



association
ova
autisme+

Active since 2004, granted “charitable status” in 2009 in the cantons of Vaud and Geneva

Getting started with a therapy tailored to your child’s specific needs

What you need to know



«What really matters is not to live like others but to be amongst them »

D Tammet from « Born on a Blue Day »

Our aim is to provide a better outcome to children with autism via an individualized developmental, educational, and behavioural approach based on effective teaching strategies



Summary

Our Story	Page 4
Our Identity	Page 5
Therapy Effectiveness	Page 6
Efficacy of Intensive Behavioural Intervention	Page 7
Interventions proposed at the center OVA	Page 8
Functioning of the center	Page 9
Parent testimony	Page 10
External interventions proposed by OVA	Page 11
Frequently asked questions	Page 12
To contact OVA	Page 13
OVA is first of all an Association	Page 14



Our story

OVA started in 2004 through the initiative of a group of local parents whose children were diagnosed with autism. They were faced with a significant lack of trained professionals and no available effective therapy, so they searched abroad for scientifically based interventions.

In Canada, these parents discovered **ABA** (Applied Behaviour Analysis). Thrilled by the potential outcome of this therapy, they decided to create a partnership with Canadian Behaviour Analysts in order to train and develop local ABA professionals in Switzerland. Thanks to these newly trained professionals, home-based interventions developed rapidly along with a growing demand for our services.

In 2007, the association set up a training and intervention centre in Gland, Switzerland. It does not benefit from any subsidies and relies solely on private donations and parents' financial contributions. Today, the centre welcomes up to 12 children followed by 12 instructor therapists and 2 psychologists FSP-BCBA* as well as an administrative department.

*BCBA : Board Certified Behavior Analyst (www.bacb.com)





Our Identity

Our Goal

- Diversify services and interventions for children with autism in Switzerland by providing evidence-based therapy: Individualized, intensive behavioural intervention based on Applied Behaviour Analysis (ABA) principles.

Our Mission

- To provide a better future to children/adolescents with autism through an intensive evidence-based approach catered to their specific needs.
- To Organize ongoing trainings for professionals to enlarge the availability of day to day services and therapy to children and adolescents with autism spectrum disorder.
- Support families with children with ASD by providing information and effective intervention strategies as well as assist in finding financial support
- Organize intervention services for children by fully trained professionals meeting the standards established by the Association. **OVA**'s team works in structured individual sessions adapted to each child's learning needs
- To advocate for the recognition and development of **early intensive intervention**

Fundamentals

- The centre and its staff professional practice is governed by **OVA**'s Ethical Chart and the Code of Ethics of the Behaviour Analyst Certification Board (www.bacb.com).
- Our ethical principles are based on accountability, rigor. An external audit is conducted and is in line with the expectations of our sponsors and partners. **OVA** allocates funds received according to the sponsor's wishes. Our values are based on integrity, solidarity and professionalism.



Therapy Effectiveness

The « Haute Autorité de la Santé » (HAS) published a *Recommandation de Bonne Pratique – Autisme et Autres Troubles Envahissants du Développement : Interventions Thérapeutiques Coordonnées chez l'Enfant et l'Adolescent (2012)*. The following recommendations are based on the document established by the consensus of the HAS team:

- Create a link between the child/adolescent and their parents
 - o Respect the child's and family's individuality
 - o Co- elaborate the intervention project with the parents
- Regular evaluation of the child/adolescent's development and health
- Propose an individualized treatment plan [...]
 - o Early intervention, coordinated and based on educative, behavioural and developmental approaches
 - o Based on short- and long-term functional objectives
 - o Attentive to promote the generalisation and transfer of acquired skills to novel situations
 - o Implemented by a trained team who is regularly supervised by qualified and experienced professionals
 - o Organised using a ratio of one adult to one child
 - o Organised with a structured environment [...] adapted to the peculiarities of the child
- Supervise medication
- Coordinate and train various actors/participants
- Develop clinical research work

Parents are highly encouraged to look for evidence-based practices.

Recommandation de Bonne Pratique – Autisme et Autres Troubles Envahissants du Développement : Interventions Thérapeutiques Coordonnées chez l'Enfant et l'Adolescent (2012)



Efficacy of Intensive Behavioural Intervention

In a recent meta-analysis * of Eldevik et al. (2009), the authors demonstrate that individuals who benefited from an intensive behavioural intervention make significantly higher progress in IQ and adaptive behaviours when compared to other individuals who had no therapy or received eclectic treatments/therapies. These results corroborate findings in other studies and confirm that applied behaviour analysis is a treatment of choice for individuals with ASD.

- **Prospect of a better life:** Enable an individual to be more autonomous, have an enhanced quality of life, be integrated in the community and find a suitable placement and therefore avoid spending their life in a psychiatric hospital which is not a suitable place for an individual with ASD.
- **Reintegration to regular school for some children:** Scientific research shows that some children who followed intensive **ABA** programs before 5 years old were reintegrated into a regular classroom. Consequently, the centre is a springboard for socialization, before a possible integration in a normal classroom and social environment.



Eldevik, S., Hastings, R. P., Hughes, J. C., Jahr, E., Eikeseth, S. and Cross, S. (2009). Meta-analysis of early intensive behavioural intervention for children with autism. *Journal of Clinical Child and Adolescent Psychology*, 38(3), 439-450.



Interventions at the Center OVA

After an initial assessment of the child's needs and strengths the Clinical Team of BCBA's develops an **IEP** with specific objectives to:

- **Improve socially appropriate skills and behaviours**
- **Develop emerging behaviours**
- **Decrease socially inappropriate skills and behaviours**
(particularly behaviours that prevent learning)

Objectives target different domains of language (such as developing a mean of communication to express one's needs, develop expressive and receptive language and so on), play skills, socialization, daily living skills and "tool" skills such as imitation, stay on task ...

For all, learning will entail:

- Breaking down complex skills into easier steps for a **personalized and intensive teaching**
- Child 's motivation is identified to **create and maintain an enjoyable learning environment**
- **Guidance** is used and faded out progressively to avoid failure
- **Repetition and frequent training** for skill acquisition
- **Monitoring the child's progress and needs** using systematic measurement strategies
- *Parents and families are included* to generalize acquired skills outside of the teaching environment and to have a great impact on the child day to day life
- **Applying evidence-based teaching strategies of children / adolescents with ASD**

The OVA Center offers:

- A pole of early intensive intervention (less than 5-year-old children at the beginning of the therapy) with a focus on developmental skills.
- A pole of global or partial coverage (children between 5 and 8 years at the beginning of the therapy) with a focus on the functional skills and, if needed, developmental.
- Very high student/instructor ratio (1/2 learners per staff member: according to the current goals in the children IEP).
- Ongoing staff training and supervision by a psychologist BCBA.



Infrastructure:

The centre offers specialized educational materials adapted to children needs (tools and materials that parents may not have access to because of its cost or specificity.)

OVA has a garden with a big trampoline, swings and other outdoor activities.

An occupational therapy room was created at the beginning of 2019. Floor mats, ball pool and other modules are gathered in the same place to exercise children motor skills.

This room, located in the centre **OVA**, allows more motor activities in the daily routines.





How the Centre Works

We welcome children with **ASD** between the ages of 2 to 8 years at the beginning their therapy at OVA
Half time or part time services in addition to daycare/school
9h00 - 16h00 / Monday to Friday

For each child/ado we provide :

- An individualized and personalized intervention after a comprehensive initial evaluation and the development of an individualized treatment plan (ITP or IEP).
- An individualized developmental, behavioural and educational support in French or in English.
- A working partnership with other professionals

Fees:

- We provide a fee quote upon request via e-mail : info@ovassociation.com

Centre Closures:

- Official Vaud cantonal holidays
- Approximately 30 days per year including 3 consecutive weeks in the summer.

Parental Involvement :

- Attendance to parent meetings, monthly, with the psychologist FSP-BCBA or with the referent of the child/adolescent.
- Parental guidance is also available at the centre to enhance consistency. Family plays an **essential role** in the therapy and **generalization** of the skills in the home environment.
- Participation of one or both parents to at least one seminar/workshop organized by **OVA** is essential and highly recommended.



Parent testimony

“My son, Nii Odartey, joined OVA in September, 2016. The decision and process of my husband and I having our son join OVA was a collaborative one with the kind assistance and guidance by the institution to obtain funding. It is not always that an assistive and educative institution encourages and guides parents in the most difficult times and decisions – OVA was exceptional and understanding in this regard. For that we are eternally grateful.

Within a short spate of time we have seen our son blossom into an inquisitive, excited and happy little boy with so much zeal to explore new things. OVA and its educators run a tight ship with targets and regimented processes designed to meet the needs of each child. However, the interesting part of this has been the shared responsibility in advancing what is best for our child. We are consulted on what Nii Odartey’s needs are at home and in his environs, we are advised on how to teach our child new things and the daily reporting on his progress makes the transition to our home setting seamless because at each point we know what he is working on at OVA and we can replicate it at home.

Overall the best part of our son being with OVA is the sense of family. It is simply great to have an educator meet our son at the door with a smile but for us the heart warming part is to see our son smile back at this person with recognition and trust.

Well done OVA!!!”

Chris & Laila



External Interventions by OVA

At Home

After a complete initial evaluation and the setting up of an IEP, one or two instructor therapists work with the child at home, supervised by a BCBA who ensures **ongoing, personalized and intensive program** based on behaviour analysis.

This service is for families who are on the waitlist for a placement at OVA's centre or have no other solution for services for their child/adolescent.

Home intervention cannot target all skill domains of the child/adolescent. Solely goals defined with the family before the beginning of intervention will be targeted for home therapy

Parental support

The aim of these sessions is to inform and train parents in the application of protocols and procedures based on the principles of behaviour analysis (ABA) without ongoing supervision of a BCBA supervisor.

This service is for families with no access to ABA interventions, neither at a centre nor home, but would like to get trained to apply these principles with their child daily.

Solely goals defined with the family before the beginning of coaching will be targeted for parental support. Parents are the main actors.

Seminars and Trainings

OVA frequently organizes training in applied behavior analysis for parents, professionals and others accompanying children / teenagers with autism and other behavioral disorders. (see website www.ovassociation.com).

On request, OVA team organizes trainings in other institutions, schools and kindergartens.

Once or twice a year, OVA organizes seminars led by international professionals.



Frequently asked questions

When to start?

- The earlier the better. In Switzerland, a formal diagnosis of autism spectrum, autism spectrum disorders is often provided with some delay (3 to 5 years old).
- Research shows that an early intervention can help make significant gains in communication, socialization, pre-academic skills and adaptive skills.
- **Treatment can be started without a confirmed diagnosis but it is recommended to contact as soon as possible a Diagnosis Center.**

Why OVA?

- Teaching individualized goals based on an initial IEP and frequent assessments.
- Coordination with all the professionals working with the child (ex.: occupational therapist, speech pathologist, teachers etc...)
- Collaboration and coaching of professionals at school or at day-care.
- Family involvement in specific targets for home
- Ongoing training and supervision of our teams (onsite and outreach) by BCBA's
- Ongoing supervision of our BCBA psychologists by qualified and experienced professionals in the field of disability

When I read "behaviour", does it mean that the intervention will solely concentrate on my child's challenging behaviour?

- Therapy focuses on the emergence and acquisition of appropriate behaviours depending on the child /adolescent current needs and strengths.



To contact OVA

I want to enrol my child at OVA: what do I need to do?

- Contact the **OVA** Centre : info@ovassociation.com and provide the following details :
 - Contact details
 - Age and diagnosis of the child (if available) together with a short description of the challenges you are currently facing.
- The centre's management will put you in contact with a clinical supervisor to set up an initial meeting.
- The meeting will be invoiced **CHF 200.-/H** and reimbursed in the case where the child joins the centre. The meeting will allow us to :
 - Meet the child
 - Discuss parents' expectations
 - Explain the centre's functioning and the services available
 - Visit the centre
 - Add your child's name to our waitlist





OVA is, first of all, an Association

- **Volunteer your time for a great cause !**
 - Organise charity, sports or cultural events that raise funds on behalf of OVA
 - Fundraise on behalf of OVA by researching and contacting companies, foundations, etc.
 - Use your personal or professional networks to advance our ideas and respond to our needs.



OVA allocates funds received according to the sponsor's wishes. Our values are based on integrity, solidarity and professionalism.



**association
ova
autisme+**

For further information:

**13-15 Av du Mont Blanc
CH-1196 Gland, Suisse**



Tel: 0041 022 360 03 49

www.ovassociation.com

E-mail: info@ovassociation.com