



Introduction

Northeast Arc is a nonprofit organization based in Danvers, MA. The mission of Northeast Arc is to be committed to protecting the rights and inclusion of those with disabilities. The organization was founded in 1954 by parents of children with developmental disabilities. Their core values include inclusivity, accessibility, support, community, and advocacy. Their services include in home ABA, afterschool ABA, social groups, transportation, family support, etc.



Objectives

- Improve regulation by developing emotional regulation techniques
- Enhance coping skills by focusing on coping mechanisms to manage stress and anxiety
- Boost social interaction by improving social skills
- Empowerment and improve quality of life

Methods & Materials

1. Research & Curriculum Development

- Literature reviews to explore past studies and programs that provide emotional regulation in children with ASD
- Curriculum creation tailored to focus on coping skills, regulation, social interaction

2. Workshop Implementation

- Engaging activities catered to specific needs
- Sensory-friendly environment development
- Implement individualized approaches tailored to needs

3. Data Collection

- Baseline data on skills, behaviors, emotional challenges
- Progress monitoring through observation and feedback during workshops

4. Workshop Modification

- Data analysis to identify patterns and areas to be improved
- Adjust curriculum based on progress and feedback

Methods & Materials Cont.

5. Measurable End Results

- Progress reports to document child developments
- Participant feedback from parents, children, and staff
- Compare data from pre-workshop to data post-workshop to measure behavioral changes

6. Analysis & Conclusions

- Demonstrate impact to show how tailored workshops can improve well-being
- Identify best practices to replicate workshop in other programs
- Inform future initiatives for those who incorporate program at home or in schools

Results

- Progress Reports: Regular reports documenting participants' development and improvements.
- Participant Feedback: Gather feedback from children, parents, and instructors to assess the impact of the workshops.
- Data Comparisons: Compare pre-workshop and post-workshop data to measure changes in coping skills and behaviors.

Conclusions

- Demonstrate impact of this program
- Identify best practices for similar programs
- Create a basis for future programs to be created or modified



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