

# THE DELAWARE NETWORK FOR EXCELLENCE IN AUTISM



Quarterly Newsletter

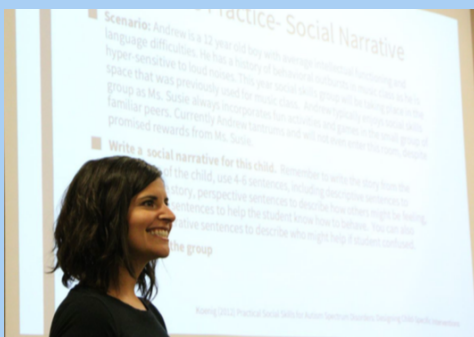
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## NETWORK HIGHLIGHTS

2 large-scale trainings held for mental health professionals at Delaware Guidance Services

Comprehensive initiative begun in July to train Delaware's youth mobile crisis unit

7 statewide trainings for school professionals held in June, July, & August



DNEA Coach Ashley Dubin leading a training on Social Skills this summer.

Did you know?

the DNEA has **trained over 1400 professionals**



in evidence-based practices to support individuals with autism since June 2017!

“I feel that the **DNEA was instrumental in organizing and meeting** with several of the school districts from all areas representing the State of Delaware. This **positive collaboration** allowed each district to discuss and share **how procedures were implemented** in their districts, as well as discuss any problems and or solutions. This open forum allowed all parties to problem solve, raise concerns, and discuss what our specific needs were at the time, and the **DNEA team was fully supportive and really took the time to listen** and address these concerns. Our team and district appreciates the support we receive from the DNEA to better serve our autism population.”

- Alyson, Special Education Coordinator & Helen, Psychologist

## WHAT'S IN THIS ISSUE

- Read about our Network highlights
- Check out the evidence-based practice tip of the month
- Learn about our work in supporting Delaware Families
- View our upcoming trainings and events

# Evidence-Based Practice

Tip of the Quarter...



## What is Reinforcement?

**What is it?** Everyone uses reinforcement! Saying, "thank you" after running an errand, smiling when you receive help, or sharing a compliment at work all make a person more likely to repeat a behavior in the future.

**According to research...** Reinforcement helps individuals with autism learn new skills and maintain skills they previously learned

**How do I use it?** Follow these steps to increase a target behavior or skill:

1. Identify a target behavior or skill you want to increase; it is common to identify a replacement behavior that can be used to replace an unwanted behavior.
2. Identify effective reinforcers through the use of observations, surveys, assessments, or feedback forms. Reinforcers may include social praise, preferred activities, favorite treats, access to special interests, or any other highly-desired tangible or non-tangible item or interactions.
3. Deliver reinforcement immediately after each occurrence of the target behavior and provide specific feedback on what was done correctly (e.g., "Great job sitting in your chair," or "You get 5 minutes on the computer because you completed your school work without needing a reminder").
4. Reinforce the target behavior across multiple settings.
5. Gradually fade the reinforcement over time by pairing it with social and/or ecologically-appropriate reinforcement (e.g., "Nice job!").

### What else should I know?

- Reinforcement works best when paired with other evidence-based practices.
- Remember to connect data on the target behavior and efficacy of each of your selected reinforcers
- Always select the least intrusive and most socially-appropriate reinforcer that is still effective in increasing your target behavior.

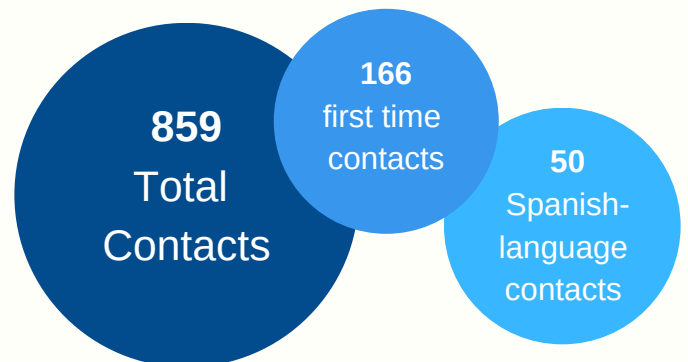
### Want to learn more?

For more in-depth instruction on how to use reinforcement alone or in conjunction with other evidence-based practices, check out the [AFIRM module on reinforcement \(R+\)](#).

## Supporting Delaware Families



With support from the DNEA, Autism Delaware continues to offer **extensive services to families** through its Family Navigation program. Families can **call to seek guidance** on issue-specific needs or just speak to a fellow parent who's been through a similar experience. This quarter, Autism Delaware received 859 total family contacts on topics including IEP support, eligibility, and social services. Over 50 contacts were Spanish-language callers and 166 were first time contacts!



# TRAININGS & EVENTS



**Outside the Box Conference**

Accessibility, Communication & Partnership



## DNEA Trainings for School Professionals

### Classroom Management

October 15, 2019

9am-12pm

UD Carvel Center

### Understanding Autism and Classroom Strategies

October 24, 2019

9am-4pm

UD Center for Disabilities Studies

### Understanding Autism and Classroom Strategies

October 25, 2019

9am-4pm

UD Paradee Center

### Understanding Autism and Classroom Strategies

October 30, 2019

9am-4pm

UD Carvel Center

### Classroom Management

October 15, 2019

9am-12pm

UD Carvel Center

[Click here to register](#)



**October 11 & 12 2019**

**Dover Downs Hotel  
& Convention Center**

Learn from local and national presenters, alongside parents and professionals, on best practices in supporting children who are Deaf-Blind, Deaf and Hard of Hearing, Blind and Visually Impaired, or who have Autism Spectrum Disorder

[To learn more and register, click here](#)

[View our full training calendar here!](#)



# ABOUT THE DNEA

The Delaware Network for Excellence in Autism is the State's training and technical assistance center for autism spectrum disorder (ASD).

Housed at the University of Delaware Center for Disabilities Studies and conducted in partnership with Autism Delaware and Nemours/Al duPont Children's Hospital- the DNEA provides training and support to professionals and organizations as well as children and adults with autism and their families.

We leverage interdisciplinary expertise and resources among our members and other organizations to ensure that individuals with autism and their families have access to high quality education, services, and evidence-based care.



## Connect With Us

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