



Parent Newsletter

Volume 4, Issue 4; October 1, 2022



What's New!

* **TRICARE:** TRICARE has started giving us feedback about meeting the requirements for parental involvement with treatment. According to their policies, in order for a child to remain qualified for services, parents/caregivers must participate in a minimum of six "family guidance" sessions within each 6-month period. If that minimum is not met for 2 consecutive 6-month periods, according to the policy, they will not approve continuation of service. We haven't had any families in that situation, thank goodness! But please understand that those meetings with your behavior analyst aren't just an important part of treatment, they are a TRICARE requirement.

* **SOCIAL GROUPS:** We resumed social group sessions on Saturdays in September. While every child can, of course, benefit from being around other kids, during the social group sessions we focus on substantial levels of interaction with other kids throughout the 2-hour session. Right now, we have a wait list for Saturday services, but feel free to talk with your behavior analyst about whether participating in social group would be a good fit for your child. If your child is already scheduled and you have any questions or changes, reach out to the scheduling department (scheduling@greenboxaba.com)

* **COVID UPDATE:** The CDC is still recommending source control (masks) be worn in healthcare settings, as that continues to create the safest environment for both clients and staff. We continue to monitor the guidance from the CDC and will notify all clients and staff if our policy changes.

Connections

Whether you are a long-time client or one of our many new families, we want it to be easy to find the information you need. There is information in your New Client handbook (long-time clients, if you would like a copy of that, let us know), on our website, and in a variety of other sources. Here's a quick summary!

Who Do I Contact About?

Insurance and Service Authorization Questions	Clinical Administrative Assistant (Tamera McRae)	tmcrae@greenboxaba.com
Required testing	Clinical Administrative Assistant (Tamera McRae)	tmcrae@greenboxaba.com
Scheduling Questions (standing schedule and long-term changes)	Scheduling Department	scheduling@greenboxaba.com
Session Cancellations	Your Behavior Analyst and, if applicable, the RBT	Number and email shared by your behavior analyst
Clinical and behavioral concerns	Your Behavior Analyst	Number and email shared by your behavior analyst
Billing, Co-Pay, & Co-Share Questions	Main Office	greenboxaba@gmail.com
Management	Contact the main office to speak with or leave a message for: Carl Dyzak, CEO Chris Richardson, COO Barbara Kaminski, Clinical Director	greenboxaba@gmail.com / 571-297-4308

And don't forget about our other sources of information!

Visit our Website at Greenboxaba.org!

- Information about Weather closures (posted on the homepage)
- A section just for you (the "[Help For Families](#)" tab) that includes
 - Blog with helpful articles and links
 - list of holiday closures
 - links to parent educational videos

Join Us For Parent Educational Workshops!

- Our Parent Educational Workshops are held on Saturday mornings. They are free, cover general interest topics, and are scheduled quarterly - sometimes even more frequently!
- Can't make it to the live workshop? No problem! All of the workshops are recorded and are made available on the website and on our [YouTube channel](#).

Track with Us!

- For our Tricare families, the office tracks your due dates for outcome testing and referral, PDDBI and PSI/SIPA requirements, progress reports, and Tricare-specific requirements (ECHO enrollment, DEERS enrollment, insurance issues)
- Most notifications are sent via email, so be sure GreenBoxABA@gmail.com and tmcrae@greenboxaba.com don't go to spam!

Don't forget to create your CentralReach Parent Portal Account!

- Check your child's progress and graphs, communicate with your therapy team, and more.
- Our clinical teams will be using CentralReach for many parent-rated assessments and family-based goals.

Having trouble creating the account? We can help. Call the office at 571-297-4308 or email Tamera at tmcrae@greenboxaba.com

Parent Educational Workshop

When It's Not Just Autism.... ADHD, Anxiety, and Other Diagnoses

November 5, 10am, via Zoom, with Dr. Kaminski

Many children diagnosed with autism also have an additional psychiatric diagnosis (for example, ADHD or anxiety). When that is true, some of the child's behavior challenges may occur because of the combination or interaction of the challenges presented by each diagnosis.

In this workshop you will:

- Learn more about how autism interacts with ADHD, anxiety, and other diagnoses
- Learn how to more effectively support a child with an additional diagnosis

Watch your email in October for your invitation!

In the meantime, check out the recordings of previous workshops on our [YouTube Channel](#).

And we would love to hear from you! What would be helpful to you? Send suggestions to Dr. Kaminski at bkaminski@greenboxaba.com

ABA and Medications. Why We Need to Know!

by **Barbara Kaminski, Ph.D., BCBA-D**



If you are not feeling well and you visit your doctor, one of the things she will ask is what medications you are currently taking. Your doctor needs to eliminate the possibility that medication effects are contributing to your symptoms and, if she needs to prescribe medication, to prevent interactions with anything you are already taking. While ABA is not a

medication, it is a treatment. And there **can** be interactions between medications and the prescribed ABA treatment. [Continue reading on our website](#)
