

# CBC Behavioral Times



## Announcements!

Timesheets are due Friday, November 1st by 10:00 AM.

**Extra cases are available**, if you'd like to boost your hours. Please reach out to Janeli and Abigail in the Scheduling Department if you are interested.

Schedule@cbc-autism.com

Thank you so much!



## ABA Definition of the Month

**Differential Reinforcement of Incompatible Behaviors (DRI):** This reinforcement technique helps decrease an undesired behavior by encouraging a behavior that cannot occur simultaneously with it.

**Example:** Reinforcing when a client uses a chew toy instead of licking surfaces. Since the client cannot chew the toy and lick surfaces at the same time, chewing serves as an incompatible behavior to licking surfaces.

<b>Schedule of Reinforcement: DRI</b>	
<b>Behavior</b>	<b>Solution (Incompatible Behavior)</b>
Jumping on the couch	Sitting on the couch
Pinching or grabbing others	Holding a soft toy
Scratching on furniture	Using a coloring book or fidget toy



Wishing everyone  
a wonderful, happy  
birthday full of  
love and laughter -  
and an amazing  
year ahead!!

## November Birthdays!

Shakira

Sharon

Erin

Hailey

Nathalie

Diana

Crystal

Happy  
Birthday



## Friendly Reminders!

Cold and flu season has arrived. It's recommended to boost your Vitamin C intake, stay hydrated, and wash or sanitize your hands frequently to prevent illness.

If you or your client/the client's family are ill, in-person services must be paused until everyone has been symptom-free for 24 hours. Please keep in regular contact with your supervisor and the scheduling department.  
**Do not attend session if you are unwell.**

Please charge your tablets before session, always!

Thank you so much!



## Joke of the Month!



## Monthly Tip!

Large gatherings can be overwhelming for everyone. Schedule breaks for both children and adults to step away from the noise and engage in calming activities, such as reading a book, taking a walk, or enjoying some quiet time alone, if needed.



Happy  
**THANKSGIVING**

Thank you for all  
of your hard work!