

Developmental and Behavioral Pediatrics

Behavior Treatment Services

We provide assessment and short-term treatment for children and teens with developmental delay or disability and challenging behaviors.



Who Can We Help With This Program?

Children age 2-19 with developmental delays and disabilities (i.e., autism, Down syndrome, cerebral palsy, intellectual disability) *and* behavior challenges such as

- Tantrums or meltdowns
- Refusal to follow directions
- Hurting self or others
- Breaking objects or destroying property
- Yelling and arguing

This program is **not** for children who have

- ADHD, anxiety, depression, or other mental health diagnoses as their main challenge
- No developmental delays or disabilities

Treatment

Treatment usually takes 10 - 20 weekly office visits. At visits, we will teach your family new ways of doing things at home. We will ask you to monitor how your child is doing between visits. At the end of treatment, your family will have a plan to promote positive behavior.

Initial Assessment

The first visit is with only the child's parents or caregivers so that we can learn about your child and family. We will talk about your child's

- Medical and developmental history
- School and community services
- Challenging behaviors

You will be asked to keep track of challenging behaviors so we can understand why they occur.

Plan

We will suggest a treatment plan after we meet with you. Depending on your child's needs, the plan may include different types of treatment such as

- Helping parents or caregivers use new skills, such as ways to increase desired behaviors and reduce problem behaviors
- Helping the child develop ways to communicate other than disruptive behavior
- Teaching the child coping skills to manage distress or improve flexibility using behavioral or cognitive behavioral approaches
- Skill-building (social, self-care, toileting, sleep)
- Referring you to new supports or services



Contact Information

(585) 275-2986

www.golisano.urmc.edu/dbp

Find us on 

601 Elmwood Avenue, Box 671

Rochester, NY 14642