

CBC Behavioral Times



Announcements!

Timesheets are due Sunday, December 1st by 10:00 AM.

CONGRATULATIONS to our recent BCBA who has successfully passed her BCBA Exam!

We are so proud of you!!!

If you'd like to boost your hours, please reach out to Abigail and Janeli in the scheduling department:

schedule@cbc-autism.com

Thank you so much!

ABA Definition of the Month

Extinction: A strategy used to decrease challenging behaviors by discontinuing a previously reinforced behavior. As a result, the behavior is less likely to occur in the future. Using extinction procedures is based on the function of the behavior.

Examples of Extinction Procedures:

- **Attention Extinction:** Withholding attention when a challenging behavior is used to gain inappropriate attention from others (e.g., screaming, tantruming, throwing items, etc.).
- **Escape Extinction:** Preventing an individual from escaping/avoiding a task when engaging in a challenging behavior (e.g., elopement, verbal or physical protests, etc.).
- **Access Extinction:** Denying access to specific items or activities as a consequence of a behavior (e.g., screaming, tantruming, hitting others, etc.).
- **Automatic/Sensory Extinction:** Removing or masking sensory stimulation to prevent an automatic behavior (e.g., wearing gloves to stop self-injurious behavior like skin picking).

Important Reminder: Extinction procedures should **only** be implemented if your supervisor has trained you to competency. These procedures are designed by your case supervisor and should only be used if they have been included in part of the client's treatment plan. If you have any questions regarding your client's behavior intervention plan, please consult with your supervisor.





HAPPY
Holidays



Friendly Reminders!

Holidays can disrupt routines, so try to maintain consistency in schedules and reinforcement strategies for your clients.

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.

With colder weather, we often forget to drink water. Keep hydrated, even during hot cocoa season!

Thank you so much!

Joke of the Month!

Couldn't choose between a star or an angel so I went with both



Monthly Tip!

Gifts don't have to cost a lot to be meaningful! A handmade gift - like a painted ornament, or a personalized memory jar filled with kind compliments and happy memories - can be a cost-effective way to show how much you love someone.



**Thank you for all
of your hard work!**



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