



# FAMILY SUPPORT SYSTEM

# PROVIDING SUPPORT FOR THE CAREGIVER

## Rethink Benefits Family Support System

Two-pronged approach providing expert behavioral clinicians for 1:1 caregiver teleconsultations and 24/7 access to behavioral health e-learning tools and resources



### Remote Consultation

Personalized consultations for the caregiver with a Board Certified Behavior Analyst (BCBA) — providing strategies and tips to address a range of issues from challenging behaviors to engaging with their child's school



### Video-Based Training

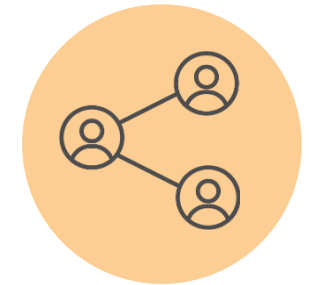
Comprehensive e-learning platform with over 2,000 video-based “how-to” lessons

Available 24/7 in the home to manage treatment and care



### Access for Care Team Members

Web-based and mobile availability fosters real-time communication among your care team members

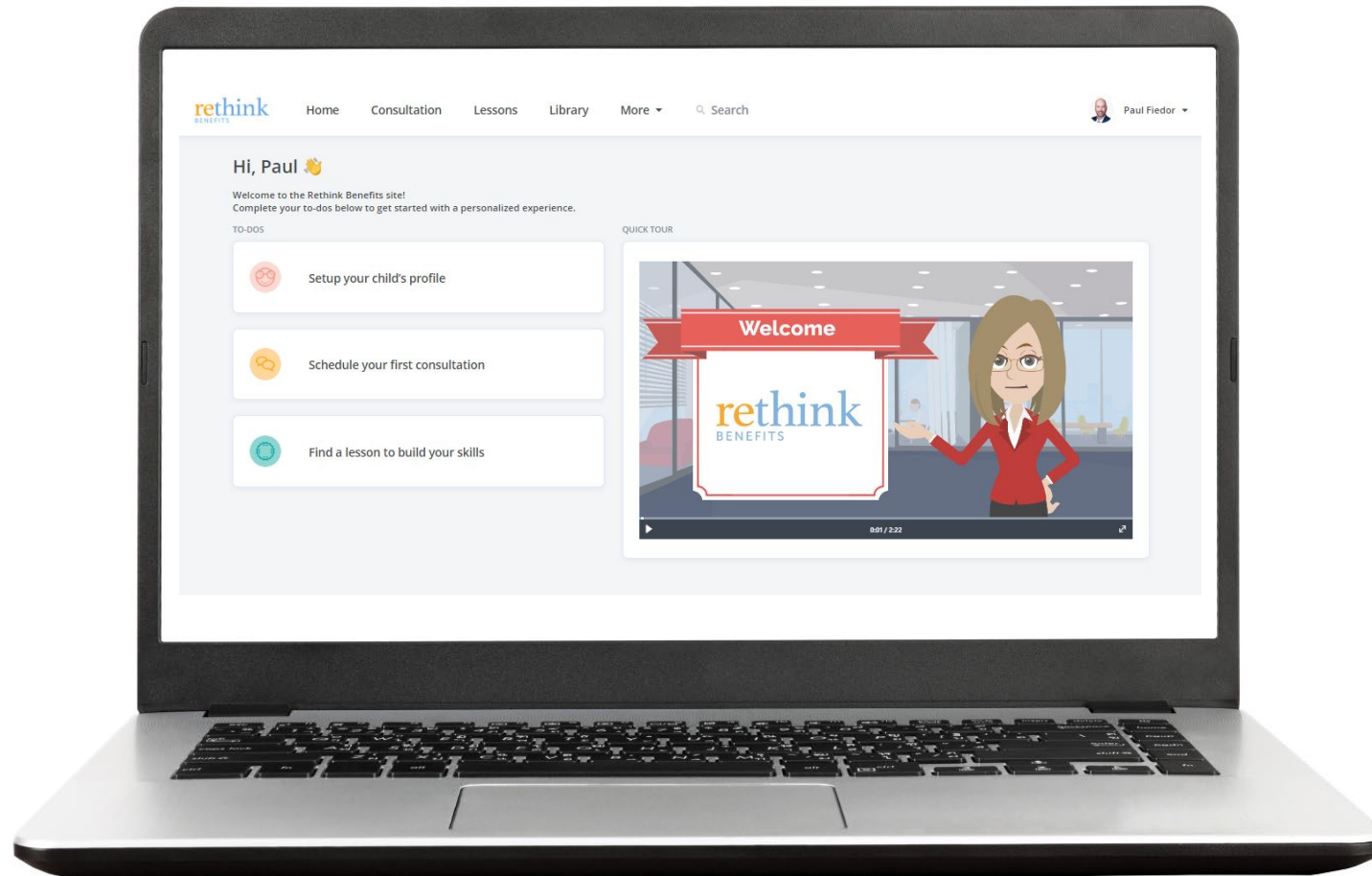


### Online Resources

Access to printable resources, webinars, podcasts, tips, news, and more

# EASY TO USE

Simple and easy-to-navigate secure website



# REMOTE TELECONSULTATIONS



Live video chat with expert behavioral clinicians who understand the education, employee benefits, and health plan offerings intimately to help guide parents or caregivers

## **14 hours per calendar year**

Available 24/7

Phone or video chat

Master's and Doctoral-level Board Certified Behavior Analysts (BCBAs)

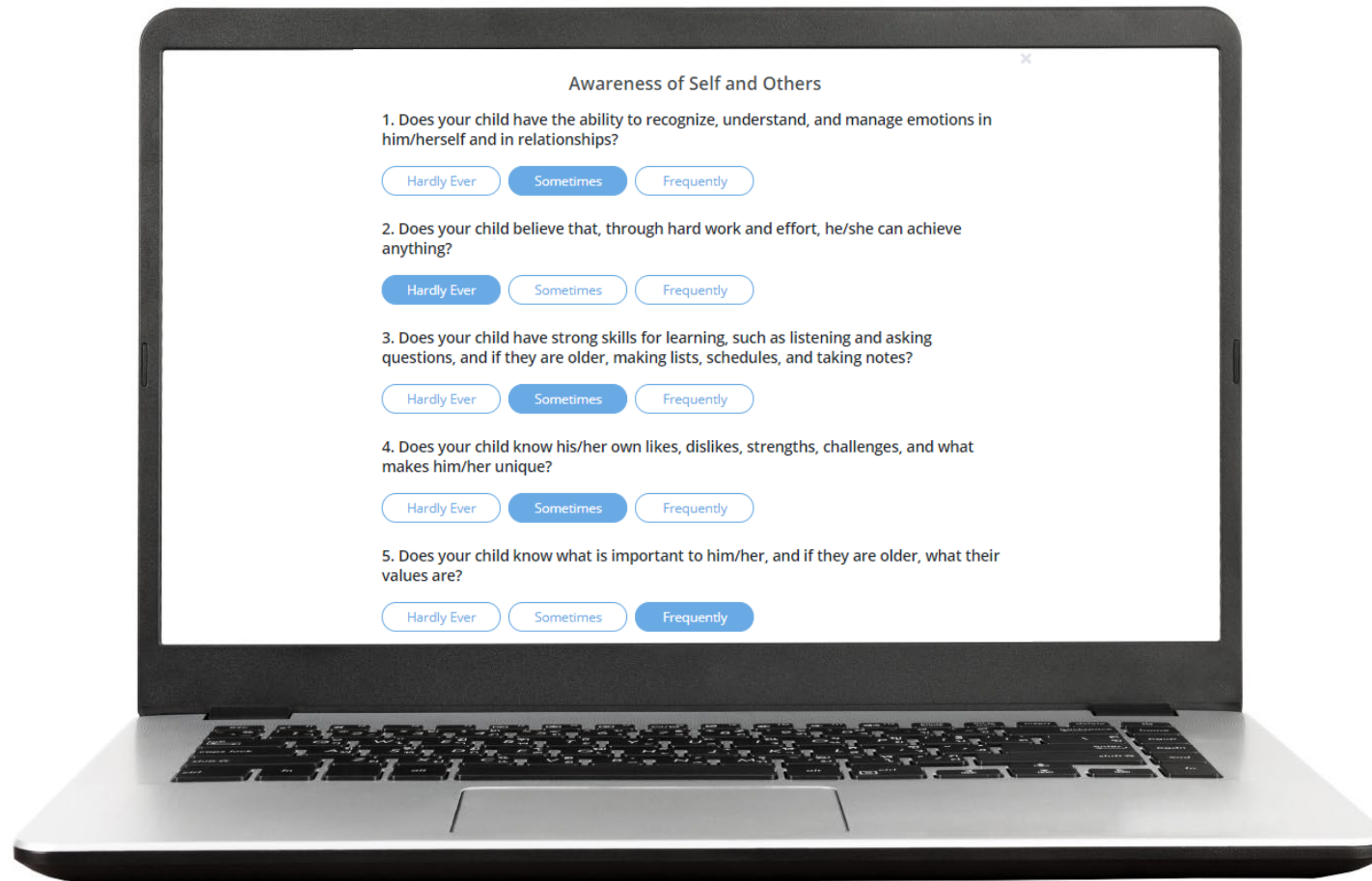
## **Parents can learn how to:**

- Communicate more effectively with your child
- Teach crucial skills
- Decrease behavior challenges
- Better collaborate with the child's school

**Referrals** to Horizon & EAP

# INDIVIDUAL SKILLS CHECKLISTS

A parent or caregiver completes an initial skills checklist to determine the child's needs and current developmental level



Awareness of Self and Others

1. Does your child have the ability to recognize, understand, and manage emotions in him/herself and in relationships?

Hardly Ever  Sometimes  Frequently

2. Does your child believe that, through hard work and effort, he/she can achieve anything?

Hardly Ever  Sometimes  Frequently

3. Does your child have strong skills for learning, such as listening and asking questions, and if they are older, making lists, schedules, and taking notes?

Hardly Ever  Sometimes  Frequently

4. Does your child know his/her own likes, dislikes, strengths, challenges, and what makes him/her unique?

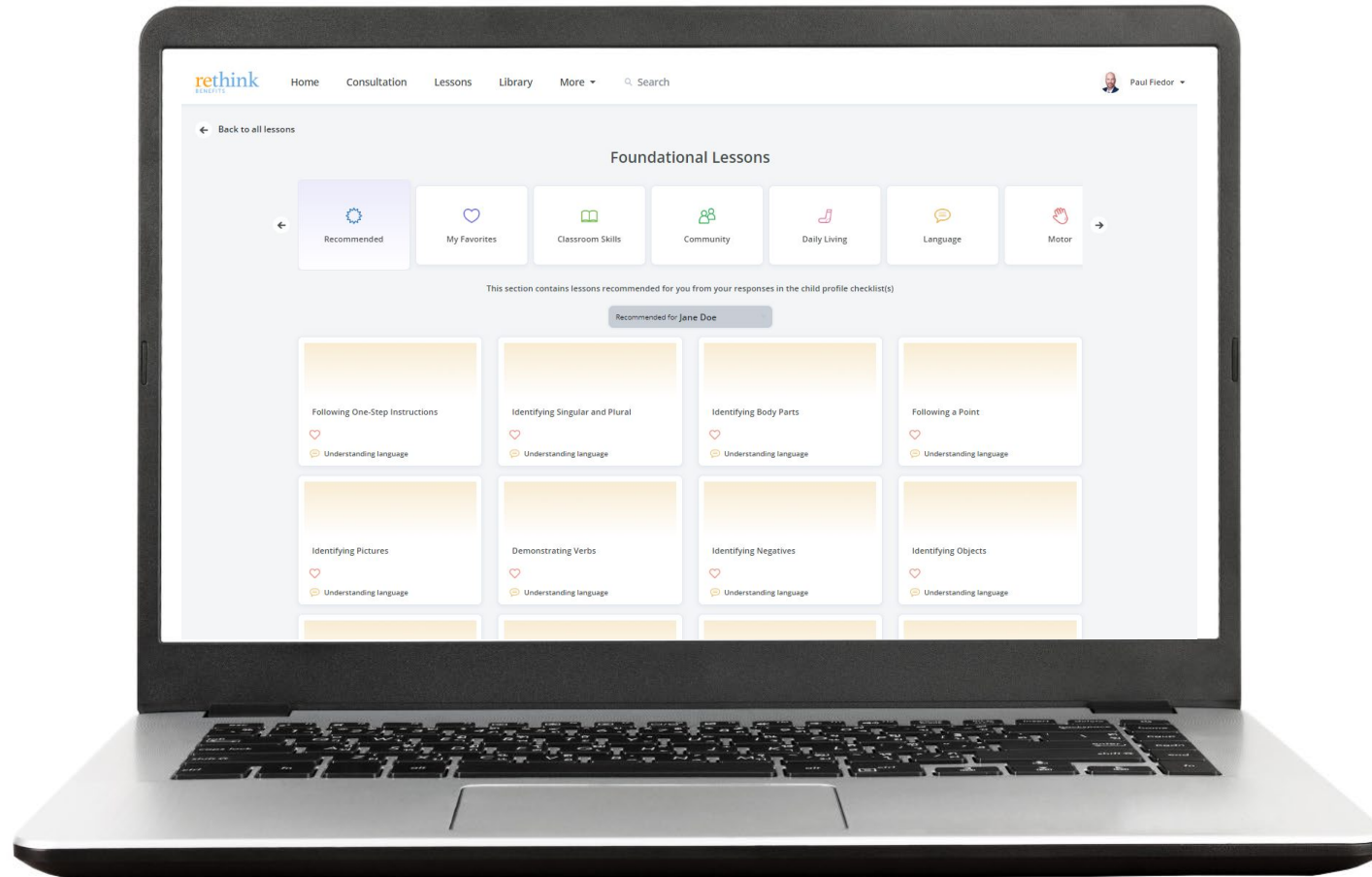
Hardly Ever  Sometimes  Frequently

5. Does your child know what is important to him/her, and if they are older, what their values are?

Hardly Ever  Sometimes  Frequently

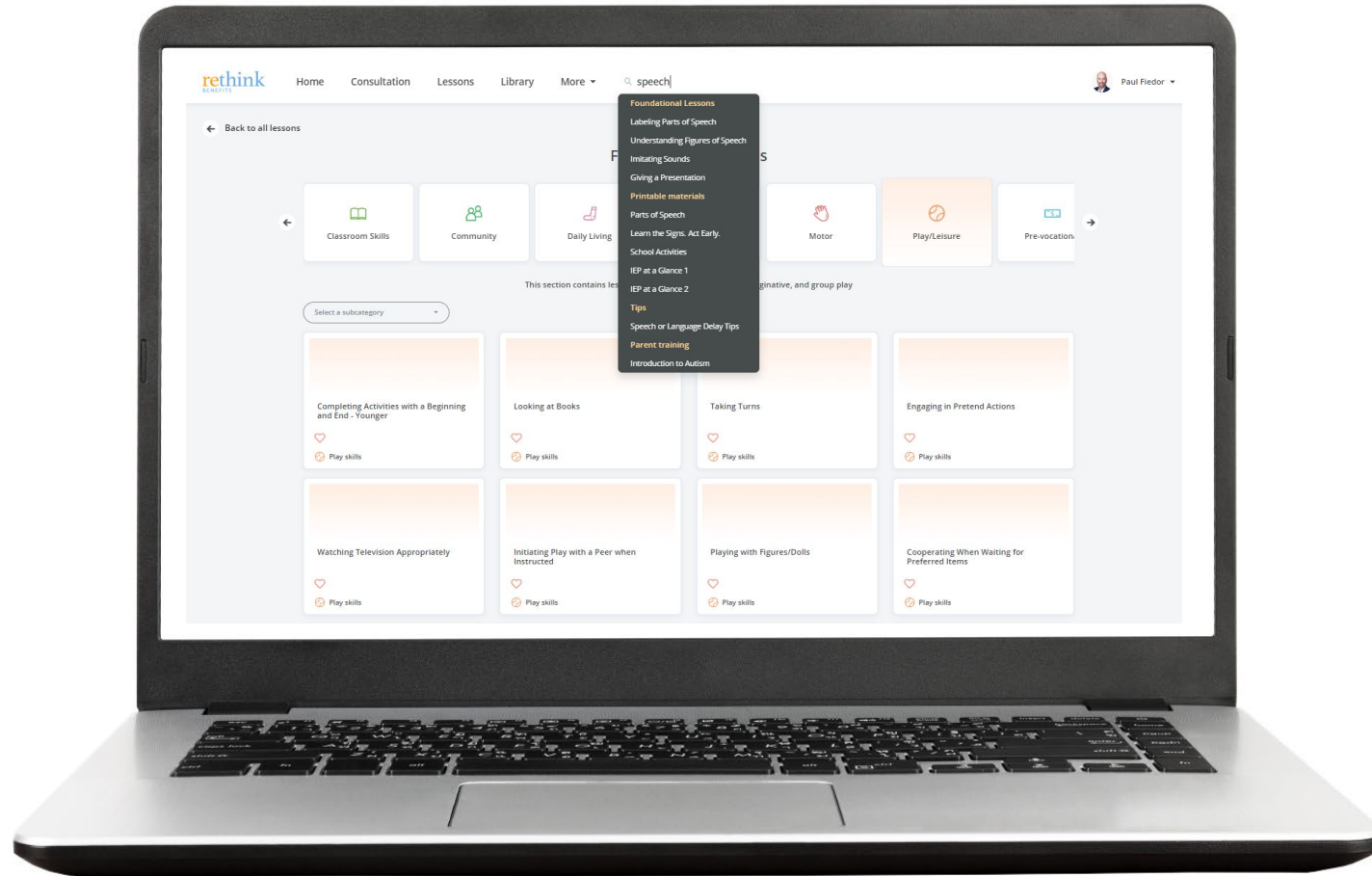
# RECOMMENDATIONS

An individualized plan is automatically created for the child from a large library of skill-based content



# SEARCHABLE LIBRARY

Parents also have on-demand access to a comprehensive library of thousands of video-based exercises and materials





# HOW-TO VIDEOS FOR PARENTS

Parents also have on-demand access to a comprehensive library of over 1,500 video-based exercises and materials

## Real

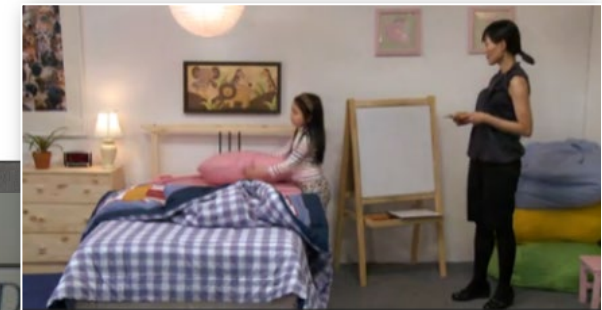
Feature children with disabilities

## 1500+

Video-Based ABA (Applied Behavior Analysis) Exercises

## Easy

Research-based and easy to understand without the jargon





# HOW-TO VIDEOS FOR KIDS

Kids can watch hundreds of simple, easy-to-follow lessons on Social Emotional Learning topics such as social and self-awareness, relationship skills, and behavior management

## Wide-range

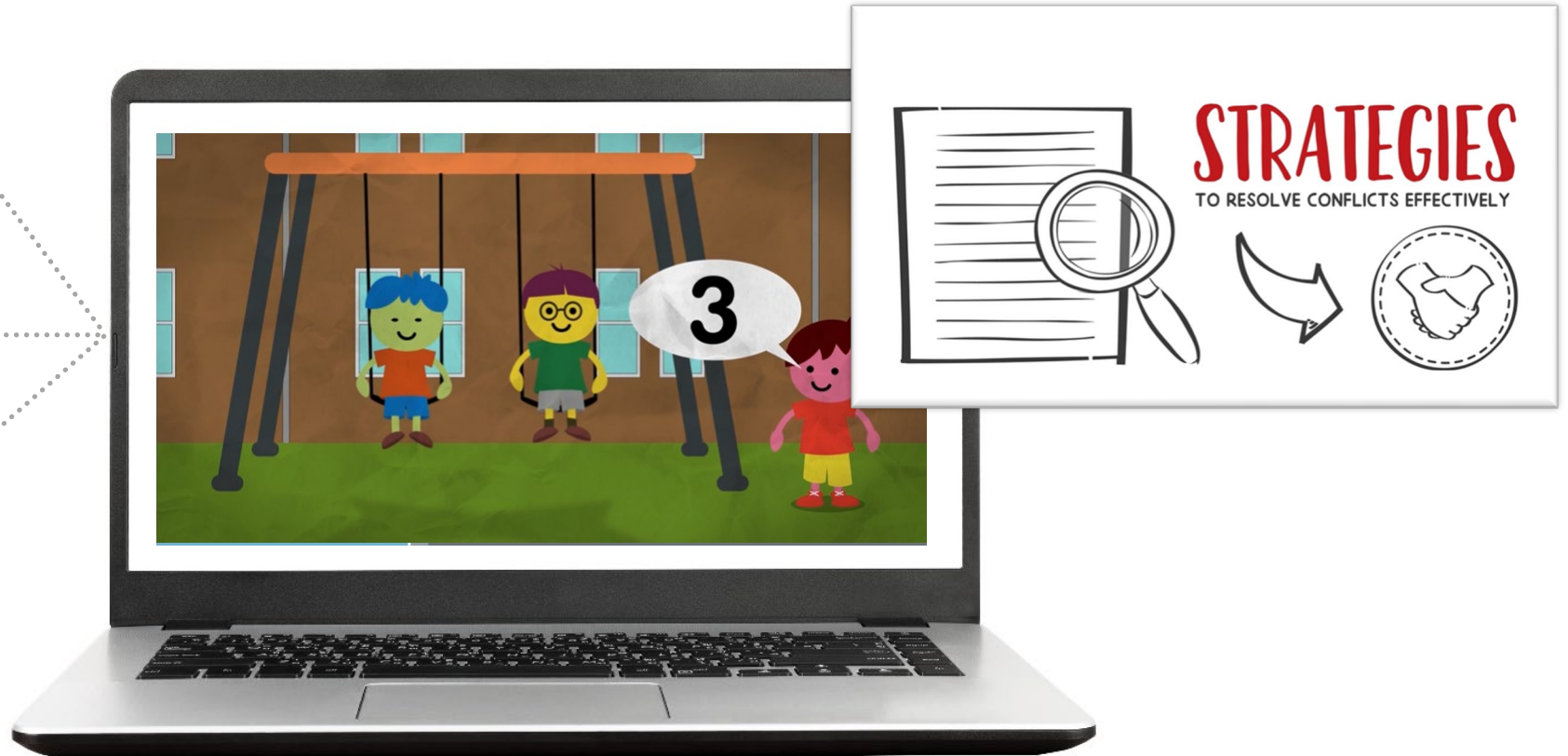
Lessons for young children through teen years

## Collaborative

Kids and parents can watch together

## Adapted

Simplified and general lessons to fit learning needs, with English and Spanish subtitles



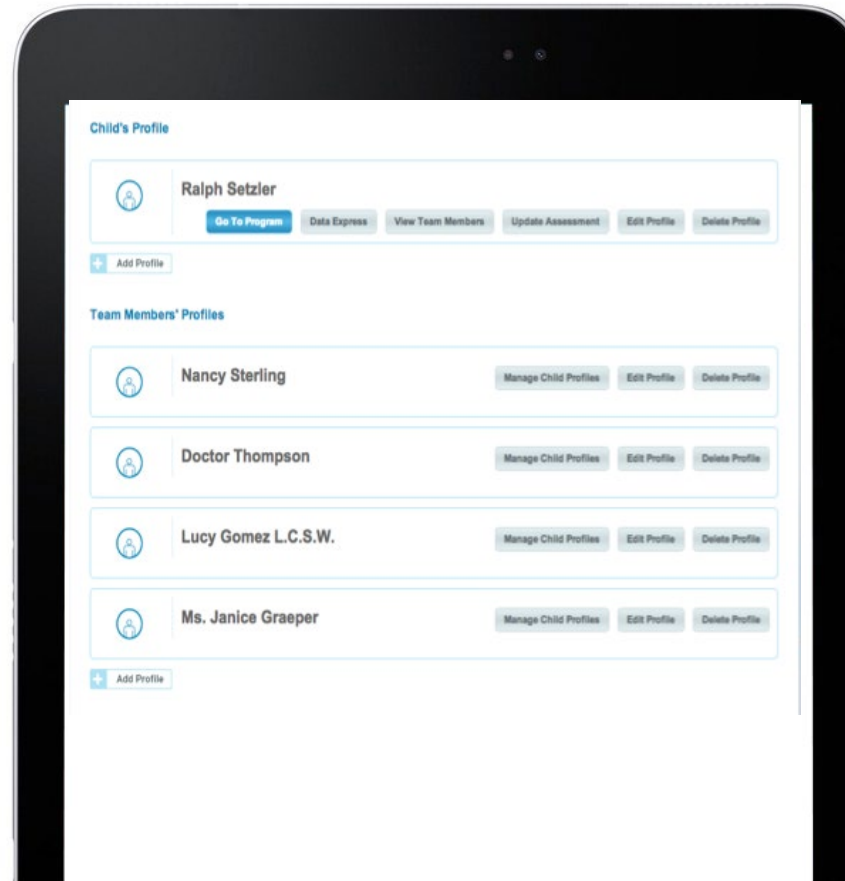
# ACCESS FOR ALL TEAM MEMBERS

Caregivers can add unlimited support team members to coordinate among parents, therapists, teachers, and medical professionals, etc.

Parent

Babysitter

Grandparent



Teacher

Doctor

Therapist

# AT-HOME SUPPORT LEARNING MATERIALS

Simple to print, simple to use resources for at-home learning



# SPECIAL TOPIC WEBINARS AND QUICK-READ ARTICLES

Topics Include: Collaborating with Your Child's School, Positive Reinforcement, Back To School, and more!





# MOBILE APP



## Easy access to key Rethink features

### **Talk with an expert**

Schedule a virtual consult

### **Messages**

Correspond securely with learning and behavior experts

### **Resources**

A selection of tutorials, printed materials, webinars, and helpful tips

### **Push Notifications**

Receive in-app reminders for consults and webinars

**Just do a simple "Rethink Benefits" search!**

# REFERRAL INFORMATION

No cost to the employee

14 hours of consultation per calendar year

100% confidential and HIPAA Compliant

No diagnosis needed and no age restrictions

1. Visit [www.rethinkbenefits.com/dsm](http://www.rethinkbenefits.com/dsm)
2. Complete brief enrollment fields
3. Use code: DSM
4. Login and schedule a teleconsultation





QUESTIONS?