

Getting Help for your Child with Developmental Disabilities to Address Challenging Behaviors

You may need help to access services.

- **Request a functional assessment of your child's behavior.** (Helps determine why behaviors occur, when, where, with whom, and under what circumstances.)
- **Talk to your school district.** Ask for in-home carry-over to support developing positive skills in important settings such as the home and the community as well as to help you learn how to support the learning process.
- **Get a prescription.** Your child's primary physician may need to write a prescription for in-home Applied Behavior Analysis (ABA). Hours usually range from six to ten hours per week for a child who is in pre- or elementary school.
- **Call your insurance company.** Learn more about their policy to fund in-home ABA, parent training, respite services, and family support.
- **Contact PerformCare** can help parents connect with many services including family support organizations, care management organizations, in-home supports, respite services, mobile response and stabilization services, and more. Call 1-877-652-7624 24 hours a day, 7 days a week or visit <http://www.performcarenj.org>
- **Visit the Children's Specialized Hospital Website** to access many practical autism. Visit <https://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/>
- **Call the Mom2Mom Helpline** to help with stresses that often accompany caring for a child with special needs. It is helpful to talk with someone who can lend an empathetic ear. Call 1-877-914-6662 24 hours a day, 7 days a week or visit www.mom2mom.us.com
- **Learn more:**
 - Association for Science in Treatment (ASAT) www.asatonline.org
 - Autism New Jersey www.autismnj.org
 - Behavior Analysis Certification Board www.bacb.com → find/contact certificants



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