



Southwest  
Autism  
Research &  
Resource  
Center



## JumpStart® Program

### **Program Overview**

JumpStart® is a parent empowerment program designed for families with children under the age of 6, who are at-risk or recently been diagnosed with Autism Spectrum Disorder (ASD). JumpStart is a ten session program based on the principles of Applied Behavior Analysis (ABA) that consists of professionally led discussions, direct observation of one-to-one intervention sessions, a structured classroom environment and in-vivo coaching.

### **JumpStart Orientation**

JumpStart Orientation occurs one week prior to the start of the program and serves as the initial meeting for parents and children. Orientation consists of an informal child-assessment, a tour of the facility, and a more detailed explanation of the program.

### **JumpStart Program Description**

One week after the completion of Orientation, the JumpStart Program begins. Each JumpStart session starts with a topic-based discussion for parents. Topics include Autism Spectrum Disorders, Applied Behavior Analysis (ABA), Pivotal Response Treatment (PRT), Disruptive Behaviors, Toilet Training, Accessing State Services, Individualized Education Plans (IEP), and Accessing Insurance Services. While discussions are held, clinicians work with the children in a preschool classroom setting. The focus of the classroom environment is to facilitate functional communication, engagement and appropriate social interactions. Following discussion, parents watch their child's fifteen (15) minute one-to-one session through a live video feed. As part of the learning experience, parents watch all 6 children's' one-to-one sessions throughout the program. During guided observation, a JumpStart clinician will provide hands-on training in data collection and a step-by-step explanation as a JumpStart clinician implements ABA-based interventions tailored to meet the individual needs of each child. Finally each parent receives four 90-minute in-vivo parent training sessions in which a JumpStart clinician provides live feedback and coaching as parents implement the intervention procedures demonstrated during the guided observations sessions.

### **JumpStart Follow-up**

*One week after and Three months after* the completion of the JumpStart Program, follow-up discussions are held for adults only. The follow-up discussions provide strategies and ideas for how parents can continue to implement learned techniques across a variety of environments (home, school, etc.). An overview of data collection (recording, scoring, and interpreting data) will also take place during the follow-up discussions.

### **General Program Information**

The JumpStart Program runs for a 4-week period. Orientation occurs *one week prior* to the JumpStart program and the follow-up sessions occurs the *week after and three months after* completion of the program. JumpStart sessions are available on Tuesday/Thursday from **8:30AM to 11:00AM**. All sessions are held on SARRC's main campus.

### **For additional information on JumpStart internships, please contact:**

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