

# Rethink Referral Process



Rethink's award-winning, research-based program provides **support for anyone caring for a child with a learning, social or behavior challenge or a developmental disability at NO COST.**

## **Eligibility & Enrollment:**

- Available to DSM benefits eligible employees at no cost
  - Employees may invite as many family/team members as they like
- No diagnosis required, no age restrictions, and the child does not need to be a dependent
- Refer members to enroll at [www.rethinkbenefits.com/dsm](http://www.rethinkbenefits.com/dsm) • sign-up code: DSM
  - After completing the brief enrollment form, members have access to schedule a consultation with a Rethink board certified behavior expert (BCBA)

## **Services Include:**

- 14 hours per employee per calendar year of teleconsultation available 24/7 by scheduling in the Rethink portal. The hours are deducted based on the duration of the call, regardless of the number of people on the call. The majority of sessions last 30 minutes and occur every 3 to 4 weeks.

Participants can take advantage of **live teleconsultation** with master's and doctorate-level behavior experts to answer questions and provide guidance as they support a child in reaching their top potential. Teleconsultations can take place over the phone or via video chat, day or night, weekday or weekend.

Common teleconsultation topics include:

- Teaching new skills
- Addressing problem behaviors at home
- Troubleshooting lack of progress
- Collaborating with school and other providers
- Coping with the stress of a new diagnosis or ongoing daily struggles at home
- Getting the most out of the Rethink platform

Rethink provides caregivers with a variety of **resources, training, and support** in a simple web-based format. Participants have access to **printable materials** such as flashcards, worksheets, schedule templates, and token boards. They can watch hundreds of **easy-to-follow videos** from an expansive library depicting behavior experts and educators teaching children skills such as:

- Language – from beginning speech to conversation skills
- Socialization – from making eye contact and basic sharing to telling jokes and working in groups
- Self-help – from using utensils and dressing to brushing teeth, hygiene, and doing laundry
- Academics – from matching and following directions to answering reading comprehension and math word problems
- Vocational – from filing and sorting to filling out a job application

**For more details, refer to FAQ & Use Case Scenarios**

**General questions or assistance needed?** Contact Rethink Support at 800.714.9285 (9-5 ET) or [support@rethinkbenefits.com](mailto:support@rethinkbenefits.com)