

# Green Box ABA

Parent Newsletter



## Meet Tamera!

Tamera McRae is your Clinical Administrative Assistant. She has worked at Green Box for almost 3 years. Tamera resolves issues related to your insurance status and requirements. She tracks the status of your insurance-required outcome testing, submits all of the paperwork for starting services and 6-month continuations, and monitors the status of reauthorizations. If you get a blast email from the office, she's the one who sent it. If you get a personal email from the office, most likely it's from her. AND she assists the Clinical Director with clinical administrative tasks.

For most of you, Tamera is an email address and a pleasant voice on the phone. We think she's awesome and want *you* to get to know her better.

### How do you describe your job?

I think my job is really fun and easy going. It has its challenges but the staff makes it less stressful and the kids make it very much worth it.

### Where did you grow up?

I grew up in Woodbridge Virginia. I was born in Kentucky but don't remember much of it.

### What are some of your favorite things to do while you are not at work?

I enjoy listening to music and hiking when the weather is nice. Also bingeing series on Netflix or going to the movies.

### Who would you most like to swap places with for a day?

Any celebrity who is on a solo vacation. Maybe Cardi B, she seems to have an exciting life.



**If you could visit anywhere in the world you've never been, where would you go?**  
Tokyo, Japan

**What's your secret talent that no one knows about?**

I am pretty good at spinning staves. Like, an example would be a bo staff.

**Which four individuals, living or dead, would you like to eat dinner with the most?**

Eminem, Kevin Hart, Dwayne Johnson and Beck. It's really hard to choose though.

**If you could choose to do anything for a day, what would it be?**

I would choose to explore the least visited parts of the Catacombs.

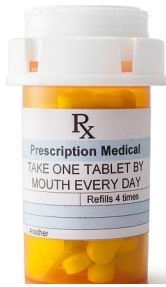
**If you could only eat one meal for the rest of your life, what would it be?**

I would 100% be cool with eating tacos for the rest of my life.

Volume 2, Issue 3  
March 2020

### Inside this issue:

<i>About Medications</i>	2
<i>Parent Workshops</i>	3
<i>Summer 2020</i>	3
<i>Coronavirus—in case of an outbreak</i>	3
<i>Contact Us</i>	4



Data is better than guessing! Let us help provide objective and unbiased data about medication effects that can be used to make informed medication decisions.

## ABA and Medications: Working Together Can Help Your Child Thrive

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 a 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. Like your doctor, in order to evaluate possible behavioral effects and interactions, your BCBA needs to know what medications your child is taking.

**Let Us Help.** The decision to begin a medication can be stressful. A medication may have possible side effects; will they outweigh any benefit? Will this medication actually “work?” The good news is that we can help gather objective information and data on the behavioral effects, and side effects, of a medication. When you share information about your child’s medications, we can work with you to develop behavior tracking systems to objectively measure possible effects, including ways that you can track changes at home. You can then share that information with your child’s pediatrician so that you can make informed decisions about whether your child is benefiting from the medication regimen.

**The More We Know!** Changes in medications can change the way your child responds to behavior treatment. For example, a new medication may make a child feel nauseous or cause headaches. If we are aware of those effects, we can make adjustments to the way we work. Medications prescribed specifically to change behavior, for example to improve focus for a child with ADHD, can have a substantial impact on how a child responds during ABA sessions. If we don’t know about medication change, whether that’s a new med or a change in dose, we won’t know whether a behavioral change – either an improvement or worsening of a problem – is a result of the medication, other changes in the environment, or the behavioral treatment. As a result, we could make the wrong choices about behavioral treatment, including spending time searching for answers as to why behavior changed, rather than appropriately adjusting our procedures.

**Working Together is Better.** When ABA and medications are both prescribed treatments, the best-case scenario is that they “work together.” By keeping us informed about new, or changes to, medications, you are helping accomplish that best-case scenario!

## Parent Workshop: Save the Date

Thanks to the parents who joined us for the first of our group parent workshops. It was so wonderful to hear your stories and we appreciated your willingness to share your ideas, your successes, and your struggles! We are already busy planning the workshop for next quarter, which is scheduled for Saturday, May 2, 10am-12pm.

We are also looking into some other special topics, that are not ABA specific, such as information on working with schools to achieve the best educational outcomes for your child.

## Summer

Yes, it is only March but we know that many of you are already starting to plan for summer. Your family may already be exploring options for out-of-town vacations, camps, ESY, or other activities. It may help with your other planning to know how Green Box will be operating during the summer.

Your child's therapy schedule will not change. Your current, standing sessions will not be affected over the summer. We realize that in many cases it would be desirable to move sessions earlier or to different days. In most cases, we are not able to make such changes.

There may be additional sessions added to your schedule, depending upon the

availability of appropriate staff. We will be verifying these sessions during the first week of June.

Summer is a perfect time to work on social skills. During the school year, school and bus schedules can make office sessions impossible to schedule. Sessions conducted at the office, including those conducted during the "after school" time frame can provide opportunities for strengthening vital social skills. If office sessions are right for you, we will work with you to help make these arrangements.

As always, your BCBA and the Clinical Director are available to discuss options.

## CoronaVirus-just in case

Like you, we are hoping that our community does not experience an outbreak. Should schools feel the need to close in order to prevent or slow the spread of the virus, we will also take measures to keep clients and staff safe, which may affect therapy sessions. We will communicate with you via email and the website.

Don't forget these tips to stay healthy and prevent spread of *any* virus:

- Wash hands, often
- Cough or sneeze into your arm
- Keep them home when sick—don't send kids to school or therapy!

### Save the Date

**Helping Your Child Listen to and Follow Directions**

**When: Saturday, May 2, 10am—12pm**

**Where: Green Box ABA**



Visit the WHO website for tips: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

## Communication

We know that it can be difficult to know who to talk to/email about different things related to services. If you are one of our newer families and have never needed to ask a question about a co-pay, how do you know who to ask? For those who have been with us for a while, we know that our staff and communication guidance has changed over the years. We have found that things that worked well when we had 30 clients are not necessarily manageable when the number is much higher.

To make sure that your needs and questions are addressed in an appropriate and timely manner, please use the following guide:



### **General questions about services:**

Main Office: [greenboxaba@gmail.com](mailto:greenboxaba@gmail.com); 571-297-4308

### **Cancellations:**

Contact your therapists and BCBA/BCaBA

### **Questions/issues related to copays/invoices:**

Main Office: [greenboxaba@gmail.com](mailto:greenboxaba@gmail.com); 571-297-4308

### **Clinical Administration:**

- Required testing
- School breaks/Saturday groups
- Schedule Coordination
- Service authorizations

Clinical Assistant: [tmcrae@greenboxaba.com](mailto:tmcrae@greenboxaba.com)

### **Clinical and behavioral concerns:**

Your BCBA