



Helping children, teens, and adults on the autism spectrum achieve success.



Details:

Parent Coaching consists of 50 minute private sessions (in person, or by phone). Additional follow-up sessions are available as needed. In person sessions meet at our Lexington office or virtually.

Cost:

\$150 - Each 50-minute session

**Price effective June 2022*

Personalized Parent Coaching

Aspire's private and personalized parent coaching sessions provide an opportunity to collaborate with our Aspire specialists about your child's specific needs at home or in the community. **Parent coaching services are available to parents of children of all ages, including teens and adults.** Our goal is to provide you with support and strategies to help your child progress and achieve success.

Examples of common parent coaching goals:

- To improve the structure of your routines (mornings, homework, bedtime)
- To better understand your child's cognitive profile
- To learn about disclosure; how to speak with your child about their diagnosis and identity
- To help your child generalize their social skills at home or in the community
- To better support your child's stress management at home and in school
- To develop and practice independence at home or in the community
- To increase the effectiveness of parent-teacher communication and collaboration
- To develop self-care strategies and routines

Parent Testimonial:

"Working with you helped me learn the strategies I needed to feel better about supporting my son at home and in the community. Because of our time together, I finally feel like I understand what's happening for my son and we're all so much happier and making the kind of progress we had hoped for."



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Personalized Parent Coaching Sessions

Guidelines:

- The goal of parent coaching is to provide feedback and strategize home-based interventions.
- For concerns related to serious aggression, self-injurious behavior, and educational needs, we are happy to provide recommendations for therapy services or in-home direct services.

How it Works:

- Identify a maximum of three goals related to your child's at-home or community-based behavior you aim to address.
- Complete the *Parent Coaching Goals* form and submit form to MGH Aspire.
- In discussion with you via phone, we will confirm the goals of your personalized parent coaching series.
- Upon agreement of goals and receipt of payment, the first session is scheduled.

About MGH Aspire

Aspire, a MassGeneral Hospital Program, specializes in helping children, teens and adults on the autism spectrum achieve success. Our programming is uniquely designed to help participants with Asperger profiles develop positive self-awareness, stress management and social competency skills so they can succeed at home, school, work and in community settings.

Participants in our program may have challenges with anxiety, stress management, social communication, impulse control, attention, executive functioning, or demonstrate sensory differences. Typical diagnoses include Asperger's syndrome, high functioning autism, ADHD, PDD-NOS and non-verbal learning disabilities; however, not all Aspire participants have a formal diagnosis.