

**rethink**  
BENEFITS



# Family Support When You Need It

We specialize in helping care for children with learning, social or behavioral challenges.

## Rethink Benefits is offered at no cost to you

and gives your family 24/7 access to tools and resources to help you and your care team in understanding, teaching and better communicating with your child. This program specializes in helping care for children with learning, social or behavioral challenges.

### When you sign up, you get instant access to a variety of resources from Rethink:



#### Ongoing consultations with a dedicated behavior expert

Our team of Board Certified Behavior Analysts (BCBAs) are all master's- or doctorate-level educated and available for you to schedule a virtual consultation at the time that's best for you. Consultations take place virtually, on the phone or video chat, and appointments are available 24/7. You can meet with the same behavior expert every time to get guidance and support on a wide range of topics including teaching your child new skills, addressing challenging behaviors and collaborating with your child's school.



#### Unlimited access to our exclusive participant portal

We regularly add new content to our web- and mobile app-based portal, which now has more than 2,000 step-by-step videos and resources. You can easily search by keywords or specific topics and save materials that can be later referenced. Our resource library includes printable learning tools, tip sheets, recorded special topic sessions with our behavior experts and more.



#### Exclusive content developed to assist your child

Rethink's clinical team continuously develops new materials, including special-topic learning sessions and a monthly podcast, Behaviorally Speaking, which focuses on seasonal and newsworthy themes to help support parents and caregivers.



**CLICK TO  
WATCH**

A 2-minute program overview to learn more about Rethink Benefits



**CLICK TO  
LISTEN**

The latest episodes of Behaviorally Speaking, a podcast featuring Rethink Board Certified Behavior Analysts Angela Nelson and Kristin Bandi.

# Sample Materials from Rethink Benefits

The next few pages include actual materials from the Rethink participant portal and program. These are available for you to use and are just the beginning of the thousands of free, downloadable resources at your fingertips once you enroll.

## ABC Assessment Log

### What is ABC Data?

ABC stands for Antecedent, Behavior and Consequence. This is a strategy for assessing why a challenging behavior may occur. Documenting this sequence can help determine patterns, triggers, and trends. Understanding why a behavior occurs will help determine how to manage the behavior.

### How can you use an assessment log in practice?

You can use the ABC assessment tool to help determine the function of the challenging behavior. This log will help determine patterns of the behavior. For example, is there are particular time of day or setting this behavior usually occurs? Does the behavior occur when access to a preferred item or activity is denied or during a transition? Once the function is determined you can change the consequence to reduce the behavior. For example, if your child screams each time you turn off the TV, you turn back on the TV to stop the screaming, your child may continue to scream in the future to get more TV. Now that we have determined access to the TV is why screaming is occurring, let's use this is a teaching opportunity to teach a more appropriate behavior. Instead, when TV is removed and your child screams, do not turn on the TV. Wait for him/her to be calm and then teach him/her to appropriately request for more TV time before allowing more TV.

### ASSESSMENT LOG

Behavior: \_\_\_\_\_ Date: \_\_\_\_\_

Start time: \_\_\_\_\_ End time: \_\_\_\_\_

Context/Activity	What happened BEFORE (antecedent)	What happened AFTER (consequence)	Possible reason
<input type="checkbox"/> Changing activities/ Transition	<input type="checkbox"/> Request/Command given	<input type="checkbox"/> Ignored	<input type="checkbox"/> Avoiding something/someone
<input type="checkbox"/> Individual time/Alone	<input type="checkbox"/> No attention	<input type="checkbox"/> Redirected	<input type="checkbox"/> Get attention
<input type="checkbox"/> At home (e.g. dinner, homework)	<input type="checkbox"/> Waiting	<input type="checkbox"/> Discuss/Reprimand	<input type="checkbox"/> Wants access to something/someone
<input type="checkbox"/> Out in community (e.g. grocery)	<input type="checkbox"/> Told "No"	<input type="checkbox"/> Changed the activity	<input type="checkbox"/> Sensory
<input type="checkbox"/> Special event (e.g. party)	<input type="checkbox"/> Denied access	<input type="checkbox"/> Gave break	<input type="checkbox"/> Other:
<input type="checkbox"/> Engaged with sibling/peer	<input type="checkbox"/> Down time	<input type="checkbox"/> Moved away	
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	

Notes/Questions/Reminders:





# Time Management Worksheet

## What is a time management?

Time management is the ability to predict how long it will take to complete an activity as well as allocate enough time to do so.

## How can you use a time management worksheet in practice?

The time detective worksheet can be used to help your child predict the amount of time it will take them to complete a task. Fill the sheet with common activities your child engages in. Have your child estimate how long they think it will take them to complete that task. Next, have your child complete the task and set a timer. Have your child write down how long it took for them to complete the activity. Analyze for differences and discuss with your child. Together, you can consider any barriers or distractions if the estimated and actual times do not match up. Following completion of this activity you can have your child set personal goals to get the time closer to their originally predicted completion time.

<b>TIME MANAGEMENT</b>				
<b>ACTIVITY</b>	<b>ESTIMATED TIME</b> <i>How long do you think it will take?</i>	<b>ACTUAL TIME</b> <i>How long did it take?</i>		
Get dressed				

# Token Board

**What is a token board?** It's a system that rewards desired behaviors with tokens, which kids can exchange for something they value. It serves as a visual reminder.

## How can you use a token board in practice?

You can use a token board to encourage almost any behavior.

Say your child has been having trouble starting his homework at night. Together you agree that homework will begin after dinner each night without any reminders. Every time he starts his homework without a reminder from you, he earns a token. When the board is full, he gets his choice of a tangible reward

But be flexible based on the needs of your child. For example, if your child loses interest easily, you may want to start with fewer tokens for a reward. You may also want to give tokens more frequently. For instance, you could give a token for every 10 minutes of homework rather than just once a night. At the same time, it's important to not overuse a token board. You don't want to become too dependent on giving out rewards.

When kids feel a sense of accomplishment, they're more likely to take on new challenges.



If I earn all my stars, I get: \_\_\_\_\_

\_\_\_\_\_

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## Rethink Benefits Frequently Asked Questions

### **Does my child have to have a diagnosis or suspected diagnosis to benefit from the program?**

No, there is no diagnosis or age range requirement to use Rethink. While the program is best suited for parents of children or young adults with learning, social, or behavioral challenges (e.g., autism spectrum disorder, ADHD, etc.), anyone who needs parenting support can benefit from our tools.

### **Is there a copay or any cost to use the Rethink program?**

No, Rethink is completely free to the employee, as all costs are covered by the employer. Participation does not require medical insurance, open enrollment, or health benefits from the participating employer for their employees to enroll and use the program.

### **If I participate, is my information or information about my child shared with anyone?**

No, Rethink takes participant confidentiality and HIPAA compliance very seriously. We only share identifiable information for legitimate business purposes such as qualifying you as a registered user with access to the password-protected portion of the Rethink portal.

### **Is there a limit on the number of children or adults Rethink can support?**

No, eligible participants can add multiple children to their Rethink account and create a profile for each child. Care team members, such as grandparents, aunts/uncles, teachers, babysitters, therapists or others within a personal caregiver network, can be invited to access Rethink. The creation of a child profile is not required to fully use the Rethink program.

### **What if my child already gets outside therapeutic services? Is Rethink the same thing?**

Rethink is a benefit for you as the parent and we do not work directly with children. In-person therapy services for your child can be very helpful to develop new skills and to reduce behavior challenges, and the best way to maximize progress is to ensure parents are maintaining gains at home as well. Rethink's behavior experts help parents generalize the strategies and interventions to outside of therapy time. We support collaborating with in-home or clinic-based providers and, since that provider can be added as a care team member on your Rethink account, you can communicate more efficiently and work on the same skills.

### **Can I meet with the same behavior expert each time?**

Yes! When you log in to schedule your follow up consultations, your behavior expert's availability will automatically populate in the scheduling calendar.

### **When are the behavior experts available to meet?**

We have behavior experts available for appointments 24 hours a day, 7 days a week. Please note you must schedule at least 24 hours in advance and hours of availability among behavior experts may vary.

### **How long are the consultations?**

Consultations are available in reserved 30-minute and 60-minute time blocks.

### **What should I expect during my first consultation?**

During your first consultation you will share information about your child, what your goals are for your time with the behavior expert and learn more about how the Rethink program works. Your behavior expert will also share their credentials and professional experience with you. There is no need to prepare anything ahead of the consultation, though it may be a good idea to brainstorm a few key concerns or important information to make the first consultation as efficient for you as possible.

### **Who can take advantage of remote consultations?**

Consultations, or "parent coaching" hours, are for parents/caregivers to assist with addressing any questions/concerns about Rethink lessons being worked on, troubleshooting skills that are being taught, preparing for IEP/504 Plan meetings, brainstorming behavioral strategies, navigating the Rethink participant portal and more.

### **Where do the consultations take place?**

Consultations are done remotely on the phone or through VSee, an online HIPAA-compliant screensharing/video chat service. Your consultant will call you at your scheduled appointment time for your appointment.

### **Are consultations required to participate in the program?**

While scheduling consultations are not required for participation in the program, we highly recommend taking advantage of this free support. Many participants find these consultations to be one of the most valuable program components. They can be scheduled at a time that is convenient for participants. Consultations are over the phone or video chat, so they do not require drive time or living near a clinical expert. Consultations are also free of charge, making access to best practice support available to all eligible employees.

### **What are the credentials of your behavior experts?**

All our behavior experts are Board Certified Behavior Analysts with at least a master's or doctorate-level degree. They have worked in schools, home-based or clinic-based settings with children/teens/adults and have conducted consultations with parents living around the world.

**Enroll in Rethink Benefits today!**  
Visit [www.rethinkbenefits.com/dsm](http://www.rethinkbenefits.com/dsm).

Use code DSM to enroll.

**Need help getting started?**  
Contact us at 800-714-9285,  
or email [support@rethinkbenefits.com](mailto:support@rethinkbenefits.com).

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