

One Client. No Limits. Endless Results.

Living Soul of New York ABA, PLLC

# Quarterly Newsletter

Fall 2024

## Holiday Prep!

### Travel

- 1) Prepare a visual schedule to help your kiddos travel step-by-step.
- 2) Social stories, role-play, or watch videos about key steps like waiting in line or sitting for a long period of time.
- 3) Bring preferred items to provide comfort, and allow time for extra breaks.

### Decorations

- 1) Introduce decorations gradually, rather than all at once.
- 2) Visual cues or social stories about the process of putting up and taking down decorations.
- 3) Keep sensory needs in mind. Some lights, textures, or sounds may be overwhelming.

### Seeing Family & Friends

- 1) Prepare a visual schedule for gathering dates & explain what will happen.
- 2) Social stories or picture books to introduce unfamiliar family or friends slowly.
- 3) Practice social interactions beforehand.
- 4) Prepare alternative communication supports & bring familiar items.
- 6) Inform family/friends about what may be overwhelming for your kiddo.

## What's new at LSNY?

- Tips to help prepare your little ones for the holiday season!
- Say hey to our new BCBA's!
- Updated training protocols.
- New sensory center!
- AutismUp! Fall Schedule

## Updated Training

As we grow, we continue to update our training protocols for new and current staff to ensure each individual client receives the best care possible. One of our new BCBA's (introduced on next page), Diana Esselburn, is also our Director of Training. In addition to our de-escalation training, she has helped create new protocols for in-depth ABA trainings for staff. Topics include, but are not limited to: teaching methods, prompt hierarchies, error correction, and data collection/analysis. Streamlining this process will ensure the highest quality of care at Living Soul NY. If you are a staff or parent/caregiver who would like to learn more about a specific topic, please reach out to [desselburn@livingsoulny.com](mailto:desselburn@livingsoulny.com)



## NOVEMBER

- 6** **Parent/Caregiver Meetups** @ Golisano Autism Center 9:30-11AM  
**18+ Parent Meetup** @ ZOOM 7-8PM
- 11** **Early Childhood (Birth-5) Parent Meetup** @ ZOOM 930-11AM
- 19** **Spanish Meetups** @ ZOOM 7PM
- 20** **Parent/Caregiver Meetups** @ ZOOM 7-8PM  
**Grandparent Meetups** @ Golisano or Zoom 12-1 PM  
**Internet Safety** @ Golisano or Zoom 7PM

## DECEMBER

- 4** **Parent/Caregiver Meetups** @ Golisano Autism Center 9:30-11AM  
**18+ Parent Meetup** @ ZOOM 7-8PM
- 9** **Early Childhood (Birth-5) Parent Meetup** @ ZOOM 930-11AM
- 17** **Spanish Meetups** @ ZOOM 7PM
- 18** **Parent/Caregiver Meetups** @ ZOOM 7-8PM  
**Grandparent Meetups** @ Golisano or Zoom 12-1 PM



**Diana Esselburn**  
**Director of Training**  
**BCBA, GP-LBA**

My career began with a master's in Public Health focused on Infectious Disease Epidemiology. A transformative experience as a one-to-one aide for a student with autism ignited my passion for supporting individuals with developmental and behavioral needs. Over 11 years, I've worked as a teacher's assistant, care coordinator, behavior technician, and behavior consultant, and a behavior coordinator. As a newly certified Board Certified Behavior Analyst (BCBA) and a parent of a child with special needs, I am dedicated to fostering an inclusive environment where every child can thrive.

## Our Newest Team Members!

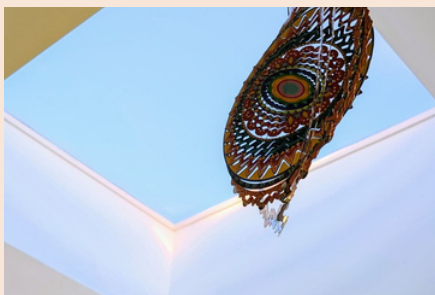


**Joshua Simmons**  
**Clinical Supervisor**  
**BCBA, GP-LBA**

I am a Board Certified Behavior Analyst with a Master Science in Applied Behavior Analysis and Autism, bringing over 17 years of experience in human services, including 10 years as a behavior analyst. My diverse roles in direct support, crisis intervention, clinical analysis, and administration have equipped me with a comprehensive skill set. I am dedicated to using applied behavior analysis to help achieve independence and reach their goals, no matter how challenging.

Visit our sensory center!

3300 Monroe Ave  
Suite 313



Follow Us On Social Media!

Instagram: [livingsoulofny](#)  
Facebook: [Living Soul of NY ABA, PLLC](#)  
Website: [livingsoulaba.com](#)

## ABA Corner

### Discrete Trial Training (DTT)

A structured teaching technique that breaks down skills into smaller components for easier learning. It can be used for verbal or physical imitation, daily living, language and academic skills, and many more!

