

# Alternative Behavior Strategies, Inc

Please contact the main office:

Phone: 801-935-4171 ext 1 (Contact for Intake)

email: [info@alternativebehaviorstrategies.com](mailto:info@alternativebehaviorstrategies.com)

Director of Services: Jeff Skibitsky



# ABS

**Alternative Behavior Strategies**

*Behavior Alternatives to Open New Opportunities*



## ***Behavior Alternatives To Open New Opportunities***

Alternative Behavior Strategies (ABS) is an ABA based consultation firm that utilizes the principles of Positive Behavior Supports and empirically based Applied Behavior Analysis to help better the quality of life of each client served. ABS works to educate and support caretakers to create alternatives to challenging behavior and develop additional skill sets to allow for more opportunity in the life of the client. The lifespan perspective of ABS opens doors for service of children (from age 18 months) through adulthood, with detail oriented individualized plans developed and monitored by Board Certified Behavior Analysts

### **Program Features**

- Autism and Developmental Disorders in home consultation: Verbal Behavior, Positive Behavior Supports, Pivotal Response Training, Natural Environment Teaching, Discrete Trial Teaching
- Behavior Modification: Functional Behavior Assessments, Empirically Based Behavior Change Strategies, Functionally Equivalent Behavior Development, School shadow and teacher training/ consultations
- Workshops and Trainings: Training of School District specialists, community workshops, Parent education workshops and conferences, IEP planning
- Assessment and Follow Up: Initial intake assessment- behavior, cognitive skills, functional living, communication
- Follow up- continuous monitoring and graphing of data, progress report and re-assessment every 6 months, monthly meetings and progress reports

# ALTERNATIVE BEHAVIOR STRATEGIES



**Our Philosophy:** Alternative Behavior Strategies, Inc (ABS) is a consultation based service provider that focuses on the use of Applied Behavior Analysis (ABA) to help ameliorate deficits and excesses attributable to a Pervasive Developmental Disorder or Social Emotional Disorder. ABS utilizes a variety of ABA techniques that incorporate motivation and function based teaching into the curriculum or family/ community dynamic. These techniques vary from Verbal Behavior, Pivotal Response Training, Natural Environment Teaching and Positive Behavior Supports to more intense teaching methodologies such as Discrete Trial Training. Behavior change strategies focus on the development of alternative behaviors and establishment of skill sets that can replace maladaptive behavior. Programming and behavior plans are

individualized to meet the needs of each client and are developed from research based assessment tools.

All programs at ABS are developed and monitored by a Board Certified Behavior Analyst. Alternative Behavior Strategies, Inc provides intensive treatment focusing on the pivotal behaviors that are preventing an individual from accessing the community or more neuro-typical social environments. Through the use of a variety of ABA strategies plans will address each behavioral and skill domain that is preventing access to more independence. The focus of treatment is to maximize strengths of an individual to serve as tools in rectifying areas of weakness.

## **Enrollment Process and Contact Info:**

Initial intake and preliminary questions should be directed to 801 935-4171 ext 1.

Once parents have decided that they would like to pursue additional information, an appointment will be made for a home visit and initial meeting. As parents decide the direction of services they would like to pursue, they will begin the service contract and discuss any obligations or concerns related to service. A commencement date will be determined at this time to begin the program assessment and treatment process.

**Director of Services:** Jeff Skibitsky, MA BCBA received his bachelor's degree from Vanderbilt University and continued his education at Pepperdine University where he earned a master's degree in clinical psychology. Jeff also completed post graduate work at the University of North Texas and received accreditation through the BACB (Behavior Analysis Certification Board). He has worked with the special needs population for 12 years and has focused on developmental disorders over the last 9. Jeff has received extensive training in Discrete Trial Training while working for Dr. Ivar Lovaas, and furthered his training in ABA (Applied Behavior Analysis) techniques to include Pivotal Response Training, Positive Behavior Support, Functional Communication Training, Natural Environment Teaching, and Verbal Behavior Training.



Jeff has worked in a supervisory role for the past 10 years, within which he has trained therapists and supervisors, developed programming and staff training protocols, conducted behavioral assessments and functional analyses, evaluated staff performance, conducted workshops on ABA techniques, presented at conferences, and coached parents utilizing a parent training module on effective behavior management.

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**ALTERNATIVE BEHAVIOR STRATEGIES, INC**