

Autism Mommy's Guide to Getting off Waitlists!



Hello Warrior Parents,

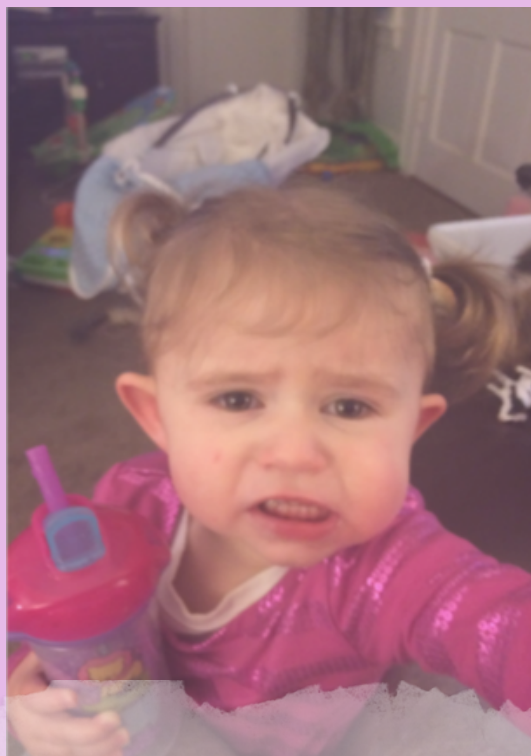
"When I am on a waitlist There's nothing to do."

A colleague recently sent me this very sad and disturbing message:

"I have a few clients where their ABA company pulled out or quit. Can you help them?"

In addition to messages like this, I am constantly hearing from parents that they've been waitlisted for a diagnosis and/or ABA and it's been months or even YEARS and they still don't have access to it and COVID has exasperated the situation even further.

When my daughter Julianna was diagnosed with Autism, in NY state we were able to get ABA Sessions (Applied Behavior Analysis) through the county. These were 1:1 Sessions between Julianna and a therapist that would come to work at our house. I was able to orchestrate that the lead Early Intervention teacher also be a BCBA (Board Certified Behavior Analyst). This is a teacher with a masters degree in ABA who is Certified by the BACB (Behavior Analyst Certification Board). It was the jackpot of scenarios that I put a team so qualified in ABA in place for Julianna that first year.



Around this same time a law was passed that Autism is considered a developmental disability and that health insurance needs to provide benefits to cover therapy for it (ABA through insurance was born).

I immediately jumped into action. Back then there were no ABA Agencies yet. Because of the boss Autism Advocate I was becoming, I got the BACB to send out a mass email on my behalf to all BCBAs in a 30 mile radius to see who would be willing to get processed as an in network insurance provider so they could work with my daughter.

After many conversations and knowing we were about to leave the Early Intervention program in a few short months, I was able to get our EI BCBA to sign up with a pop up agency to provide the supervision allowed for in network support. At the same time as all of this was going on, the RBT Position was born. An RBT is a Registered Behavior Technician who gets certified to offer ABA Services under the BACB by completing a 40hr course and a small number of supervised service hours.

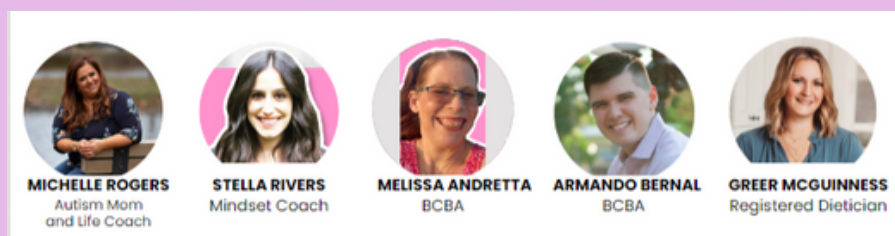


As it turned out, this was no easy task but the good news was Agencies were starting to go through the process of in network authorizations and the emergence of new ABA Agencies is happening around the country everyday now. But the pace they are being created doesn't even compare to the demand there is from the families who need it the most. At the time of me writing this, **1 in 44 children born will be diagnosed with Autism in the USA.** This has caused long wait lists for services where parents are waiting months or even years to get a diagnosis, ABA Services either in the home or to get access to an ABA center placement".

Now in the **Champions for Our Children Masterclass**, my signature 90 Day Group Coaching Program for Parents of Children with Autism, we offer support for ALL THINGS AUTISM (I like to consider myself the Harvard of Autism).

We not only teach parents how to get their kids potty trained, communicating, eating more foods, social skills, stopping their children's problem behaviors etc., but **I have assisted ALL of the families who were on waiting lists to get off them using a personalized blueprint that I've crafted for them based on their unique circumstances.** "

This could be for parents who desperately needed an Autism diagnosis or ABA Services in general.



Because I keep getting these messages, I wanted to share some resources and strategies I've used to help parents get off wait lists so they can get the help they need for their babies now.

I hope this course and guide are exactly the steps you need to help get off the waitlist and help your baby now.

I am always trying to make improvements! If you have any questions on how to make this work for your situation, please feel free to email me at **michelle@michellebrogers.com**.

xoxo
Michelle



Get Off The Waitlist for a Diagnosis

If you are on a Waitlist to get the Autism Diagnosis
(KNOW BEFORE YOU GO).

Before you can work to get an evaluation for a Diagnosis, we need to understand the process first. The Autism Diagnosis is very subjective to the evaluator, meaning if it's on the line, they can go either way (Yes Diagnosis, No Diagnosis)

LET ME BE CLEAR HERE ---> Because this testing is subjective to the person doing the evaluation, and if you want a diagnosis, **you need to be vocal in letting them know.**

As previously indicated it may take months before you could get another evaluation.

Don't waste yours and your child's time riding the fence. What I tell my clients is whether they have an Autism Diagnosis or not is inconsequential to the ticket to services the diagnosis provides. **So before you go in there KNOW what you want the outcome to be.**

The Autism Diagnosis comes with the ability to get a prescription for Behavioral Therapy (ABA), and it's not just effective for children with Autism, it's been **PROVEN EFFECTIVE FOR ALL CHILDREN!**

This includes children with ADHD, ADD, Global Developmental Delays, Down Syndrome, and your run of the mill neuro-typicals etc.

BUT...

You only get access to it with an Autism Diagnosis.

So...

TIP # 1 - If you're wondering if your child has Autism and you think you're going to go in and get an evaluation to help you feel better one way or the other **DON'T DO THAT SHIT.**

A doctor or a therapist isn't there to make you feel better, to calm your fears, ease your nerves. They are there to make a decision for the betterment of the child.

I've seen it way too many times that parents of children who are showing signs of any type of developmental delay go in looking for the "professional" (I call this Professionalidce) for reassurance, and NOT for what they should be looking for.... **DIRECTION TOWARDS THE NEXT STEPS. NO ONE knows your child better than you.** If you feel unsure of what you're seeing but you know it's not what you think it should be, ask yourself this...."

"Am I scared of what this could be?"

"AND"

"ALWAYS Go into any evaluation KNOWING the outcome you want."



So if you've thought about it and you believe your child is on the spectrum but you need an official diagnosis to get ABA Services through insurance, the first place to start is your pediatrician. "

"You can ask them for a diagnosis and if they're not comfortable providing you one, you can ask them to **recommend someone who can and SEE YOU NOW**. Be real clear on that requirement.

How you ask makes all the difference.

I tell my parents to take the "Hat in Hand " approach with the evaluator and you practice this by starting with the child's pediatrician.

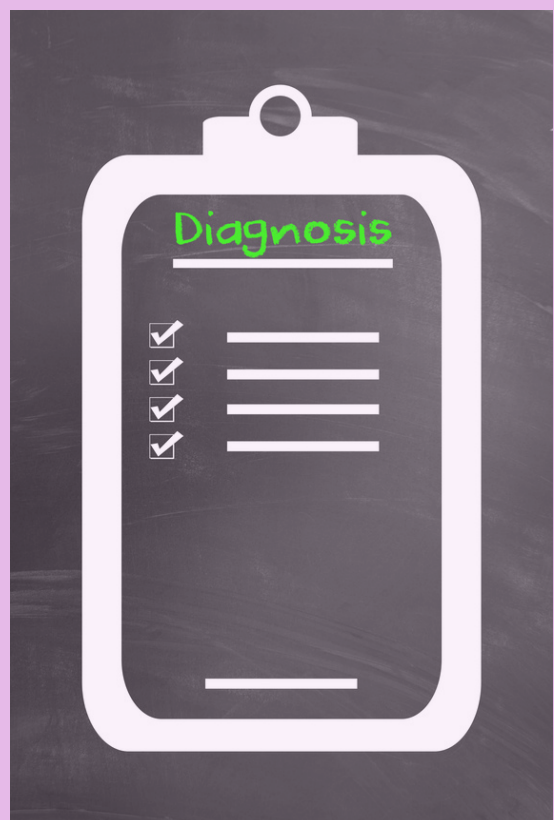
By the time you'd want a diagnosis you hopefully have a rapport with this person and they need to know you "hat in hand" is you struggling.. You're worried sick about your baby, knowing time is MORE valuable than money, because once it's lost you can't get it back, that you need this to help your baby.

I don't care who you are, nothing is more moving than a parent in pain and desperate to help their child. People will go out of their way to try and help. So your pediatrician is your first stop for #1 A diagnosis, and if they won't give it to you, a referral to someone who can and who can get you in quickly."

I've seen Pediatricians pick up the phone to call around on a hurting parent's behalf to get you seen ASAP.

The other types of professionals that can provide an Autism Diagnosis are:

- **Child Psychiatrist**
- **Psychologist**
- **Pediatric Neurologist**
- **Developmental Pediatrician**



If you strike out with the Pediatrician and a strikeout is **THEY CAN'T HELP YOU NOW**, then your next stop is the back of your insurance card.

You will call your health insurance and ask them for anyone in network that is one of the above. Your list should be lengthy because you want anyone within a 100 mi Radius.

Yes I said 100mi, as you know there are a lot of people on WAITLISTS and you have to be willing to travel for this diagnosis.

Another option you have is to pay out of pocket for an evaluation. Remember the name of the game is to move fast here, and ideally you want to get this done NOW!



The Parent Waitlist Mindset

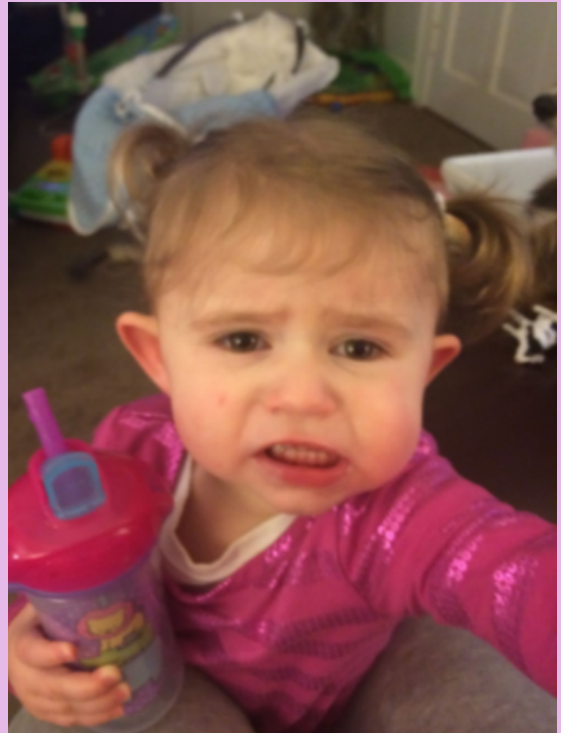
When Julianna was born, I remember holding her in the hospital with high expectations of what her future could be like

When she was diagnosed with Autism at 25 months, all those dreams went black

My darkest hour as a parent.
I thought her life was over and so was mine

I was mentally and emotionally in the worst space of my life.

I spent the next few months in total grief."



Grieving the typical childhood I thought we'd experience.

Then one night I had that thought: "I am going to die one day, who will care for her like her Mom?" - I snapped out of my grief and jumped into action.

I still had no clue what was going to happen.

But I knew if I white flagged it/stayed in grief, if I continued on this path, and completely checked out, my daughter's life and future was finished.

But.. whether it was this thought or something else, I knew heart of hearts I wouldn't stay in this dark place.



There is a movie called the Matrix and a scene where it seems that a child was bending a spoon with his mind.

Boy: "Do not try and bend the spoon. That's impossible. Instead only try to realize the truth."

Neo: "What truth?"

Boy: "There is no spoon. Then you'll see that it is not the spoon that bends, it is only yourself."



"There is no spoon."

It symbolizes the idea that certain problems or obstacles only exist if one believes in it: therefore, it is possible to overcome it by denying its existence.

Now I am not saying Autism doesn't exist per say. I can confirm there was a distinct difference in Julianna as a baby who was diagnosed with Autism and my son Cody who is neurotypical.

The meaning of it signifies that a person cannot truly manipulate reality, a person can only manipulate him/herself.

One thing I've always found fascinating are people that create the exception to the rule.

I always liked fucking with the idea that I could be the exception to the rule. And if I thought that about myself, I most certainly would think that about my child, even my non-verbal diaper wearing child with Autism.



Even though I was shocked, destroyed, sad, scared of what was to come with my newly diagnosed child with Autism, because I saw Autism like you might think of it, like Rainman, a major debilitating disability, even with that fear.....

At that point in my life I was practiced in the belief that I could create the exception to the rule, I could be the exception to the rule and by extension, Julianna will be the exception to the rule.

Which by the way... are all THOUGHTS I BELIEVE about myself.

I choose everyday to believe in myself!



Thinking this about myself has served me well in all aspects of my life hence why they are burned into my bones till this day.

I also believe it is the reason Julianna is where she is today.

Now for the first year or so we were in our Autism bubble, receiving services in my home. But I **assumed** that the way I think, is the way **ALL** Parents think.

And if not about themselves, I believed 1000% for their kids because that's why we created these humans, to love and mush on them and raise them to be **AWESOME ADULTS!**

And I don't think a parent who doesn't think like me doesn't have the same intention to love, mush, and raise their babies to be awesome adults.

But I've learned through coaching, that one cannot exist without the other. Because it's the way of seeing the world **MATRIX STYLE.**

Meaning I can't change anything for my child if I don't believe I can create change for myself.

You can't change that Autism is here BUT can DECIDE how YOU want to show up for yourself. Only when you do that, can you change your reality and the reality for your baby.

I can't give you the path to getting off a waitlist if you've already given up on a limitless future for your baby.

If you don't think thoughts that create the action to change you and in turn change your reality, you could end up like these parents I've encountered:

- Parents of preschool children talking about giving up their homes to the state to be a group home so when they die their kid will definitely have a bedroom and home to live in after they're gone.
- Parents putting teenagers that they'd rather have home with them, in group homes because they need to "get in the system", and they don't want them to lose the spot for when they'll need it as an adult.
- Parents of young children going to Estate Planning and/or transition planning Workshops
- Parents talking about starting businesses for dignified employment of children who will be adults with special needs.
- Parents who spend tons of their time trying to change the world and make the world "inclusive" to the child instead of focusing on getting the child prepared for the world that stops for no one.



Now I consider myself a planner always think 5 steps ahead.

But...

I take HUGE Fucking issue with a parent that future trips their kid into a group home before the age of 5, even the age of 10 or 15 for that matter."

"No one and I mean NO ONE can tell you where a 5/10/15 year old will be at 16, 18, 25, 35.

And how many times has a "professional", "Doctor/therapist" told us something about our kids that was 100% wrong?

If you think this way, give up on your kid before the job has begun, you're missing out on the opportunity to meet your child where they are now! Helping them learn life skills where they are now.



PRE-MATRIX THINKING

Have you ever had these thoughts?

"I've tried everything and nothing works"

"I don't know how to help my kid when they don't understand"

"Autism is a death sentence"

"My child has a dual diagnosis. They're not like other children."

"My child is older, I've been around the block and back."

"What's gonna happen to my child when I die?"

"Am I going to have to deal with this forever? "

(How the Brain Works)

You have the **POWER** to change your child's future and results... with your **MIND**, with your thinking!

Knowing that your **THOUGHTS** are creating your feelings ..

Knowing that your **FEELINGS** are driving what **ACTION** you do or don't do for your child..

YOU HAVE THE POWER TO CHANGE YOUR RESULTS FOR YOUR BABY,
one thought at a time!!!

By thinking INTENTIONALLY and DELIBERATELY with different thoughts that leave you feeling empowered, motivated and willing to **believe an alternate outcome is possible for your baby**, your reality will change because you show up differently for your child than you are right now.



How to Re-Wire Your Brain

Default Autism Parent Thinking

Fact: Called the ABA Agency and they said it's a 6 month Wait for Services

Thought: Nothing I can do. I don't know what to do next. (Shit Thoughts about the life my child will live if nothing changes)

Emotion: overwhelmed, stuck, defeated, helpless

Action: Nothing, Research myself into procrastination and then I avoid doing anything, then that makes me feel more stuck

RESULT: Child doesn't get services

Champion Parent Thinking

Fact: Called the ABA Agency and they said it's a 6 month Wait for Services

Thought: I don't wait on waitlists, especially if it's for my baby

Emotion: Problem Solver, Powerful, feels factual in my bones

Action: Start calling around, network, ready to drive...get creative!

RESULT: Child gets off the waitlist



How to Re-Wire Your Brain

COVID EXAMPLE

Default Autism Parent Thinking

Fact: All Services Shut Down during COVID

Thought: Nothing I can do. I don't know what to do next. Everyone is in the same boat.
(Shit Thoughts about the life my child will live if nothing changes)

Emotion: overwhelmed, stuck defeated, helpless

Action: Nothing, overloading research that makes me feel more stuck

RESULT: Child doesn't get services

Champion Parent Thinking

Fact: All Services Shut Down during COVID

Thought: hmmm I wonder if I can find a work around for this

Emotion: Problem Solver, Powerful, feels factual in my bones

Action: Start calling around, ask questions, make suggestions

RESULT: Julianna only lost in person services during covid within a week.



How to Re-Wire Your Brain

Building new beliefs on purpose by challenging those old default thoughts/ beliefs:

(old default belief) ... that's what I used to believe and I'm working on unbelieving it.

I'm willing to believe (new Champion belief)
I could be wrong about (old default belief)
I'm open to believing (new Champion belief)

The Parent Waitlist Mindset

Watch here to see Michelle Video Train on this concept

The Parent Waitlist Mindset





Rock the Waitlist

If you're waiting for a diagnosis...

Understand who can give you the diagnosis

- Developmental Pediatrician
- Neurologist
- Psychologist
- Child Psychiatrist

If you're waiting for a diagnosis...

- If you strike out with the Pediatrician and a strikeout is **THEY CAN'T HELP YOU NOW**, then your next stop is the back of your insurance card.
- Call your health insurance and ask them for anyone in network that is Developmental Pediatrician, Neurologist, Psychologist, and Child Psychiatrist. Your list should be lengthy because you want anyone within a 100 mi Radius.
- Yes I said 100mi, as you know there are a lot of people on WAITLISTS and you have to be willing to travel for this diagnosis.
- Another option you have is to pay out of pocket for an evaluation. Remember the name of the game is to move fast here, and ideally you want to get this done **NOW!**
- Online Diagnostic Companies: Cognoa.com & asyouare.com

A word on Autism Evaluation Appointments

- You want to walk into the appointment with a good sense of the outcome
- Don't go in looking for "the professional" to tell you what to think or how to feel
- The Testing is not black and white, its subjective to the practitioner If they sense a vibe like you're scared or you're not comfortable and the testing comes back on the line, they are inclined to give you the energy you put out

Remember our thoughtwork, the same applies to Autism. I see the diagnosis as access to behavioral therapy – **NOTHING ELSE**, something I don't get without the Autism Diagnosis.

If you're waiting for services...

ABA is covered under most private insurance plans

- First step is to call the back of your insurance card, and ask
- what ABA Providers are in network
- Find out deductibles, co-pays, etc
- Call and setup evaluations with **ALL OF THEM.**
- Become the Master Plate Spinner!
- SCA – Single Case Agreement



If you're waiting for services...

ABA is covered under most private insurance plans

- If you get waitlisted at every turn or if you want to work with a specific agency, get crafty!
- What is causing the wait? Staffing Behavior Tech, or BCBA or Both
- Where was I referred that has the waitlist, are there similar places out there that can do the same thing?
- Would they be open to you helping to find the Behavior Techs
- Behavior Techs can be found in our social circle, mommy groups on facebook, job postings



A word on a qualified candidate....

- ABA is not rocket science - it can be taught to you and to anyone
- I prefer a tech with NO EXPERIENCE

Credentials I look for in a candidate:

- Chemistry Match to my child
- Loves CHILDREN, Games, and Playing and its authentic
- Chemistry Match to me/spouse/family
- Flexible and down for a quirky family

If you're waiting for services...

- You know more than you think you do
- We never know the how, we make educated guesses
- You may have come to this workshop thinking I just want to know the how.
But if I give you THE HOW in every scenario potentially 2 things will happen:

#1 - My hows might not be your solves and then what?

#2 I never learn to create "THE HOWS" for myself and that's what the MASTERCLASS is all about!

I show you how to find your HOWS and share what I'd do and that's the VALUE!



Watch Our Story Here

Watch Our Story



My Gift To You



My Gift to You

You may feel like you have no idea what to do when it comes to helping your child with Autism. This is my JAM! In a short 20 minute call I want to know what you're biggest struggles are, provide a solution, and tell you about the Champions for Our Children Masterclass to see if we're a good fit to work together. **Click the link [HERE](#) to book your call!**

