



Autism Navigator Menu of Intervention Services

Autism Navigator offers a menu of intervention services all using telehealth, meaning that everything we offer is virtual with web or mobile apps.

First, [schedule a free 30-minute Autism Navigator Conversation](#) to help you decide if you want to purchase our intervention services and guide you on which services are right for you and your child.

What is the ESI Model?

The research-based ESI model uses coaching to teach families of young children with ASD or other developmental delays how to embed evidence-based strategies to support social communication, language, play, emotional regulation, and self-directed learning in everyday activities to achieve the intensity of intervention needed to improve outcomes for children with ASD. Our coaching model puts you in the driver's seat interacting with your child, with the mobile coach right there providing specific feedback and encouragement in the moment as you learn how to support your child. We build consensus with you on your child's priority goals, what activities to practice each session, and what supports you'll practice in between intervention sessions.

What are NDBIs and What Makes ESI Stand Out?

Naturalistic developmental behavioral interventions ([NDBIs](#)) are approaches that combine behavioral techniques and a developmental framework with strategies to motivate the child within naturalistic opportunities for learning. NDBIs have been found to promote spontaneous social communication and generalized learning. They are more effective for young children than traditional behavioral techniques that use discrete trial, compliance training, and rote learning. ESI is an NDBI that has demonstrated efficacy in multisite randomized controlled trials (RCTs) for infants, toddlers, and preschoolers with ASD or early signs of autism. ESI was designed as a comprehensive model to improve a child's active engagement in meaningful activities within the context of a family-centered, natural-environments approach, which is recommended practice for delivery of early intervention services. Children in our research showed improved outcomes after 6-9 months of intervention based on measures of active engagement and standardized tests of social communication, language, developmental functioning, autism features, and adaptive behavior, with larger effects than other NDBIs.

What if I am not satisfied with the intervention services I receive from Autism Navigator?

Our intervention model is designed to maximize your role by gathering information from you, observing your child with you in your natural environment, and using telehealth coaching to teach you how to support your child's learning in your everyday activities. We will build consensus with you on your child's strengths, needs, and challenges and priority goals for your child. We want you to be satisfied with your experience during our intervention services and feel that you are gaining valuable strategies to support your child's learning. If you are not satisfied with our intervention model after your first parent coaching intervention session, we ask you to schedule a conversation at no charge so we can work with you to meet your satisfaction. If we are still unable to meet your satisfaction, we will reimburse you for the cost of your MAETS assessment, Planning Meeting, and first ESI Parent Coaching Session. We hope this puts you at ease to give our intervention model a try. If you schedule more sessions after your first intervention session, that indicates to us that you are satisfied with our intervention model. It will not be possible for us to reimburse you for any additional sessions you purchase after the first coaching session. We do want you to reach out to us at any point if you have any issues or questions about our intervention services and we will work with you to keep you satisfied.

MAETS Assessment Needed Before Starting Intervention and to Monitor Intervention Outcomes

Cost: \$100

Before you can schedule and start our ESI parent coaching intervention, we need a home observation so we can see you interacting with your child in your natural environment. We have **guidelines** for you to video record a home observation. We will help you record the home observation and upload the video file for our team to review. We will use the video to complete our *Measure of Active Engagement and Transactional Support* (MAETS). We will provide a summary report on your child's MAETS profile and use that information for intervention planning. You will need to purchase the MAETS evaluation before intervention and we recommend that you purchase it once every 3 months as a quarterly measure to monitor your child's progress. **If you have purchased and completed our First Step Diagnostic Evaluation within 3 months of starting intervention, you do not need to purchase the MAETS Assessment. We will score the MAETS from the home observation already recorded at no additional cost to you.** In our research on ESI, we found the MAETS to be sensitive to change in 3 months and to predict outcomes on social communication, receptive and expressive language, nonverbal cognitive abilities, adaptive behaviors, and autism features.

Planning Meeting Needed Before Starting our Intervention

Cost: \$100 /hour

Before you can schedule and start our ESI parent coaching intervention, we need to have a 60-minute Planning Meeting with you to gather information on your everyday activities with your child, your child's strengths, needs, and challenges, strategies that you have tried, and your priorities for intervention goals for your child. We will use this information to build consensus with you on which everyday activities to plan for in our first session, and where we will start coaching you on intervention strategies to support your child's active engagement. Having a Planning Meeting is a cost-efficient way to be ready to hit the ground running in our first ESI parent coaching session with you and your child and make sure you understand your role in our service delivery model. The Planning Meeting will provide an opportunity for you to ask any questions you may have and help you know how our intervention sessions will flow so you can feel ready and at ease at our first intervention session.

Early Social Interaction (ESI) Model Parent Coaching

Cost: \$250 /hour

You can save money and get a bundle of 12 weekly sessions @ \$200 /hour totaling \$2,400.

Cost: \$2,400 /12 bundle

Experience one of the most effective, comprehensive parent coaching models available. Our ESI mobile coaching sessions teach you how to support your child's learning in everyday activities that you are already doing. You will be coached by one of our experienced master coaches as you are learning the strategies in about 5 different activities during each hour-long session. You can schedule individual sessions weekly or as often as you'd like. We recommend at least 24 weekly sessions over 6 months for you to learn the model and be able to implement it with your child independently. Beyond the three months, monthly booster sessions are offered to keep your momentum going and ensure that your child continues to progress. We incorporate positive behavior support to address challenging behaviors and do not use punishment or rote compliance training. Our overarching goal is for your child to be actively engaged in learning and to "learn how to learn"—or become self-directed learners as they approach preschool and Kindergarten. You are also invited to join our *Autism Navigator How-to Guide for Families*, a self-guided online course and live masterclass series to strengthen what you are learning in individual sessions.

Consultation with You and Your Family

Cost: \$200/hour

Bringing everyone to the table can make a big difference. We offer individualized consultation with you and your family. Our consultation is individualized to meet your needs and help you along this journey as your child is growing and developing. Sometimes different family members have different viewpoints on how your child is doing and what approach to take—we can facilitate a family discussion to help build consensus on goals and strategies. We can help you monitor your child's progress so you can decide if intervention is going well or if there is a need to add additional intervention components. You can request single or quarterly consultations or more often as needed.

Consultation with You and Your Care Team

Cost: \$250/hour

By gathering your care team to get everyone to come together, you can accomplish much more. We offer individualized consultation with you and your early intervention care team, or your child's educational team. Our consultation can help your team build consensus on priority goals and share understanding of your child's strengths and areas of need. From there, we can work together on consistent approaches at school and home and strategies for communication development, managing challenging behavior, and expanding learning opportunities. You can request single or quarterly consultations or more often as needed.

Autism Navigator How-To Guide for Families

Cost: \$95

Wondering about the best way to get started engaging your child? This interactive online course is for families who have a child with a social communication delay and challenging behavior or suspect their child has autism. It will put in your hands hundreds of video illustrations of evidence-based intervention techniques you can implement in everyday activities to support your child's learning as soon as you suspect autism. This interactive program will teach you how to embed strategies and supports into your everyday activities, provide developmental growth charts to help you recognize and monitor meaningful outcomes, and offer a video library to illustrate how to promote learning and development for young children with ASD. This How-To Guide for Families will also be instrumental for early intervention providers to use with families to improve outcomes of children with ASD and their families. [Learn more](#) about our How-To Guide for Families course and how to purchase the course. **Families—remember that you can get this course for free when you attend our [companion masterclass](#).**

Autism Navigator About Autism in Toddlers

Free to the Public

Looking for current information about autism? This is our signature online course free to the public for families, professionals, and anyone interested in learning about ASD. This self-paced course has video clips of over a dozen toddlers with ASD at 18 to 24 months of age. You will learn about: 1) Core diagnostic features of autism; 2) Critical importance of early detection and early intervention; and 3) Current information on prevalence and causes of autism. This course is helpful for families as soon as they have a positive screen or suspect their child has autism to guide you on next steps. It is also helpful for professionals to learn more about autism. Families may want to refer their care team to this free course. [Learn more](#) about our About Autism in Toddlers course and how to get started and register for free.

