



Prevalence of Delays to Receiving Behavioral Therapy in Michigan: A Summary of Survey Data Describing Caregiver Needs During This Time

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In response to the growing number of barriers faced by families and caregivers of individuals with autism spectrum disorder (ASD) when pursuing behavioral services (i.e., applied behavior analysis [ABA]) in Michigan, researchers at Eastern Michigan University (EMU) in collaboration with the Autism Alliance of Michigan (AAoM) developed and disseminated a survey (from January 2021–April 2021) to better understand this phenomenon.

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Specifically, the purpose of the survey was to:

- 1) assess the prevalence of children with ASD who experience a delay to behavioral services in the form of waitlist(s)
- 2) gain an understanding of the needs of their caregivers during this time.

A total of 78 caregivers responded to the survey, with 48 caregivers indicating that they have pursued or are pursuing ABA services for their child. Of these 48 caregivers, nearly 75% of the caregivers' children spent time on a waitlist for ABA services, waiting an average of 5.5 months on the waitlist before receiving services. The results suggested that the number of waitlists caregivers enrolled their child on did not significantly reduce the length of time spent waiting for services and living in a city was associated with relatively longer waitlist duration. Caregivers' also indicated that their child's behavior got worse the longer they remained on a waitlist.

Generally, caregivers indicated that their highest needs while their children were on waitlist(s) for services were related to teaching and maintaining their child's skills, and reducing and managing their child's challenging behaviors. The caregivers who participated in the study were interested in receiving various types of support from providers (e.g., parent trainings that utilize flexible formatting [for example, online training modules and videos] with access to a

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provider for support, questions, and feedback) while awaiting services; however, they indicated there are several barriers that exist (e.g., lack of time to attend, distance to services, and lack of resources or accessibility) that might hinder them for being able to access the supports. Though this study faced several limitations, such as a low number of participants and lack of financial and ethnic diversity of the participants, the results support the need for providers to develop trainings and offer resources for caregivers while they await ABA services. Future research should consider gathering further information from individuals not represented in this survey by: conducting the survey again with incentives for completing the survey (in order to increase the number and diversity of respondents); evaluate the effectiveness and feasibility of offering caregiver trainings and other related resources; and identify the duration of time spent and the needs of caregivers while they are awaiting other waitlists (e.g., waitlists to get an ASD diagnostic evaluation from autism evaluation centers).

In the future, it is our hope that other states use our methodology so that we can collectively gain a better understanding of how waitlists impact families and what their general needs are during this time from a larger sample that represents more populations across the country.

To read the full report, click [here](#).



Understanding Microaggressions

Contributed by AAoM's Diversity, Equity and Inclusion Committee

Microaggressions are things we say or do, sometimes unintentionally, that send hurtful messages related to race, gender, class, ability, or other factors. Research shows that 26% of Americans have experienced microaggressions in the workplace and 60% have witnessed microaggressions in the workplace. Microaggressions are harmful to the psychological and physical health of the recipient and can carry over into their personal lives, affecting relationships within their home and community. There is no one correct way to respond when you have been the victim of a microaggression and each individual may cope with and respond to microaggressions in their own way.

However, there are some helpful tips on how to respond to a microaggression in the workplace:

- Ask for more clarification: “Could you say more about what you mean by that?”
- “How have you come to think that?”

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- Separate intent from impact: “I know you didn’t realize this, but when you _____ (comment/behavior), it was hurtful/offensive because_____. Instead you could_____ (different language or behavior.)”
- Share your own process: “I noticed that you _____ (comment/behavior). I used to do/say that too, but then I learned_____.”

If you witness a microaggression in the workplace:

- Acknowledge what happened to the person affected
- Be an active bystander and explain to the person saying or behaving in a harmful way why their actions had a negative impact, even if unintentional

If you are accused of committing a microaggression:

- Try not to be defensive
- Listen to the person with an open mind before responding
- Apologize
- Research and learn more about microaggressions and how to avoid them

It’s important that we are all aware of microaggressions and we all must be active participants in creating a work environment that is inclusive and accepting. This is why AAoM’s Diversity, Equity and Inclusion Committee has created a [Guide to Recognizing Microaggressions and the Messages They Send.](#)

References and Other Helpful Links:

[How to Respond to Microaggressions | The New York Times](#)

[3 Disability Microaggressions and Why They Matter](#)

[Racial Microaggression Experiences and Coping Strategies of Black Women in Corporate Leadership](#)

[Current Understandings of Microaggressions: Impacts on Individuals and Society](#)

[Study: Microaggressions in the Workplace](#)



Upcoming Community Events



Date	Event
July 28	32nd Anniversary of the ADA Celebration
July 30	Cookout at Veterans Memorial Park
August 3	REC-IT Cooking Classes – Fort Gratiot
August 4	Adaptive Sailing
August 5	Inclusive Recreation Day
August 8	Special Needs Camps: Focused on Increasing Function
August 12	Inclusive Kayaking Workshop
August 12	Summer Dance at The Mon-Arc of Monroe
August 13	Sensory Friendly Afternoon – Abrams Planetarium

Looking for more to do?
Scan the QR Code for
more events!



[LEARN MORE!](#)

FOR MORE INFORMATION VISIT AAOMI.ORG OR CALL [877.463.2266](tel:877.463.2266)

GRAB YOUR CAPES AND GET READY TO JOIN US AT THE:



AUTISM HERO WALK

SATURDAY,
SEPTEMBER
17TH, 2022
7AM-12PM

DETROIT ZOO,
ROYAL OAK

THE AUTISM HERO WALK IS MICHIGAN'S LARGEST GATHERING OF 5,000+ FAMILIES WITH AUTISM TO CELEBRATE OUR EVERYDAY SUPERHEROES. THIS ANNUAL FUNDRAISER BENEFITS AUTISM ALLIANCE OF MICHIGAN AND INCLUDES AN AUTISM RESOURCE FAIR, ON-STAGE PROGRAM, UNITED COMMUNITY WALK, ARTS & CRAFTS & ENTERTAINMENT FOR ALL AGES.



HOW TO PARTICIPATE:

1. RESERVE YOUR EVENT TICKETS

DUE TO CAPACITY RESTRICTIONS, ALL WALKERS (AGE 2 AND UP) MUST REGISTER FOR THE WALK.

2. CREATE OR JOIN A TEAM AND FUNDRAISE

AFTER YOU REGISTER FOR THE WALK YOU WILL BE PROMPTED TO START A TEAM OR JOIN AN EXISTING TEAM! IF YOU ARE NOT ABLE TO ATTEND THE WALK, BUT WOULD STILL LIKE TO FUNDRAISE, YOU CAN CREATE OR JOIN AN EXISTING TEAM.

EVENT DAY SCHEDULE:

7:00AM- REGISTRATION BEGINS & GATES OPEN

8:45AM- OPENING CEREMONY

9:00AM- 1-MILE WALK BEGINS

12:00PM- EVENT CONCLUDES



EVENT FEATURES:

DONATE \$10 AND RECEIVE A TICKET TO THE 2022 AUTISM HERO WALK (APPLIES TO ATTENDEES 2+).

LOOK FORWARD TO THE FOLLOWING EXCITING EVENT FEATURES:

- PARKING AND ADMISSION TO THE DETROIT ZOO FOR THE ENTIRE DAY
- COMPLIMENTARY AUTISM HERO WALK BACKPACK
- ENTERTAINMENT & GAMES
- AUTISM-RESOURCE FAIR WITH OVER 50+ VENDORS
- MEET & GREET WITH SUPERHEROES
- ARTS & CRAFTS



REGISTER AT AAOMWALK.COM!

Questions? Contact Event Coordinator Shaye Beasley: shaye.beasley@aaomi.org | (248) 891-1054



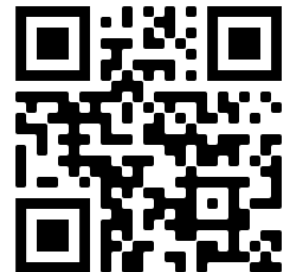
Upbound Staffing, a fully integrated program within the Autism Alliance of Michigan, leads and supports disability-employment initiatives throughout the State of Michigan.

Contact Upbound Staffing:
Employee Pre-Assessment:
<https://aaomi.org/employee-pre-assessment/>
Website: <https://upboundatwork.com/>
Email: upbound@aaomi.org
Phone: [1-\(248\) 508-8693](tel:1-248-508-8693)



Michigan Parent, Advocate & Attorney Coalition (MiPAAC) is a newly formed statewide group focused on student centered advocacy.

Contact MiPAAC:
[MiPAAC membership Form](#)
<https://mipaac.org/>



The MiNavigator team is a group of professionals ready to serve and connect those touched by autism with the most up to date services and resources available in our state.

Contact MiNavigator:
Website:
<https://aaomi.org/project/minavigator/>
Email: navigator@aaomi.org
Phone: [877-463-2266](tel:877-463-2266)

Navigators are available Monday through Friday, from 9 am to 5pm

