



JumpStart® FAQs

I just received a diagnosis for my child. Is JumpStart a good place to start?

Yes! For most families, JumpStart is the first program they have enrolled in after receiving an autism diagnosis or being told their child has an increased likelihood/chance for ASD. Through a mix of online learning and individualized coaching sessions, you will receive access to critical information and training that helps guide your journey and empower you to make well-informed decisions for your child's future.

Does my child have to have a diagnosis of autism to be in the program?

No. You can participate in the program while going through the diagnostic process, if you have a provisional diagnosis, or a confirmed diagnosis of autism.

What is the age range of children who are eligible to participate in JumpStart?

The curriculum covered in the JumpStart online modules is best suited if you have a child younger than 8 years old.

How long is the program?

JumpStart is a six-week program and features a mix of online modules and four 1.5-hour parent-child coaching sessions (either in person or via telehealth, depending on where you live).

What is the cost of JumpStart?

There is no cost to participate except for a \$25 nonrefundable enrollment fee. Scholarship funding is available to cover program costs.

What are the benefits of completing JumpStart?

JumpStart will give you the strategies you can use to support your child's learning in everyday interactions and routines at home and on the go.

Additional JumpStart benefits:

- Meet with a highly trained and certified coach during four one-on-one meetings to get support designed for you
- Complete a series of informative online learning modules over six weeks
- Your experienced coach will answer the questions you have
- Leave with a plan and next steps to focus on once you finish the program





How long does it take to complete each online module?

Everyone moves at their own pace, but in general, each module takes 30 to 60 minutes to complete.

What do the coaching sessions cover?

We customize coaching sessions for you, your child, and your family's needs. The sessions are a great time to ask questions about the online modules you completed. Every time we meet, we will focus the basics of behavior and share strategies that will impact your child's social communication. Throughout the session both you and your child will play and interact with a coach by your side.

Who will work with us in JumpStart?

We have a team of experienced Board Certified Behavior Analysts (BCBAs), and you will have the same BCBA from start to finish.

Will our coaching sessions be in person or via a telehealth connection?

If you live near a SARRC campus, in-person coaching sessions are available. If you live further away from a SARRC campus, coaching is available through a live telehealth connection.

How do we enroll in JumpStart?

SARRC's Family Resource Team is ready to help you enroll in the program. To speak with a team member, contact us at **602.606.9806**, email at **intake@autismcenter.org**, or submit a form online at **inquiry.autismcenter.org**. Para hablar con alguien en Español llame al **480.887.0784** o **autismcenter.org/se-habla-espanol**.

After we complete JumpStart, what will our next steps be?

You and your coach will develop a personalized plan of action that outlines things to do with and for your child including target dates.

What is ABA?

Applied behavior analysis (ABA) is a scientific approach for improving socially significant behaviors that is rooted in research. ABA has been established as a highly effective intervention for individuals with a diagnosis of autism.

What is PRT?

Pivotal Response Treatment (PRT) is a naturalistic developmental behavioral intervention. In JumpStart, we focus on the pivotal area of motivation so that parents/caregivers can target their child's motivation to teach new skills. PRT is an online module within JumpStart and is shared with and practiced by parents/caregivers during coaching sessions.

What is a BCBA?

The Board-Certified Behavior Analyst® (BCBA®) is a graduate-level certification in behavior analysis. Professionals certified at the BCBA level are independent practitioners who provide behavior-analytic services. In Arizona, you must also be licensed through the Arizona Board of Psychologist Examiners to practice.

About SARRC

Established in 1997, SARRC is an internationally recognized nonprofit that conducts innovative research, provides evidence-based practices, disseminates effective training and builds inclusive communities for individuals with autism and their families. SARRC is dedicated to autism research, education, evidence-based treatment, and community outreach. Additionally, SARRC is one of the only autism organizations in the world that provides a lifetime of services for individuals and their families while also conducting cutting edge research.

"JUMPSTART WAS REALLY HELPFUL BECAUSE WHEN YOU'RE OVERWHELMED YOU DON'T KNOW WHERE TO LOOK AND SARRC TAKES IT A WEEK AT A TIME. IT WORKED FOR US. IT IS A REALLY GREAT PROGRAM FOR PEOPLE WHO ARE JUST STARTING THEIR JOURNEY AND DON'T KNOW WHERE TO BEGIN." *



— The Wang Family

Solicited Testimonial by Former Client

*The statements shared were solicited. All statements shared are from former clients or family members and consent was received before sharing. Any material may not be reshared or reused without express permission.