monitoring behavior change.

ABA has been used to assist individuals in many different areas, including communication, life skills, socialization, and leisure skills (Laties & Mace, 1993). In addition, ABA can help decrease challenging behaviors, achieved through function-based interventions focusing on environmental changes, replacement communication, and/or other replacement behaviors (Umbreit, Ferro, Liaupsin, & Lane, 2007). To optimize safety and to prevent patient and/or staff injuries, team members agree to only implement restraint and/or seclusion in an emergency.

A core component of ABA services is data collection and analysis to determine if modification to programming is needed (Cooper et al, 2019). ABA programs are classified as comprehensive or focused (CASP, 2020). Comprehensive programs include skill acquisition in multiple areas (CASP, 2020). Focused programs include skill acquisition in one or two areas (e.g., toileting, social skills, challenging behavior) (CASP, 2020).

ABA Services at Cultivate

Cultivate's vision is collaborating to provide engaging, individualized, compassionate care through continuous improvement. Cultivate is committed to delivering services that evolve based on the latest research to provide the highest quality of care that leads to positive outcomes for patients. Interventions will be coordinated across all stakeholders (e.g., other medical providers, teachers, and caregivers) for patients and their families. Services may be provided in a variety of locations such as home, center, school, and/or community locations. Cultivate conducts research to improve and learn how to better serve patients, develop interventions, and disseminate findings.

Patients

Cultivate's patients have the right to effective, patient-centered care leading to positive outcomes in their lives. They are treated with compassion, dignity, and respect. Prior consent will be obtained from patients and their parents/guardians before the onset of services. Coordination of care is encouraged across educational, medical, behavioral, and psychological providers.

Parents and Guardians

Parents and guardians are the most important members of the therapy team, and their participation is integral throughout the entire therapy process. Through collaboration, education, and support, we empower parents to be the leader in their child's behavior program.

Employees

Cultivate's employees are critical to achieving our mission of providing patients with effective treatment. Employees receive high-quality initial and ongoing training to promote opportunities for professional growth and to ensure positive outcomes for patients.

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