

Welcome to Proud Moments ABA

Your Guide to Getting Started

*At Proud Moments, we
believe in support,
progress, and
partnership — every
step of the way.*



www.proudmomentsaba.com

Caring. Knowing. Understanding.

Starting ABA therapy can feel overwhelming. You likely have questions, hopes, and maybe even worries about what comes next. At Proud Moments ABA, we want you to know: **you're not walking this path alone.**

Every child we serve is unique. Every family brings their own strengths, values, and goals. Our role is to partner with you — providing therapy that is both **effective** and **compassionate**, while making sure you feel **supported** and **empowered** along the way.



Our Commitment to Your Family

Dear Caregivers,

Thank you for giving Proud Moments the opportunity to provide care to your child and support your family. It is a privilege the entire clinical team, our leadership, and I take very seriously, and one we hold close to our hearts.

Clinical excellence is at the core of what we do at Proud Moments. We combine a science-driven approach with compassionate care, ensuring every child receives the highest quality ABA therapy. But our work goes beyond therapy sessions — we focus on building trusting relationships, celebrating every milestone, and helping families thrive. You'll find our team ready to listen, empathize, and walk alongside you every step of the way.

We hope you find the information in this guide helpful and reassuring as you move forward. If you have additional questions, please do not hesitate to reach out to your local Proud Moments Intake Specialist. Most of all, please know how grateful we are for the trust you have placed in Proud Moments. We look forward to serving your child, your family, and your community.

Best regards,
Matt Henn, CEO

Your Journey Begins Here

The intake process sets the foundation for your child's progress. Here's what to expect:

01 Intake Call

- We'll confirm your insurance benefits and guide you through the first steps.

02 Assessment

- A Board Certified Behavior Analyst (BCBA) meets your child, observes, and learns about their strengths and needs.

03 Diagnosis Confirmation & Plan

- Together, we'll review a personalized therapy plan built just for your child.

04 Therapy Sessions Begin

- Your child starts working 1:1 with a Behavior Technician (BT) under BCBA supervision.

05 Caregiver Collaboration Kickoff

- You'll join the process, learning strategies to use at home so progress continues beyond each session.

Please note: Some of the process steps shown require insurance verification and authorization. The length of time for these steps may vary depending on your insurance provider's requirements and response times.



ABA Therapy: A Proven, Prescribed Approach to Helping Children Thrive

Applied Behavior Analysis (ABA) is not just a teaching method — it's a **medical, clinical therapy** prescribed by doctors and backed by decades of research. ABA is considered the **gold standard of autism treatment** because it has been scientifically proven to help children build skills and reduce behaviors that interfere with learning and independence.

- **Evidence-Based:** Every ABA technique is rooted in science and supported by hundreds of peer-reviewed studies.
- **Prescribed Care:** Like speech therapy or occupational therapy, ABA is a medically necessary treatment often recommended by pediatricians and covered by insurance.
- **Personalized Plans:** No two children are the same. ABA therapy is customized to meet your child's strengths, needs, and goals.
- **Measurable Progress:** Progress is tracked with data, so families can see exactly how their child is growing and changing.

ABA is not a trend — it's a proven medical therapy. Proud Moments provides ABA with the highest clinical standards, ensuring your child receives **safe, effective, and compassionate care.**

Who's on Your Team?

Behind every child's progress is a **well-trained, caring and dedicated team:**



BCBA (Board Certified Behavior Analyst)

The clinical leader of your child's therapy. They design the therapy plan, track progress, and adjust strategies as your child grows.



Behavior Technician (BT)

Works 1:1 with your child in sessions, helping them build new skills and celebrate every success.



Pediatrician & Other Therapy Providers (Speech, OT, PT)

We frequently connect with other care providers to ensure that everyone focused on your child's progress is aligned on treatment plans and goals.



School District Administration

We work with your child's teachers and academic staff to ensure that our treatment plan compliments the support they receive at school.

Skills Your Child Will Build

ABA therapy is designed to help children gain **independence**, **confidence**, and **joy**. Here are some of the areas we focus on:



- **Communication:** Learning to make requests, share ideas, and have conversations.
- **Social Skills:** Taking turns, playing with others, and reading social cues.
- **Daily Living Skills:** Toilet training, dressing, safety awareness, and more.
- **Behavior Support:** Reducing tantrums, self-harm, or frustration and building healthy coping skills.

Each child's journey looks different — but every step forward is a step worth celebrating.

You Are the **Key** to Your Child's Success

Your involvement makes all the difference. We'll guide you with strategies, and you'll bring them to life at home. **Here's how you can help:**



**Join Caregiver
Collaboration
Meetings**

Twice a month, meet with your team to learn proven techniques.



**Practice at
Home**

Repetition helps your child master new skills.



**Celebrate the
Wins**

Positive reinforcement encourages lasting progress.



**Ask for
Support**

Whether you need advice, reassurance, or problem-solving, we're here.

No one knows your child better than you. Together, we'll combine your love and our expertise to help your child thrive.

We'll Help You Understand Your Coverage

We know healthcare and insurance can be confusing — but you won't have to figure it out alone.

- **Most major health insurance plans cover ABA therapy.**
 - ABA therapy can be **in-network** or **out-of-network**.
 - In many states, ABA therapy is covered by **Medicaid** as well.
- **Costs depend on your plan.** Things like co-pays, deductibles, and in-network coverage can vary.
 - We make sure that you'll know exactly which services your plan will pay for and how much a course of therapy—or a session—will cost.
- **We'll explain every step.** Our insurance team works directly with payors to maximize your benefits.

If you ever have questions about coverage or costs, your Insurance Specialist is just a phone call away.



Parents Share Their Stories

“

If I could review this place a hundred stars, I would! From the very first day, the Proud Moments team welcomed us like family. They explain everything, celebrate every little win, and make sure we feel supported as parents too.

”

— Parent, Tennessee

“

The Proud Moments team in [my town] are AWESOME! They are professional, friendly, and extremely helpful. They listen, they care, and they make such a difference for both kids and parents.

”

— Parent, Maryland

“

My son has been going here a little over a month, and I've already noticed amazing progress. The therapists are kind, professional, and truly invested in his success. It gives me peace of mind knowing he is in such caring hands.

”

— Parent, New York

You're Part of a Community

We're here for more than therapy sessions.
Explore these resources anytime:



Parent Resources on proudmomentsaba.com

Practical tips and stories from BCBA's and parents, along with free resources - elopement kit, first responder sheet, potty training resources, etc.



Workshops and Events

Connect with your local Proud Moments team to get information about workshops and events tailored to the autism community.



Monthly Virtual Parent Support Hour

Join us each month for our Parent Support Hour Zoom meeting – ask questions and meet other parents walking a similar journey. Info can be found on the 'For Parents' section of our website!



ABA and Autism FAQ

Have a question about Proud Moments or ABA? Check out our FAQ for easy explanations of common terms and techniques.

We're Always Here for You

Whenever you have a question, big or small, reach out. The conversation starts with you, and we'll always listen.

Contact Info:

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 **www.proudmomentsaba.com**

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